

# May 2023

COA Center at Flagler Health+ Village at Nocatee

## Tuesday

## Wednesday

## Thursday

<p><b>2</b> 10:00 Arthritis Exercise Class (class full) 10:30 Grief Support Group (1.5)- Advance registration required 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>3</b> 9:30 Open Art (2 hrs) 10:00 Medication Review by Appt 11:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* <b>3:00 Parkinson's Meet, Greet &amp; Learn- Discussion with JAX Hope</b></p>	<p><b>4</b> 10:00 Savvy Caregiver (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment</p>
<p><b>9</b> <b>10:30 Challenging Dementia Behaviors – Community Hospice</b> 11:00 Widows &amp; Widowers 1:00 Caregiver Support Group 2:30 Travel Club 3:00 Herbology *</p>	<p><b>10</b> 9:30 Open Art (2hrs) <b>10:00 Gardening with Herbs in NE Florida – Terra Freeman</b> 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p><b>11</b> 10:00 Savvy Caregiver (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment</p>
<p><b>16</b> 10:00 Caregiver Needs Assessment 10:30 Grief Support Group (1.5) 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>17</b> 9:30 Open Art (2 hrs) <b>10:00 What is a Geriatric Care Manager – Brittany Shay</b> 1:00 Genealogy (3<sup>rd</sup> Wed) (1.5) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p><b>18</b> 10:00 Savvy Caregiver (Early sign up required) 11:30 Caregiver Needs Assessment</p>
<p><b>23</b> 10:00 Caregiver Needs Assessment 11:00 Widows &amp; Widowers 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>24</b> 9:30 Open Art (2 hrs) 10:00 Medication Review by Appt 11:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* <b>3:00 Intermediate Fasting (Carla)</b></p>	<p><b>25</b> 10:00 Savvy Caregiver (Early sign up required) 11:30 Caregiver Needs Assessment</p>
<p><b>30</b> 10:00 Caregiver Needs Assessment 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>31</b> 9:30 Open Art (2hrs) <b>10:00 How to Avoid Becoming Victim of Predatory Lending – Megan Wall</b> 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>To schedule a one to one <b>“Caregiver Needs Assessment”</b> or To schedule a one to one <b>“Medication Review”</b> appointment please call 904-814-9407</p>

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](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with \* please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-noctee>