


Classes for Adults of ALL Ages

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

February 2025

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 Cardio Pump 12:45 Tap Dancing 1:30 Intermediate Conversational Spanish 2:00 All About Fishing 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 10:45 Standing Pilates 11:15 Belly Dancing 12:00 Aerobic Drumming 1:00 Flow Yoga 1:00 Line Dancing - Basic 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 <u>Great Decisions</u>	8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise 11:00 Pilates 11:00 Protect Yourself from Current Scams (except 2/26) 11:30 Enerchi 1:00 Cribbage - All Levels 1:00 Line Dancing - Basic 1:30 Basic Conversational Spanish 2:00 Line Dancing - Intermediate 3:45 String Ensemble - All Levels	8:15 Advanced Chair Yoga Stretch 8:30 Mat & Core Class - Advanced 9:30 Qigong Healing - Beginners 9:45 Happy Hoopers 10:00 Sign Language Series 10:30 Just Dance 10:30 Qigong Healing Advanced 12:00 Dancing Queens 1:00 Casual Knitting - Beginners Welcome* 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold 2:15 Beginning Watercolor Techniques	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 2:00 Painting	W E E K L Y							
A D D I T I O N A L C L A S S E S	~Weekly Only/No Additional~  SENIORS LIVING HAPPY, HEALTHY LIVES	3	4	5	6	7							
	9:00 Exercise w/Tissa* 9:30 Apple Macintosh 5:30 Grief Support Group: Grieving with Hope*	10	12:00 Support Group: Hearing Loss 3:00 <u>Great Decisions:</u> <u>AI & American National Security</u>	11	9:00 Sing Along w/Bruce* 5:30 Reading Between the Lines: Book Club*	12	9:00 Armchair Travel* 1:00 Digital Lifesavers: Intro to Medical Alerts 1:00 MyActiveCenter Training* 3:00 Cupcake Decorating	13	9:00 Foods for Digestive Health w/April Blue Moseley* 9:00 Legal Aid: Will Assistance*	14			
	10:00 Celebrating Music w/Sandi Haynes* 3:00 <u>Great Decisions:</u> <u>American Policy in the Middle East</u>	17	18	9:30 Apple Macintosh 3:30 Support Group: Caregivers* 5:30 Book Club: Reading Between the Lines*	19	20	9:00 Sing Along w/Bruce*	21	10:00 Tunes w/2Js*	22	9:00 Songs w/Terry Murphy*		
	CLOSED FOR PRESIDENT'S DAY	17	18	19	20	21	22	23	24	25	26	27	28
	9:00 Exercise w/Tissa* 10:00 Matter of Balance: Fall Prevention* 3:30 Successful Caregiver* 5:30 Grief Support Group: Grieving with Hope*	24	9:00 Smart Planning with AI: Easy 3:00 <u>Great Decisions:</u> <u>US-China Relations</u>	25	9:00 Sing Along w/Bruce*	26	10:00 AI: The Memory Palace 10:00 Matter of Balance: Fall Prevention* 11:00 Support Group: Low Vision* 3:30 Support Group: Caregivers*	27	10:00 Tunes w/2Js*	28	10:00 Tunes w/2Js*	29	10:00 Tunes w/2Js*
All activities subject to change	All activities subject to change												

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