

# September 2023

COA Center at Flagler Health+ Village at Nocatee

## Tuesday

## Wednesday

## Thursday

<p><b>5</b>  <b>10:00 Butterflies In Your Garden</b>            10:30 Bereavement Support Group            1:00 Caregiver Support Group            1:00 iPhone iPad Class*</p>	<p><b>6</b>            9:30 Open Art (2hrs)            10:00 Medication review (1 to 1)            1:00 Mah Jongg Meet Up (2 hrs)            1:00 Tai Chi*  <b>3:00 Parkinson's Meet, Greet &amp; Learn (Scott Kim-meds)</b></p>	<p><b>7</b>            9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p><b>12</b>  <b>10:30 Memory Care vs LTC</b>            11:00 Widows &amp; Widowers (1 ½ hr)            1:00 Caregiver Support Group            1:00 iPhone iPad Class*  <b>2:30 Travel Club</b></p>	<p><b>13</b>            9:30 Open Art (2hrs)  <b>10:00 Medicare Help w/ SHINE</b>            1:00 Mah Jongg Meet Up (2 hrs)            1:00 Tai Chi*</p>	<p><b>14</b>            9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p><b>19</b>            10:30 Dementia &amp; Exercise: How, When &amp; Why            1:00 Caregiver Support Group            1:00 iPhone iPad Class*</p>	<p><b>20</b>            9:30 Open Art (2 hrs)  <b>10:00 Acupuncture for Eye Disease</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>21</b>            9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p><b>26</b>            10:30 Bereavement Support Group – registration required (1.5)  <b>10:30 Too Much Drama! Family Conflict with Critical Illness!</b>            11:00 Widows &amp; Widowers luncheon            1:00 Caregiver Support Group</p>	<p><b>27</b>            9:30 Open Art (2hrs)  <b>10:00 Spouse in Nursing Home? Do I Have to Go Broke?</b>            10:00 Medication Review            1:00 Mah Jongg Meet Up (2 hrs)            1:00 Tai Chi*</p>	<p><b>28</b>            9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
	<p>To schedule a one to one  <b>“Caregiver Needs Assessment”</b>            or  <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 \* there is a small fee. Please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-noctee>