

No Charge
Activities in

March

at River House
179 Marine St.
St. Augustine

COA Travel Club: find out about upcoming travel opportunities. Monday March 13 at 2:00.

Mahjong Open Play: Bring your mahjong game and come play with others. Every Monday from 1 p.m. to 3 p.m.

AARP Tax Help: Free tax return preparation to anyone who needs it. AARP Foundation Tax-Aide volunteers are trained to help you file a variety of income tax forms and schedules. Mondays from March 6 to April 10 between 9 a.m and 12:45 p.m. Reserve a spot now by calling 904 209 3655.

Help with Medicare Questions: SHINE volunteers will be coming to River House on the 2nd Monday of each month from 9 a.m. to 12 p.m. to answer general Medicare related questions. Reserve a spot now by calling 904 209 3655.

Healing Hearts: After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference. Meets the 2nd and 4th Tuesday of each month from 9:30 a.m. to 10:30 a.m.

One on One Tech Help: with Daniel Berg. Need help using your electronic device? Reserve a spot now at 904 209 3655 for a one hour session on Tuesdays from 10 - 2.

Happy Hookers: Come join this social group as they crochet, knit, etc. Every Tuesday from 10 a.m. to noon

Open Art Studio: Bring your art project to work on while you socialize with other artists! Every Tuesday from 10 a.m. to noon

STA Strong BHO (Bone Health & Osteoporosis Foundation) Education Group: This group meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. The next meeting is Wednesday March 8 from 1:30 to 2:30.

Widow to Widow: Join us for a support group by widows for widows. Meets every Wednesday from 11:30 a.m. to 12:30 p.m.

Open Board Game Play: Bring your own or use one of ours. Scrabble, Chess, Backgammon, etc. Every Wednesday from 1 p.m. to 4 p.m.

Book Club: Come join others in reading and discussing various books. First Wednesday of each month from 2 p.m. to 3:30 p.m. March's discussion will be on "The Secret Life of Sunflowers" by Marta Molnar.

One on One Tech Help: with Daniel Berg. Need help using your electronic device? Reserve a spot now at 904 209 3655 for a one hour session on Thursdays from 10 - 2.

Rightsizing - Downsizing: What issues do longtime homeowners and downsizing seniors face? Thursday, March 16 from 10:30 a.m. to noon.

Open Card Play: Bring your deck of cards and socialize over a friendly card game of your choosing. Every Thursday from 12:15 p.m. to 3:15 p.m.

NAVY Florida VA Benefits: Veterans, Spouses and Adult Children are invited to a special workshop to learn how you may be eligible for Long Term Care Benefits to pay for Home Care, Assisted Living or Dementia Care. Thursday, March 16 from 2 p.m. to 4 p.m.

Do You Need a Living Will and How Can You Avoid the Need for a Guardianship - with Megan Wall of Legal Aid: on March 31 from 10 a.m. to 11 a.m. Reservations are requested but not required at 904 209 3655.

For more info go to www.coasjc.org, click on **Programs and Services**, then **Centers**, and then **River House**. Or call 904 209 3655.

