

November 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

<p>To schedule a one to one “Caregiver Needs Assessment” or “Medication Review” appointment please call 904-814-9407</p>	<p>1 9:30 Open Art (2hrs) 10:00 Is Probate a Dirty Word? by St Johns County Legal Aid 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn (Greg Ritscher)</p>	<p>2 9:30 A Matter of Balance (6 wk program for 2 hours) continued 9:30 Medicare Enrollment Appointments</p>
<p>7 9:30 Matter of Balance (6 wk program for 2 hours) continued 10:30 Bereavement Support Group – registration required (1.5) 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5) 3:30 iPhone Class*</p>	<p>8 9:30 Open Art (2hrs) 10:00 Learn About Your Library 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Preparing For the 2024 Election</p>	<p>9 9:30 A Matter of Balance (6 wk program for 2 hours) 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>14 10:30 Hope For the Holidays – Community Hospice (Doug Schilling) 11:00 Widows & Widowers (1 ½ hr) 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>15 9:30 Open Art (2 hrs) 10:00 How to Handle Your Kids on Legal Issues – St Johns Cny Legal Aid 1:00 Genealogy (3rd Wed) (1.5) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p>16 9:30 A Matter of Balance (6 wk program for 2 hours) 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>21 9:30 A Matter of Balance (6 wk program for 2 hours) 10:30 Bereavement Support Group – registration required (1.5) 1:00 Caregiver Support Group</p>	<p>22 9:30 Open Art (2hrs) 9:30 Medicare Enrollment Appts with SHINE 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>23 Happy Thanksgiving!!!</p>
<p>28 10:00 Caregiver Needs Assessment 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:30 iPhone/iPad Class*</p>	<p>29 9:30 Open Art (2hrs) 10:00 Medication Review 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>30 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with * there is a small fee. <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
904-819-3234