

No Charge
Activities in

Hello OCTOBER

at River House
179 Marine Street
St. Augustine

Help with Medicare Questions: Mondays, Oct. 9 & 16 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.

W.A.V.E. (Women Against Violent Encounters) – this self-defense class for Women focuses on situational awareness, verbal commands, assertiveness, and physical techniques. Presented by local Law Enforcement on **Monday, Oct. 16** from **1:30 to 3:45**. **(This is for women only)** Registration is required by calling 904 209 3655.



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, Oct. 10, 17, 24, 31**.

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

Advance Care Planning-Having the Conversation – This presentation provides an overview of the importance of advance care planning for all adults, not just the elderly. **Tuesday, Oct. 10** from **10:45 a.m. to 11:45 a.m.**



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

Book Club: Come join the group and discuss various books. First Wednesday of each month from 2-3:30. October's discussion will be **Color of Water** by James McBride.



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, Oct. 5 and 19** from **11 a.m. to noon**. **(This is for men only)**

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



Should You Ever Put Someone Else's Name on Your Deed? - with Megan Wall of SJC Legal Aid on **Friday, Oct. 20** from **10-11**.

Monday

Tuesday

Wednesday

Thursday

Friday