


September 2021

National Fall Prevention Month

<p>Please email pbrunell@stjohnscoa.com or call 904-819-3234 to register. Go to www.coasjc.com for program details or call the above number.</p> <p>Schedule subject to change.</p>	<p>1</p> <p>9:30 Community Crafting 10:00 Plant & Garden group 1:00 Mah Jongg 1:30 Tai Chi</p>
<p>7</p> <p>10:00 Book Swap (1st Tues) 10:30 Chair Yoga 12:30 Matter of Balance 1:00 Caregivers Support Group</p>	<p>8</p> <p>9:30 Community Crafting 11:00 Mosaics w/ Alice 2:00 Cooking Demo - Mind diet 1:30 Tai Chi</p>
<p>14</p> <p>10:30 Chair Yoga 11:00 Widow and Widowers (2nd&4th T) 12:30 Matter of Balance 1:00 Library Presentation</p>	<p>15</p> <p>9:30 Community Crafting 11:00 Cancer Prevention w/ Stacie 11:30 Travel Club Presentation 1:30 Tai Chi 2:00 SMP Presentation by Shine 2:30 Just 4 Us (3rd Wed)</p>
<p>21</p> <p>10:00 Scrapbooking (3rd Tues) 10:30 Chair Yoga 12:30 Matter of Balance 1:00 Caregivers Support Group</p>	<p>22</p> <p>9:30 Community Crafting 11:00 Advance Care Planning 12:30 Basic Genealogy 1:30 Tai Chi</p>
<p>28</p> <p>10:30 Chair Yoga 11:00 Widows and Widowers 12:30 Matter of Balance 1:00 Caregivers Support Group</p>	<p>29</p> <p>9:30 Community Crafting 10:00 Do You Need a Living Will? 1:30 Tai Chi 2:00 Cancer Presentation – Flagler</p>
 <p>The footer contains two logos. On the left is the logo for St. Johns County Council On Aging, featuring the letters 'COA' in a stylized font with a colorful pattern. On the right is the logo for Republic Services, featuring a red star shape and the text 'REPUBLIC SERVICES'.</p>	