


Classes for Adults of ALL Ages

Nassau County Council on Aging

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

January 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 <u>Longevity Food From Around the World</u> 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 12:00 Chair Aerobics 12:15 <u>Hula Hooping - All Levels</u> 1:00 Beginning French 1:00 Bridge - Tuesdays 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 1/6) 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 <u>Linking Lives with Social Connections*</u> (except 1/7) 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 Resistance Training - Advanced 9:30 <u>Mat & Core Class - Advanced</u> 9:30 Qigong Healing 10:00 Phone Savvy 10:00 Sign Language 10:00 Spanish Level 1: Basic 10:30 Just Dance 10:30 <u>Posture & Balance</u> 11:00 <u>iPhone Basics</u> 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	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 <u>Aerobic Exercise I (except 1/2)</u> 11:00 <u>Aerobic Exercise II (except 1/2)</u> 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 (except 1/2) 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Bridge - Fridays 1:00 <u>Holistic Health Diet</u> 2:00 Art Therapy 2:00 <u>Golf Fitness Training</u>	WEEKLY

ADDITIONAL CLASSES		<i>All activities subject to change</i>		NCCOA CLOSED FOR NEW YEAR'S DAY ¹	~Weekly Only/No Additional~ ²	ADDITIONAL CLASSES
	9:30 iPhone - Marc Williams (Series of 3) ⁵	9:30 iPhone - Marc Williams (Series of 3) ⁶ 12:00p Support Group: Hearing Loss*	8:00 Mental Health First Aid (Series of 2)* ⁷ 9:30 iPhone - Marc Williams (Series of 3) 12:30p Observe: Interpret & Create (Series) 5:30p Book Club: James by Percival Everett	1:00 Samba Card Training ⁸	8:00 Mental Health First Aid (Series of 2)* ⁹	
	1:00p Mah Jongg Instruction Class ¹² 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	9:00 Personal Development: Vision vs. Goals ¹³ 2:00 AI in Your Pocket: Smart Tools to Make Life Easier 2:00 Memory Café*	12:30p Observe: Interpret & Create (Series) ¹⁴ 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers	10:00a Parkinsons Support Group* ¹⁵ 1:00 Managing Portfolio After Retirement 1:00p Samba Cards 2:30 Shell Creations	~Weekly Only/No Additional~ ¹⁶	
	NCCOA CLOSED FOR MLK DAY ¹⁹	1:00p Amelia Island Whale Ambassadors ²⁰ 3:00p Great Decisions	12:30p Observe: Interpret & Create (Series) ²¹	1:00p Samba Cards ²²	~Weekly Only/No Additional~ ²³	
	1:00p Mah Jongg Instruction Class (Series) ²⁶ 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	9:00 Travel Destinations: January is the Best ²⁷ Time to Book a Cruise 11:00 ANNUAL MEETING 2:00p Memory Café* 3:00p Great Decisions	11:00a Support Group: Low Vision* ²⁸ 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers	1:00p Samba Cards ²⁹	10:00 Brain Boosters ³⁰	