



Senior Activity Center Calendar **September 2023 Coral Springs Medical & Dental ( All Programs / Free)**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div>Cooking Demo with Chef Scott Peor family Farms Thursday Sept 7th @1:30 pm</div> <div>The Importance of Good sleep An ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, diabetes, depression and obesity. Dr. Stuart G. Gold has bachelor's degree in psychology from the University of Maryland, and M.A. in Clinical Psychology from Fairleigh Dickinson University, a M.S. in Psychology, a Psy.D. in Clinical Psychology and a Ph.D. in Clinical Psychology with specialization in Neuropsychology from the Nova</div> <div> Dr. Stuart Gold</div> <div>Tuesday September 12th at 11 am</div> <div>*Note: Activities in <b>Bold</b> print require registration 954-362-5456</div>
<b>Aug 28</b> 10:00 Ageless Grace Mind/Body Fitness (Lana) 11:30 Al-Anon	<b>Aug 29</b> 10:00 Chair Yoga (Sabrina) <b>11: 30-5:30 AARP Safe Driving Class (Dick)</b>	<b>Aug 30</b> 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball (Dr. C) 3:30 Line Dancing (Kathy)	<b>Aug 31</b> 10:00 Light & lively (Bonnie) 11:30 Meditation (Ileana) 12:30 Chair Volleyball (Dr. C)"	<b>Sept 1</b> 9:00 Posture Police <b>Cancelled today</b> Ex.(Matt)  <b>10:30 Brain Fitness Class* (Dayron/Sara)</b> <b>2:00 Bingo with (Judy &amp; Adreian)</b>	
<b>Sept 4</b> <div>CLOSED </div>	<b>Sept 5</b> 10:00 Chair Yoga (Sabrina) <b>11 am-2 Harvest Health Free fan Giveaway w/Joyce</b>	<b>Sept 6</b> 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball (Dr. C)  3:30 Line Dancing (Kathy)	<b>Sept 7</b> 10:00 Light & lively (Bonnie) <b>11:30 Meditation Singing Bowls* (Ileana)</b> 12:30 Chair Volleyball (Dr. C) <b>1:30 Healthy Eating Club Pero Organic Farms Chef Scott Cooking Demo</b>	<b>Sept 8</b> 9:00 Posture Police Therapeutic Ex.(Matt) <b>10:30 Phrase of the Day w/Jamie</b> <b>12:00 Price is Right/Prizes* (Dr. C)</b> <b>2:00 Arts &amp; Crafts * (Michelle)</b>	
<b>Sept 11</b> 10:00 Ageless Grace Mind/Body Fitness 11:30 Al-Anon <b>1:30 Book Club-Casual Reading (Molly)</b>	<b>Sept 12</b> 10:00 Chair Yoga (Sabrina) <b>11: The importance of Good sleep Dr. 2:00 Spiritual Wellness Presents Hypnosis w/ Salli Fagari</b>	<b>Sept 13</b> 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball (Dr. C) 2:00 Sound Bath w/ Ossie 3:30 Line Dancing (Kathy)	<b>Sept 14</b> 10:00 Light & lively (Bonnie) 11:30 Meditation (Ileana) 12:30 Chair Volleyball (Dr. C)  <b>2:00 Bingo w/ Judy &amp; Adreian</b>	<b>Sept 15</b> 9:00 Posture Police Therapeutic Ex.(Matt) <b>12:00 Bingo in Spanish (Joyce)</b> <b>2:00 Price is Right game/Prizes* (Dr.C)</b>	
<b>Sept 18</b> 10:00 Musical Moves w/ Jamie (Today only) 11:30 Al-Anon <b>1:30 Careplus Domino's Tourament/Prizes</b>	<b>Sept 19</b> 10:00 Chair Yoga (Sabrina) <b>11:30 CLEO Food &amp; Climate Change</b>	<b>Sept 20</b> 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball (Dr. C) 3:30 Line Dancing (Kathy)	<b>Sept 21</b> 10:00 Light & lively (Bonnie) 11:30 Meditation (Ileana) 12:30 Chair Volleyball (Dr. C) <b>2:00 Widows &amp; Widowers Social Trivia Quiz Marilyn Monroe, Cary Grant &amp; Lauren Bocall (Dr. C)</b>	<b>Sept 22</b> 9:00 Posture Police Therapeutic Ex.(Matt) <b>12:00 Fun/Friends Lunch Chat (Dr. C)</b> <b>2:00 Arts &amp; Crafts * (Michelle)</b>	
<b>Sept 25</b> 10:00 Ageless Grace Mind/Body Fitness (Lana) 11:30 Al-Anon  <b>1:30 Humana Free Phone/Tablet IF you Qualify w/ Heidi</b>	<b>Sept 26</b> 10:00 Chair Yoga (Sabrina) <b>11:30 Ask the Doctor w/ Dr. Cortti "The Dangers of High Cholesterol"</b> <b>1:30 Rock &amp; Roll-appreciation Bob Dylan History &amp; Sing Along (Mike Stock)</b>	<b>Sept 27</b> 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball (Dr. C)  3:30 Line Dancing (Kathy)	<b>Sept 28</b> 10:00 Light & lively (Bonnie) 11:30 Meditation (Ileana)  12:30 Chair Volleyball (Dr. C)  <b>1:30 Classic Movies "Hester Street" (Sue &amp; Bill)</b>	<b>Sept 29</b> 9:00 Posture Police Therapeutic Ex.(Matt) <b>11:00 PT/OT Fall Prevention For People w/Movement Challenges only</b> <b>1pm-4:30 pm Learing the language of Art Brent Miller 15 RSVP only</b>	

For questions Regarding Classes, Lectures or RSVP: Jamie 954-362-5456

Coral Springs Medical & Dental Senior Activity Center / 2029 N University Dr. Coral Springs, FL 33071 (Next to Panera Bread)

Coral Springs Medical & Dental Senior Activity Center / 2029 N University Dr. Coral Springs, FL 33071 (Next to Panera Bread)

We are happy to be in a sanitized open-air space. in comfortable air conditioning with UV air sanitation. temperature checks. Social distance, sanitizer, and masks. We look forward to seeing you in class!