



MAY 2024

Tuesday

Wednesday

<p>To schedule a one to one “Caregiver Needs Assessment” or “Medication Review” appointment please call 904-814-9407</p>	<p>1 9:30 Open Art (2hrs) 10:00 Meet w/ SHINE @ Medicare by Appt 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn – Fall Prevention with AHEC</p>
<p>7 10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13, meets Tuesday & Thursday 1:00 Caregiver Support Group (1.5hrs) 1:30 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>8 9:30 Open Art (2 hrs) 10:00 Medication Review by Appt 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>14 10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13, meets Tuesday & Thursday 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:30 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Travel Club</p>	<p>15 9:30 Open Art (2hrs) 10:00 Advanced Care Planning (Community Hospice) 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (2hrs)</p>
<p>21 10:00 Herbal Skincare* 10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13, meets Tuesday & Thursday 1:00 Caregiver Support Group (1.5hrs) 1:30 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>22 9:30 Open Art (2hrs) 10:00 Medication Review by Appt 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>28 10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13, meets Tuesday & Thursday 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5) 1:30 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>29 9:30 Open Art (2hrs) 10:00 How to Avoid Becoming a Victim of Predatory Lending – Attorney Megan Wall 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</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 an * there is a small fee. Please register at <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>