

COA Center at Flagler Health+ Village at Nocatee

June 2022

Tuesday

Wednesday

Thursday

<p>All events are for 1-hr unless otherwise noted. Please arrive a few minutes early. No Herbology in June—back in July. No attorney lectures in June/July—back in August.</p>	<p>1 9:30 Open Art Studio (2hrs) 10:00 Surprise Trivia 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn</p>	<p>2 9:00 – 3:00 IMEP and COA Office Hours</p>
<p>7 9:30 Talk About Grief (2hrs) 10:30 Chair Yoga* 12:30 Stretch, Strengthen, Move* 1:00 Caregiver Support Group 2:00-4:30 Chronic Pain Self-Management 3:30 Belly Dancing Beginners*</p>	<p>8 9:30 Open Art Studio (2hrs) 10:00 Ask the Pharmacist 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi*</p>	<p>9 9:00 – 3:00 IMEP and COA Office Hours</p>
<p>14 9:30 Let’s Talk About Grief 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, Strengthen, Move* 1:00 Caregiver Support Group 2:30 Learn Mah Jongg (2hrs) 3:30 Belly Dancing Beginners*</p>	<p>15 9:30 Open Art Studio (2hrs) 10:00 BINGO 1:00 Genealogy (2hrs) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2hrs)</p>	<p>16 9:00 – 3:00 IMEP and COA Office Hours</p>
<p>21 10:30 Curious About Cannabis? 10:30 Chair Yoga* 12:30 Stretch, Strengthen, Move* 1:00 Caregiver Support Group 2:30 Learn Mah Jongg (2hrs) 3:30 Belly Dancing Beginners*</p>	<p>22 9:30 Open Art Studio (2hrs) 10:00 Summer Nutrition Tips 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi*</p>	<p>23 9:00 – 3:00 IMEP and COA Office Hours</p>
<p>28 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, Strengthen, Move* 1:00 Caregiver Support Group 2:30 Learn Mah Jongg (2hrs) 3:30 Belly Dancing Beginners* 5:00 Enjoy Florida’s Wildlife</p>	<p>29 9:30 Open Art Studio (2hrs) 10:00 Growing Backyard Herbs 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi*</p>	<p>30 9:00 – 3:00 IMEP and COA Office Hours</p>

Schedule is subject to change. Advanced registration is required. Unless otherwise noted, please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with an * please register at: <http://coasjc.coursetorm.com/category/coa-center-at-nocatee>.