Classes for Adults of ALL Ages **Nassau County Council on Aging** **1901 Island Walk Way, Fernandina Beach, FL 32034 • 904-261-0701** **May 2024**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEKLY	**8:30** Pelvic Floor & Core **9:00** Chair Yoga w/Tina **10:00** Enerchi **10:00** Ukulele- Open Play **10:30** Beginning Ballet (except 4/15 & 4/22) **11:30** Standing Yoga **11:45** Floor Yoga Stretch **12:45** Tap Dancing (except 4/22 & 4/29) **1:00** Pilates **1:30** Intermediate Conversational Spanish **3:00** Rummikub	**8:30** Resistance Training **10:00** Crocheting Circle - All Levels **10:00** Stability Exercises **11:00** Drawing From Observation (except 5/28) **11:15** Belly Dancing (except 5/28) **11:30** Tai Chi **1:00** Line Dancing - Basic **1:00** Zumba Gold (except 5/28) **2:00** Line Dancing - Intermediate **3:00** Zumba Gold - American Beach	**8:30** Stretch & Balance - Advanced **9:30** Open Bridge - All Levels of Play **9:45** Weight Training & Toning **10:00** Aerobic Exercise **11:15** Pilates **11:30** Enerchi **1:00** Cribbage - All Levels **1:00** Line Dancing - Basic **2:00** Line Dancing - Intermediate **2:00** Lyrical Dance **3:00** Conversational Spanish	**8:30** Mat & Core Class - All Levels **9:45** Happy Hoopers **10:00** Sign Language Series **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	**8:30** Zumba Gold: Weight Training & Toning **9:00** Chair Yoga w/Tina (except 5/10) **9:30** Canasta HK&F - Open Play (except 5/10) **9:45** Zumba Step Up **10:00** Aerobic Exercise (except 5/10) **11:00** Support Group: NAMI * **11:15** Pilates (except 5/10) **11:30** Total Body Workout **12:30** Bridge Open Play - All (except 5/10) **12:30** Mahjong w/Current Mahjong Card (except 5/10) **1:00** Posture & Balance	**WEEKLY**
ADDITIONAL CLASSES	NASSAU COUNTY Council on Aging SENIORS LIVING HAPPY, HEALTHY LIVES	***All activities subject to change***	**1** **9:00** Sing Along w/Bruce* **9:00** Legal: Basic Estate Planning **10:00** Drawing & Watercolor Seascapes: Angelfish **3:30** Multi-gen Amelia Strings Ages 11+	**2** **9:00** Armchair Travel* **10:00** How to Save Money w/Your Current Healthcare Plan **2:30** Lip Reading **2:30** Ping-Pong for Parkinson's (offsite - at Atlantic Recreation Center)	**3** **9:00** Cooking w/April Blue Moseley* **9:30** Mayor Bradley Bean - Hot Topic Discussions **2:30** Senior Self Defense	**ADDITIONAL CLASSES**
	6 **9:00** Elvis Music w/Lane* **9:30** Apple Mac	**7** **9:30** Apple Mac **10:00** Music w/John **12:00** Support Group: Hearing Loss*	**8** **9:00** Hurricane Preparedness **9:30** Apple Mac **12:45** Growing w/Gratitude **3:30** Support Group: Caregivers*	**9** **9:00** Diabetes/Nutrition: Identifying & Managing Diabetes **9:00** Melodies for Mothers: Musical Performance*	**10** **9:00** Melodies for Mothers: Musical Performance*	
	13 **9:00** Music w/John **9:00** Music w/Terry* **5:30** Grief Support Group: Grieving with Hope*	**14** **10:00** Amelia Island Sea Turtles **10:00** Writers Workshop	**15** **9:00** Sing Along w/Bruce* **10:00** Drawing & Watercolor Seascapes: Seahorse **3:30** Multi-gen Amelia Strings Ages 11+	**16** **2:30** Lip Reading **2:30** Retired - What Now & Ikigai Class	**17** **9:00** Photography Presentation: Len Messineo **1:00** Calligraphy **2:30** Painting **2:30** Senior Self Defense	
	20 **9:00** Elvis Music w/Lane*	**21** **10:00** Crafts w/a Purpose*	**22** **10:00** Music w/John **11:00** Support Group: Low Vision **3:30** Support Group: Caregivers*	**23** **9:00** Poker **10:00** Tunes w/2Js*	**24** **1:00** Calligraphy **2:30** Painting	
	27 ***Closed in Observance of Memorial Day***	**28** **10:00** Writers Workshop	**29** **9:00** Sing Along w/Bruce* **10:00** Drawing & Watercolor Seascapes: Octopus **12:00** Investing Today: Bonds - Lunch & Learn	**30** **10:00** Multigenerational Amelia Strings - Presentation	**31** **9:00** Music w/John	

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