

No class sessions on  
May 9 and 27

# May

## Classes at River House

179 Marine Street,  
St. Augustine

Please Register Online at  
COASJC.ORG

For more information call  
904 209 3655  
Monday - Thursday

Monday

Gentle Yoga with Scott Farber 9:15 - 10:45  
Chair Yoga with Becky Dawson 11 - noon  
Spanish for Fun and Travel with Abigail Dyer 11:30 - 12:30  
Zumba Gold with Angela Engel 12:15 - 1:15  
Why and How to Use Spices OR Spice is the Spice of Life on May 20  
with Mindy and Bruce Mylrea 1:30 - 3

Tuesday

Fish for Dinner: How to Clean Your Catch on May 7 with Donna Frantz 9 - 11  
Fishing on May 21 with Donna Frantz 9 - 11  
Strength and Balance for Active Aging with Mindy Mylrea 9 - 10  
Independence Day Choir with Abigail Dyer 10:15 - 11:15  
Tai Chi / Qigong with Scott Farber 10:30 - 11:30  
Sea Shell Art on May 21 with Jim Cargilo 11 - noon  
Beginners Ballroom Dance Group Class with Ramona Walter 11:30 - 12:30  
Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45  
Mah Jongg for Beginners with Marcia Farrell 1 - 3  
Balancing Your Blood Sugar and Preventing Diabetes with Lynn Ringhaver 2:30 - 3:30  
Sound Vibrational Frequency with Sharon Infante 2:30 - 3:30  
Argentine Tango with Virginia "Honey" Burton 2:45 - 3:45

Wednesday

Learn How to Draw with Liz Monaco 9 - 11  
Gentle Yoga with Scott Farber 9:15 - 10:15  
Ukulele 3 for Beginners with Dennis Fermin 9:45 - 11:15  
Learn to Play Chess with Estelle Thibodeau 10 - 11:30  
Chair Yoga with Becky Dawson 10:30 - 11:30  
Line Dance with Ramona Walter 11:45 - 12:45  
Guitar 3 for Beginners with Dennis Fermin 11:30 - 1  
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30

Thursday

Chair Yoga with Becky Dawson 9 - 10  
Belly Dance (Level 2) with Gina Marie Newman 9:30 - 10:30  
American Sign Language with Brooklyn Wilcken 10:30 - 11:30  
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30  
Belly Dance for Fitness and Fun with Gina Marie Newman 10:45 - 11:45  
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30  
The Herbal Pharmacy: Essential Oils with James Carucci 3 - 4



May is American Cheese Month

