

COA CENTER AT UF HEALTH NOCATEE

MONTHLY UPDATE

May 2025



(904) 819-3234 pbrunell@coasjc.org



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 May 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 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.



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. Class size is limited. Every Tuesday from 10:00 to 11:00 a.m. Cost \$10 register at: <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Meditation: Participants will be guided through their unique energy-clearing session. Free weekly classes, every Tuesday in May from 11:15 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

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 required 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.

GUIDE program (For Family Care Partners): Attend to learn about The Guide Model, which can provide in home support for traditional Medicare recipients. May 7 from 10:30 to 11:30.

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 May 7 for four weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit

<https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

Mah Jongg Meet-up: Open play for experienced players. May 7, 14, 28 from 1:00 to 4:00 p.m., May 21 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 May 7 for four weeks; Class time is 1:30 to 2:30 p.m. Cost is \$25. To register visit

<https://coasjc.coursestorm.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.; a break out session for PWP will be after the educational session by Prism Health Services.

Exploring Italy: Join experienced travel specialist, Harry LeBoeuf, to learn what you need to know before you travel. May 14 from 10:30 to 11:30 a.m.

Rain Garden Design & Planning: Presented by Terra Freeman, FFL & Commercial Horticultural Agent for UF/IFAS St. Johns County. May 21 from 10:30 a.m. to Noon.

Genealogy Group: The group meets the 3rd Wednesday of each month. May 21 from 1:00 to 2:30 p.m.

How to Avoid Becoming Victim of Predatory Lending: Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. May 28 from 10:00 to 11:30 a.m.

Caregiver Needs Assessment: Make an appointment with a Qualified Dementia Care Specialist who will set up a time to discuss your situation 1:1; develop an individualized education and needs assessment; support and guide; and empower you to find solutions for those needs. Call to schedule a free appointment on Tuesday or Wednesday, 904-814-9407 or email pbrunell@stjohnscoa.com.