

**Classes for Adults of ALL Ages**

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

**January 2025**

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> Enerchi <b>10:00</b> Ukulele- Open Play <b>10:30</b> Beginning Ballet <b>11:30</b> Standing Yoga <b>11:45</b> Cardio Pump <b>12:45</b> Tap Dancing <b>1:30</b> Intermediate Conversational Spanish <b>3:00</b> Rummikub	<b>8:15</b> Standing Core <b>8:30</b> Resistance Training - Advanced <b>9:30</b> Floor Yoga Stretch <b>10:00</b> Crocheting Circle - All Levels <b>10:00</b> Stability Exercises <b>10:45</b> Standing Pilates <b>12:00</b> Aerobic Drumming <b>1:00</b> Line Dancing - Basic <b>1:00</b> Zumba Gold <b>1:15</b> Flow Yoga <b>2:00</b> Line Dancing - Intermediate	<b>8:30</b> Stretch & Balance - Advanced <b>9:00</b> Tighten and Tone <b>9:30</b> Party Bridge <b>9:45</b> Weight Training & Toning <b>10:00</b> Aerobic Exercise <b>11:00</b> Pilates <b>11:30</b> Enerchi <b>1:00</b> Cribbage - All Levels <b>1:00</b> Line Dancing - Basic <b>1:30</b> Basic Conversational Spanish <b>2:00</b> Line Dancing - Intermediate <b>3:45</b> String Ensemble - All Levels	<b>8:15</b> Advanced Chair Yoga Stretch <b>8:30</b> Mat & Core Class - Advanced <b>9:30</b> Qigong Healing - Beginners <b>9:45</b> Happy Hoopers <b>10:00</b> Sign Language Series <b>10:30</b> Just Dance <b>10:30</b> Qigong Healing Advanced <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>2:15</b> Beginning Watercolor Techniques (except Jan 2)	<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>12:30</b> Mahjong w/Current Mahjong Card <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>All activities subject to change</b>	 	<b>1</b> <b>Closed For New Years Day</b>	<b>2</b> <b>9:00</b> Armchair Travel* <b>1:00</b> MyActiveCenter Training*	<b>3</b> <b>9:00</b> Foods for Digestive Health w/April Blue Moseley*	<b>A D D I T I O N A L  C L A S S E S</b>
	<b>6</b> <b>9:30</b> Apple iPhone/iPad	<b>7</b> <b>9:30</b> Apple iPhone/iPad <b>11:15</b> Belly Dancing	<b>8</b> <b>9:30</b> Apple iPhone/iPad <b>3:30</b> Support Group: Caregivers* <b>5:30</b> Book Club: Reading Between the Lines*	<b>9</b> <b>10:00</b> Tunes w/2Js*	<b>10</b> <b>9:00</b> Songs w/Terry Murphy*	
	<b>13</b> <b>1:00</b> Pilates <b>5:30</b> Grief Support Group: Grieving with Hope*	<b>14</b> <b>9:00</b> AI as Your Creative Partner: Unlock Possibilities <b>11:15</b> Belly Dancing <b>2:00</b> Honoring Choices*	<b>15</b> <b>9:00</b> Sing Along w/Bruce* <b>11:00</b> Protect Yourself from Current Scams <b>1:00</b> Sketching: Bringing Faces & Figures to Life	<b>16</b> <b>1:00</b> Sketching: Bringing Faces & Figures to Life	<b>17</b> ~Weekly Only/No Additional~	
	<b>20</b> <b>Closed For MLK Day</b>	<b>21</b> <b>11:15</b> Belly Dancing <b>3:00</b> Great Decisions	<b>22</b> <b>11:00</b> Protect Yourself from Current Scams <b>11:00</b> Support Group: Low Vision* <b>3:30</b> Support Group: Caregivers*	<b>23</b> <b>1:00</b> Photo Destination: Indonesia	<b>24</b> <b>9:00</b> Managing Age Related Eye Conditions	
	<b>27</b> <b>1:00</b> Pilates <b>1:00</b> Tech Tidy-Up: Organize Your Digital Life <b>5:30</b> Grief Support Group: Grieving with Hope*	<b>28</b> <b>10:00</b> Next Chapter: Imagining the Perfect Writing Class <b>11:00</b> NCCOA Annual Meeting <b>3:00</b> Great Decisions	<b>29</b> <b>10:00</b> AI: The Linking Game <b>11:00</b> Protect Yourself from Current Scams <b>3:30</b> De-Stress Diet for the Busy Caregiver	<b>30</b> ~Weekly Only/No Additional~	<b>31</b> <b>11:30</b> A Lifetime Gift Presentation	

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