



DELRAY
MEDICAL & DENTAL

4765 W. Atlantic Ave
Delray Beach, FL 33445

Questions regarding activities, call 561-437-8300

HOURS OF OPERATION: 10:00 am TO 4:00 PM, CLOSED WEDNESDAYS

08.21.23cz

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

SEPTEMBER 2023

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				10:30-11:30 Alcoholics Anonym
				12:30-1:30 Chair Yoga/Meredith
				1:30 Rummikub
4	5	6	7	8
CENTER CLOSED FOR LABOR DAY	11:00-11:45 ChairYoga/Karen	9:00 Phone Distribution CANCELLED	10:30-11:30 Overeater Anonym	10:30-11:30 Alcoholics Anonym
	12:00-1:00 Bingo		1:00-1:45 Cardio/Balance/Stretch W/ Kimberly	12:30-1:30 Chair Yoga/Meredith
	1:00-1:30 INSURANCE Q&A/ PAMELA & ROSA		2:00 FEEDING SOUTH FLORIDA Presentation	2:00-3:00 Brain Fitness
	1:30 Making Coil Bracelets with Carolyn & Cookie			3:00-4:00 Anxiety Support
11	12	13	14	15
10:00-11:45 MEXICAN TRN	11:00-11:45 ChairYoga/Karen	CLOSED	10:30-11:30 Overeater Anonym	10:30-11:30 Alcoholics Anonym
12:15-1:00 Aerobic/Bal/Stretch W/	11:45 - 12:15 Meet and Greet Nurse Practitioner Devohar, ARNP		1:00-1:45 YOGA W/ MEREDITH	12:30-1:30 Chair Yoga/Meredith
1:15 Trust Bridge/Pat O'Mera: Sleep, an Essential Part of Good Health	12:15 - 1:15 Bingo		2:00 FEEDING SOUTH FLORIDA Presentation	1:30 Rummikub
	1:15 CHAIR VOLLEYBALL			
18	19	20	21	22
10:00-11:45 MEXICAN TRN	11:00-11:45 ChairYoga/Karen	CLOSED	10:30-11:30 Overeater Anonym	10:30-11:30 Alcoholics Anonym
12:15-1:00 Aerobic/Bal/Stretch W/ Kimberly	12:00 - 1:00 Bingo		1:00-1:45 Cardio/Balance/Stretch	12:30-1:30 Chair Yoga/Meredith
1:15 Making a Fall Wreath w/Mabel/ PART 1	1:15 Careplus/ Karla TOPIC: 7 Dimensions of Wellness SNACKS SERVED		1:45 FAU/ Life Long Learning/ Jen Gerken	1:30 Meditation/Meredith
				2:00 Rummikub
25	26	27	28	29
10:00-11:45 MEXICAN TRN	11:00-11:45 ChairYoga/Karen	CLOSED	10:30-11:30 Overeater Anonym	10:30-11:30 Alcoholics Anonym
12:15-1:00 Aerobic/Bal/Stretch W/Kimberly	11:45 - 12:15 What is a Nurse Practitioner? Kevin Lara, ARNP		1:00-1:45 Cardio/Balance/Stretch W/ Kimberly	12:30-1:30 Chair Yoga/Meredith
1:15 Making a Fall Wreath w/Mabel/ PART 2	12:15 - 1:15 Bingo		2:00-3:00 iPhone	1:30 Rummikub
	1:15 CHAIR VOLLEYBALL			

Exercise sneakers are required for all Exercise Classes (no socks, sandals or street shoes)

PLEASE BRING WATER CONTAINER TO HYDRATE DURING EXERCISE CLASSES

WEB Site: <https://hgdoctors.com/delray-seniorcenter>

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