River House 179 Marine Street St. Augustine For more info. call 904 209 3655

Monday to Thursday These programs *usually* have no fee.



# *Help with Medicare Questions:* Monday, March 10. <u>Reserve a spot with a SHINE volunteer now by</u> <u>calling 904 209 3655.</u>

AARP Tax Help -Free tax return preparation to anyone who needs it. AARP Foundation Tax-Aide volunteers are trained to help you file a variety of income tax forms and schedules. On Mondays starting Feb. 3 to April 7 between 9:30 a.m. and 2:00 p.m. Reserve a spot now by calling 904 209 3655.

#### **Container Gardening - Think Outside the Pot with Design in Mind:**

Come and join us for a visual presentation and hands on demonstration as we venture into the world of beautiful and interesting concepts for container gardening. You'll learn how to select your pots, how to plant for indoors and out, and use basic design techniques, all utilizing small trees, plants, flowers, veggies and herbs. If you want to make your own container garden please bring a small container, soil and plants, and Karen can show you how best to plant it. Presented by St. Johns County Master Gardener Karen Doyle. Mon., March 24 from 9:15 to 11:15. Pre-registration required. Call 904 209 3655 to register.

Mah jongg Open Play: Bring your mah jongg game and come play. Mon. from 12:30 - 3:30.

#### <u>Tuesday</u>

Healing Hearts: A group for grieving a loss. Meets the 2nd Tues. of each month from 9:30 - 10:30.

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

**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 March 4, 11, 18, 25.

#### <u>Wednesday</u>

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

**STA Strong BHOF (Bone Health & Osteoporosis Foundation) Education Group**: This group meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. The next meeting is on Wednesday, March 12 from 1:30 to 2:30.

**Book Club:** Come join the group and discuss various books. First Wednesday of each month from 2 - 3:30 p.m. March's discussion will be <u>The Valley of Amazement</u> by Amy Tan.

### <u>Thursday</u>

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

## <u>Friday</u>

**Do You Need a Living Will and How Can You Avoid the Need for a Guardianship?** - with Megan Wall of Legal Aid: on Fri., March 28 from 10-11.