



**May 2025**

**Tuesday**

**Wednesday**

<p><b>6</b>          10:00 Stretch, Strengthen &amp; Move*          11:15 Energy Alignment / Meditation          1:00 Caregiver Support Group (1.5hrs)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>7</b>          9:30 Open Art (2 hrs)  <b>10:30 GUIDE Program (for Family Care Partners)</b>          12:30 Easy Tai Chi*          1:00 Mah Jongg Meet Up (3 hrs)          1:30 Advanced Tai Chi*  <b>3:00 Parkinson’s Meet, Greet &amp; Learn – Prism Health Service</b></p>
<p><b>13</b>          10:00 Stretch, Strengthen &amp; Move*          11:00 Widows &amp; Widowers (1.5hrs)          11:15 Energy Alignment / Meditation          1:00 Caregiver Support Group (1.5hrs)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>14</b>          9:30 Open Art (2hrs)  <b>10:30 Exploring Italy</b>          12:30 Easy Tai Chi*          1:00 Mah Jongg Meet-up (3hrs)          1:30 Advanced Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment</p>
<p><b>20</b>          10:00 Stretch, Strengthen &amp; Move*          11:15 Energy Alignment / Meditation  <b>11:15 Loving Yourself as You Care for Others</b>          1:00 Caregiver Support Group (1.5)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>21</b>          9:30 Open Art (2hrs)  <b>10:30 Rain Garden Design &amp; Planning</b>          12:30 Easy Tai Chi*          1:00 Genealogy (3<sup>rd</sup> Wed) (field trip)          1:30 Advanced Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment          3:00 Mah Jongg Meet Up (2 hrs)</p>
<p><b>27</b>          10:00 Stretch, Strengthen &amp; Move*          11:00 Widows &amp; Widowers outing (1.5hrs)          11:15 Energy Alignment / Meditation          1:00 Caregiver Support Group (1.5)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>28</b>          9:30 Open Art (2hrs)  <b>10:00 How to Avoid Being a Victim of Predatory Lending</b>          12:30 Easy Tai Chi*          1:00 Mah Jongg Meet Up (3 hrs)          1:30 Advanced Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment</p>

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call (904) 819-3234 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with an \* there is a small fee. Please register at <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

To schedule a one to one “Caregiver Needs Assessment” call 904-814-9407