

March 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

	1 9:30 Open Art (2 hrs) 10:00 Ask the Pharmacist (by appt) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson's Meet, Greet & Learn- Home Exercise training and Urban Poles w/ Carol Chiang	2 To schedule a one to one "Caregiver Needs Assessment" or To schedule a one to one "Medication Review" appointment please call 904-814-9407
7 10:00 Arthritis Foundation Exercise classes (8 week Class - Early sign up required) 10:30 Grief Support Group (1.5) 1:00 Caregiver Support Group 3:00 Herbology *	8 9:30 Open Art (2hrs) 10:00 Your Florida Friendly Landscape w/ Terra Freeman 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*	9 10:00 Arthritis Foundation Exercise classes (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment
14 10:00 Arthritis Foundation Exercise classes (Early sign up req) 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:00 Herbology *	15 9:30 Open Art (2 hrs) 10:30 Long Term Care Government Benefits (Ginger Spires & Jeff Faulkner, Craig Ames) 1:00 Genealogy (3 rd Wed) (1.5) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)	16 10:00 Arthritis Foundation Exercise classes (Early sign up required) 11:30 Caregiver Needs Assessment
21 10:00 Arthritis Foundation Exercise classes (Early sign up req) 10:30 Grief Support Group (1.5) 1:00 Caregiver Support Group 3:00 Herbology *	22 9:30 Open Art (2 hrs) 10:00 COVID-19 Update 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Nutrition Diabetes & Prediabetes (Carla)	23 10:00 Arthritis Foundation Exercise classes (Early sign up required) 11:30 Caregiver Needs Assessment
28 10:00 Arthritis Foundation Exercise classes (Early sign up req) 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:00 Herbology *	29 9:30 Open Art (2 hrs) 10:00 Do you need a Living Will & How to avoid the need for a guardianship? 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*	30 10:00 Arthritis Foundation Exercise classes (Early sign up required) 11:30 Caregiver Needs Assessment

Schedule is subject to change. Advanced registration is required. All events last for an hours unless otherwise noted. Please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with * please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-noctee>