



November 2024

Tuesday

Wednesday

<p>5 10:30 Bereavement Session 5 of 6 11:00 Sound Bowl Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>6 9:30 Open Art (2hrs) 10:00 Bead Making Class 9:00 AARP Safe Driver Class (Session 1 of 2) (3 hrs) 12:30 Beginning Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn – Parkinson’s Disease, Past, Present, & Future 4:00 Parkinson’s Exercise (No Walk-ins)</p>
<p>12 10:00 Stretch, Strengthen, Move & Groove 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>13 9:30 Open Art (2 hrs) 9:00 AARP Safe Driver Class (Session 2 of 2) (3 hrs) 12:30 Beginning Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 3:00 Long Term Care Insurance. Is It Right for You? 4:30 - 6:00 Caregiver Needs Assessment</p>
<p>19 10:00 Stretch, Strengthen, Move & Groove 10:30 Bereavement Session 6 of 6 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>20 9:30 Open Art (2hrs) 10:00 How to Handle Your Kids on Legal Issues- Attorney Megan Wall 12:30 Beginning Tai Chi* 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (3 hrs) 4:00 Parkinson’s exercise (No Walk-ins)</p>
<p>26 10:00 Stretch, Strengthen, Move & Groove 11:00 Widows & Widowers (outing) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>27 9:30 Open Art (2hrs) 12:30 Beginning Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</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 an * there is a small fee. Please register at <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>.

To schedule a one to one “Caregiver Needs Assessment” call 904-814-9407