


November 2021

COA Center at Flagler Health+ Village at Nocatee

351 Town Plaza Ave, Suite 205, Ponte Vedra, FL 32081

<p>2 Tuesday</p> <p>10:30 Chair Yoga *</p> <p>12:30 Residential Senior Care (1.5hr)</p> <p>12:30 Stretch, strengthen, move & grove *</p> <p>2:00 Memoir Workshop</p>	<p>3 Wednesday</p> <p>9:30 Community Crafting (2hr)</p> <p>10:00 Mosaic Art (2.5 hrs)</p> <p>1:00 Mah Jongg (2hrs)</p> <p>1:30 Tai Chi *</p> <p>2:30 Improv Comedy Class</p>
<p>9</p> <p>9:00 Mah Jongg (2hrs)</p> <p>10:30 Chair Yoga *</p> <p>11:00 Widows and widowers (2hrs)</p> <p>12:30 Stretch, strengthen, move & grove *</p> <p>1:00 Caregivers Support Group</p> <p>2:00 Hope for the Holidays (Hospice)</p> <p>2:00 Memoir Workshop</p>	<p>10</p> <p>9:30 Community Crafting (2hrs)</p> <p>10:00 Be Aware Presentation (1.5hr)</p> <p>1:30 Tai Chi *</p> <p>2:00 Cooking demo- Healthy Holidays</p>
<p>16</p> <p>10:00 Scrapbooking (2hr)</p> <p>10:30 Chair Yoga *</p> <p>12:30 Stretch, strengthen, move & grove *</p> <p>1:00 Mah Jongg (2hrs)</p>	<p>17</p> <p>9:30 Community Crafting (2hrs)</p> <p>10:00 How to handle your kids on legal issues (1.5)</p> <p>1:00 Genealogy (2hrs)(3rd Wed)</p> <p>1:30 Tai Chi *</p>
<p>23</p> <p>10:30 Chair Yoga *</p> <p>11:00 Widow and widowers (2hrs)</p> <p>12:30 Stretch, strengthen, move & grove *</p> <p>1:00 Mah Jongg</p>	<p>24</p> <p>9:30 Community Crafting (2hrs)</p> <p>1:30 Tai Chi *</p> <p>Happy Thanksgiving</p>  
<p>30</p> <p>10:30 Chair Yoga *</p> <p>12:30 Stretch, strengthen, move & grove *</p> <p>1:00 Caregivers Support Group</p> <p>2:00 Bingo</p>	<p>Email pbrunell@stjohnscoa.com or call 904-819-3234 to register for most events.</p> <p>* For courses marked with an asterisk (*) please register at: https://coasjc.coursestorm.com/category/coa-center-at-nocatee.</p>