



Classes for Adults of ALL Ages

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

November 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 Yoga Stretch 12:45 Tap Dancing 1:00 Pilates 1:30 Intermediate Conversational Spanish 3:00 Rummikub	8:15 Standing Core 8:30 Resistance Training - Advanced 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels 10:00 Stability Exercises 1:00 Line Dancing - Basic (except 11/12) 1:00 Zumba Gold (except 11/12) 2:00 Line Dancing - Intermediate	8:30 Stretch & Balance - Advanced 9:30 Party Bridge (except 11/27) 9:45 Weight Training & Toning (except 11/27) 11:00 Pilates (except 11/27) 11:30 Enerchi (except 11/27) 1:00 Cribbage - All Levels (except 11/27) 1:00 Line Dancing - Basic (except 11/13 & 27) 1:30 Basic Conversational Spanish 2:00 Line Dancing - Intermediate (except 11/13 & 11/27) 3:45 String Ensemble - All Levels (except 11/27)	8:15 Advanced Chair Yoga 8:30 Mat & Core Class - Advanced 9:45 Hoop & Holler 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	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 (except 11/1) 11:00 Pilates 11:00 Support Group: NAMI * (except 11/22) 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	W E E K L Y

A D D I T I O N A L C L A S S E S	 SENIORS LIVING HAPPY, HEALTHY LIVES	<i>All activities subject to change</i>	 SENIORS LIVING HAPPY, HEALTHY LIVES	<i>All activities subject to change</i>	9:00 Cooking w/April Blue Moseley*	1	
	4	5	6	7	8	8	
	9:00 Elvis Music w/Lane*	12:00 Support Group: Hearing Loss 1:00 Drawing From Observation - Beginning	9:00 Sing Along w/Bruce* 10:00 AI: The Memory Palace	9:00 Armchair Travel* 2:30 Lip Reading	9:30 Hot Topic Discussions: Mayor Bradley Bean		
	11	12	13	14	15	15	
	Closed in Observance of Veterans Day	8:00 Veteran's Day - Am. Historical Society 9:30 Apple Macintosh 10:00 Guitar Adventures w/Joyce 1:00 Drawing From Observation - Beginning 3:00 Satellites & Weapons in Space	8:00 Veteran's Day - Am. Historical Society 9:00 Tighten & Tone 9:30 Apple Macintosh 10:00 Aerobic Exercise 3:30 Support Group: Caregivers*	8:00 Veteran's Day - Am. Historical Society 9:30 Apple Macintosh 11:45 How to Protect & Preserve Muscle	11:30 A Lifetime Gift Presentation		
18	19	20	21	22	22		
9:00 Elvis Music w/Lane* 2:00 Aerobic Drumming	9:00 Trivia w/Nelson Insurance 10:00 Crafts w/a Purpose* 3:00 <u>What is Behind the US Life Expectancy Decline?</u>	9:00 Sing Along w/Bruce* 9:00 Tighten & Tone 10:00 Aerobic Exercise 11:30 Community Hospice Event: Hope for the Holidays	2:30 Lip Reading	~Weekly Only/No Additional~			
25	26	27	28	29	29		
9:00 Poker* 2:00 Aerobic Drumming 5:30 Grief Support Group: Grieving with Hope*	~Weekly Only/No Additional~	3:30 Support Group: Caregivers*	Closed in Observance of Thanksgiving	Closed in Observance of Thanksgiving			

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