

# COA Center at Flagler Health+ Village at Nocatee

## May 2022

### Tuesday

### Wednesday

### Thursday

<p><b>3</b> 10:00 Let's Talk Grief 10:30 Chair Yoga * 12:30 Stretch, Strengthen Move &amp; Groove* 1:00 Caregiver Support Grp 2:00-4:30 Chronic Pain Self-Management</p>	<p><b>4</b> 9:30 Community Crafting (2hrs) <b>10:00 Ask the Pharmacist</b> 12:00 Dance Fitness* 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Parkinson's Group 5:00 Mindfulness Meditation*</p>	<p><b>5</b> 10am-12pm IMEP class  To register, call 904-729-9535 or <a href="mailto:ctupper@stjohnscoa.com">ctupper@stjohnscoa.com</a></p>
<p><b>10</b> 10:30 Chair Yoga* 11:00 Widows &amp; Widowers 12:30 Stretch, Strengthen, Move &amp; Groove* 1:00 Caregiver Support Grp 2:00-4:30 Chronic Pain Self-Management</p>	<p><b>11</b> 9:30 Community Crafting (2hrs) <b>10:00 Morphology/Invasive Trees</b> 12:00 Dance Fitness* 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* <b>3:00 Posture, Core &amp; Pelvic Floor</b> 5:00 Mindfulness Meditation*</p>	<p><b>12</b> 10am-12pm IMEP class  To register, call 904-729-9535 or email <a href="mailto:ctupper@stjohnscoa.com">ctupper@stjohnscoa.com</a></p>
<p><b>17</b> 10:00 Let's Talk Grief 10:30 Chair Yoga* 12:30 Move &amp; Groove* 1:00 Caregiver Support Grp 2:00-4:30 Chronic Pain Self-Management <b>4:30 Story Time w/Grands</b></p>	<p><b>18</b> 9:30 Community Crafting (2hrs) <b>10:30 Eat This Not That</b> 12:00 Dance Fitness* 1:00 Genealogy (2hrs) (3<sup>rd</sup> Wed) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2hrs) 5:00 Mindfulness Meditation*</p>	<p><b>19</b> 10am-12pm IMEP class  To register, call 904-729-9535 or email <a href="mailto:ctupper@stjohnscoa.com">ctupper@stjohnscoa.com</a></p>
<p><b>24</b> 10:30 Chair Yoga* 11:00 Widows &amp; Widowers 12:30 Stretch, Strengthen Move &amp; Groove* 1:00 Caregiver Support Grp 2:00-4:30 Chronic Pain Self-Management</p>	<p><b>25</b> 9:30 Community Crafting (2hrs) <b>10:00 Avoid Predatory Lending</b> 12:00 Dance Fitness* 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 BINGO 5:00 Mindfulness Meditation*</p>	<p><b>26</b> 10am-12pm IMEP class  To register or for more information, call 904-729-9535 or email <a href="mailto:ctupper@stjohnscoa.com">ctupper@stjohnscoa.com</a></p>
<p><b>31</b> 10:30 Chair Yoga* 12:30 Stretch, Strengthen Move &amp; Groove* 1:00 Caregiver Support Grp 2:00-4:30 Chronic Pain Self-Management</p>	<p>All events are for 1-hr unless otherwise noted. Please arrive a few minutes early. No Herbology May/June—starts back in July. No attorney lectures in June/July—will be back in August.</p>	

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