

Classes for Adults of ALL Ages

Nassau County Council on Aging

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

August 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 Global Longevity Foods 11:30 Standing Yoga 11:45 Holistic Health Diet 1:00 Samba 1:30 Spanish Level 3: Intermediate 2:30 Guitar Slow Jam w/Bass 3:00 Rummikub 3:00 Tai Chi: 13 Elements	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 11:00 Sign Language - Intermediate 12:00 Chair Aerobics 1:00 ACBL Style Advanced Bridge 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 8/4) 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 (except 8/5) 11:30 Enerchi 12:30 Cribbage - All Levels 1:00 Canasta Hand Knee & Foot 1:00 Line Dancing - Basic 2:00 Line Dancing - Intermediate 4:00 Tai Chi: 24 Postures	8:15 Sit & Be Fit! 8:30 Resistance Training - Advanced 9:30 Mat & Core Class - Advanced 10:00 Sign Language - Beginner 10:00 Spanish Level 1: Basic 11:00 Spanish Level 2: Conversational 11:00 iPhone Basics 12:00 Dancing Queens 1:00 Casual Knitting & Conversation* 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 (except 8/7) 11:00 Strength in Motion - Mat Required 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 ACBL Style Advanced Bridge 2:00 Art Therapy	WEEKLY

ADDITIONAL CLASSES	3 ~Weekly Only/No Additional~	4 12:00p Support Group: Hearing Loss*	5 5:30p Book Club: Things We Never Say	6 9:30a Yoga for Parkinson’s and Movement Disorders	7 12:00p All About Android Phones	ADDITIONAL CLASSES
	10 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	11 2:00p Memory Café Support Group*	12 10:00a Coffee & Connection: Vet to Vet 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	13 9:00a Presentation: Islands in the Sky* 2:15p Vision Board Workshop	14 10:00a Brain Boosters: Exercise and the Aging Brain 12:00p All About Android Phones	
	17 1:00p AI Scam Busters 2026 — Voice Clones, Deepfakes, & New Wave of Fraud 3:30p The Successful Caregiver	18 ~Weekly Only/No Additional~	19 ~Weekly Only/No Additional~	20 10:00a Parkinson’s Support Group* 2:30p Creating with Nancy	21 12:00p All About Android Phones	
	24 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	25 2:00p Memory Café Support Group*	26 11:00a Support Group: Low Vision* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	27 9:30a Yoga for Parkinson’s and Movement Disorders	28 12:00p All About Android Phones	
	31 ~Weekly Only/No Additional~			All activities subject to change		