

No Charge
Activities in

September

at River House
179 Marine Street
St. Augustine

Monday

Help with Medicare Questions: on the 2nd Monday of each month from 9-noon. Reserve a spot with a SHINE volunteer now by calling 904 209 3655.

Mahjong Open Play: Every Mon. from 1-3 pm. Bring your game.

Fraud Prevention: This program offered by St. Johns County Sheriff's Office will address common frauds. What to look for and how to avoid them. On **Mon. Sept. 18** from **1:30 - 2:30**

COA Travel Club: Monday, **Sept. 11** at **2:00**. See COA website for more details.

Tuesday

Healing Hearts: A group for grieving a loss. Meets the 2nd and 4th Tues. 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 **Tues., Sept. 5, 12, 19, 26 and Thurs., Sept. 7, 21.**

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

Wednesday

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

Open Board Game Play: Bring your own or use one of ours. Every Wed. from 1-4.

STA Strong BHOFF (Bone Health & Osteoporosis Foundation) Education Group: meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. Next meeting is **Wed., Sept. 13** from **1:30-2:30**.

Book Club: Come join the group and discuss various books. First Wed. of each month from 2-3:30. September's discussion will be ***The Physician by Noah Gordon.***

Thursday

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

All You Need to Know About Cremation Pre-planning: **Thurs. Sept. 7** at **12:30**. This is a lunch and learn seminar so pizza and drinks will be provided.

Friday

Spouse in Nursing Home? Do You Have to Go Broke? - with Megan Wall of SJC Legal Aid on **Fri., Sept. 22** from **10-11**.

