

October

Classes at River House

179 Marine Street, St. Augustine

Please Register Online at
COASJC.ORG

For more information call
904 209 3655
Monday - Thursday



MONDAY

- Gentle Yoga with Scott Farber 9:15 - 10:45
- Dance Synergy with Mary Jenson 10 - 11:30
- Chair Yoga with Becky Dawson 11 - 12
- Spanish for Fun and Travel with Abigail Dyer 11:30 - 12:30
- Beginners Ballroom Dance Group Class with Ramona Walter 12:15 - 1:15
- French for Travelers with Denise Baudinet 1 - 2
- Watercolor / Doodles with Liz Monaco 1:30 - 3:30
- Ballet with Judy Woodruff 2:45 - 3:45

TUESDAY

- Fishing 101 with Donna Frantz 9 - 10:30
- Senior Strength and Balance Exercise with Mindy Mylrea 9 - 10
- Singing with Abigail Dyer 10:15 - 11:15
- Tai Chi / Qigong with Scott Farber 10:30 - 11:30
- Sea Shell Art on Oct. 10 with Jim Cargilo 11:00 - 12:00
- Line Dance with Ramona Walter 11:30 - 12:30
- Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
- Experimental Drawing Class with Jenny Keyser 1 - 3
- Mah Jongg for Beginners with Marcia Farrell 1 - 3
- Sound Vibrational Frequency with Sharon Infante 2:30 - 3:30
- How to Learn to Trust Your Intuition with Cathy Werner 2:45 - 3:45

WEDNESDAY

- Creating Cards with Scraps on Oct. 11 with Liz Monaco 9 - 11
- Creating Cards with Scraps on Oct. 25 with Liz Monaco 9 - 11
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15
- Chair Yoga with Becky Dawson 10:30 - 11:30
- Beginning Acrylic Landscape Painting with Jenny Keyser 11:30 - 1:30
- Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
- What to Eat Every Day for Optimal Health on Oct. 11 with Mindy Mylrea noon to 1:30
- Food to Eat for a Healthy Gut Biome on Oct. 25 with Mindy Mylrea noon to 1:30
- Bridge for Beginners with Dennis Chipman 1 - 3
- Tap Dancing Level 3 with Judy Woodruff 1:30 - 3
- Intermediate / Advanced Art with Jenny Keyser 2 - 4
- The Herbal Pharmacy: Herbs and Your Health with James Carucci 3 - 4

THURSDAY

- Chair Yoga with Becky Dawson 9 - 10
- Making Memories with Susan Brenner 9 - 11
- Beginner Bellydance Technique for Fun and Flexibility with Gina Marie Newman 9:30 - 10:30
- American Sign Language with Marae Decker 10:30 - 11:30
- Sassy Skirt Dance for Everyone! with Gina Marie Newman 10:45 - 11:45
- Colored Pencil Art with Liz Monaco 1:30 - 3:30
- Tap Dancing Level 2 with Judy Woodruff 2 - 3
- A Journey into the Multi-sensory Universe with Cathy Werner 2 - 3:30

