


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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BREAST CANCER AWARENESS EVENT & FUNDRAISER FOR A.C.S. WEDNESDAY OCTOBER, 18th 2:00-4:00 P.M. FOOD, FUN, RAFFLES & MORE! SHOWTIME! w/ CANCER SURVIVOR JAMIE DANGER  Guest Spaecker Dr. Rashid specializes in surgical oncology and robotic surgery in South FL  He earned a BS in Biochemistry & Latin/Classical studies at Dartmouth College and an MD-JD at Duke University Schools of Medicine and Law, focusing on health policy to better prepare for the challenges cancer patients face.
Oct 2 10:00 Ageless Grace Mind & Body Fitness 11:30 Al-Anon 1:30 Book Club (Casual Reading) Reg.	Oct 3 10:00 Chair Yoga (Sabrina) 2:00 How To Read Tarot Cards 3:30 PT/OT Fall Prevention	Oct 4 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball 3:30 Line Dancing	Oct 5 10:00 Light & lively (Bonnie) 11:30 Meditation Singing Bowls* 12:30 Chair Volleyball 1:30 Healthy Eating Club Cooking Demo w/Chef Alice*	Oct 6 9:00 Posture Police Therapeutic Ex. 10:30 Phrase of the Day w Jamie 2:00 Bingo with Judy & Adreian*	<p>*Note: Activities in Bold Print Require Registration 954-362-5456</p>
Oct 9 10:00 Ageless Grace Mind & Body Fitness 11:30 Al-Anon 12:30 "Make-Up Monday w/ Jamie*" 1:30 Trustbridge: Breast Cancer Awareness For Men & Wome1	Oct 10 10:00 Chair Yoga (Sabrina) 1:00 "Eagles Haven Lecture "Wellness Resources" 3:30 PT/OT Fall Prevention	Oct 11 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Drum Circle/Ossie* 3:30 Line Dancing	Oct 12 10:00 Light & lively (Bonnie) 11:30 Meditation 12:30 Brain Fitness* 2:00 Bingo with Judy & Adreian*	Oct 13 9:00 Posture Police Therapeutic Ex. 10:30 Phrase of the Day w/Jamie 12:00 Price is Right Game/Prizes* 2:00 Arts & Crafts *	
Oct 16 10:00 Ageless Grace Mind & Body Fitness 11:30 Al-Anon 2:00 Dominoes Tournament w/ Prizes*	Oct 17 10:00 Chair Yoga (Sabrina) 2:00 Spiritual Wellness Presents Paranormal Existence Society: Bill Slevin 3:30 PT/OT Fall Prevention	Oct 18 2:00 BREAST CANCER Awareness Event & Fundraiser	Oct 19 10:00 Light & lively (Bonnie) 12:30 Chair Volleyball 2:00 Widows & Widowers Social Lauren Bcall & Kathern Hepburn	Oct 20 9:00 Posture Police Therapeutic Ex. 10:30 Classical Moves w/ Jamie 2:00 Price is Right Game/Prizes*	
Oct 23 10:00 Ageless Grace Mind & Body Fitness 11:30 Al-Anon 1:00 Positive Psychology Series: w/ Linda Sauget & Dr. Dave Lemonick*	Oct 24 10:00 Chair Yoga (Sabrina) 11:30 Ask the Doctor w/ Dr. Cortti Beast Cancer 3:30 PT/OT fall prevention	Oct 25 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball 3:30 Line Dancing	Oct 26 10:00 Light & lively (Bonnie) 11:30 Meditation 12:30 Chair Volleyball 1:30 Classic Movies "Carmen Jones"	Oct 27 9:00 Posture Police Therapeutic Ex. 10:30 Phrase of the Day w Jamie 12:00 Fun & Friends Lunch Chat* 2:00 Arts & Crafts *	
Oct 30 10:00 Ageless Grace Mind & Body Fitness 11:30 Al-Anon 1:00 Medicare 101 Hosted By Chester Humana Agent*	Oct 31 10:00 Chair Yoga (Sabrina) 11:30 Exploring the Bible Then & Now* PowerPoint Presentation w/ Jon Hall 3:30 PT/OT Fall Prevention	Nov 1 9:30 Tai-Chi (Sabrina) 11:00 Overeaters Anonymous 12:30 Chair Volleyball 3:30 Line Dancing	Nov 2 10:00 Light & Lively (Bonnie) 11:30 Meditation 12:30 Chair Volleyball 2:00 Healthy Eating Club * Reading Food Labels, Quiz!	Nov 3 9:00 Posture Police Therapeutic Ex. 10:30 Phrase of the Day w/ Jamie* 2:00 Bingo with Barbara & Judy*	

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!

For questions Re:Classes, Lectures or to RSVP:
Jamie Danger at 954-362-5456
jamie@hgdoctors.com



EXERCISE:

- Chair Volleyball (Wed & Thurs 12:30 pm)
- Silver Sneakers Tai Chi (W 10:00 am)
- Silver Sneakers Chair Yoga (Tues. 10:00 am)
- Posture Police - Therapeutic Fitness (Fri-9:00 am)
- Line Dancing (Thurs 4:00 pm)
- Ageless Grace Mind & Body Fitness (Mon 10:00 am)
- Light and Lively Exercise for Seniors (Thurs. 10:00 am)
- Classical Moves w/Jamie 3rd Fri. 10:30
- Physical & Occupational Therapy Tues 3:30 pm

SUPPORT GROUPS:

- Overeaters Anonymous Wednesdays @ 11 am:
- Al-Anon Meeting Mon 11:30 am:
- Spiritual Wellness Group 3rd Tues 2 pm:

EVIDENCED-BASED HEALTH PROGRAMS

- Diabetes Self-Management Program:
- Matter of Balance-Fall Prevention

FREE SCREENINGS/PHONES

- Free Covid Vaccination
- Free Balance & fall Risk Assessments.
- Free Memory Screening:
- Free Hearing & Vision Screening:
- Free Amplified & Cap-Tel Phones:
- (Appointments 954-362-5456)



SOCIAL ACTIVITIES:

- The Price is Right-Prizes-Fri 10/13 @ 12 pm. & Fri 10/20 @ 2 pm
- Meditation -Thursday 11:30 am.
- Brain Fitness Class -2nd Thurs at 12:30 pm
- Art Class -2nd & 4th Friday at 2:00 pm
- Phrase of the Day 1st, 2nd & 4th Fri 10:30 am
- Book Club w/ Molly 1st Mon @ 1:30 pm
- Sound Bath or Drum Circle w/Ossie- Wed 10/11 at 2 pm
- Coral Springs Classic Film Club 4th Thursday at 1:30 pm
- How to Read Tarot Cards 1st Tuesday 2:30 pm
- Bingo 1st Fri at 2 pm: & 2nd Thurs at 2 pm
- Friends Lunch Chat "Pizza Party" Fri 10/27 at 12:00 pm
- Widow & Widowers Social 3rd Thursday at 2 pm:
- BIBLE STUDY with Jon Hall Tues Oct 31st at 11:30am
- Makeup Monday w/ Jamie Mon Oct 9th at 12:30 pm

Lecture & Events

Healthy Cooking Club w/Chef Alice

Thursday Oct 5th at 1:30 pm

Trustbridge-Monday Oct. 9 at 1:30 p.m.

Eagle's Haven w/ J. Cohen-Wellness Resources 10/10 at 1:00

Dominios Tourment-Mon Oct 16 at 2pm

Breast Cancer Awawearness Event/Fundraiser

ALL ARE WELCOME! SURVIVORS & FRIENDS!

Positive Psychology Series w/ Dr Sauget & Dr. Lemonick

Mon Oct 23 at 1 pm

Ask the Doctor w/ Dr. Cortti Breast Cancer

Tuesday Oct 24th at 11:30 am

Humana-Medicare 101 w/Chester Mon Oct 30th at 1 pm

Dear Guest,

Welcome to our Senior Activity Center. We are proud to offer all programs and events for free to the Seniors of Coral Springs and surrounding areas. We kindly ask that you take 5 minutes of your time and take a tour of our state of the art Medical & Dental facility.

SERVICES WE OFFER:

PRIMARY CARE:

- Maria Cortti-Ferrari, MD. Internal Medicine & Nephrology
- Kurien Jency , ARNP. Advance Registered Nurse Practitioner
- Erica Montevalco, PA. Physician Assistant

- . Adult Physical
- . Well Woman Exams
- . Chronics Illness
- . X – Rays
- . On Site Labs

PODIATRY:

MaryLou Paulo-Francisco, DPM Doctor of Podiatric Medicine Certified Wound Specialist

- . Foot & Ankle Pain
- . Heel Pain
- . Fractures
- . Custom Molded Orthotics
- . Diabetic Care

BEHAVIORAL HEALTH:

Dr. Catherine Funes, PsyD. Licensed Clinical Psychologist
 Dr. Stuart G. Gold, PsyD, PhD
 Dr. Jason Jiminez

- . Neuropsychology
- . Memory Testing
- . ADHD Assessment
- . Gifted Testing
- . Cognitive Testing & Therapy

DENTAL:

Michelle Silva, DDS. General Dentist

- . Implants
- . Fillings
- . Extractions
- . Crowns
- . Root Canal