

COA Center at Flagler Health+ Village at Nocatee

January 2022

Tuesday

Wednesday

<p>4 10:30 Chair Yoga * 12:30 Stretch, Strengthen, Move & Grove* 1:00 Caregiver Support Group 2:00 Dealing with life changes 4 caregivers 3:00 Herbology * 4:00 French for You *</p>	<p>5 9:30 Community Crafting (2hrs) 10:00 Stop smoking w/ AHEC (2hrs) 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi*</p>
<p>11 9:00 Advisory Committee Meeting 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, Strengthen, Move & Grove* 1:00 Caregiver Support Group 2:00 Exercise 4 Brain Health Lecture (1.5hr) 3:00 Herbology* 4:00 French for You *</p>	<p>12 9:30 Community Crafting (2hrs) 10:00 Label Reading w/ Carla 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Learn to Play Mah Jongg* (2hrs)</p>
<p>18 10:30 Chair Yoga* 12:30 Stretch, Strengthen, Move & Grove* 1:00 Caregiver Support Group 3:00 Herbology * 4:00 French for You *</p>	<p>19 9:30 Community Crafting 10:00 Mosaic Art 1:00 Genealogy (2hrs) (3rd Wed) 1:30 Tia Chi* 3:00 Mah Jongg Meet Up (2hrs) 3:00 Learn to Play Mah Jongg* (2hrs)</p>
<p>25 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, Strengthen, Move & Grove* 1:00 Caregiver Support Group 2:00 Travel Club 3:00 Herbology* 4:00 French for You*</p>	<p>26 9:30 Community Crafting (2hrs) 10:00 What happens if you die Without a will 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Learn to Play Mah Jongg* (2hrs)</p>

Schedule is subject to change. Advance registration is required. Please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. *For classes marked with an asterisk * please register at: <http://coasjc.coursetorm.com/catagory/coa-center-at-noctee>