No Charge Activities in

November / December

at River House
179 Marine Street
St. Augustine

Monday

Help with Medicare Questions: 2nd Monday of each month from **9 a.m. to noon**. Reserve a spot with a SHINE volunteer now by calling 904 209 3655.

Mahjong Open Play **-** Bring your mahjong game and come play. Mondays from 1 p.m. to 3 p.m.

Tuesday

Healing Hearts**:** A group for grieving a loss. Meets the 2nd and 4th Tuesday of each month from 9:30-10:30 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 1 hour session on **Tuesday, November 7, 14, 28 and December 5, 12** from **10 - 1.**

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

Wednesday

Winter Wonderland Dance, Music, and Art Show: December 20 there will be a music & dance exhibition from 10-11 in the Ballroom and from 9:30 to noon there will be an art exhibition throughout River House.

Widow to Widow*:* Join us for a widows support group. Every Wednesday from 11:45-12:45.

COA Travel Club - Wednesday, November 15 at 12:30. Go to coasjc.org for more details.

STA Strong BHOF (Bone Health & Osteoporosis Foundation) Education Group: meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. Next meeting is **Wednesday, November 8** from **1:30-2:30.**

Book Club: Come join the group and discuss various books. First Wednesday of each month from 2-3:30. November's discussion will be "In the Garden of Beasts" by Erik Larson and December's discussion will be "Trust" by Hernan Diaz.

Thursday

Taking Control Of A Prostate Cancer Diagnosis: If you have recently been diagnosed or are dealing with prostate cancer, this meeting is for you. A support group to discuss lifestyle changes and other topics dealing with P.C. **Thursday, November 2, 16** and **December 14** from **11 a.m. to noon. (This is for men only)**

Open Card Play: Bring your cards & socialize! Every Thursday 12:15-3:15.

Friday

How to Handle Your Kids on Legal Issues **-** with Megan Wall of SJC Legal Aid on **Friday, November 3** from **10-11.**