

Classes for Adults of ALL Ages

Nassau County Council on Aging

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

September 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 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 (except 9/22) 9:00 Coffee and Conversation* 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises (except 9/22) 10:45 Standing Pilates - Mat Required 11:00 Sign Language - Intermediate 11:15 Belly Dancing (except 9/8; 9/22) 12:00 Chair Aerobics 12:15 Hula Hooping - ALL Levels Welcome (except 9/8) 1:00 Advanced Bridge 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 9/1) 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 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 Fundamentals (except 9/2) 4:00 Tai Chi Practical (except 9/2)	8:15 Sit & Be Fit! 8:30 Resistance Training 9:30 Mat and Core - Advanced 10:00 Sign Language - Beginner 10:00 Spanish Level 1: Basic 10:30 Just Dance 10:30 Stability Exercises (starting 9/17) 11:30 Standing Yoga (starting 9/17) 11:00 Spanish Level 2: Conversational 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 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 Advanced Bridge 2:00 Art Therapy	WEEKLY

ADDITIONAL CLASSES	All activities subject to change	12:00p Support Group: Hearing Loss* ¹	5:30p Book Club: The Unmaking of June Farrow ²	~Weekly Only/No Additional~ ³	~Weekly Only/No Additional~ ⁴	ADDITIONAL CLASSES
	NCCOA CLOSED FOR LABOR DAY ⁷	2:00p Memory Café Support Group* 11:30a Evermotion Chair Class ⁸	10:00a Coffee & Connection: Vet to Vet 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers* ⁹	9:30a Yoga for Parkinson’s and Movement Disorders ¹⁰	~Weekly Only/No Additional~ ¹¹	
	4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope* ¹⁴	3:00p Critical Issues: The South China Sea ¹⁵	~Weekly Only/No Additional~ ¹⁶	10:00a Parkinson’s Support Group - You Are Not Alone* ¹⁷	10:00a Brain Boosters: Memory Matters ¹⁸	
	1:00p AI Scam Busters: Pig Butchering and Romance Scams - How To Recognize and What To Do 3:30p The Successful Caregiver ²¹	2:00p Memory Café Support Group* 3:00p Critical Issues: AI and the Disruption of American Power Structures ²²	11:00a Support Group: Low Vision* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers* ²³	9:30a Yoga for Parkinson’s and Movement Disorders 1:00p Safe Digital Payment Practices ²⁴	~Weekly Only/No Additional~ ²⁵	
	4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope* ²⁸	3:00p Critical Issues: Our Perceptions of Global Progress: Fact and Fiction ²⁹	~Weekly Only/No Additional~ ³⁰	All activities subject to change		