

# COA CENTER AT UF HEALTH NOCATEE

April 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 April 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.

**Self Defense Basics:** This Series of five classes will be taught by a former Defensive Tactic Instructor of the Miami Police Department, Niki Lawrence. Every Tuesday in April 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

**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.

## **WEDNESDAYS:**

**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.

**Fall Prevention:** Did you know most falls can be prevented? Learn how from UF Health & Trauma 1 as they present The Trauma Injury Prevention Program on April 2 from 10:30 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 April 2 for five 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. April 2, 9, 23 & 30 from 1:00 to 4:00 p.m., April 16 from 3:00 to 5:00 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 p.m. 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. April 2 from 3:00 to 4:00 p.m.; followed by a special session with a mental health care provider for people with Parkinson's.

**Food Forest (Discover How to Transform Your Yard):** Presented by Terra Freeman, FFL & Commercial Horticultural Agent for UF/IFAS St. Johns County. April 9 from 10:30 a.m. to Noon.

**Senior Living Options (Home Care or Assisted Living):** A Panel discussion to help you decide on what is best for your loved one or yourself in the future. Brunch will be provided so advanced RSVP is required. April 16 from 10:30 to Noon.

**Genealogy Group:** The group meets the 3rd Wednesday of each month. April 16 from 1:00 to 2:30

**What Financial Obligations Put You or Your Loved Ones' Nest Egg in Danger:** Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. April 23 from 10:00 to 11:30

**Dealing with Dementia (The Basics):** Presented by River Garden Senior Services. Q & A will take place after the presentation. April 30 from 10:30 to 11:30 a.m.