

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

NCCOA LAUNCHES CHEF-INSPIRED MEALS



JULY - SEPTEMBER 2025



NASSAU COUNTY

Council on Aging

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Primary Eyecare*



Tyler Wills, O.D.
*Glasses, Contacts,
Primary Eyecare*



Katie Cwikla, O.D.
*Glasses, Contacts,
Primary Eyecare*

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Colin Milo, O.D.
*Glasses, Contacts,
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RIVERCITY

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We celebrate the diversity of people, ideas and cultures. We honor the dignity and value of individuals working as a team

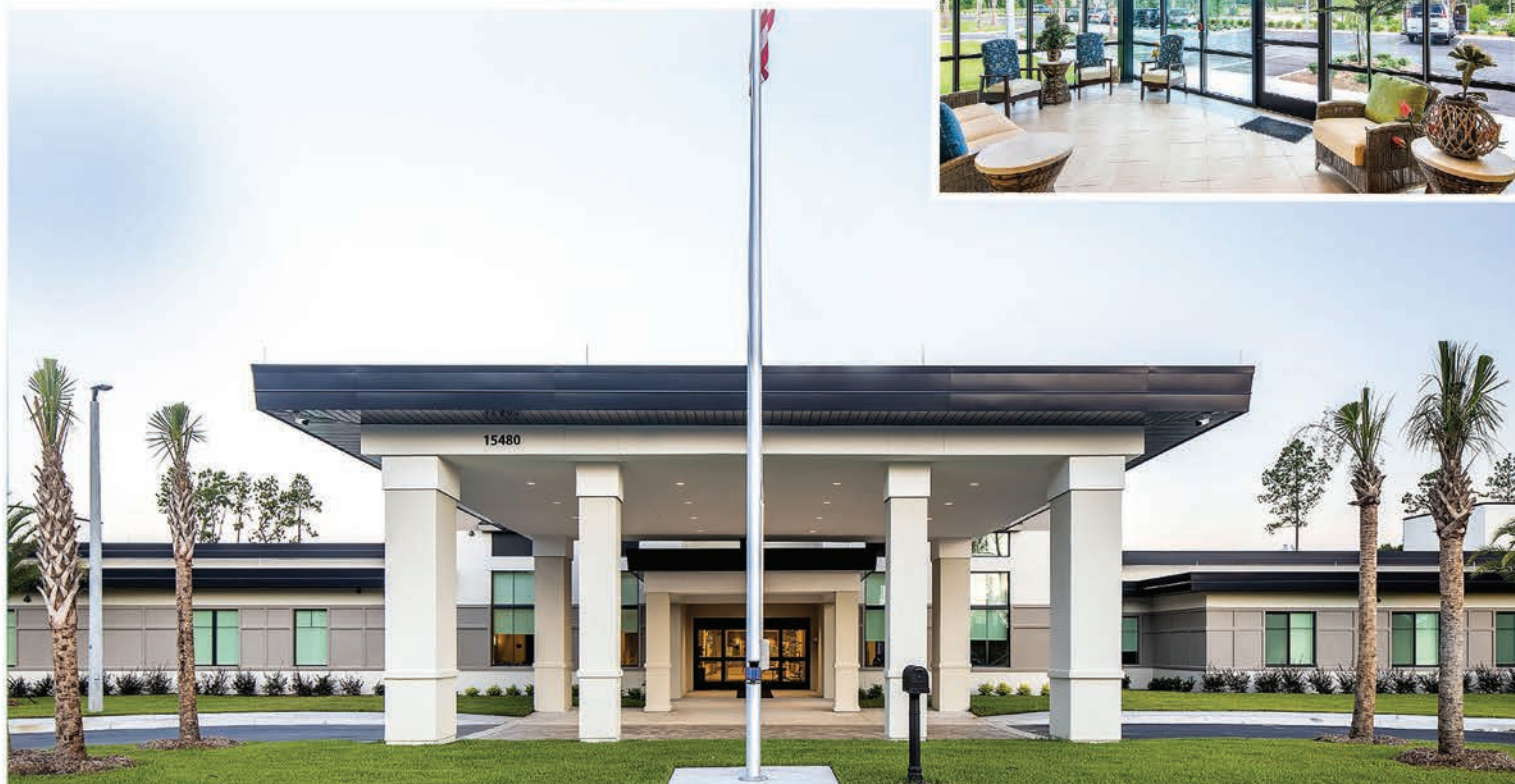
MISSION STATEMENT

River City Rehab Center is committed to providing quality services and programs that are accessible and responsive to the long and short term nursing care and rehabilitative health care needs of our community.

Locally owned and managed
We support Nassau County Council on Aging

OUR EXPERTISE

- Physical, Occupational & Speech Therapy, Cardiac, Neurological & Orthopedic Programs
- Open communication between therapy, families and physicians



15480 Max Leggett Parkway, Jacksonville, Florida 32218 • Tel: 904.443.9635 • www.rivercityrehab.healthcare



Janice Ancrum Senior Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034

Phone: 904-261-0701 • FAX: 904-261-0704

Website: www.nassaucountycoa.org

Staff Contacts

Adult Day HealthCare, The Club - Jennifer Gundling,

Advocate Home Healthcare - Carla Hadden

Caregiver Services - Jennifer Gundling

Case Management - Donna Granieri

CHORE Program - Frances Bartelt

Development - Janice Ancrum

Electric Assistance/Water Assistance - Case Management

Human Resources, Compliance and Facilities - Don Harley

Just Friends/Westie Besties - Frances Nobles

Marketing and Communications - Liz Dunn

Memberships, Presentations and Classes,

Room Rentals and *Senior Life* Magazine - Melody Dawkins

Nutrition and Meal Programs - Frances Nobles

Program Operations - Donna Granieri

Volunteer Opportunities - Chris Fournier

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

Phone: 904-845-3331 • FAX: 904-845-4491

Website: www.nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead

Cover photos by Buddy Price, Buddy Price Photography
Cover design by Jessi Bryan, NCCOA Marketing & Communications



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Message from our President & CEO

I've recently heard Nassau County described as "a tale of two counties." I wholeheartedly agree. While some citizens have the resources to live well, others struggle to make ends meet on a daily basis.

At Nassau County Council on Aging, part of our mission is to find solutions to help seniors make ends meet – throughout our entire county – when it comes to nutrition, a critical component to living a happy, healthy life. We accomplish this in several ways: Meals on Wheels, congregate meals in our two senior life centers (Fernandina Beach and Hilliard), nutritional education programs, partnerships with local resources (such as Traders Hill Farms, farmers markets, etc).

In the United States, senior nutrition focuses on two major areas: having access to nutritious food and maintaining healthy eating habits. This includes government programs such as the Senior Nutrition Program, which provides nutritious meals and other supportive services, as well as food assistance programs. These programs aim to reduce food insecurity (i.e., having a consistent lack of access to sufficient amounts of healthy food), hunger and malnutrition; and to promote the overall health and well-being of our seniors.

NCCOA works in tandem with federal, state and local governments to help respond to the nutrition needs of seniors. Some of these programs and initiatives include the following:

- **Older Americans Act Nutrition Program**

Federal and state grants to support nutrition services for adults age 60 and older, including home-delivered meals, congregate meals and nutrition education.

- **Senior Nutrition Program**

Local hubs for seniors to access nutritious meals and other services, strengthening social connections and promoting health.

- **Senior Farmers Market Nutrition Program**

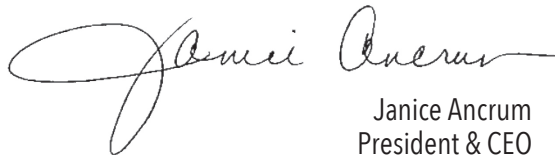
Coupons for low-income seniors to purchase locally grown fruits, vegetables and honey at farmers markets.

For more information on NCCOA nutrition programs, as well as other government programs, please contact our case managers at the Fernandina Beach or Westside (Hilliard) Senior Life Centers.

No matter what the make-up of Nassau County, senior food insecurity stems from challenges accessing food due to factors such as low income, health issues and mobility limitations. For our seniors, Nassau County mirrors all of these challenges.

And, Nassau County Council on Aging is working to make these challenges a thing of the past. With your help, we will.

Sources: National Council on Aging, National Institutes of Health, USDA Food and Nutrition Service



Janice Ancrum
President & CEO



Thank You

To Our
Funding Partners



Elder  **Affairs**
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NEWS LEADER

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Our Mission

Our mission is to enhance the lives of older adults through services and compassionate care designed to improve the health, independence and economic security of all Nassau County seniors and their families.

About Nassau County Council on Aging

SENIOR LIFE CENTERS

Both Senior Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities for adults of all ages...plus opportunities to socialize, such as with the Just Friends (Eastside) and Westie Besties (Westside) morning programs. Meeting space is available for rent in both Fernandina Beach and Hilliard locations for group functions.

*Contacts: Janice Ancrum Senior Life Center, 904-261-0701;
Westside Senior Life Center, 904-845-3331*

PROGRAMS & SERVICES

NCCOA is the lead agency for the Florida Department of Elder Affairs state and federally funded grant programs. Programs & Services provides vitally important resources such as Case Management, Nutrition (Meals on Wheels and MOW for Pets), Fall Prevention and CHORE small home repair. NCCOA also partners with local and state-funded programs to assist with home energy crises (EHEAP) and facilitate City of Fernandina Beach Wastewater, Refuse and/or Storm Water Fee Exemption applications and Town of Hilliard Water Bill Assistance for qualified residents. Free legal assistance is offered through Jacksonville Area Legal Aid, and SHINE provides free one-on-one insurance information to Medicare beneficiaries and caregivers. *Contact: Donna Granieri, 904-775-5497/dgranieri@nassaucountycoa.org*

THE CLUB/TRAINING & CAREGIVER SERVICES

- The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program – known as "The Club" – provides respite for caregivers and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, provides appropriate therapeutic, social and health-enhancing activities for those with chronic illness, Alzheimer's disease or other cognitive deficits. The Club is supervised by a licensed nurse.
 - Caregiver resources include workshops, education and training, and stress-busting forums, as well as a caregiver support group. NCCOA's Memory Café is a new offering for those living with Alzheimer's disease and related disorders. Learn how to adjust to life changes, combat stigma and isolation, and develop a safe social peer group.
- Contacts: Jennifer Gundling, 904-775-5488 /jgundling@nassaucountycoa.org
Carla Hadden, 904-675-9835/chadden@nassaucountycoa.org*

ADVOCATE HOME HEALTHCARE

Advocate Home Healthcare, a division of Nassau County Council on Aging, provides members with non-medical, in-home services related to daily living activities such as personal care, respite, homemaking

Board of Directors



Karen Hackett | Chair



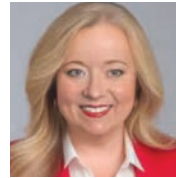
Keith Meyer | Vice Chair



Jerry Mathe | Treasurer



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Tara Beth Anderson



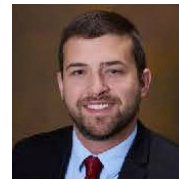
Dr. Tyrone Blue



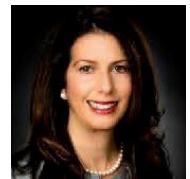
Mark R. Bridwell



Tim Eberle



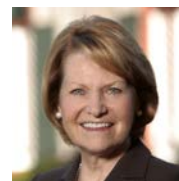
Urban Fleming



Dr. Orsula V. Knowlton



Paul Lynch



Kathy McDonagh, PhD



Brian Rafferty



David Sharpe



James Staton Jr.



Dr. Pedro L. Tamayo IV



Ken Saitow | Past Chair

and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany members to appointments and activities. Fees for these services are paid via private pay, and/or pre-qualified state and federal programs. *Contact: Carla Hadden, 904-675-9835/chadden@nassaucountycoa.org*

VOLUNTEER PROGRAM

If you are interested in helping seniors, there are many opportunities available at both the Fernandina Beach and Westside Senior Life Centers. Seven main volunteer support areas are offered: Administrative, The Club, CHORE, Community Room, Instructors and Presenters, Meals on Wheels Drivers, Friendly Visitors and other opportunities.

Contact: Chris Fournier, 904-775-5490/cfournier@nassaucountycoa.org

Please visit www.nassaucountycoa.com and [Facebook.com/nassaucountycoa/](https://www.facebook.com/nassaucountycoa/) for information and updates on NCCOA's facilities, programs and services.



Amelia Plantation Chapel
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Sunday Worship Services
9 am & 11:15 am

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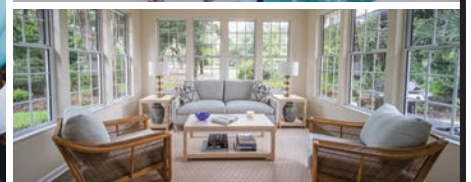
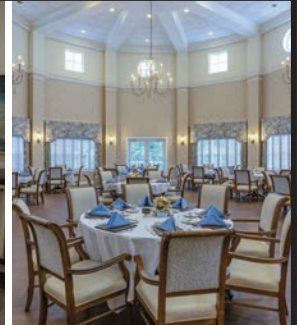
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Happy, Healthy Senior Benefit

NCCOA Launches Wood Family Foundation Nutrition Program

What began as a dream is now a reality for local seniors served by Nassau County Council on Aging. NCCOA's newly launched Tom and Julie Wood Family Foundation Nutrition Program, named for a generous benefactor of a truly transformational gift, makes possible freshly-prepared meals for more than 1,200 seniors each week, totaling 63,000+ meals per year.

"With the generous financial commitment from the Tom and Julie Wood Family Foundation, we have expanded our nutrition program," said NCCOA President & CEO Janice Ancrum. "Fresh meals are produced in our Fernandina Beach location, and served – congregate-style – at this senior life center as well as at our Hilliard location. They are also delivered to home-based seniors throughout Nassau County via our Meals on Wheels program."

A New Partnership

Funding from the Wood Family Foundation gift has helped NCCOA complete the county-wide nutrition program development and implementation, with technical, operational and educational expertise from TRIO Community Meals, our new meal vendor based in

Houston, TX. With 50+ years of experience in senior nutrition, TRIO is the largest provider of older adult nutrition programs in the country, supporting home-delivered meal services and congregate dining with flavorful, nutritious options. Locally, TRIO is the meal vendor for Aging True, one of Northeast Florida's largest non-profit providers of senior services. NCCOA is the newest client in Northeast Florida, after TRIO successfully won the 3-year contract. (For more than 20 years, GA Foods has provided nutritious frozen meals which NCCOA reheated for congregate meals and delivered through Meals on Wheels.)

"We are extremely proud to partner with TRIO, a leader in managing customized meal programs, menu development, efficient meal production and logistics for the elderly population," Janice said. "And our seniors love the food!"

Due to both the introduction of freshly prepared meals and the growing number of seniors affected by food insecurity, meal requests have increased. Currently, NCCOA serves 198 meals each week to seniors attending morning programs in Fernandina Beach and Hilliard, and 53 meals each week to Club members. Home delivered meals (Meals on Wheels) account for 965 meals per week.

Michael Crispin, TRIO District Manager, is appreciative of the growing number of senior clients and is thrilled to have a state-of-the-art commercial kitchen at TRIO'S disposal.

"TRIO specializes in more than nutritious food for seniors in our community," Michael said. "We believe that promoting health, security and personal connection with our clients is an important priority. In our business, nourishment and compassionate care go hand in hand."

TRIO's licensed, registered dietitian develops menus at least eight weeks before each menu cycle. NCCOA nutrition managers and the agency's registered dietitian also provide feedback and approval of all menus. What eventually is served to our seniors is always developed and tested by multiple experts on both the TRIO and NCCOA teams.



TRIO chef, Michael Crispin prepares meal trays for lunch and Meals-on-Wheels deliveries.

Happy, Healthy continued on the following page



Fresh meals are prepared in our kitchen every day.

In the first week of each approved menu, TRIO cooks hot meals for our congregate meal site in Fernandina Beach. At the same time, TRIO prepares enough food to package and freeze these same meals for our congregate meal site in Hilliard and Meals on Wheels throughout the county. Consequently, there are always fresh meals and frozen meals in the pipeline,

How it All Began

In 2018, the State of Florida granted NCCOA an appropriation for a commercial-grade kitchen, representing the start of our county-wide nutrition program. Then-FL Congressman Aaron Bean championed the appropriation through the state budget process and was responsible for getting it over the finish line. Since that time, the kitchen has been outfitted with state-of-the-art appliances, large-scale refrigerators and freezers, pantry/prep areas and a serving line, with support from many donors, namely Sharon Lennon and her late husband Allen. A 2022 state appropriation funded a modernized kitchen at the Westside Senior Life Center.

TRIO came on board earlier this year. As the company relates, millions of older adults face nutrition insecurity. The company partners with organizations nationwide to provide nutrient-rich meals that promote health and dignity while meeting diverse dietary and cultural needs.

The community-centric organization believes a meal is about more than food on a plate; it's about promoting health, security and personal connection through nourishment and compassionate care. With fresh and frozen options designed by registered dietitians, TRIO delivers reliable, cost-effective solutions to help support those who need it most.



Nutrition Manager Gina serves lunch to our "Just Friends" group.

Fred Abood, NCCOA Board of Directors liaison, facilitated the proposal process, hiring and onboarding for TRIO. Fred's 40+-year career in the hospitality industry, coupled with his food service knowledge, were invaluable in securing TRIO as our meal vendor.

"The TRIO Commitment – Nourishing Lives, One Meal at a Time – supports NCCOA's mission to assist seniors through services and compassionate care," Fred said. "Through our partnership, we will improve the health, independence and economic security of Nassau County seniors."

After decades of providing meals to older adults, NCCOA now offers local seniors the benefits of a comprehensive nutrition program.

"Our countywide nutrition program has been a dream of ours for quite a while," Ancrum said. "The Wood Foundation and the Lençons, TRIO and our Board and staff all worked together to make this dream a reality," Janice added. "Nassau County seniors truly deserve the very best in nutrition to help them lead happy, healthy lives."

Meet RON BAILEY, MOW driver



Meals on Wheels Deliver to the Table



Ron delivers a Meals-on-Wheels box to a couple in Hilliard.

According to 2024 data from the Florida Department of Elder Affairs, the state's older adult population continues to increase year over year. In Nassau County today, seniors comprise 32% of the population, totaling more than 31,000 people. Along with this steady growth comes broader awareness of certain issues, such as nutrition availability and food insecurity. Nassau County's percentage of food insecurity hovers around 12% of the senior population, approximately 1-2% of the state's elderly residents, but a significant number nonetheless. For our county, this equates to more than 1 out of 10 residents directly affected by food insecurity.

What is food insecurity? The USDA and other government entities define it as a household's inability to provide enough food for each person to live an active, healthy lifestyle. Specifically, people are food insecure when they lack regular access to enough safe and nutritious food for normal growth and development. This may be due to unavailability of healthy food and/or lack of resources to obtain food.

Nassau County Council on Aging is on the leading edge of reversing food insecurity concerns for our local seniors. Through our countywide Meals on Wheels program, healthy food is plentiful and readily available. Thanks to the Tom and Julie Wood Family Foundation and other generous benefactors, we now prepare fresh meals for more than 1,200 seniors each week, totaling 63,000+ meals per year.

"Meals on Wheels Driver" is one of the hottest NCCOA volunteer opportunities. Our driver slots are full, and there is always a waiting list. Ron Bailey currently holds one of those coveted spots.

Retired from an IT career spent upgrading credit card systems as a technician and trainer, Ron originally connected with NCCOA through NassauTRANSIT. What began as transportation for our seniors to and from dialysis appointments evolved to MOW deliveries.

"Nassau County covers a large area, with many side streets and back roads not always on maps," Ron said. "At first, I had no idea where I was going, but Waze [directional app] turned out to be an invaluable resource. It got me to where I was going."

Ron always begins each delivery with, "Meals on Wheels...How are we doing today?" This simple greeting usually opens important conversations as his clients share news about ailments, family members and even the weather forecast.

"Many of our clients are alone, and I may be the only person they see for a few days," Ron said. "Everyone has a story. I make sure to spend some time with each person...it makes them feel special."

Ron's clients have provided positive feedback on the meals from TRIO. Seniors from the county's eastside and westside appreciate the meal variety, including breakfast food. On some days, muffins are a welcome change from dinner rolls. MOW clients report that meatballs and pulled pork earn high marks, and the vegetables are very fresh. All feedback is communicated to NCCOA and TRIO, and oftentimes clients see corresponding changes in the weekly menu. (By the way, MOW also delivers cat and dog food for our seniors' furry friends.)

In addition to nutritious food and good conversation, meal deliveries provide drivers an opportunity to make sure the home is in good repair and accessible for the residents. If needed, CHORE small home repair can check out any potential fixes. In many ways, MOW



A local senior receives her Meals-on-Wheels box from Ron.

drivers are NCCOA's eyes and ears.

As Ron said, "I feel happy to deliver meals and even smiles to our seniors. They are always very appreciative...and so am I."

"We are forever grateful to our Meals on Wheels drivers," said NCCOA President & CEO Janice Ancrum. "They are a human connection to our seniors in the community, and an invaluable ambassador to NCCOA's lifeline of programs and services."

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750ml



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1.75L



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Lifelong Learning



All classes are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach, unless noted otherwise
To enroll, visit www.nassaucountycouncilonaging.org/product/memberships/ • Questions? Contact NCCOA at 904-261-0701.



Special Events

Book Club – Reading Between the Lines – Free

Lucy Martin & Kathy DeAngelis
Wed - July 2, Aug 6, Sept 3
5:30 – 7:00 pm

Hot Topic Discussions with Mayor Antun

3rd Thu, 4:00 pm
(Must RSVP More Than 24 hours prior)



Brain Boosters

Mindfulness to Sharpen Your Memory

April Blue Moseley, Better Belly
Fri - Jul 11 • 10 – 11 am

Brain Health & Nutrition: Fueling the Aging Mind

Dr. Marc Case, Case Chiropractic Neurology Center
Fri - Jul 18 • 10 – 11 am

Tune Into Brain Health: Part 1

Danielle Caldwell, Music Therapy Now
Fri - Jul 25 • 10 – 11 am

Mindfulness to Improve Daily Activities

April Blue Moseley, Better Belly
Fri - Aug 1 • 10 – 11 am

Brain Games

Kathy DeAngelis
Fri - Aug 8 • 10 – 11 am

Tune into Brain Health: Part 2

Danielle Caldwell, Music Therapy Now
Fri - Aug 15 • 10 – 11 am

Mindfulness for Stress Reduction

April Blue Moseley, Better Belly
Fri - Aug 22 • 10 – 11 am

Tune into Brain Health: Part 3

Danielle Caldwell, Music Therapy Now
Fri - Sep 5 • 10 – 11 am

Music Communication and Memory

Lynn Freeman, NCCOA Sign Language Instructor
Fri - Sep 12 • 10 – 11 am

Brain Games

Kathy DeAngelis
Fri - Sep 19 • 10 – 11 am

Touch Points to Improve Brain Health – Mood and Digestion

Brenda Kayne, Yoga Alliance Master Instructor
Fri - Sep 26 • 10 – 11 am

Touch Points to Improve Brain Health – Relieve

Brenda Kayne, Yoga Alliance Master Instructor
Fri - Oct 3 • 10 – 11 am



Cards & Games

Pennies

Sonya Shortkroff
Every Mon • 1 – 4 pm

Rummikub

Janet Chatfield
Every Mon • 3 – 4 pm

Rummikub – Free

Nancy Chandler
Every Tue • 9 – 10 am

Trivia – Free

Nelson Insurance
3rd Tue • 9 – 10 am

Mah Jongg – Tuesdays

Sherri O'Hara
Every 2nd, 3rd, 4th & 5th Tue
1 – 4 pm

Bridge – Tuesdays

Rhona Walsh
Every Tue • 1 – 4 pm

Party Bridge

Lois Stewart
Every Wed • 9:30 am – 12:30 pm

Canasta Hand Knee & Foot

Sue King
Every Wed * 1 – 4 pm

Cribbage – All Levels

Shirley Green
Every Wed • 1:00 – 3:30 pm

Canasta – Hand, Knee, Foot & Toe – Open Play & Instruction

Debbie Price
Every Fri • 9:30 am – 12:00 pm

Mah Jongg – All Levels with a Current Mahjong Card

Theresa Macwithey
Every Fri • 12:30 – 3:30 pm

Bridge Open Play – All Levels

Every Fri • 12:30 – 4:00 pm

Bridge – Friday

Carolyn James-Rudd
Every Fri • 1 – 4 pm

Men's Bridge

Bob Duffy
Every Fri • 1 – 4 pm



Computers & Technology

iPhone Basics

Becky Clark

Thu, Jul 10, 17, 24 & 31 • 11 – 12
11 am – 12 pm

Tech Tidy-Up: Organize!

April Blue Moseley, Tech Tidy-Up

Fri, Jul 11, 18, 25 & Aug 1, 8
10 – 11 am

AI: Enhance Lifelong Learning

Paul Fishwick

Tue, Sep 2 • 10 – 11 am



Financial

Prepare Wisely: Estate Strategy Essentials – Free

Daniel R. Johnson, Thrivent

Fri, Aug 1 • 11:30 am – 1:00 pm

Title Matters!

Jessica, Blue Ocean Title

Wed, Aug 20 • 10 – 11 am

Your Legacy - Family, Church & Charity – Free

Daniel R. Johnson, Thrivent

Fri, Sep 12 • 11:30 am – 1:00 pm



Fitness & Dance

Pelvic Floor & Core – Mat Required

Janice Clarkson

Every Mon • 8:30 – 9:30 am

Chair Yoga

Tina LaVacca

Every Mon • 9:00 – 9:45 am

Exercise with Tissa – Free

Tissa Lewis

2nd & 4th Mon • 9 – 10 am

Enerchi

Mary Bleck

Every Mon • 10 – 11 am

Canasta – Hand, Knee & Foot

Sue King

Every Wed • 1 – 4 pm

Beginning Ballet

Laura Giordano

Every Mon • 10:30 – 11:15 am

Standing Yoga

Mary Bleck

Every Mon • 11:30 am – 12:30 pm

Tap Dancing

Maggie Comey & Laura Giordano

Every Mon • 12:45 – 1:45 pm

(Starting in September)

Tap FUNDamentals!

Gwen White

Every Mon • 1:00 – 2:30 pm

Standing Core

Catherine Paradise

Every Tue • 8:15 – 9:15 am

Resistance Training – Advanced

Debi Senger

Every Tue • 8:30 – 9:30 am

Floor Yoga Stretch – Mat Required

Catherine Paradise

Every Tue • 9:30 – 10:30 am

Stability Exercises

Mary Bleck

Every Tue • 10 – 11 am

Standing Pilates

Merle Sauer

Every Tue • 10:45 – 11:45 am

Chair Aerobics

Merle Sauer

Every Tue • 12 – 1 pm

Belly Dancing

Laura Giordano

Every Tue • 11:15 am – 12:15 pm

(Starting in September)

Zumba Gold

Stacey “Sparkle” Vinson

Every Tue • 1 – 2 pm

Line Dancing – Basic

Kathy Ball

Every Tue • 1:00 – 1:45 pm

Line Dancing – Intermediate

Kathy Ball

Every Tue • 2 – 3 pm

Lifelong Learning

Stretch & Balance – Advanced

Janice Clarkson

Every Wed • 8:30 – 9:30 am

Never Too Late Boxing – Free

Joe Granieri, Urban Revolution

Marital Art

Every 2nd & 4th Wed • 9 – 10 am

Tighten and Tone – Mat Required

Merle Sauer

Every Wed • 9 – 10 am

Weight Training and Toning

Janice Clarkson

Every Wed • 9:45 – 10:45 am

Aerobic Exercise – Mat Required

Merle Sauer

Every Wed • 10 – 11 am

Pilates – Mat Required

Merle Sauer

Every Wed • 11 am – 12 pm

Enerchi

Mary Bleck

Every Wed • 11:30 am – 12:30 pm

Line Dancing – Basic

Kathy Ball

Every Wed • 1:00 – 1:45 pm

Line Dancing – Intermediate

Kathy Ball

Every Wed • 2 – 3 pm

Sit & Be Fit!

Catherine Paradise

Every Thu • 8:15 – 9:15 am

Mat & Core - Advanced – Mat Required

Debi Senger

Every Thu • 8:30 – 9:30 am

Qigong Healing

The Art of Inhaling Life

John Cipriani

Every Thu • 9:30 – 10:30 am

Introduction to Qigong

The Art of Inhaling Life

John Cipriani

Every Thu • 10:30 – 11:30 am

*Fitness continued on the
following page*

Hoop & Holler!

Laura Giordano & Heidi Freilich
Every Thu • 9:45 – 10:15 am

Just Dance

Laura Giordano & Heidi Freilich
Every Thu • 10:30 – 11:30 am

Dancing Queens

Lorraine Gaito
Every Thu • 12:00 – 12:45 pm

Zumba Gold

Stacey "Sparkle" Vinson
Every Thu • 1:30 – 2:30 pm

Zumba Gold: Weight Training & Toning

Stacey "Sparkle" Vinson
Every Fri • 8:30 – 9:30 am

Chair Yoga

Tina LaVacca
Every Fri • 9:00 – 9:45 am

Aerobic Exercise

Merle Sauer
Every Fri • 10 – 11 am

Zumba Step Up

Stacey "Sparkle" Vinson
Every Fri • 9:45 – 10:45 am

Pilates – Mat Required

Merle Sauer
Every Fri • 11 – 12 am

Total Body Workout

Stacey "Sparkle" Vinson
Every Fri • 11:30 am – 12:30 pm



History, Culture & Travel

Arm Chair Travel – Free

Nancy Cerra, Realtor, Keller
Williams Realty
Date to be determined
9:15 – 10:00 am

Photo Destination with Alwynne - Free

Alwynne Lamp
Thu - Jul 17 & Aug 21 • 9 – 10 am

Jewish Education: Freedom of Choice

Rabbi Levi Katz, The Chabad Jewish
Center of Amelia Island
Thu, Aug 21 • 4 – 5 pm

Jewish Education: The High Holidays

Rabbi Levi Katz, The Chabad Jewish
Center of Amelia Island
Thu, Sep 11 • 4 – 5 pm



Hobbies - Arts, Crafts & Gardening

All about Fishing (Series of 8)

Harley Ess & Friends
Every Mon, Jul 7 - Sep 1 • 2 – 3 pm

Photography (Series of 6)

Buddy Price
Mon & Wed • 3:00 – 4:30 pm
(Starting Sep 8th)

Sketching: Bringing Faces & Figures to Life (series of 2)

Loralie Harris
Tue – Jul 8 & 15 • 10 – 11 am

Crocheting Circle – All Levels – Free

Brenda Brubeck
Every Tue • 10:00 – 11:30 am

Dirt Therapy: The Joy of Gardening

Judy Ward, Libby Drury, Becky Bond
Every Wed • 9:30 – 10:30 am

Casual Knitting & Conversation – Free

Every Thu • 1 – 3 pm

Shell Creations

Cheryl Allen
Every 1st & 3rd Thu • 2:30 – 4:30 pm

Art Therapy

Leeanne Saylor,
Saylor Accounting & Tax
Every Fri • 2:00 – 4:30 pm



Language/Literature

Intermediate Conversational Spanish

Francis Morrobel, Relator, Cabana
Lane & Dale Spencer
Every Mon • 1:30 – 3:00 pm

Beginning French

Nima Hashem
Every Tue • 1 – 2 pm

Basic Conversational Spanish

Lena Hoenig
Every Wed • 1:30 – 2:30 pm

Sign Language

Lynn Freeman
Every Thu • 10 – 11 am
(Starting in September)



Music

Creative Expression

Dannielle Caldwell,
Music Therapy Now
(By appointment only)

Guitar Slow Jam w/Bass – All Levels

Joyce Whorton, Musician
Every Mon • 2:30 – 3:30 pm

Elvis Music with Lane – Free

Lane Mashburn, Amelia Auto Mart
1st & 3rd Mon • 9 – 10 am

Ukulele – Open Play

Julie and Jim Black
Every Mon • 10 – 11 am

Guitar with Dave – Free

Dave Easterly
1st Tue • 10 – 11 am

Guitar Adventures with Joyce – Free

Joyce Whorton
2nd & 4th Tue • 10 – 11 am

Celebrating with Music Sandi Haynes – Free

Thu, Jul 24 • 10 – 11 am
Tue, Sep 30 • 10 – 11 am

Music continued on the following page

Lifelong Learning

String Ensemble – All levels

Judith Ward
Every Tue 3:00 – 4:45 pm

Sing Along with Bruce – Free

Bruce Beville
1st, & 3rd, & 5th Wed • 9 – 10 am

Tunes with the 2J's – Free

Julie & Jim Black
2nd, & 4th Thu • 10 – 11 am



Other Opportunities

FL Estate Planning: Who, What, When, Where & Why

Harrison Poole, Poole & Poole Law
Tue, Sep 16 • 2 – 3 pm

Mike McCormick, FL Poison

Poison Prevention
Mike McCormick, FL Poison Control
Classes
Thu, Jul 10 • 1 – 2 pm

Gas Station Drugs

Mike McCormick, FL Poison Control
Classes
Thu, Aug 14 • 1 – 2 pm

Poison Safety for the Golden Years

Mike McCormick, FL Poison Control
Classes
Thu, Sep 11 • 1 – 2 pm



Wellness

Better Belly: The Mediterranean Way

April Blue Moseley, Better Belly
Every Mon • 10:30 – 11:30 am

Reflections over Tea

April Blue Moseley, Better Belly
Every Mon • 1 – 2 pm

Tai Chi: Thirteen Elements

Tom Gagne
Every Mon & Wed • 3:15 – 4:00pm

Tai Chi: 24 Postures

Tom Gagne
Every Mon & Wed • 4 – 5 pm

Tapping Meditation – Tapping Cafe

Jean Kerry, PhD
Every Thu • 1 – 2 pm

Staying Ahead of Vision Loss: Understanding Macular Degeneration – Free

Dr. Ron D. Norman OD, Florida Eye Specialists
Fri, Jul 18 • 9 – 10 am

Daily Living – Free

Lethesia Haley, Fernandina Beach Rehabilitation & Nursing Home
3rd Fri • 9 – 10 am

Foods for Digestive Health with April – Free

April Blue Moseley, Better Belly
Fri, Aug 1 & Sep 5 • 9 – 10 am

Mediterranean Secrets to Wellness

April Blue Moseley, Better Belly
Fri, Aug 15, 22 & 29 • 1 – 2 pm

e
Classes marked Free are usually held during our “Just Friends” program; which is free for seniors, 60 or older residing in Nassau County. Activities are scheduled at 9 and 10 am. Guests are welcome.

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NCCOA CLASSES RETURNING TO FSCJ!

Beginning in September - For Adults of ALL Ages!
FSCJ's Nassau Center, 76346 William Burgess Blvd, Yulee

Thursdays, 3 Classes Per Day

September 18, 2025

Smart Phone Photography
9 am - 10 am *Jensen Bell*

Financial Topics
10 am - 11 am
Bianca Rist, Conviva

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

September 25, 2025

Smart Phone Photography
9 am - 10 am *Jensen Bell*

Financial Topics
10 am - 11 am
Bianca Rist, Conviva

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

October 2, 2025

Smart Phone Photography
9 am - 10 am *Jensen Bell*

Financial Topics
10 am - 11 am
Bianca Rist, Conviva

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

October 9, 2025

Phone Organization
9 am - 10 am
April Blue Mosely

Financial Topics
10 am - 11 am
Ted Doss, VyStar Credit Union

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

October 16, 2025

Phone Organization
9 am - 10 am
April Blue Mosely

Financial Topics
10 am - 11 am
Ted Doss, VyStar Credit Union

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

October 23, 2025

Phone Organization
9 am - 10 am
April Blue Mosely

Financial Topics
10 am - 11 am
Ted Doss, VyStar Credit Union

Android Phones
11 am - 12 noon
Jason Stewart, Conviva

Advance registration and payment required before class begins. Contact
Melody Dawkins at 904-775-5477/mdawkins@nassaucountycoa.org or
Cami Lawson at 904-775-5496/clawson@nassaucountycoa.org.

FSCJ Florida State College
at Jacksonville



Nassau County Council on Aging
& City of Fernandina Beach
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NASSAU's Got Talent

Saturday, September 27 • 2:00 - 5:00 pm

Atlantic Recreation Center

2500 Atlantic Avenue, Fernandina Beach

General Admission Tickets:

Adults 13-59: \$20

Seniors 60+: \$15

Children 3-12: \$10



Questions? Please contact:
Melody Dawkins at 904-775-5477
or mdawkins@nassaucountycoa.org

Nassau County Council on Aging
presents

Music at the Pavilion

Special Musical Performances

July 11, 2025 • August 8, 2025 • September 12, 2025

Berkman Pavilion & Memorial Garden

Fernandina Beach Senior Life Center

1901 Island Walk Way

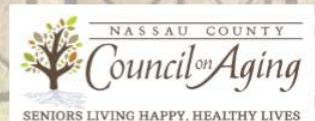
\$10 Minimum Donation

No advance reservations necessary; limited seating.

Questions? Contact Melody Dawkins at

904-775-5477 or mdawkins@nassaucountycoa.org

All proceeds benefit Nassau County seniors.



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Thursday, September 11 9 am - 1 pm



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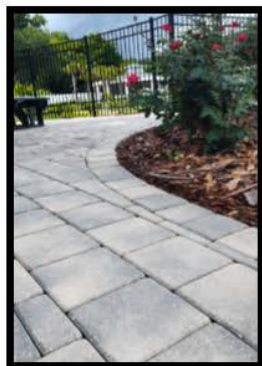
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Nassau County Council on Aging

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The Club Adult Day HealthCare
Advocate Home Healthcare
Meals on Wheels • Support Groups
Volunteer Opportunities

Nassau County Council on Aging Legacy Pavers



SCAN ME

NCCOA Legacy Pavers offer a unique opportunity to create a *lasting and permanent tribute* honoring the legacy, memory or achievements of a special person or group. Whether it's to celebrate a loved one, commemorate a milestone or recognize a contribution, your tribute will become part of something enduring.

- ◆ Two sizes available for custom engraving
 - 6" x 6" limited to 6 characters (including spaces) per line; 5 lines max - \$200.00
 - 6" x 9" limited to 10 characters (including spaces) per line; 5 lines max - \$250.00

- ◆ Installed in one of two picnic areas on the west side of the building at the Fernandina Beach Senior Life Center

Note: Pavers will be engraved in sets of ten. Please allow approximately eight weeks for completion of your paver order. You will be notified when your paver is complete. All proceeds benefit Nassau County seniors.

To order a paver, scan the QR Code or visit
www.nassaucountycoa.org

For more info, please contact Chris Fournier
904-775-5490 • cfournier@nassaucountycoa.org



Nutrition

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 D V B D T W L U X A I C O E H N C O O A
 X I M K A R H I G R A I N S J U O Q S L
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 W T Q M H T N X I D A I L Y B R E A D C
 G Y L S G O M U L T I G R A I N P Q Y I

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Protein

Grains

Balanced

Food

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Fruits

Cook



SOLUTION ON PAGE 26

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Maintain a Healthy Brain

The Rebounding Power of Cognitive Reserve



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Your brain is the CEO of your body; it manages your emotions, thoughts, language and decision-making abilities, memory and more. It defines your identity. And, you only get one.

In the event of brain-related conditions like stroke or dementia, we rely on outside factors like doctors, medications and procedures to get better. However, we can certainly take steps to improve our chances at a good outcome years before these life-altering conditions strike. This requires an understanding of what we know as cognitive reserve.

What is cognitive reserve?

In simple terms, cognitive reserve is the brain's protective mechanism to compensate for or reverse damage that may occur through a sudden event (stroke) or gradual-onset condition (dementia). It can be built up through things like education, brain exercises (doing word puzzles, learning a new language or expanding your vocabulary), life achievements and social interaction.

Cognitive reserve may be the reason some individuals with the same diagnosis experience different outcomes; those who have a higher cognitive reserve may be more functional or less impaired than others.

Cognitive reserve gives you control

What does this mean for you? Though you can't necessarily eliminate your chances of getting dementia or suffering a stroke, you can set yourself up to be in the best position to recover, should something occur. Certain habits can greatly improve brain function.

These include:

- Following the Mediterranean diet
- Exercising regularly
- Getting quality sleep
- Engaging in social activities
- Stimulating your brain

The challenge lies in translating this knowledge into everyday life. This can be achieved by:

Aligning healthy habits with your interests and preferences.

For example, if you don't like the gym, you can consider exercising in a different location like outside or at home while watching your favorite television show. Looking for a way to stimulate your mind? Try finding activities related to a hobby you enjoy. If you like to travel, you can research different destinations, cultures and traditions. Looking to exercise your green thumb? Grow your own garden or enroll in a course to learn more about plants and flowers.

Setting specific goals.

Think about the acronym "SMART" – The goal should be Specific, Measurable, Attainable, Relevant and Timely. Setting SMART goals instills a sense of personal significance and accomplishment, promotes accountability and timing, and facilitates adherence to changes. A good way to set SMART goals can be by asking yourself the following questions:

- What specific mental or physical activity will I incorporate into my daily routine?
- What will be the best method for monitoring and measuring my progress?
- Is the goal realistic and achievable for me?
- Do I have the necessary resources?
- Is the goal aligned with my objectives for enhancing brain function?
- How many minutes can I devote to it every day?

Often, incorporating healthy habits into your routine isn't easy because of busy schedules and limited time, but if you don't invest in building your brain wellness, you could end up spending more time recovering if something happens.

Prepare now for the future. Prioritize activities you enjoy and boost your brain health at the same time!

Submitted by: Alicia Laconich, PhD, a licensed psychologist and clinical neuropsychologist with Baptist Behavioral Health.

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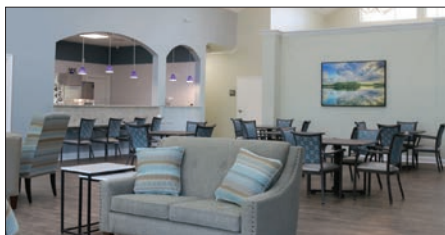
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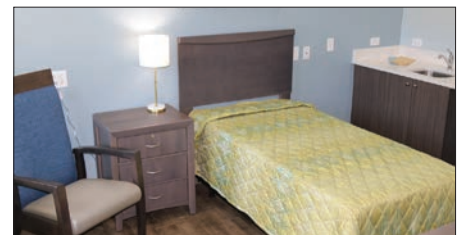
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Investments – it's a roller coaster! If you are an investor, you know that the stock market has experienced many days of dramatic gains and losses over the last several years. See the chart below showing the daily closing price of the S&P 500 index over just the last five years. It has been quite a ride! Wouldn't you love an investment with a guaranteed, generous rate of return?

Good news – there is such an investment! One that is tied to an indisputable fact: we are all aging. And as we age, we will need information, resources, advice and services to help us age well. Aging may look different for each one of us, but no matter how it plays out, investing in the Council on Aging—Nassau County's thought leader on Aging in Place—will ensure that we find what we need to thrive and age well, with everything easily accessible in our own community.

Kill two birds with one stone and meet your SRI Socially Responsible Investment goals through your investment in the Council on Aging. Feel good about deploying funds you have been blessed with to create positive change and fulfill your social responsibility, sustainability and impact investing objectives.

Our generous donors help ensure that all seniors in Nassau County have access to quality, innovative resources and services as they age.

This issue highlights the impact NCCOA is making in the area of nutrition. Our socially responsible donors are ensuring that fresh, nutritious, chef-prepared meals are available on-site in the Grand Hall dining rooms in Fernandina and Hilliard, and are delivered to homes for those

who are homebound (Meals on Wheels).

Donations support many essential resources that many of us will need as we age, including home helpers; The Club Adult Day Healthcare Program; caregiver education and training; support groups; dementia/Alzheimer's care; advice on attractive home safety modifications from our volunteer universal design interior decorator; CHORE volunteers who build ramps and install grab bars; Friendly Visitors for the isolated; case management; lifelong learning classes; legal aid; utility bill assistance; Medicare information; and more. These services are often a life-line for aging seniors and their families. A big thank-you to all our generous supporters!

Donated dollars are well stewarded. At our recent Volunteer Appreciation Luncheon, we thanked the many volunteers who help stretch each invested dollar—volunteers last year provided over 12,000 hours of manpower, valued at over \$400,000!

There are many ways to help ensure the best resources and services are available for all seniors in Nassau County to age in place well. Planned giving, tax-advantaged donations of appreciated securities, real estate, other assets, or required minimum distributions are just some of the ways to invest through NCCOA. For more information on donating to the Nassau County Council on Aging, please contact Janice Ancum, President & CEO, jancrum@nassaucounty-coa.org





Support Groups

Janice Ancrum Senior Life Center
1901 Island Walk Way
Fernandina Beach, FL 32034

All support groups are hosted by Nassau County Council on Aging, and are open to the community. Meetings include guest speakers and group discussion. There is no charge to attend our support groups.



Grieving with Hope Support Group

2nd and 4th Monday of each month, 5:30 pm—7:00 pm

Share stories and find support from those who have also lost a family member or close friend

Contact: Emily Kunzelmann, 904-775-5472, ekunzelmann@nassaucountycoa.org



Hearing Loss Support Group

1st Tuesday of each month, 12 noon—1:30 pm

Discuss latest technologies and member experiences to assist with hearing loss in daily living

Contact: Frances Bartelt, 904-775-5484, fbartelt@nassaucountycoa.org



Caregiver Support Group

2nd and 4th Wednesday of each month, 3:30 pm—5:00 pm

Reduce stress and improve quality of life through conversation with fellow caregivers

Contact: Emily Kunzelmann, 904-775-5472, ekunzelmann@nassaucountycoa.org



Low Vision Support Group

4th Wednesday of each month, 11:00 am—12:30 pm

Discuss latest adaptive devices and member experiences to assist with vision loss in daily living

Contact: Frances Bartelt, 904-775-5484, fbartelt@nassaucountycoa.org



Yoga for the Grieving Spirit

1st and 3rd Wednesday of each month, 5:30 pm—6:30 pm

A Gentle Restorative Yoga designed to compassionately support those who have lost a loved one. Learn how to strengthen the body, relax the mind and reduce stress.

To attend, contact Tina LaVacca, RYT, 570-460-0373 or changingtidesamelia@gmail.com



National Alliance on Mental Illness (NAMI)

Every Friday, 11:00 am—12:30 pm

Share experiences with individuals, family members and friends impacted by mental illness

Contact: NAMI Nassau, 904-277-1886



Parkinson's Support Group: You Are Not Alone

3rd Thursday of each month, 10:00 am—11:00 am (beginning Sept. 18)

Open to individuals with Parkinson's and their care partners to share experiences, learn coping strategies, and find encouragement. Facilitated by Tina LaVacca.

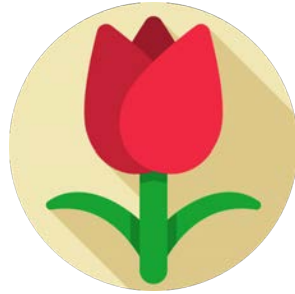
Contact: Melody Dawkins, 904-775-5477, mdawkins@nassaucountycoa.org

For more information, contact us at 904-261-0701 or visit
www.nassaucountycoa.org



New Parkinson's Support Group – You're Not Alone!

Whether you're newly diagnosed or someone simply looking for support this group is here for you. Together, we can face Parkinson's with courage, hope and a strong sense of camaraderie.



A new monthly Parkinson's Support Group is launching on the 3rd Thursday monthly from 10:00 – 11:00 am with the first meeting scheduled on September 18 at Nassau County Council on Aging, Fernandina Beach. This group will serve as a safe and welcoming environment for people to share their personal experiences, exchange advice and find strength in a supportive community. Why Join a Parkinson's Support Group? Living with Parkinson's disease presents unique challenges, both physical and emotional. Whether you've just been diagnosed or have been managing the condition for years, connecting with others who understand can make a world of difference. Support groups provide not only emotional encouragement but also access to resources, coping strategies and up-to-date information about treatments and therapies.

Group Details:

- Who: Open to individuals with Parkinson's
- When: Third Thursday of each month from 10-11 am
- Where: Nassau County Council on Aging, Fernandina Beach
- Cost: Free
- Facilitator: Tina LaVacca
- Contact: Melody Dawkins at mdawkins@nassaucountycoa.org or 904-775-5477

Introducing: Seeing Voices – A Deaf and Hearing Social Group for Signers

Are you deaf or a hearing signer looking to connect with others in a meaningful way? Seeing Voices is a new social group created to bring together individuals from both communities to share friendship, communication and support. Why Join a Hearing Social Group for Signers?



Many members of our local deaf community rarely have the opportunity to meet and connect with other deaf individuals due to the small size and spread-out nature of the community here. Seeing Voices offers a unique space where deaf individuals and hearing signers can come together in a shared language—American Sign Language—to build friendships, reduce isolation and create a true sense of belonging. This group is more than social—it's a chance to be seen, heard and supported in a way that can be hard to find in everyday life.

Group Details:

- Who: This is not a class or formal instruction in American Sign Language. Instead, it's a relaxed and welcoming environment where deaf individuals and hearing signers can meet, mingle and build lasting connections through shared language and experiences.
- When: First Wednesday of each month from 5:15 – 7:00 pm
- Where: Nassau County Council on Aging, Fernandina Beach
- Cost: Free
- Facilitators: Lynn Freeman (also teaches Sign Language at NCCOA) & Sheila Faricy (deaf)
- Contact: Lynn Freeman at lynnmfreeman@yahoo.com or 724-552-6082 (text)

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SOLUTION FROM PUZZLE ON PAGE 19



Nutrition

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D V B D T W L U X A I C O E H N C O O A
X I M K A R H G R A I N S J U O Q S L
O H E F X R O O H X D U J S X T O O U A
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K C I L N R K R K R K O C T H N K E N D
V F H T T I Y V K B F F M L X T D F A N
Z Y R I A H O Y E V T R A E W S L I N A
X O P S C M F L E G A U Q A A F V C C W
R C R J S K I U K E E I D D T A S I E V
I V U X R Y E N L N I T L N E C H A C T
A M J H N J R N S D F S A X R Q X U Z R
N H X P M U K I V D V O B B M T F A B M
V V A R I E T Y I S A I O B L D J G H Y
M N O U R I S H M E N T M D J E B Z U P
D R A V K F X P R O T E I N J Y S C A N
W T Q M H T N X I D A I L Y B R E A D C
G Y L S G O M U L T I G R A I N P Q Y I

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Wholesome
Variety
Chicken
Water

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Multigrain
Vitamins
Healthful
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