


Classes for Adults of ALL Ages

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

April 2025

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEKLY	8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Enerchi 10:00 Ukulele- Open Play 10:30 Beginning Ballet (except 3/3) 11:30 Cardio Fitness High Intensity ADVANCED 11:30 Standing Yoga 12:45 Tap Dancing 1:30 Intermediate Conversational Spanish 3:00 Rummikub	8:15 Standing Core 8:30 Resistance Training - Adv. (except 4/1) 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 Chair Aerobics 1:00 Line Dancing - Basic 1:00 Zumba Gold 2:00 Line Dancing - Intermediate	8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone (except 4/23) 9:30 Dirt Therapy: The Joy of Gardening 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise (except 4/23) 11:00 Pilates (except 4/23) 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 Hoop & Holler 10:00 Sign Language 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 2:30 Creating with Shells	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 4/25) 11:00 Pilates (except 4/25) 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	WEEKLY

ADDITIONAL CLASSES	<div><div>SENIORS LIVING HAPPY, HEALTHY LIVES</div></div> <div>1</div> <div>9:30 Apple iPhone/iPad 10:00 The Art of Happiness 10:00 Making Cards w/Loralie (\$5 Supply Fee) 11:45 Choosing Shoes for Foot Health 12:00 Support Group: Hearing Loss*</div>	<div>2</div> <div>9:30 Apple iPhone/iPad 5:30 Reading Between the Lines: Book Club*</div>	<div>3</div> <div>4:00 Jewish Education</div>	<div>4</div> <div>~Weekly Only/No Additional~</div>	ADDITIONAL CLASSES	
	<div>7</div> <div>~Weekly Only/No Additional~</div>	<div>8</div> <div>10:00 The Art of Happiness 10:00 Decoupage Designs: Cigar Boxes</div>	<div>9</div> <div>10:00 AI: The Linking Game 11:00 Top 5 Frauds in Banking 1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*</div>	<div>10</div> <div>~Weekly Only/No Additional~</div>		<div>11</div> <div>10:00 Brain Boosters: Key Concepts About the Maturing Brain</div>
	<div>14</div> <div>10:00 Ping-Pong Serving Parkinson’s (offsite) 5:30 Grief Support Group: Grieving with Hope*</div>	<div>15</div> <div>10:00 The Art of Happiness 10:00 Decoupage Designs: Cigar Boxes 2:00 Honoring Choices*</div>	<div>16</div> <div>~Weekly Only/No Additional~</div>	<div>17</div> <div>~Weekly Only/No Additional~</div>		<div>18</div> <div>10:00 Brain Boosters: Socialization, Communication & Sign Language 10:00 Tech Tidy-Up Journaling</div>
	<div>21</div> <div>10:00 Ping-Pong Serving Parkinson’s (offsite) 3:30 Successful Caregiver*</div>	<div>22</div> <div>~Weekly Only/No Additional~</div>	<div>23</div> <div>11:00 Support Group: Low Vision* 1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*</div>	<div>24</div> <div>~Weekly Only/No Additional~</div>		<div>25</div> <div>10:00 Brain Boosters: Nutrition for Cognitive Health 11:30 A Lifetime Gift Presentation</div>
	<div>28</div> <div>10:00 Ping-Pong Serving Parkinson’s (offsite) 1:00 Photo Destination: New Zealand 5:30 Grief Support Group: Grieving with Hope*</div>	<div>29</div> <div>~Weekly Only/No Additional~</div>	<div>30</div> <div>~Weekly Only/No Additional~</div>	<div>All activities subject to change</div>		<div>All activities subject to change</div>