Classes for Adults of ALL Ages | **Nassau County Council on Aging** | **1901 Island Walk Way, Fernandina Beach, FL 32034 • 904-261-0701** | **November 2026**

WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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 **10:30** Beginning Ballet **11:30** Standing Yoga **11:45** Holistic Health Diet **12:45** Tap Dancing **1:00** Samba **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 Form	**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 **12:15** Hula Hooping - ALL Levels Welcome **1:00** Advanced Bridge **1:00** Line Dancing - Basic **1:00** Mahjong - Tuesdays *(except 11/3)* **1:00** Zumba Gold **2:00** Line Dancing - Intermediate **3:00** String Ensemble - All Levels	**8:30** Stretch & Balance - Advanced **9:30** Party Bridge **9:45** Weight Training & Toning **10:00** Tighten and Tone **11:00** Aerobic Exercise **11:30** Enerchi **12:00** Pilates - Mat Required **12:30** Cribbage - All Levels **1:00** Canasta Hand Knee & Foot **1:00** Line Dancing - Basic **2:00** Line Dancing - Intermediate **3:15** Tai Chi: 13 Elements **4:00** Tai Chi Practical	**8:15** Sit & Be Fit! **8:30** Chair Yoga w/Tina **9:20** Floor Yoga Stretch **10:00** Sign Language - Beginner **10:00** Spanish Level 1: Basic **10:30** Just Dance **10:30** Stability Exercises **11:00** Spanish Level 2: Conversational **11:30** Standing Yoga *(except 11/19)* **12:00** Dancing Queens *(except 11/19)* **1:00** Casual Knitting & Conversation* **1:30** Zumba Gold	**8:15** Energy Burst Stations **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 **10:45** Support Group: NAMI Mental Health* **11:00** Strength in Motion - Mat Required **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** Advanced Bridge **2:00** Art Therapy	

ADDITIONAL CLASSES						ADDITIONAL CLASSES
	2 **9:30a** Apple Mac - Including OS-26 (Series of 3)	**3** **9:30a** Apple Mac - Including OS-26 (Series of 3) **12:00p** Support Group: Hearing Loss* **3:00p** Critical Issues: The Future of Cryptocurrency	**4** **9:30a** Apple Mac - Including OS-26 (Series of 3) **10:00a** Vet to Vet Coffee & Conversation* **1:00p** Drawing from Observation (Series of 5) **5:30p** Book Club:	**5** **9:30a** Yoga for Parkinson's and Movement Disorders **1:00p** Living Healthy w/ Chronic Conditions*	**6** **1:00p** Stepping into AI (Series of 2)	
	9 **1:00p** Eyes to the Skies with Gail Pfoh **4:15** Yoga for the Grieving Heart* **5:30p** Support Group: Grieving with Hope*	**10** **11:00a** AI Unlocked: The Words That Get Better Results **2:00p** Memory Cafe Support Group* **3:00p** Critical Issues: Lessons from Diplomacy	**11** **NCCOA CLOSED FOR VETERANS DAY**	**12** **8:30a** Veterans Day Salute Exhibit* **9:30a** Yoga for Parkinson's & Mvmt Disorders **10:00a** Brain Boosters: Rethink Pain **1:00p** Living Healthy w/ Chronic Conditions*	**13** **8:30a** Veterans Day Salute Exhibit*	
	16 **3:30p** The Successful Caregiver*	**17** **3:00p** Critical Issues: EU and Ukraine: Impact of the War on Iran	**18** **10:00a** Parkinson's Support Group - You Are Not Alone*	**19** **2:00p** Memory Cafe Support Group*	**20** **THANKSGIVING LUNCHEON**	
	23 **4:15a** Yoga for the Grieving Heart* **5:30p** Support Group: Grieving with Hope*	**24** **2:00p** Memory Cafe Support Group*	**25** **11:00a** Support Group: Low Vision* **1:30p** Caregiver Stressbusters Forum* **3:30p** Support Group: Caregivers*	**26** **NCCOA CLOSED FOR THANKSGIVING**	**27** **NCCOA CLOSED FOR THANKSGIVING**	
	30 *~Weekly Only/No Additional~*			***All activities subject to change***	NASSAU COUNTY Council on Aging SENIORS LIVING HAPPY, HEALTHY LIVES	

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

Classes marked with * are free to attend; otherwise, $5 per class, unless a member — $125 ind, $195 couple