



Classes for Adults of ALL Ages

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

October 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
W E E K L Y	<p>8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Aerobic Fitness - American Beach 10:00 Enerchi 10:00 Ukulele- Open Play 10:30 Beginning Ballet 11:00 Yagalates - American Beach 11:30 Standing Yoga 11:45 Floor Yoga Stretch 12:45 Tap Dancing 1:00 Pilates 1:30 Intermediate Conversational Spanish 3:00 Rummikub</p>	<p>8:15 Standing Core 8:30 Resistance Training - Advanced 10:00 Crocheting Circle - All Levels 10:00 Multigen Media Journalism 10:00 Photo - FSCJ (except 10/29) 10:00 Stability Exercises 11:00 Full Body Toning - FSCJ (except 10/29) 1:00 Drawing from Observation: Beginning 1:00 Line Dancing - Basic 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 Critical Issues 3:00 Drawing from Observation: Advanced 3:00 Zumba Gold - American Beach</p>	<p>8:30 Stretch & Balance - Advanced 9:00 Tighten & Tone 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise 11:00 Pilates 11:30 Enerchi 1:00 Cribbage - All Levels 1:00 Line Dancing - Basic 1:30 Basic Conversational Spanish 2:00 Line Dancing - Intermediate</p>	<p>8:15 Advanced Chair Yoga 8:30 Mat & Core Class - Advanced 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 Italian Language & Culture 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold</p>	<p>8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee Foot - Open Play & Instruction 9:45 Zumba Step Up 10:00 Aerobic Exercise 11:00 Pilates 11:00 Support Group: NAMI * 11:30 Total Body Workout 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Posture & Balance 2:30 Painting</p>	W E E K L Y
A D D I T I O N A L C L A S S E S	 All activities subject to change	1 <p>9:00 AI: Unleash Your Inner Creativity - FSCJ 10:00 Photo 5: iPhone Photography - FSCJ 12:00 Hearing Aid Check-up 12:00 Support Group: Hearing Loss 3:00 Data & Perspectives on US Immigration</p>	2 <p>9:00 Sing Along w/Bruce* 5:30 Book Club: Reading Between the Lines</p>	3 <p>9:00 Armchair Travel* 2:30 Lip Reading</p>	4 <p>9:00 Cooking w/April Blue Moseley*</p>	A D D I T I O N A L C L A S S E S
	7 <p>9:00 Elvis Music w/Lane* 10:00 Ping-Pong Serving Parkinson's - Atlantic Rec Center</p>	8 <p>9:00 AI: Create with Confidence - FSCJ 10:00 Guitar Adventures w/Joyce 10:00 Photo 6: Phone Apps Photography - FSCJ 11:15 Belly Dancing 2:00 Honoring Choices* 3:00 India: Vast Potential; Serious Problems</p>	9 <p>10:00 AI: The Linking Game 3:30 Support Group: Caregivers*</p>	10 <p>11:45 How Your Muscles Talk to You</p>	11 <p>9:30 Hot Topic Discussions: Mayor Bradley Bean 2:30 Senior Self Defense</p>	
	14 <p>9:30 Apple iPhone/iPad 10:00 Ping-Pong Serving Parkinson's - Atlantic Rec Center 5:30 Grief Support Group: Grieving with Hope*</p>	15 <p>9:00 Trivia w/Nelson Insurance* 9:30 Apple iPhone/iPad 10:00 Crafts w/a Purpose 10:00 Photo 7: Composition & Light - FSCJ 11:15 Belly Dancing 3:00 Tech & Disinformation & US Elections</p>	16 <p>9:00 Nutrition Education 9:00 Sing Along w/Bruce* 9:30 Apple iPhone/iPad</p>	17 <p>10:00 Medicare Assistance - Savanna Varney 1:00 Photo Cuba Presentation 2:30 Lip Reading</p>	18 <p>2:30 Senior Self Defense</p>	
	21 <p>9:00 Elvis Music w/Lane*</p>	22 <p>10:00 Photo 8: Deeper Dive Composition - FSCJ 11:15 Belly Dancing 3:00 Nuclear Power Plants</p>	23 <p>11:00 Support Group: Low Vision* 3:30 Support Group: Caregivers*</p>	24 <p>10:00 Tunes w/2Js* 11:30 A Lifetime Gift Presentation 11:45 Muscle Health: How to Do It</p>	25 <p>~Weekly Only/No Additional~</p>	
	28 <p>9:00 Poker* 5:30 Grief Support Group: Grieving with Hope*</p>	29 <p>3:00 Global Impact of Russian War on Ukraine</p>	30 <p>9:00 Sing Along w/Bruce* 5:00 Halloween Charcuterie Board</p>	31 <p>~Weekly Only/No Additional~</p>		

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