

# November 2022

COA Center at Flagler Health+ Village at Nocatee

## Tuesday

## Wednesday

<p><b>1</b>            9:30 -11:30 Let's Talk About Grief            10:00 Free Stretch and Unwind Class            12:00 Open Enrollment Assistance w/ Shine by Appointment            1:00 Caregiver Support Group            2:00 Caregiver Needs Assessment</p>	<p><b>2</b>            9:30-11:30 Open Art  <b>10:00 Memory Comedy Café w/ Comedian Mama Marge</b>            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*  <b>3:00 Parkinson's Meet Greet &amp; Learn- Integrative / Holistic Care</b></p>
<p><b>8</b>            9:30-10:45 Let's Talk About Grief            10:00 Free Stretch and Unwind Class            11:00 Widows &amp; Widowers            1:00 Caregiver Support Group</p>	<p><b>9</b>            9:30-11:30 Open Art  <b>10:00 Ask the pharmacist</b>            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*</p>
<p><b>15</b>            9:30-11:30 Grief Support Group            10:00 Siamese Mah Jongg Class (12)            1:00 Caregiver Support Group  <b>2:00 Healthy Holiday Meals</b></p>	<p><b>16</b>            9:30 Open Art  <b>10:00 How to Handle Your Kids on Legal Issues</b>            1:00 Genealogy (1 1/2 hrs ) (3<sup>rd</sup> Wed)            1:30 Tai Chi*            3:00 Mah Jongg Meet Up (2 hrs)</p>
<p><b>22</b>            9:30-10:45 Grief Support Group            10:00 Open Enrollment Assistance with Shine by Appointment            11:00 Widows &amp; Widowers            1:00 Caregiver Support Group            2:00 Caregiver Needs Assessment</p>	<p><b>23</b>            9:30 Open Art            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*</p>
<p><b>29</b>            9:30 Grief Group Social            1:00 Caregiver Support Group            2:00 Caregiver Needs Assessment</p>	<p><b>30</b>            9:30 Open Art            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 [bbrunell@stjohnscoa.com](mailto:bbrunell@stjohnscoa.com) to register. For classes marked with \* please register at: <http://coasjc.coursetorm.com/catagory/coa-center-at-noctee>