

March 2024

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

<p>5 10:30 Bereavement Support Group – prior registration required for this 4 month closed session (1.5hrs) 11:30 Lunch-N-Learn Advanced Treatments for ET & PD (2hrs) 1:00 Caregiver Support Group (1.5hrs) 1:30 Open Card Play (3hrs)</p>	<p>6 9:30 Open Art (2hrs) 10:00 Shine appointments 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn –Alivia Supportive Care (1.5)</p>
<p>12 10:00 Shine appointments 11:00 Widows & Widowers (1.5 hrs) 1:00 Caregiver Support Group (1.5) 1:30 Open Card Play (3hrs) 3:00 Herbology *</p>	<p>13 9:30 Open Art (2 hrs) 9:00 Closed Event (3hrs) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>
<p>19 10:00 Navigating the Assisted Living Maze. 10:30 Bereavement Support Group – registration required for this 4 month closed session (1.5 hrs) 1:00 Caregiver Support Group (1.5) 1:30 Open Card Play (3hrs)</p>	<p>20 9:30 Open Art (2hrs) 10:00 iPhone/iPad Class – Using Siri to Make Life Easier* 1:00 Genealogy (3rd Wed) (1.5 hs) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>
<p>26 10:00 iPhone/iPad Class – Tips & Tricks * 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5) 1:30 Open Card Play (3hrs)</p>	<p>27 9:30 Open Art (2hrs) 10:00 Do You Need a Living Will & How to Avoid the Need for a Guardianship- Attny Megan Wall 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>
<p>2:30 to 6:00 Caregiver Needs Assessments Or “Medication Review” Call for appointment 904-814-9407</p>	<p>2:30 to 6:00 Caregiver Needs Assessments Or “Medication Review” Call for appointment 904-814-9407</p>

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with * there is a nominal fee. Please register at: <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>