


Classes for Adults of ALL Ages

Nassau County Council on Aging 1901 Island Walk Way, Fernandina Beach, FL 32034 • 904-261-0701

February 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
W E E K L Y	8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Enerchi 10:00 Ukulele- Open Play 10:30 Beginning Ballet 11:30 Standing Yoga 11:45 Floor Pilates 1:00 Floor Yoga Stretch 1:30 Intermediate Conversational Spanish 3:00 Rummikub	8:30 Resistance Training 10:00 Basic Beginner Line Dancing 10:00 Crocheting Circle - All Levels 10:00 Stability Exercises 11:00 Drawing Beginning (except 2/27) 11:15 Belly Dancing 11:30 Tai Chi (except 01/02) 1:00 Zumba Gold 1:15 Drawing Advanced (except 2/27) 3:00 Zumba Gold - American Beach 3:00 <u>Great Decisions</u>	8:30 Stretch & Balance - Advanced 9:45 Weight Training & Toning 11:30 Enerchi 1:00 Cribbage - All Levels 1:00 Line Dancing - Basic 2:00 Line Dancing - Intermediate 3:30 Multigenerational Amelia Strings 11+	8:30 Mat & Core Class - All Levels 9:45 Happy Hoopers 10:00 Sign Language 10:30 Don't Worry Be Happy 10:30 Just Dance 10:30 Qigong Healing - The Art of Inhaling Life 12:00 Dancing Queens 1:00 Casual Knitting - Beginners Welcome * 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold 2:00 <u>Health Series</u> 3:30 Meditation w/Singing Bowls (except 2/1)	8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee & Foot - Open Play 9:45 Zumba Step Up 11:00 Support Group: NAMI * 11:30 Total Body Workout 12:30 Bridge Open Play - All Levels 12:30 Mahjong - All Levels 1:00 Calligraphy 1:00 Posture & Balance (except 01/05) 2:30 Painting	W E E K L Y

A D D I T I O N A L C L A S S E S		<i>All activities subject to change</i>		1	2	A D D I T I O N A L C L A S S E S
	5	6	7	8	9	
	8:30 Apple Mac 9:00 Elvis Music w/Lane* 12:45 Tap Dancing 5:30 Grief Support Group: Grieving with Hope	8:30 Apple Mac 10:00 Candy Cane Valentines* 12:00 Support Group: Hearing Loss* 3:00 <u>Science Across Borders</u> 3:30 Photo: Exploring Light - It's All About Light	8:30 Apple Mac 9:00 Sing Along w/Bruce*	10:00 Tunes w/2Js* 1:00 Planning for Future & Senior Living 2:00 <u>Health: Valentine's Painting Party</u> 3:30 Memories: How We Collect Share Enjoy	9:00 Valentine's Day Musical Performance* 9:30 Mayor Bradley Bean - What's on Your Mind?	
	12	13	14	15	16	
	9:00 Music w/Terry* 5:30 Grief Support Group: Grieving with Hope*	10:00 Writers Workshop 2:30 Retired: What Now & Ikigai Class 3:00 <u>U.S. China Trade Rivalry</u>	9:00 The Magic Bean Show* 3:30 Support Group: Caregivers*	10:00 Bystander CPR 10:00 Jeopardy* 2:00 <u>Health: Hands on CPR</u> 3:30 Memories: How We Collect Share Enjoy	1:00 Honoring Choices 2:30 Senior Self Defense	
19	20	21	22	23		
Closed in observance of President's Day	10:00 Crafts w/a Purpose* 3:00 <u>NATO's Future</u>	9:00 Sing Along w/Bruce*	9:00 Poker 10:00 Tunes w/2Js* 1:00 Computer/Mobile Device Security Workshop 2:00 <u>Health: Brain & Memory/Living to 100</u> 3:30 Tapping Meditation: Fear & Worry to Peace			
26	27	28	29			
9:00 Music w/Terry * 12:45 Tap Dancing 5:30 Grief Support Group: Grieving with Hope*	10:00 Monopoly Auction* 10:00 Writers Workshop 3:00 <u>Understanding Indonesia</u>	11:00 Support Group: Low Vision* 3:30 Support Group: Caregivers*	2:00 Memory Forgetfulness & Aging: What's Normal			

If you are already in our class database, you may book your spot in a class on www.myactivecenter.com

Classes marked with * are free to attend; otherwise, \$5 per class, unless a member—\$125 ind, \$195 couple