

Nassau County Council on Aging

Senior Life

Celebrating Happy, Healthy Lives

Welcome to Our Home

Plus:

The Care
Behind The Care

More Than a Meal

A Place with Purpose

Powered by Volunteers

**Adult
Classes
for ALL
Ages!**

NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES

April - June 2026

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OUR EXPERTISE

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- 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

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 - Brian LaVacca

Electric/Water Assistance - Case Management

HR, Compliance and Facilities - Don Harley

Just Friends/Westie Besties - Frances Nobles

Marketing and Communications - Chris Boek

Lifelong Learning - Melody Dawkins

Nutrition and Meal Programs - Gina Thompson

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

nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead

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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. Meeting space is available for rent in both Fernandina Beach and Hilliard locations for group functions.

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 include Case Management, Nutrition (Meals on Wheels), 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 Nassau County Legal Aid, and SHINE provides free consultations to Medicare beneficiaries and caregivers.

Donna Granlerl, 904-775-5497 | dgranlerl@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, and is supervised by a licensed nurse.
- Caregiver resources include workshops, education and training, stress-busting forums, and support groups. NCCOA's Memory Café is an offering for those living with Alzheimer's and related disorders. Learn how to adjust to life changes, combat stigma and isolation, and develop a safe social peer group.

Jennifer Gundling, 904-775-5488 | jgundling@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



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Dr. Pedro L. Tamayo IV

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.

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 Janice Ancrum 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.

Chris Fournler, 904-775-5490 | cfournler@nassaucountycoa.org

MESSAGE FROM OUR President & CEO



When people think about Nassau County Council on Aging, they often think of a specific program— Meals on Wheels, The Club, a fitness class, a food pantry, or perhaps a volunteer building a wheelchair ramp. What they may not always see is the network of dedicated departments working together behind the scenes to make each of those services possible.

This issue of Senior Life Magazine provides a closer look at the heart of our organization—the teams who serve, support, guide, and uplift seniors and caregivers across Nassau County every single day.

Our Case Management Department walks alongside older adults and their families as they navigate complex decisions, connecting them to resources that make aging in place possible. Our Nutrition team ensures that seniors not only receive nourishing meals, but also meaningful human connection. At The Club Adult Day HealthCare program, members living with physical or cognitive challenges experience purpose, engagement, and dignity in a safe and caring environment, while caregivers receive essential respite and peace of mind.

Caregiver Services reminds families that they are not alone. Advocate Home Healthcare extends compassionate, individualized care directly into the home. Our Volunteer and Outreach team mobilizes hundreds of generous individuals whose time and talents strengthen everything we do. Membership and Community Engagement fosters lifelong learning, socialization, and renewed purpose. And our Chief Resource Department ensures that the foundation of our organization remains strong, compliant, and prepared to meet the growing needs of our community.

Each department is distinct in its role, but unified in mission: to enhance the quality of life for seniors and help them remain independent, connected, and supported.

Aging in place does not happen by chance. It happens because people care enough to build systems of support that honor dignity and independence. I hope as you read this issue, you gain a deeper understanding of the many ways NCCOA serves Nassau County—and the countless lives touched each day through compassion, collaboration, and commitment.

It is truly an honor to serve this community alongside such an extraordinary team.

With Gratitude,

Janice Ancrum
President & CEO

Thank You

To Our
Funding Partners



1235 South 10th Street
Fernandina Beach, FL 32034
904.261.3696
fbnewsleader.com

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.


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Sunday Worship Services
 9 am & 11:15 am

36 Bowman Road
 Amelia Island, FL 32034
 904.277.4414 www.ameliachapel.com

We livestream our 9 am service on our website
[Amelia.Plantation.Chapel](https://www.facebook.com/Amelia.Plantation.Chapel) 



The Care Behind the Care

How Case Managers Connect Seniors to the Services They Need

The Case Management Department is responsible for assessing needs and providing services to seniors and their caregivers to improve quality of life within our senior community. Case Management serves Nassau County residents age 60 and older who are on the waitlist for services through ElderSource. Some programs have income guidelines, while others are not income-based.

NCCOA is the lead agency for the Florida Department of Elder Affairs state and federally funded grant programs. Case Managers link seniors and caregivers to program resources for “aging in place,” including CHORE small home repair, fall prevention, and Home Energy and utility assistance for income and residence-eligible seniors through EHEAP (Emergency Home Energy Assistance for the Elderly Program). Free legal assistance is offered through Nassau County Legal Aid, and SHINE provides free consultations to Medicare beneficiaries and caregivers.

A Day In the Life

A typical day in the life of the Nassau County Council on Aging Case Management Department involves working closely with seniors, other NCCOA departments, and community partners to ensure seniors receive the services they need each day.

Case Management maintains accurate documentation to ensure each client receives services aligned with their individualized care plan, including tracking assessments, service updates, and changes in condition. Case managers also conduct in-home visits to evaluate safety, assess needs, and monitor the effectiveness of services in place.

In most cases, all client needs begin with a phone call to the assigned case manager, who serves as the primary point of contact for guidance, advocacy, and coordination, ensuring seniors have a trusted professional guiding them throughout the process.

Case Management offers the following services:

Respite Care provides short-term, temporary relief for primary caregivers by offering professional or informal assistance to individuals with special needs in their own homes. This service allows caregivers time to rest, attend to personal matters, or travel for a few hours or up to several weeks, helping to prevent caregiver burnout while ensuring their loved ones continue to receive quality care in a familiar and comfortable setting.

Personal Home Care is non-medical assistance provided to seniors, individuals with chronic illnesses, or those with disabilities, enabling them to live safely and independently at home. Services include bathing, dressing, grooming, and toileting, as well as light housekeeping, meal preparation, medication reminders, and companionship that promotes dignity, comfort, and meaningful daily interaction.

Homemaking Care offers non-medical, in-home support for maintaining a clean, safe, and organized living environment. Services include light housekeeping, meal preparation, grocery shopping, laundry, and companionship, all designed to reduce daily stress and to support overall household stability.

Respite Care at The Club – The Club is a therapeutic adult day program that enables adults who need assistance due to physical or cognitive challenges to enjoy life to the fullest. This program provides worry-free respite for caregivers, allowing them time to attend to personal responsibilities while knowing their loved ones are in a safe, engaging, and supportive environment with structured activities and social interaction.

The Case Management Department operates across multiple programs under ElderSource guidelines, including General Revenue programs and Older Americans Act programs. Case managers provide information, education, and guidance to help seniors in the community understand the services and options available to them through NCCOA, ensuring access to appropriate resources that promote independence and long-term stability.

How to Get In Touch with Us

Seniors age 60 and older, as well as their caregivers, may contact a case manager to learn about available services and the application process. Please call NCCOA at 904-261-0701 and ask to speak with a case manager.

DONATE AT NASSAUCOUNTYCOA.ORG

THE Club



Peace of Mind Starts Here

Physical Therapy
Occupational Therapy
Speech Therapy
Individualized Care

Monday – Friday, 9AM – 4PM

Now Accepting New Members

jgundling@nassaucountycoa.org
904.775.5488



NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES

The Club is proudly licensed and operated by NCCOA.

Lifelong Learning



All classes are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach, unless noted otherwise
 Questions? Contact NCCOA at 904-261-0701.

Special Events

Coffee & Connection – Vet to Vet
 Dawn Townsend, Community Hospice & Palliative Care
 Thu – Apr 9 • 10 – 11 am

Portraits of Loyalty – Paint Your Fur Baby – \$50
 Dawn Townsend & Betsy Miller, Community Hospice & Palliative Care
 Thu – May 7 • 5 – 8 pm

Allegiance Youth Concert – Free
 Amelia Baptist Church
 Tue – June 30 • 10 – 11 am

Book Club - Reading Between the Lines – Free
 Lucy Martin, Kathy DeAngelis & Traci Canada

Twice by Mitch Albon
 Wed – Apr 1 • 5:30 – 7:00 pm

She Didn't See It Coming
 by Shari Lapena
 Wed – May 6 • 5:30 – 7:00 pm

Theo of Golden
 by Allen Levi
 Wed – Jun 3 • 5:30 – 7:00 pm

Cards & Games

Fun & Games with Evelyn – Free
 Evelyn Bradshaw, Conviva Care Centers
 2nd Thu • 9 – 10 am

Pennies – Must Know How to Play
 Sue King
 Every Mon • 1 – 4 pm

Rummikub
 Janet Chatfield
 Every Mon • 3:00 – 4:45 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
 Glenda Young
 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 • 12:30 – 3:30 pm

Samba Game
 Sue King
 Every Thu • 1 – 4 pm

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

Advanced Bridge – Friday
 Every Fri • 1 – 4 pm

Computers & Technology

iPhone/iPad – Series of 3
 Marc Williams
 Mon – Tue – Wed – Apr 20, 21 & 22
 9:30 – 11:30 am

Apple Mac – Including OS-26 Series of 3
 Marc Williams
 Mon – Tue – Wed – May 11, 12 & 13
 9:30 – 11:30 am

iPhone/iPad – Series of 3
 Marc Williams
 Mon – Tue – Wed – Jun 1, 2 & 3
 9:30 – 11:30 am

Intro to Canva Online Design Series of 6
 April Blue Moseley
 Fri – Apr 10, 17 & 24, May 1, 8 & 15
 11 am – 12 pm

Canva Intermediate – Series of 6
April Blue Moseley
Fri – Apr 10, 17 & 24, May 1, 8 & 15
12 – 1 pm

iPhone Basics
Becky Clark
Every Thu – May • 11 am – 12 pm



Financial

Overview of Financial Planning
Gantt Williams, Financial Advisor,
Partners Capital, LLC
Mon – Apr 13 • 2 – 3 pm

Money Smart, Leaving a Legacy
Lannie Kremin, Financial
Professional, Universal Wealth
Tue – May 5 • 11 am – 12 pm

Portfolio Management
Gantt Williams, Financial Advisor,
Partners Capital, LLC
Mon – May 18 • 2 – 3 pm

**How to Avoid Scams & Save on
Your Groceries – Free**
Ted Doss, Vystar Credit Union
Fri – Apr 24 • 9 – 10 am



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 Harold Lewis
2nd & 4th Mon • 9 – 10 am

Enerchi
Mary Bleck
Every Mon • 10 – 11 am

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
Laura Giordano
Every Mon • 12:45 – 1:45 pm

Tap FUNDamentals!
Gwen White
Every Mon • 1:00 – 2:30 pm

Tai Chi: 13 Elements
Tom Gagne
Every Mon & Wed • 3 – 4 pm

Tai Chi: 24 Postures
Tom Gagne
Every Mon & Wed • 4:00 – 4:45 pm

Standing Core
Catherine Paradise
Every Tue • 8:15 – 9:15 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 & Sitting Pilates
Merle Sauer
Every Tue • 10:45 – 11:45 am

Belly Dancing
Laura Giordano
Every Tue • 11:15 am – 12:15 pm

**Hula Hooping: All Levels
Welcome**
Heidi Freilich & Laura Giordano
Every Tue • 12:15 – 12:45 pm

Chair Aerobics
Merle Sauer
Every Tue • 12 – 1 pm

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

Energy Burst Stations
Tina LaVacca
Every Wed • 8:00 – 8:45 am

Stretch & Balance – Advanced
Janice Clarkson
Every Wed • 8:30 – 9:30 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
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

Fitness continued on the following page

Sit & Be Fit!

Catherine Paradise
Every Thu • 8:15 – 9:15 am

Resistance Training – Advanced

Debi Senger
Every Thu • 8:30 – 9:30 am

Mat & Core – Advanced Mat Required

Debi Senger
Every Thu • 9:30 – 10:30 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

Zumba Step Up

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

Aerobic Exercise

Merle Sauer
Every Fri • 10 – 11 am

Total Body Workout

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

Yoga Full Body Stretch

Merle Sauer
Every Fri • 12 – 1 pm

Golf Fitness Training

Terry McGriff II
Every Fri • 2 – 3 pm



History, Culture & Travel

Armchair Travel – Free

Nancy Cerra, Realtor,
Keller Williams Realty
1st Tue • 9 – 10 am

Photo Destinations: Cuba – Free

Alwynne Lamp
Thu – Apr 16 • 9 – 10 am

Photo Destinations: Indonesia Free

Alwynne Lamp
Thu – May 21 • 9 – 10 am

Photo Destinations: Italy – Free

Alwynne Lamp
Thu – Jun 18 • 9 – 10 am



Hobbies - Arts, Crafts & Gardening

All About Fishing (Series of 8)

Harley Ess & Friends
Thu – Apr 9, 16, 23, 30, May 7, 14,
21, 28 • 11 am – 12 pm

Acrylic Pour Art

Carla Dail, Artist
Tue – Apr 28 • 10:30 am – 12:30 pm

Crocheting Circle – All Levels Free

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

Casual Knitting & Conversation Free

Every Thu • 1 – 3 pm

Creating a Decorative Mask

Helen Reyner, Artist
Thu – Apr 30 • 2 – 4 pm

Shell Creations

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

Crocheting Circle – All Levels – Free

Brenda Brubeck
Every Fri • 11 am – 1 pm

Art Therapy

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

Creating Beaded Jewelry

Francis Peters, Front Porch Beads
Sat – May 2 • 1:00 – 2:30 pm



Language/Literature

Spanish Level 1: Basic Spanish

Maria Hernandez
Every Thu • 10 – 11 am

Spanish Level 2: Beginning Conversational Spanish

Maria Hernandez
Every Thu • 11 am – 12 pm

Spanish Level 3: Intermediate Conversational Spanish

Maria Hernandez
Every Mon • 1:30 – 3:00 pm

Beginning French

Naima Hashem
Every Tue • 1 – 2 pm



Music

Guitar Slow Jam w/Bass All Levels

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

Music continued on the following page

Music continued

Elvis Music with Lane – Free
Lane Mashburn, Amelia Auto Mart
1st Mon • 9 – 10 am

Ukulele – Open Play
Julie and Jim Black
Every Mon • 10 – 11 am

Guitar Adventures with Joyce Free
Joyce Whorton
2nd & 4th Tue • 10 – 11 am

St Patrick’s Day Celebration! Free
Sandi Haynes
Mon – Mar 16 • 10:30 – 11:30 am

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

Guitar Tunes – Free
Doug Tober
2nd Wed • 9 – 10 am

Coffee & Karaoke – Free
Jennifer Sanders, Wellcare
4th Wed • 9 – 10 am

Tunes with the 2J’s - Free
Julie & Jim Black
2nd & 4th Thu • 10 – 11 am

Songs with Terry – Free
Terry Murphy
Every 2nd Fri • 9 – 10 am

Other Opportunities

Coffee & Conversation – Free
Walker Davis
Every Tue • 8 – 9 am

Gas Station Drugs
Mike McCormick, FL Poison Control
Mon – Apr 20 • 1 – 2 pm

Poison for the Golden Years
Mike McCormick, FL Poison Control
Mon – May 18 • 1 – 2 pm

CPR- Hands Only Training – Free
Jim Bollenbacher
Thu – Apr 9 • 1:30 – 2:30 pm
Tue – Jun 20 • 10:30 am – 12:30 pm

A Lifetime Gift Presentation – Free
Shelly Halverson,
Thrivent Financial Advisor
Tue – Jun 30 • 1:30 – 2:30 pm

Wellness

Personal Development Series

Getting Balance in Your Life
Michelle Olivia, Motivational
Speaker
Tue – Apr 7 • 1 – 2 pm

The Hidden Benefits of Gratitude
Michelle Olivia, Motivational
Speaker
Tue – May 5 • 1 – 2 pm

Dream It! Make a List! Do It!
Michelle Olivia, Motivational
Speaker
Tue – Jun 2 • 1 – 2 pm

**Longevity Foods From
Around the World**
April Blue-Moseley
Every Mon • 10:30 – 11:30 am

**Linking Lives with Social
Connections – Series of 3 – Free**
Katrina Robinson-Wheeler,
LM, LPC, MCAP, SAP
Wed – Apr 8, 15 & 22
10:30 – 11:30 am

Common Health Conditions with Aging Series

Obesity/High Lipids
Dr. Robin Beck, Geriatrician,
Baptist Well Care
Wed – Apr 1 • 3:30 – 4:30 pm

Kidney & Bladder
Dr. Robin Beck, Geriatrician,
Baptist Well Care
Wed – Apr 8 • 3:30 – 4:30 pm

Eye Conditions
Carol Logan, Coastal Vision
Wed – Apr 15 • 3:30 – 4:30 pm

Urology Matters
Wed – Apr 22 • 3:30 – 4:30 pm
Dr. Margeaux Dennis, Baptist
Urology Group

Holistic Health Diet
April Blue-Moseley
Every Fri • 1 – 2 pm

Brain Boosters
Dr. Marc Case, Case Chiropractic
Neurology Center
Dates to be Determined

Classes marked Free are usually held during our “Just Friends” program (free for seniors, 60 or older residing in Nassau County). Guests are welcome.

Lifelong learning classes can be reserved at MyActiveCenter.com.



More Than a Meal

Nourishing Bodies, Lifting Spirits, and Building Community

The Nutrition Department at NCCOA houses two meal services for Nassau County seniors aged 60 and older. The Congregate Mealsite provides a safe environment where clients can enjoy activities and a hot meal, and the Meals on Wheels (MOW) Program distributes chef-prepared home-delivered meals to clients who are unable to attend the Congregate Mealsite.

The Congregate Mealsite is a friendly and supportive environment, with staff and volunteers ready to listen to clients' concerns and needs. It also offers entertainment, games, and educational programs focused on issues related to aging, along with a hot meal. Clients attending the Congregate Mealsite must be able to feed themselves, manage their personal care, and be cognitively aware.

Meals on Wheels delivery drivers serve as the eyes and ears of the program, keeping the Nutrition Department informed about the well-being of our homebound clients. This information is shared with the clients' Case

Managers, who connect them with the appropriate department to address any concerns or needs.

A Day In the Life

A day in the life with the Nutrition Department always includes spending time talking to the seniors with a listening and attentive ear. Staff members prepare for entertainment, games, or guest speakers, and serve a hot meal. They also ensure that all bus riders embark safely onto the bus.

"A client began attending the Mealsite after suffering a stroke, which left her struggling with speech. With the patience and encouragement of staff and fellow seniors, she has begun speaking more clearly and is now even able to play her Bingo card independently."

How to Get In Touch with Us

Seniors age 60 and older can call the Nutrition Office or any Case Manager office to help determine their eligibility. Call 904-261-0701 and ask for either department.

Senior Life

Word Search



N P H Y S I C A L T H E R A P Y E E L S E S E E P
 C A S C P N B L G R G I N N I Y N N M E P S I P O
 S N N R E A P N E E P V O L U N T E E R S B L T A
 N R N C L E S O U E A P M H F M R N M A S P S E M
 C C O U N C I L O N A G I N G V E S B F L N A O A
 C Y P A R E H T T E P L E D H T T R E S P I T E H
 S U P P O R T G R O U P S S I R B U R I I G G I H
 E T P S O E G B I O L C E E E N T G S W E L R H E
 T F F A T S A A K A E E O A R I A O H H F F A O U
 V A C E H L Y M U T I A G P R E P N I P T I P A P
 C L Y C E E E K H O E B R E O E R M P E I Y A U M
 R L P E C I T O E A M E A T L E T A C O V D A N M
 A P H R L A I O T B E L T A G H T L A E H E M O H
 E R G U U V G S R A A O L C G G H I P R O R C T L
 R E N A B N S L A E M E T A G E R G N O C L Y E E
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- Case Management
- Support Groups
- Respite
- Meals on Wheels
- Pet Therapy
- Membership
- Home Health
- Homemaking
- Congregate Meals
- ElderSource
- Lifelong Learning
- Advocate
- Chore
- Physical Therapy
- Council on Aging
- The Club
- Fall Prevention
- Volunteers

Solution on page 23!



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nassaucountycoa.org





A Place with Purpose

Therapeutic Care for Loved Ones. Support for Caregivers.

The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program—also known as “The Club”—is a therapeutic day program enabling adults needing assistance due to physical or cognitive challenges to enjoy life to the fullest. The program provides worry-free respite for caregivers and fosters a holistic approach to maximize each member's abilities and quality of life in a safe, secure environment. Participants are welcomed into a vibrant setting designed to encourage independence, dignity, and meaningful engagement each day.

The ADHC program is licensed by the State of Florida and specializes in Alzheimer's disease and other related dementias, offering families an affordable alternative to the rising costs of long-term care. The Club is supervised by a licensed nurse and Certified Dementia Practitioner (CDP) and provides seven hours of respite for caregivers five days a week. Compassionate, trained staff members remain attentive to each individual's evolving needs, ensuring personalized support and peace of mind for families.

Activities of daily living (ADLs) include Physical Therapy (PT), Occupational Therapy (OT), Speech and Cognitive Therapy (SLP), Mental Health Support, Pet Therapy, art, trivia, brain games, cards, social events, free haircuts and manicures, onsite podiatry services, special events, and cultural conversations. Each member has an individual care-plan and required paperwork to comply with state regulations that is thoughtfully developed in collaboration with families and adjusted as needs change. Nutritious meals and snacks are also provided, creating opportunities for fellowship and shared conversation around the table.

A Day In the Life

A day in the life at The Club runs from 8:45 am – 3:45 pm. The calendar is divided into hourly sessions where members participate in therapeutic activities, art, and games, enjoy live music, work with students from Project Search and other local groups, and build their own social community. Structured routines provide comfort and familiarity, while varied programming keeps each day fresh and engaging.

"We have one specific member that has been with our program for years. His wife had been told by doctors that it was time to consider moving him into a facility; however, their primary goal as a family was to age in place. The member's wife reports that The Club has given her husband purpose, positive experiences, relationships, and a place to call his own. The program has allowed her husband to remain in the home, which was their ultimate goal."

The moments when the light bulb goes off and a true connection is made with members are what make the program so meaningful. Staff members care deeply about providing direct care that builds trust, rapport, and community within The Club. Preserving a stress-free environment allows members to create memories, build confidence, and thrive in a safe, supportive environment.

How to Get In Touch with Us

The Club program is based on a daily rate that includes all programs and services. Long-term care insurance and private pay are accepted. For more

information or to schedule a tour, contact Jennifer Gundling at 904-775-5488.

Caregiver Services

The Caregiver Services Department at NCCOA provides support, education, and respite for loved ones by hosting five different meetings per month. Caregiver resources include workshops, education and training, stress-busting forums, and support groups. Meetings occasionally feature guest speakers, and local resources and research articles are provided for attendees. All services are free and do not require reservation unless seeking the free respite care provided during the meetings.

In addition to these offerings, NCCOA's Memory Café is a group for those living with Alzheimer's and related disorders. Learn how to adjust to life changes, combat stigma and isolation, and develop a safe social peer group.

For more information, contact Jennifer Gundling at 904-775-5488.





Powered by Volunteers

Compassion in Action Across Nassau County

The Volunteer and Outreach Department at NCCOA connects volunteers with rewarding opportunities that benefit both the senior community and the volunteers themselves. The department also educates the public about the wide range of services and opportunities offered at the Council on Aging.

NCCOA thrives as a direct result of its incredible volunteers, allowing funds to be redirected from staffing to impactful programs. Last year, over 550 dedicated volunteers contributed nearly 15,000 hours of service, valued at \$500,000. Volunteers provide service in 22 areas of NCCOA, including friendly visiting/phone reassurance, meal delivery for nutritious support, technology coaching, congregate meal support, social programs, education and instruction, and respite for caregivers.

Volunteer activities include:

Activities Leaders—Support for the community rooms in Fernandina Beach and Hilliard, as well as

The Club. Activities include games, arts and crafts, and special presentations.

Administrative Support—A variety of office tasks to assist in NCCOA's different departments.

Community Room and Club Assistants—Volunteers are essential “helping hands” in our senior programs, playing a vital role in supporting the staff in various ways.

Entertainment—Volunteer musicians entertain in both community rooms and The Club, uplifting the spirits of our members with their joyful singing.

Food Pantry—Volunteers take order forms, fill orders, and assist seniors in loading items into their vehicles.

Friendly Visitor Program—This program serves seniors who are isolated or home-bound, sometimes providing respite for caregivers. Volunteers commit to one year of weekly visits and phone calls to their paired senior.

Front Desk Support—Volunteers assist the front desk receptionist, greeting members and visitors with a smile, sharing helpful information about programs and memberships, and answering phone calls.

Meals on Wheels Box Assembly—Volunteers collaborate on a weekly basis to assemble boxes for Meals on Wheels deliveries.

Meals on Wheels Driver—Drivers deliver nutritious meals weekly to home-bound seniors in Fernandina Beach and Yulee. Meals are prepared in our state-of-the-art kitchen.

Small Home Repair and Wheelchair Ramp Installation (CHORE Program)—CHORE volunteers are a group of skilled individuals who provide services to support aging in place, including small home repairs, safety grab bar installations, and wheelchair ramp construction.

Soft Touch Pet Therapy—Each Friday, volunteers and their pets visit The Club. Pet therapy provides comfort, reduces stress, and improves emotional and cognitive functions.

Special Projects and Events—NCCOA holds special events and projects that require the help of a large group of volunteers, including our annual Senior Expo and Health Fair, Santas for Seniors, and the Thanksgiving Luncheon. Projects include Great Giveaways and landscaping assistance.

Support Group Facilitator—Volunteers with specific backgrounds assist with providing vital resources and finding guest speakers for our ten different support groups.

Volunteer services include:

Low Vision and Hearing Loss Support Groups—These support groups provide compassionate emotional support, practical strategies, and valuable resources for adults facing hearing loss or low vision, along with caregivers.

A Day in the Life

A typical day in the life for Volunteer and Outreach staff often includes volunteer interviews, orientations, and training sessions alongside community outreach and event attendance. The Volunteer Department aims at finding the best match between volunteer and opportunity, and they collaborate closely with all departments to accomplish this.

“Can you imagine literally being trapped in your home as a wheelchair bound senior? This was the case for one particular senior last year, who had no way of even going outside and sitting in the sun. Our CHORE team changed her life in just three days. With a clear plan, we gathered materials and coordinated volunteers. Then ten remarkable volunteers united with strength and compassion, dedicating 89.5 hours to build a ramp that would restore her independence. Now, she thrives, embracing her regained freedom and the joy it brings.”

How to Get In Touch with Us

The Volunteer Department welcomes all who wish to participate. Background screening and specific training are mandatory. Those interested in volunteering should submit a volunteer application on the NCCOA website: nassaucountycoa.org. The Volunteer Opportunities page is located under the Contact Us tab. For general questions, contact Volunteer and Outreach Director Chris Fournier at 904-775-5490 or her assistant Shamrin Lullo at 904-855-2096.



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Compassionate Care, Right at Your Doorstep

Advocate Home Healthcare provides clients with non-medical, in-home services related to daily living activities such as personal care, homemaking, companion services, and respite for caregivers. The Home Health Department thrives on the strong pillars of trained staff, reliability, individualized care, and technology. Certified Nursing Assistants (CNAs) and Home Health Aides are screened with level 2 background check, and undergo fingerprint and drug screening before completing the hiring process.

Advocate Home Healthcare is an independent home health agency operated by NCCOA. The agency upholds a strong focus on delivering exceptional customer service and providing individualized care for both DOEA (Florida Department of Elder Affairs) and private pay clients.

Home Health services include:

Homemaking—Loading/emptying dishwasher, shopping assistance, sweeping, mopping, vacuuming floors, cleaning bathroom, laundry, meal planning, and trash removal.

Personal Care—Assistance with eating, bathing, dressing, personal hygiene, and other activities of daily living.

Companionship—Visiting a client who is socially and/or geographically isolated, for the purpose of relieving loneliness and providing assistance with reading, writing letters, games, or puzzles.

Respite—Services may include personal care, homemaking, or companionship to provide relief for caregivers.

A Day in the Life

A day in the life in the Home Health Department involves lots of problem solving, fast discussions, emergency call outs, preparation and alteration of schedules, and attending to phone calls from aides, clients, and caregivers.

“One client in particular started using our services in June 2025. This client faces incredibly difficult immobility challenges and has communicated to us that our aides have been nothing but helpful. She deeply appreciates the care and interaction we provide. The husband also shared how happy he is with our services and how we have greatly assisted with her improved health and mobility.”

How to Get in Touch with Us

Those who are interested in learning more about our services should call the Advocate Home Health office at 904-775-5478.

Friendships Start Here

Classes That Bring People Together and Keep Them Coming Back

The Membership and Community Engagement Department serves as the heartbeat of NCCOA, fostering meaningful relationships and strengthening community partnerships. The team works daily to engage local professionals, educators, artists, and service providers who generously share their talents through classes and workshops. Programs are intentionally designed to be welcoming and affordable, offering opportunities for adults to remain mentally, physically, and socially active.

Classes are led by subject-matter experts and passionate hobbyists from local businesses, organizations, and community partners who contribute their knowledge and skills. A defining strength of the department is its collaborative approach, which enriches programming, strengthens community bonds, and fosters a true sense of belonging. This reflects NCCOA's broader commitment of helping individuals remain active, engaged, and connected—enhancing quality of life at every stage.

Our classes are offered to “Adults of ALL Ages,” creating an inclusive environment where participants share experiences, build relationships, reduce social

isolation, and develop a strong sense of community while remaining physically and mentally active.

A Day In the Life

A typical day includes meeting with community members to identify talent and expertise, coordinating classes and events, and preparing spaces for programs. Membership staff manage class waitlists, provide building tours, assist members with scheduling and enrollment, and coordinate room rentals for community use. The team also spends time connecting with prospective members and offering booking assistance to ensure a welcoming and supportive experience.

“After losing her husband, one of our members experienced a bout of depression; they spent all their time together and she didn't have many friends. We encouraged her to start taking classes, and later she came back sharing that not only did she love the classes but she also made new friends and had new social opportunities.”

How to Get In Touch with Us

To enroll in MyActiveCenter or to express interest in teaching a class, please contact Melody Dawkins at mdawkins@nassaucountycoa.org or 904-775-5477.





Chief Resource & Marketing

Powering Nassau County Council on Aging From the Inside Out

Behind every successful program, class, and community moment at NCCOA are two essential teams working diligently behind the scenes: the Chief Resource Department and the Marketing & Communications Department. While neither department provides direct senior services, both are vital to ensuring our organization runs smoothly, grows strategically, and continues delivering exceptional support to the seniors we serve.

The **Chief Resource Department (CRD)** encompasses Human Resources, Compliance, Facilities, Volunteers, purchasing, and the management of licenses and certifications. From conducting background checks and onboarding new employees to maintaining the building and coordinating event rentals, CRD ensures that NCCOA's infrastructure remains strong, secure, and welcoming. The team also facilitates Fieldprint fingerprinting services and oversees facilities maintenance to create a safe, professional environment for staff, volunteers, and members alike.

Meanwhile, the **Marketing & Communications Department** serves as the voice and visual identity of NCCOA. Through strategic campaigns, fundraising initiatives, media outreach, and donor development, Marketing works to expand community awareness and organizational growth. The team collaborates daily with every department, capturing meaningful moments, managing social media engagement, designing promotional materials, maintaining the website, and producing newsletters and Senior Life Magazine to keep members and families connected.

A Day in the Life

At NCCOA no two days look the same. CRD may be giving building tours to donors or community partners, fingerprinting prospective employees, answering employment inquiries, coordinating volunteers, or preparing the facility for a rental event. One of their greatest challenges is identifying and recruiting qualified talent to support the growing needs of our seniors.

Marketing balances creative storytelling with strategic planning. From photographing joyful moments around the Life Center and maintaining a daily social media presence to designing flyers, managing advertising schedules, and strengthening community partnerships, the team ensures NCCOA's impact is visible both inside and beyond our walls.

Together, these departments form the operational and promotional backbone of NCCOA—one maintaining the foundation, the other amplifying the mission.

The Chief Resource Department is consistently recognized for the seamless coordination and behind-the-scenes effort that supports classes and rental events. From room setup to facility readiness, the team helps create an environment that is organized, polished, and comfortable for every guest and participant.

"The Chief Resource Department frequently receives compliments for the work that the facilities manager and custodian do for rental events and scheduled classes. We receive excellent feedback from those who rent our space, especially for celebratory or noteworthy occasions."

On the Marketing side, our Just Friends program continues to build connection beyond the Life Center through social media engagement. Members and staff alike have expressed appreciation for seeing activities highlighted online, allowing families and friends to revisit and share meaningful moments. By listening closely and staying involved in daily life at NCCOA, Marketing ensures the stories we tell reflect what matters most to our community.

"Marketing exists to ensure every meaningful moment at NCCOA is seen, supported, and sustained. By amplifying stories, strengthening donor relationships, and building community awareness, the team helps transform engagement into lasting impact."

How to Get In Touch with Us

Employment inquiries: hr@nassaucountycoa.org

Rental inquiries: Melody Dawkins at 905-775-5477 or Don Harley at 904-775-5485.

Volunteer inquiries: Chris Fournier at 904-775-5490.

Marketing inquiries: Marketing & Communications Director Chris Boek at 904-775-5473.



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SOLUTION FROM PUZZLE ON PAGE 15

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NCCOA Event Rentals

At both Fernandina Beach and Westside (Hilliard) Senior Life Centers, an assortment of rooms with maximum occupancy of 200 persons can be rented for galas and parties, weddings and receptions, fundraisers, business meetings, church services, and more!

For reservations, please contact Don Harley at 904-775-5485 or donharley@nassaucountycoa.org



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24 APRIL - JUNE 2026

NASSAU COUNTY COUNCIL ON AGING



Caregiver 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.



Successful Caregiver

3rd Monday of each month, 3:30 pm—5:30 pm

Do you want to become a more educated caregiver? This support group is facilitated by a registered nurse and public health professional. Come ask questions relating to transportation, nutrition, medical equipment, “awkward” topics and more.



Caregiver Stressbuster Forum

2nd and 4th Wednesday of each month, 1:30 pm—3:00 pm

Practice stress-reduction techniques, find support from other caregivers, reduce anxiety and improve quality of life. A respite activity for loved ones is available by reservation for a nominal fee for Club members during the meeting.



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. A free respite activity for loved ones is available by reservation during the meeting.



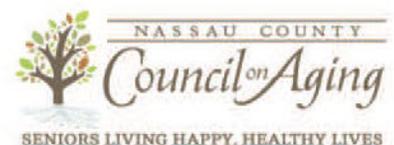
Memory Café

2nd and 4th Tuesday of each month, 2:00 pm—3:00 pm

Find support, connection, health & well-being for those experiencing clinical memory loss in a welcoming and safe environment.

For more information, please contact

Jennifer Gundling, 904-775-5488, jgundling@nassaucountycoa.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.

Yoga for the Grieving Heart

2nd and 4th Monday of each month, 4:15 pm—5:15 pm

Instructor: Tina LaVacca. Grief Yoga® is accompanied by Restorative Yoga to aide in the release of physical pain and emotional struggle experienced through grief and loss.

Sponsored by Rev. Jim Tippins, Changing Tides Bereavement Resources.

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



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



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



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



For more information, contact us at 904-261-0701 or visit
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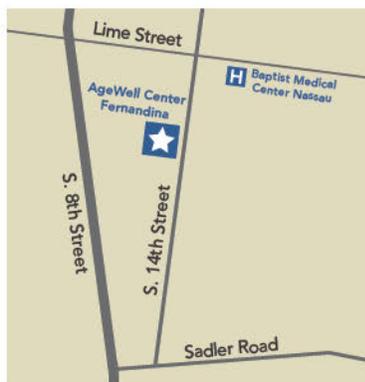
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