

# Classes for Adults of ALL Ages

# Nassau County Council on Aging

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

February 2026

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>WEEKLY</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>10:30</b> Longevity Food From Around the World <b>11:30</b> Standing Yoga <b>12:45</b> Tap Dancing <b>1:00</b> Pennies <b>1:00</b> Tap FUNDamentals <b>1:30</b> Spanish Level 3: Intermediate <b>2:30</b> Guitar Slow Jam w/Bass <b>3:00</b> Rummikub <b>3:00</b> Tai Chi: 13 Elements <b>4:00</b> Tai Chi: 24 Postures	<b>8:15</b> Standing Core <b>9:00</b> Coffee and Conversation* <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 - Mat Required <b>11:15</b> Belly Dancing (except 2/24) <b>12:00</b> Chair Aerobics <b>12:15</b> Hula Hooping - All Levels (except 2/24) <b>1:00</b> Beginning French <b>1:00</b> Bridge <b>1:00</b> Line Dancing - Basic <b>1:00</b> Mahjong - Tuesdays (except 2/3) <b>1:00</b> Zumba Gold <b>2:00</b> Line Dancing - Intermediate <b>3:00</b> String Ensemble - All Levels	<b>8:00</b> Energy Burst Stations <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 - Mat Required <b>11:30</b> Enerchi <b>1:00</b> Cribbage - All Levels <b>1:00</b> Canasta Hand Knee & Foot <b>1:00</b> Line Dancing - Basic <b>2:00</b> Line Dancing - Intermediate <b>3:00</b> Tai Chi: 13 Elements <b>4:00</b> Tai Chi: 24 Postures	<b>8:15</b> Sit & Be Fit! <b>8:30</b> Resistance Training - Advanced <b>9:30</b> Mat & Core Class - Advanced <b>9:30</b> Qigong Healing <b>10:00</b> Android Phone Savvy <b>10:00</b> Sign Language <b>10:00</b> Spanish Level 1: Basic <b>10:30</b> Just Dance <b>10:30</b> Posture & Balance <b>11:00</b> Spanish Level 2: Conversational <b>12:00</b> Dancing Queens <b>1:00</b> Casual Knitting & Conversation* <b>1:00</b> Samba Cards <b>1:00</b> Tapping Meditation - Tapping Café <b>1:30</b> Zumba Gold	<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 <b>9:45</b> Zumba Step Up <b>10:00</b> Aerobic Exercise <b>11:00</b> Aerobic Body Pump - Advanced <b>11:00</b> Support Group: NAMI Mental Health* <b>11:00</b> Crocheting Circle - ALL Levels* <b>11:30</b> Total Body Workout <b>12:00</b> Yoga Full Body Stretch - Mat Required <b>12:30</b> Bridge Open Play - All Levels <b>12:30</b> Mahjong w/Current Mahjong Card <b>1:00</b> Bridge <b>1:00</b> Holistic Health Diet <b>2:00</b> Art Therapy <b>2:00</b> Golf Fitness Training	<b>WEEKLY</b>

<b>ADDITIONAL CLASSES</b>	2	3	4	5	6	<b>ADDITIONAL CLASSES</b>
	<b>1:00p</b> Mah Jongg Instruction Class <b>2:00p</b> FL Estate Planning: Who, What, When, Where, and Why	<b>12:00p</b> Support Group: Hearing Loss* <b>3:00p</b> Great Decisions	<b>1:00p</b> Budgeting and Buying Your Next Car <b>3:30p</b> Meet Dr. Beck! <b>5:30p</b> Reading Between the Lines Book Club	~Weekly Only/No Additional~	<b>11:00</b> Intro to Canva Online Design	
	9 <b>9:30</b> Apple Mac - Including OS-26 (Series) <b>4:15p</b> Yoga for the Grieving Heart* <b>5:30p</b> Support Group: Grieving with Hope*	10 <b>9:00</b> Re-New-U: Things I Say to Myself <b>9:30</b> Apple Mac - Including OS-26 (Series) <b>2:00p</b> AI Scam Busters - Protecting Yourself in the Age of Deepfakes <b>2:00p</b> Memory Café Support Group* <b>3:00p</b> Great Decisions	11 <b>9:30</b> Apple Mac - Including OS-26 (Series) <b>12:30p</b> Having Fun with Perspective (Series) <b>1:30p</b> Caregiver Stressbusters Forum* <b>3:30p</b> Support Group: Caregivers* <b>3:30p</b> What to Expect with Normal Aging	12 ~Weekly Only/No Additional~	13 ~Weekly Only/No Additional~	
	16 <b>NCCOA CLOSED FOR PRESIDENT'S DAY</b>	17 <b>10:00a</b> Snapseed Photo Editor App <b>3:00p</b> Great Decisions	18 <b>12:30p</b> Having Fun with Perspective (Series) <b>3:30p</b> Vascular Disease	19 <b>10:00a</b> Parkinson's Support Group* <b>1:00p</b> Real Estate Matters <b>2:30</b> Shell Creations	20 ~Weekly Only/No Additional~	
	23 <b>4:15p</b> Yoga for the Grieving Heart* <b>5:30p</b> Support Group: Grieving with Hope*	24 <b>2:00p</b> Memory Café Support Group* <b>3:00p</b> Great Decisions	25 <b>11:00a</b> Support Group: Low Vision* <b>12:30p</b> Having Fun with Perspective (Series) <b>1:30p</b> Caregiver Stressbusters Forum* <b>3:30p</b> Depression and Anxiety <b>3:30p</b> Support Group: Caregivers*	26 ~Weekly Only/No Additional~	27 <b>10:00a</b> Brain Boosters: Mental Fitness	
				<b>All activities subject to change</b>		 NASSAU COUNTY