

# COA CENTER AT UF HEALTH NOCATEE

March 2025



## COA MONTHLY UPDATE

[www.coasjc.org/center-at-nocatee](http://www.coasjc.org/center-at-nocatee)

### PROVIDING EDUCATION & SUPPORT ON YOUR HEALTH JOURNEY

The St. Johns County COA provides education and enrichments for adults. In addition, the COA Center at Nocatee provides support and needs assessments for all caregivers, including caregivers of people living with dementia and other brain disorders and specialized classes for people living with Parkinson's disease.

Join us for educational programs, healthy living lectures, tai chi classes, enrichment activities & arts for adults age 18+.

**\*\*\* Please turn page for March program descriptions\*\*\***

### COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, and weekly Caregiver Support Group. People living with Parkinson's &/or their care partner are invited to attend our Parkinson's Support Group/Educational meetings once per month.

**E-mail [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) or call 904-814-9407 for more information or to schedule an appointment.**

### DID YOU KNOW?

COA provides:

- Meals on Wheels
- Independent Living Services
- Prescription Assistance
- Volunteer Opportunities
- Paratransit Transportation
- Care Connection
- IMEP and more

The St. Johns County Council on Aging is here to help.

For a complete list of services go to [www.coasjc.org](http://www.coasjc.org).



SJC COA, Inc.  
Community Care-giving Program

## **TUESDAYS:**

**Stretch, Strengthen, Move & Groove (No Floor):** Free and easily adapted to your fitness level. Can be done standing or sitting. Every Tuesday from 10:00 to 11:00 a.m.

**Simplifying Transitions:** This presentation will cover downsizing, packing, staging, organizing, unpacking and setting up your new space. March 4 from 11:00 a.m. to Noon.

**Caregiver Support Group:** All caregivers are welcome. The group meets every Tuesday from 1:00 to 2:30 p.m. There is a trained facilitator present at every meeting to guide the group.

**Open Card Play:** Bring your deck of cards and join others in playing the card game of your choice. No instructor will be present. This is a self-directed group. Every Tuesday 1:00 to 4:00 p.m.

**Stress Relief through Meditation:** Participants will be guided through their unique energy-clearing session. Free weekly classes from 3:00 to 3:45.

**Widows Meetup:** Social group meeting the second and fourth Tuesdays of every month from 11:00 a.m. to 12:30 p.m. Some meetings may take place outside the COA. A one-time registration to join the group is suggested to receive meeting updates.

**Common Landscape Plants of NE Florida:** Find out which Florida Friendly plants will save money and energy for beautiful results. March 18 from 10:30 to 11:30 a.m.

**Deep Brain Stimulation for Parkinson's disease & Essential Tremor:** Free lunch seminar for patients, family, friends and caregivers. Preregistration is required, call or text 770-356-6410.

## **WEDNESDAYS:**

**Medicare Basics & Fraud Prevention:** Attend this lecture by a local SHINE representative if you will be new to Medicare in the next year or if have already signed up and have questions. March 5 from 10:30 to 11:30 a.m.

**Open Art:** Bring your art or craft project to work on while socializing with friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.m.

**Easy Tai Chi:** This class is for people who have never done Tai Chi, need a refresher or slower detailed training with instructor Dennis Sheils. Wednesdays starting March 5 for four weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

**Mah Jongg Meet-up:** Open play for experienced players. March 5 & 12 from 1:00 to 4:00 p.m., March 19 from 3:00 to 6:00 p.m., & March 26 from Noon until 3:00 p.m.

**Advanced Tai Chi:** Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays starting March 5 for four weeks; Class time is 1:30 to 2:30. Cost is \$25. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>.

**Parkinson's Meet, Greet & Learn:** A monthly meeting for people living with Parkinson's disease and/or their care partner. In March we will learn about Parkinson's programs UF Health has to offer. March 5 from 3:00 to 4:00 p.m.; followed by a special session with a licensed mental health care provider for PWP.

**Destination Alaska:** Gain insights and knowledge about visiting Alaska from experienced Alaska Specialists. March 12 from 10:00 to 11:00 a.m.

**Protecting Your Wealth from Healthcare Cost in Retirement:** What you need to know about Medicare, average healthcare cost & how to manage these expenses. March 19 from 10:30 to 11:30 a.m.

**Genealogy Group:** The group meets the 3rd Wednesday of each month. March's topic is show & tell. Sharing you genealogical artifacts & heirlooms. March 19th from 1:00 to 2:30 p.m.

**Do You Need a Living Will & How to Avoid the Need for a Guardianship:** Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. March 26 from 10:00 to 11:30 a.m.

**American Parkinson's disease Association (Florida Chapter), Connect with the Care Team:** Refreshments will be served & space is limited so call/text 954-952-0429 to register. March 26 3:30 to 5:30.