



September 2024

Tuesday

Wednesday

<p>3 10:00 Exercise, Stretch, Move & Groove (no floor) 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:30 iPhone/iPad (iCloud & Security)*</p>	<p>4 9:30 Open Art (2hrs) 10:30 Stronger for Longer – Dr Michael Derry 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn- Acute Episodes & Rescue Medication</p>
<p>10 10:30 Bereavement Session 1 of 6 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Introduction to Meditation Session 1 of 4*</p>	<p>11 9:30 Open Art (2 hrs) 10:00 Scam & Fraud Prevention by SJPD 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>17 10:00 Exercise, Stretch, Move & Groove (no floor) 10:30 Decluttering for Seniors 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Introduction to Meditation Session 2 of 4*</p>	<p>18 9:30 Open Art (2hrs) 10:00 How to Navigate Diabetes & Prediabetes Food Choices 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (2hrs)</p>
<p>24 10:00 Exercise, Stretch, Move & Groove (no floor) 10:30 Bereavement Session 2 of 6 11:30 Widows & Widowers (outing) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>25 9:30 Open Art (2hrs) 10:00 Spouse in a Nursing Home? Do You Have to Go Broke? Attorney Megan Wall 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
	<p>To schedule a one to one “Caregiver Needs Assessment” appointment please call 904-814-9407</p>

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call (904) 819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with an * there is a small fee. Please register at <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>