

Classes for Adults of ALL Ages

Nassau County Council on Aging

1901 Island Walk Way, Fernandina Beach, FL 32034 • 904-261-0701

December 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 10:30 Simple Bites from Around the World 11:30 Standing Yoga 12:45 Tap Dancing 1:00 Pennies 1:00 Tap FUNdamentals 1:30 Spanish Level 3: Intermediate 2:30 Guitar Slow Jam w/Bass 3:00 Rummikub 3:00 Tai Chi: 13 Elements 4:00 Tai Chi: 24 Postures	8:15 Standing Core 8:30 Resistance Training - ADVANCED 9:00 Coffee and Conversation* 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises 10:45 Standing Pilates 11:15 Belly Dancing (except 12/9) 12:00 Chair Aerobics 1:00 Beginning French 1:00 Bridge - Tuesdays 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 12/2) 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels	8:00 Energy Burst Stations (except 12/31) 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 - Mat Required 11:30 Enerchi 12:30 Cribbage - All Levels 1:00 Canasta Hand Knee & Foot 1:00 Line Dancing - Basic 2:00 Line Dancing - Intermediate 3:00 Tai Chi: 13 Elements 4:00 Tai Chi: 24 Postures	8:15 Sit & Be Fit! 8:30 Mat & Core Class - Advanced 9:30 Qigong Healing 9:45 Hula Hooping - All Levels 10:00 Sign Language 10:00 Spanish Level 1: Basic 10:30 Intro to Qigong 10:30 Just Dance 11:00 Spanish Level 2: Conversational 12:00 Dancing Queens 1:00 Casual Knitting & Conversation* 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold (only 12/11)	8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee Foot 9:45 Zumba Step Up (except 12/19) 10:00 Aerobic Exercise 11:00 Pilates - Mat Required 11:00 Support Group: NAMI Mental Health* 11:00 Crocheting Circle - ALL Levels* 11:30 Total Body Workout (except 12/19) 12:00 Yoga Full Body Stretch 1:00 Bridge - Fridays 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 The 9 Principles: Mediterranean Life 2:00 Art Therapy	WEEKLY

ADDITIONAL CLASSES	1 1:00 Transitions in Life: More Space, More Peace	2 12:00 Support Group: Hearing Loss* 3:00 Critical Issues: Migration/Immigration Causes, Impacts, and Benefits	3 11:00 Support Group: Low Vision* 5:15p Seeing Voices Hearing Signing Social Club* 5:30p Book Club: Reading Between the Lines	4 1:00 Samba Card Training 2:30 Shell Creations	5 9:00 Ringing in the Holidays* 11:00 Intro to Canva Online Design	ADDITIONAL CLASSES
	8 9:30 iPhone - Marc Williams (Series of 3) 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	9 9:30 iPhone - Marc Williams (Series of 3) 3:00 Critical Issues: Elephant in the Room: Coping with Climate Change Now	10 9:30 iPhone - Marc Williams (Series of 3) 1:30 Caregiver Stressbusters Forum* 3:30 Support Group: Caregivers*	11 9:00 Holiday Happiness Through Song*	12 11:00 Intro to Canva Online Design	
	15 3:30 The Successful Caregiver*	16 3:00 Critical Issues: The Future of European Security and NATO	17 ~Weekly Only/No Additional~	18 10:00 Parkinsons Support Group - You Are Not Alone* 1:00 Samba Card Training 2:30 Shell Creations	19 11:00 Intro to Canva Online Design	
	22 4:15 Yoga for the Grieving Heart*	23 ~Weekly Only/No Additional~	24 NCCOA CLOSED - HOLIDAY	25 NCCOA CLOSED - HOLIDAY	26 NCCOA CLOSED - HOLIDAY	
	29 ~Weekly Only/No Additional~	30 ~Weekly Only/No Additional~	31 ~Weekly Only/No Additional~		All activities subject to change	