

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
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 Longevity Food 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 9:00 Coffee and Conversation* 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises 10:45 Standing Pilates - Mat Required 11:15 Belly Dancing (except 2/24) 12:00 Chair Aerobics 12:15 Hula Hooping - All Levels (except 2/24) 1:00 Beginning French 1:00 Bridge 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 2/3) 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels	8:00 Energy Burst Stations 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 1:00 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 Resistance Training - Advanced 9:30 Mat & Core Class - Advanced 9:30 Qigong Healing 10:00 Android Phone Savvy 10:00 Sign Language 10:00 Spanish Level 1: Basic 10:30 Just Dance 10:30 Posture & Balance 11:00 Spanish Level 2: Conversational 12:00 Dancing Queens 1:00 Casual Knitting & Conversation* 1:00 Samba Cards 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 9:45 Zumba Step Up 10:00 Aerobic Exercise 11:00 Aerobic Body Pump - Advanced 11:00 Support Group: NAMI Mental Health* 11:00 Crocheting Circle - ALL Levels* 11:30 Total Body Workout 12:00 Yoga Full Body Stretch - Mat Required 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Bridge 1:00 Holistic Health Diet 2:00 Art Therapy 2:00 Golf Fitness Training	WEEKLY

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

If you are already in our class database, you may book your spot in a class on www.myactivecenter.com