

OCTOBER 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

<p>3 10:00 Medicare Open Enrollment Presentation (SHINE) 10:30 Bereavement Support Group – registration required (1.5) 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>4 9:30 Open Art (2hrs) 10:00 Medicare Individual Appts 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn- Understanding off episodes & dyskinesia (Dr Huang)</p>	<p>5 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>10 9:30 Caregiver Needs Assessment 11:00 Widows & Widowers (1 ½ hr) 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>11 9:30 Open Art (2hrs) 10:00 Medication review (1 to 1) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>12 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>17 10:30 Bereavement Support Group – registration required (1.5) 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>18 9:30 Open Art (2 hrs) 10:00 From Tip Toes to Tightrope: Assess & Approve Your Balance (Dr Derry) 1:00 Genealogy (3rd Wed) (1.5) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p>19 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>24 9:30 A Matter of Balance (6 wks, 2hrs, advance sign up is required.) 10:30 Common Landscape Plants of NE Florida (Terra Freeman) 11:00 Widows & Widowers 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>25 9:30 Open Art (2hrs) 10:00 Should You Ever Put Someone Else Name on Your Deed? (Megan Wall) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>26 9:30 A Matter of Balance (6 wk program for 2 hours per class) 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>31 9:30 A Matter of Balance (6 wk for 2 hours) 10:00 Caregiver Needs Assessment 1:00 Caregiver Support Group 1:00 Mah Jongg Class (2.5)</p>	<p>To schedule a one to one “Caregiver Needs Assessment” or “Medication Review” appointment please call 904-814-9407</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. Please register at: <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>