



SEPTEMBER

For more info. call 904 209 3655
Monday to Thursday

Monday

River House is closed on Sept. 2

Mah jongg Open Play: Bring your mah jongg game and come play. Mon. from 1 - 3 p.m.

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. 3, 10, 17, 24**

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 p.m

STA Strong BHOF (Bone Health & Osteoporosis Foundation) Education Group: meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. Next meeting is **Wed. Sept. 11** from 1:30 - 2:30.

Book Club: Come join the group and discuss various books. First Wednesday of each month from 2 - 3:30 p.m.. Sept.'s discussion will be Moby Dick by Herman Melville.

Thursday

Open Game Play: Bring your cards or board games (or use ours) and socialize! Every Thurs. 12:15 - 3:15.

Friday

Spouse in a Nursing Home? Do You Have to Go Broke? - with Megan Wall of Legal Aid: on **Fri., Sept. 27** from 10-11 am.