


**Classes for Adults of ALL Ages**

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

**July 2024**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>W E E K L Y</b>	<b>8:30</b> Pelvic Floor & Core <b>9:00</b> Chair Yoga w/Tina <b>10:00</b> Aerobic Fitness - <b>American Beach</b> <b>10:00</b> Enerchi <b>10:00</b> Ukulele- Open Play <b>10:00</b> Aerobic Fitness <b>10:30</b> Beginning Ballet (except 7/29) <b>11:00</b> Yogalates - <b>American Beach</b> <b>11:30</b> Standing Yoga <b>11:45</b> Floor Yoga Stretch <b>12:00</b> Mahjong - w/Current Mahjong Card <b>1:00</b> Pilates <b>1:30</b> Intermediate Conversational Spanish <b>3:00</b> Rummikub	<b>8:30</b> Resistance Training - All Levels <b>8:30</b> Resistance Training - Advanced <b>10:00</b> Crocheting Circle - All Levels <b>10:00</b> Multigen. Media Journalism <b>10:00</b> Stability Exercises <b>11:15</b> Belly Dancing (except 7/30) <b>11:30</b> Tai Chi <b>1:00</b> Line Dancing - Basic (except 7/2) <b>1:00</b> Zumba Gold <b>2:00</b> Line Dancing - Intermediate <b>3:00</b> Zumba Gold - American Beach	<b>8:30</b> Stretch & Balance - Advanced <b>9:00</b> Tighten & Tone <b>9:30</b> Open Bridge - All Levels of Play <b>9:45</b> Weight Training & Toning <b>10:00</b> Aerobic Exercise <b>11:15</b> Pilates <b>11:30</b> Enerchi <b>1:00</b> Cribbage - All Levels <b>1:00</b> Line Dancing - Basic (except 7/3) <b>2:00</b> Line Dancing - Intermediate <b>3:00</b> Conversational Spanish	<b>8:30</b> Mat & Core Class - All Levels <b>8:30</b> Mat & Core Class - Advanced <b>9:45</b> Happy Hoopers (except 7/25) <b>10:30</b> Just Dance <b>10:30</b> Qigong Healing - The Art of Inhaling Life <b>12:00</b> Dancing Queens <b>1:00</b> Casual Knitting - Beginners Welcome* <b>1:00</b> Tapping Meditation - Tapping Café <b>1:30</b> Zumba Gold	<b>8:30</b> Zumba Gold: Weight Training & Toning <b>9:00</b> Chair Yoga w/Tina <b>9:30</b> Canasta Hand Knee Foot - Open Play & Instruction <b>9:45</b> Zumba Step Up <b>10:00</b> Aerobic Exercise <b>11:00</b> Pilates <b>11:00</b> Support Group: NAMI * <b>11:30</b> Total Body Workout <b>12:30</b> Bridge Open Play - All Levels <b>1:00</b> Calligraphy <b>1:00</b> Posture & Balance <b>2:30</b> Painting	<b>W E E K L Y</b>

<b>A D D I T I O N A L  C L A S S E S</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>A D D I T I O N A L  C L A S S E S</b>
	9:00 Elvis Music w/Lane*	12:00 Hearing Aid Checkup 12:00 Support Group: Hearing Loss*	5:30 Patriotic Charcuterie Board - After Hours Event	<b><i>Closed in Observance of Independence Day</i></b>	9:00 Cooking w/April Blue Moseley* 9:30 Mayor Bradley Bean - Hot Topic Discussions	
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
	5:30 Grief Support Group: Grieving with Hope*	10:00 Guitar Adventures w/Joyce	10:00 Drawing & Watercolor Animals 3:30 Support Group: Caregivers*	10:00 Tunes w/2Js*	~Weekly Only/No Additional~	
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
9:00 Elvis Music w/Lane*	9:00 Trivia w/Nelson Insurance 10:00 Crafts w/a Purpose*	9:00 Sing Along w/Bruce*	1:30 Lip Reading	~Weekly Only/No Additional~		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>28</b>		
5:30 Grief Support Group: Grieving with Hope*	10:00 Monopoly Auction* 10:00 Seniors on a Mission: Tech Pop-up	10:00 Drawing & Watercolor Animals 11:00 Support Group: Low Vision* 3:30 Support Group: Caregivers*	9:00 Poker* 10:00 Tunes w/2Js*	~Weekly Only/No Additional~		
<b>29</b>	<b>30</b>	<b>31</b>	 <p><b><i>All activities subject to change</i></b></p>			
10:00 Music w/John	~Weekly Only/No Additional~	~Weekly Only/No Additional~				

If you are already in our class database, you may book your spot in a class on [www.myactivecenter.com](http://www.myactivecenter.com)

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