

September 2022

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

<p>6 9:30 -11:30 Let's Talk About Grief 10:00-12:00 Savvy Caregiver (2 hrs) 1:00 Caregiver Support Group 2:00 Caregiver Needs Assessment</p>	<p>7 9:30-11:30 Open Art 10:00 Caregiver Yoga 11:00 Caregiver Café 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* 3:00 Parkinson LSVT-BIG (Exercise)</p>
<p>13 9:30-10:45 Let's Talk About Grief 10:00-12:00 Savvy Caregiver 11:00 Widows & Widowers 1:00 Caregiver Support Group 2:00 Mind Matters Planning – Community Hospice 2:30 Travel Club</p>	<p>14 9:30-11:30 Open Art 10:00 Spouse in nursing home. Do I have to go broke? 11:00 Caregiver Café 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</p>
<p>20 9:30-11:30 Let's Talk About Grief 10:00-12:00 Savvy Caregiver 1:00 Caregiver Support Group 2:00 Label Reading Workshop (bring your labels)</p>	<p>21 9:30 Open Art 10:00 Caregiver Yoga 11:00 Caregiver Café 1:00 Genealogy (1 1/2 hrs) (3rd Wed) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>
<p>27 9:30-10:45 Let's Talk About Grief 10:00-12:00 Savvy Caregiver 1:00 Widows & Widowers 1:00 Caregiver Support Group 2:00 Caregiver Needs Assessment</p>	<p>28 9:30 Open Art 10:00 Ask the pharmacist 11:00 Caregiver Café 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</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 to register. For classes marked with * please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-noctee>

COA Center at Flagler Health+ Village at Nocatee, 351 Town Plaza Ave. Ste. 205, Ponte Vedra, FL 32081