



October 2024

Tuesday

Wednesday

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| <p>1 10:00 Stretch, Strengthen, Move & Groove 11:30 Caregiver Needs Assessment 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Introduction to Meditation Session 3 of 4*</p> | <p>2 9:30 Open Art (2hrs) 10:00 Shine Appointments 12:30 Beginning Tai Chi* 1:30 Advanced Tai Chi* 1:00 Mah Jongg Meet Up (2 hrs) 3:00 Parkinson’s Meet, Greet & Learn</p> |
| <p>8 10:30 Bereavement Session 3 of 6 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 3:00 Introduction to Meditation Session 4 of 4*</p> | <p>9 9:30 Open Art (2 hrs) 10:00 IMEP Presentation 12:30 Beginning Tai Chi* 1:30 Advanced Tai Chi* 1:00 Mah Jongg (2 hrs) 2:30 - 6:00 Caregiver Needs Assessment 3:00 Retirement – Making Your Money Last</p> |
| <p>15 10:00 Stretch, Strengthen, Move & Groove 11:30 Caregiver Needs Assessment 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 How to Age in Place</p> | <p>16 9:30 Open Art (2hrs) 9:30 Vaccines with AHEC (2 hrs) 12:30 Beginning Tai Chi* 1:30 Advanced Tai Chi* 1:00 Geneology 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (2hrs)</p> |
| <p>22 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>23 9:30 Open Art (2hrs) 10:00 Should You Ever Put Someone Else’s Name on Your Deed? 12:30 Beginning Tai Chi* 1:30 Advanced Tai Chi* 1:00 Mah Jongg Meet Up (2 hrs) Close at 3:00 for UF Health Halloween Event</p> |
| <p>29 10:30 Bereavement Session 4 of 6 10:30 iPhone/iPad – ISO 18 Operating System* 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Right Plant - Right Place</p> | <p>30 9:30 Open Art (2 hrs) 12:30 Beginning Tai Chi* 1:30 Advanced Tai Chi* 1:00 Mah Jongg Meet Up (2 hrs) 2:30 - 6:00 Caregiver Needs Assessment 3:00 Is Your Vision Cloudy? Let’s Clear Things Up</p> |

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call (904) 814-9407 or email pbrunell@stjohnscoa.com to register. For classes marked with an * there is a small fee, so please register at <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.