

COA Center at Flagler Health+ Village at Nocatee

February 2022

Tuesday

Wednesday

Thursday

<p>1 10:30 Chair Yoga * 12:30 Stretch, strengthen, move & groove* 1:00 Caregiver Support Group 2:00 Make Life Easier – Caregivers 3:00 Herbology *</p>	<p>2 9:30 Community Crafting (2hrs) 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Valentine Card Making w/ Denise 3:00 Parkinson’s meet & greet</p>	<p>3 10:00 Guidance through the Caregiving Journey, Led by Paulette Kozlowski (2 hrs) -- Learning to Understand RSVP to Paulette at pkozlowski@stjohnscoa.com or 904-209-3674</p>
<p>8 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, strengthen, move & groove* 1:00 Caregiver Support Group 3:00 Herbology*</p>	<p>9 9:30 Community Crafting (2hrs) 10:00 Cooking 4 heart health w/ Carla 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi* 3:00 Learn to Play Mah Jongg*</p>	<p>10 10:00 Guidance through the Caregiving Journey, Led by Paulette Kozlowski (2 hrs) -- Learning to Accept RSVP to Paulette at pkozlowski@stjohnscoa.com or 904-209-3674</p>
<p>15 10:30 Chair Yoga* 12:30 Stretch, strengthen, move & groove* 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p>16 9:30 Community Crafting 10:30 Bingo 1:00 Genealogy (2hrs) (3rd Wed) 1:30 Tai Chi* 3:00 Learn to Play Mah Jongg* 2:30 Mah Jongg Meet Up (2hrs)</p>	<p>17 10:00-11:30 Effective Communication Techniques for Caregivers--Gary LeBlanc RSVP to Sharon at sgesek@stjohnscoa.com or 904-460-3946 1:00-3:00 IMEP class contact Catherine at ctupper@stjohnscoa.com or 904-729-9535</p>
<p>22 10:30 Chair Yoga* 11:00 Widows & Widowers 12:30 Stretch, strengthen, move & groove* 1:00 Caregiver Support Group 3:00 Herbology*</p>	<p>23 9:30 Community Crafting (2hrs) 10:00 Exploitation of the Elderly and Disabled 1:00 Mah Jongg Meet Up (2hrs) 1:30 Tai Chi*</p>	<p>24 10:00 Guidance through the Caregiving Journey, Led by Paulette Kozlowski (2 hrs) -- Learning to Find Peace and Harmony RSVP to Paulette at pkozlowski@stjohnscoa.com or 904-209-3674</p>

Schedule is subject to change. Advanced registration is required. Unless otherwise noted, please call 904-819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with * please register at: <http://coajc.coursestorm.com/category/coa-center-at-nocatee>.