

Classes for Adults of ALL Ages

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

June 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 11:30 Better Belly: The Mediterranean Way 11:30 Standing Yoga 1:00 Pennies 1:00 Reflections Over Tea 1:30 Intermediate Conversational Spanish 2:30 Guitar Slow Jam w/Bass - All Levels 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 (except 6/3) 12:00 Chair Aerobics (except 6/3) 1:00 Bridge - Tuesdays 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 6/3) 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels	8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone (except 6/4) 9:30 Dirt Therapy: The Joy of Gardening 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise (except 6/4) 11:00 Pilates (except 6/4) 11:30 Enerchi 1:00 Canasta Hand Knee & Foot 1:00 Cribbage - All Levels 1:00 Line Dancing - Basic 1:30 Basic Conversational Spanish 2:00 Line Dancing - Intermediate	8:15 Sit & Be Fit! 8:30 Mat & Core Class - Advanced 9:30 Qigong Healing 9:45 Hoop & Holler (except 6/12) 10:30 Introduction to Qigong 10:30 Just Dance (except 6/12) 12:00 Dancing Queens 1:00 Casual Knitting & Conversation* 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 (offsite) 9:45 Zumba Step Up 10:00 Aerobic Exercise (except 6/6) 10:00 Brain Boosters 11:00 Pilates (except 6/6) 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 Bridge - Fridays 1:00 Men’s Bridge - Fridays 2:00 Art Therapy	WEEKLY

ADDITIONAL CLASSES	9:30 Apple iPhone/iPad Advanced2	9:30 Apple iPhone/iPad Advanced 12:00 Support Group: Hearing Loss*3	9:30 Apple iPhone/iPad Advanced 5:15 Seeing Voices: Signing Social Club 5:30 Book Club: Reading Between the Lines4	9:00 Hurricane Preparedness Workshop* 10:15 Hurricane Preparedness Class 1:00 Scams Frauds & Ponzi Schemes 2:30 Creating with Shells5	10:00 Brain Boosters: Cognitive Brain Games6	ADDITIONAL CLASSES
	5:30 Grief Support Group: Grieving with Hope*9	~Weekly Only/No Additional~10	1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*11	10:00 Amelia Island Chamber Music Quartet*12	10:00 Brain Boosters: Importance of Early Hearing Detection13	
	3:30 Successful Caregiver*16	~Weekly Only/No Additional~17	~Weekly Only/No Additional~18	2:30 Creating with Shells 3:00 Hot Topic Discussions w/Mayor Antun 4:00 Jewish Education: The Jewish Home19	10:00 Brain Boosters: Your Aging Brain & What You Can Do 11:00 Exercising to Fight Parkinson’s20	
	5:30 Grief Support Group: Grieving with Hope*23	~Weekly Only/No Additional~24	11:00 Support Group: Low Vision* 11:00 Top 5 Frauds in Banking - Pineland Bank 1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*25	~Weekly Only/No Additional~26	10:00 Brain Boosters: Touch Points for Brain Stimulation27	
	~Weekly Only/No Additional~30	All activities subject to change		All activities subject to change		