




October 2021

COA CENTER AT FLAGLER HEALTH+ AT NOCATEE

Tuesday	Wednesday
<p>5</p> <p>10:00 Book Exchange (1.5hrs) 10:30 Chair Yoga* 12:30-2:30 Matter of Balance (2hrs) 1:00 Caregivers Support Group 2:00 The Memoir Workshop</p>	<p>6</p> <p>9:30 Community Crafting (2hrs) 10:00 Spouse in Nursing Home (2hrs) 1:00 Genealogy group (2hrs) 1:30 Tai Chi* 2:00 Advisory Committee Meeting</p>
<p>12</p> <p>10:30 Chair Yoga* 11:00 Widows & Widowers (1.5hrs) 12:30-2:30 Matter of Balance (2hrs) 1:00 Caregivers Support Group 2:00 The Memoir Workshop</p>	<p>13</p> <p>9:30 Community Crafting (2hrs) 9:30 Basic Medicare w/ Shine (1.5hrs) 1:30 Tai Chi* 2:00 Dietary Needs Changes (1hr)</p>
<p>19</p> <p>10:00 Scrapbooking (2hrs) 10:30 Chair Yoga* 12:30-2:30 Matter of Balance (2hrs) 1:00 Caregivers Support Group 2:00 The Memoir Workshop</p>	<p>20</p> <p>9:30 Community Crafting (2hrs) 10:00 Wreath Making (2hrs) 1:00 Genealogy group (2hrs) 1:30 Tai Chi* 3:00 Just 4 US</p>
<p>26</p> <p>10:30 Chair Yoga* 11:00 Widows & Widowers (1.5hrs) 12:30-2:30 Matter of Balance (2hrs) 1:00 Caregivers Support Group 2:00 The Memoir Workshop</p>	<p>27</p> <p>9:00 Plant & garden group 9:30 Community Crafting (2hrs) 10:00 Florida Friendly Landscaping (1.5hrs) 1:00 Mah Jongg (2hrs) 1:30 Tai Chi</p>
<p>All events last one hour unless specified</p>  <p>Events subject to change</p>	<p>Email pbrunell@stjohnscoa.com or call 904-819-3234 to register for most events. * For courses marked with an asterisk (*) please register at: https://coasjc.coursestorm.com/category/coa-center-at-nocatee.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>St. Johns County Council On Aging</p> </div> <div style="text-align: center;">  <p>REPUBLIC SERVICES</p> </div> </div>

Please visit our booth at the Nocatee Farmer's Market –

10:00 am to 1:00 pm on Saturday, October 16.