



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
 Chess, a Mechanism of Happiness with Estelle Thibodeau 9:30 to 11
 Flexibility and Mobility with Mindy Mylrea 10:15 to 11:15
 Chair Yoga with Becky Dawson 11 - noon
 Spanish for Fun and Travel with Abigail Dyer 11:30 - 12:30
 Neurographic Art Meditative Class on Oct. 7 & 14 with Estelle Thibodeau 11:30 to 1
 Neurographic Art Meditative Class on Oct. 21 & 28 with Estelle Thibodeau 11:30 to 1
 Zumba Gold with Angela Engel 12:15 - 1:15
 iPhone / iPad Class with Kai Long 12:45 - 1:45
 Ballet with Judy Woodruff 1:30 - 2:30
 Why and How to Use Spices OR Spice is the Spice of Life on Oct. 14 with
 Mindy and Bruce Mylrea 1:30 - 3
 Learn How to Draw with Liz Monaco 1:30 - 3:30
 Weekly Meditation with Anne Pogue 2 to 3

TUESDAY

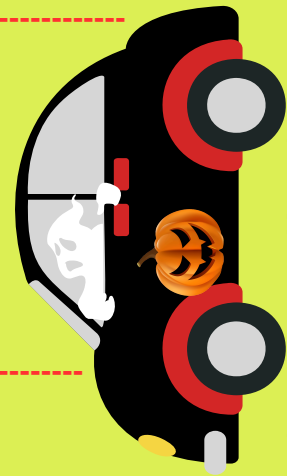
Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
 Strength and Balance for Active Aging with Mindy Mylrea 9 - 10
 Singing with Abigail Dyer 10:15 - 11:15
 Tai Chi / Qigong with Scott Farber 10:30 - 11:30
 Spanish for Beginners with Maria Martinez 11 - 1:00
 Sea Shell Art Class (Halloween) on Oct. 15 with Jim Cargilo 11:15 - 12:15
 Sea Shell Art Class on Oct. 29 with Jim Cargilo 11:15 - 12:15
 Beginners Ballroom Dance Group Class with Ramona Walter 11:30 - 12:30
 Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
 Intermediate Guitar with Dennis Fermin 1 - 2:30
 Sound Vibrational Frequency with Sharon Infante 2:30 - 3:30

WEDNESDAY

Watercolor Landscape Painting with David Ouellette 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
 Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
 Beginning Acrylic Landscape Painting with Jenny Keyser 11:30 - 1:30
 Line Dance with Ramona Walter 11:45 - 12:45
 We Made it to the Age of Aquarius - Now What? with Kate Werner 12:30 - 1:30
 Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00

THURSDAY

Chair Yoga with Becky Dawson 9 - 10
 Drawing 1 with David Ouellette 9 - 10:30
 Bellydance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
 American Sign Language with Brooklyn Wilcken 10:30 - 11:30
 Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
 Bellydance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
 Watercolor Technique with Liz Monaco 11 - 1
 Latin Rhythm Dance Exercise Class with Natalie "Coach" Kira 11:45 - 12:45
 Make an Ally of Your Intuition with Kate Werner 12:30 - 1:30
 Colored Pencil Art with Liz Monaco 1:30 - 3:30
 Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3
 Italian Cooking Made Easy on Oct. 3 with James Carucci 3 - 4
 I'm on Tapas of the World on Oct. 17 with James Carucci 3 - 4



Oct. 2 - Name Your Car Day

