



4765 W Atlantic Ave
Delray Beach, FL 33445

02.22.24

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

APRIL 2024

Questions regarding activities, call 561-437-8300

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

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURS	FRIDAY
1	2	3	4	5
10:00-12:00 Mexican Train 	11:00-11:45 ChairYoga /Karen	9am- Phone	10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/Audrey	12:00-12:45 Organizing with Cookie: PAPERWORK	PAD	1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:30 Chair Yoga/Meredith
1:15 BOOK CLUB DISCUSSION: "LADY TAN'S CIRCLE OF WOMEN" BY LISA SEE 	1:15 Bingo 	First Wed. Monthly	2:00:2:45 HUMANA/Pamela: HEADACHE DECODER	1:45 ARALife: Learn how case management can give you direction for treatment and service resources.
8	9	10	11	12
10:00-12:00 Mexican Train	11:00-11:45 ChairYoga /Karen		10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/Audrey	12:00-12:45 How to talk to your Doctor.		1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:30 Chair Yoga/Meredith
1:15-2:15 Making HYDRANGEAS with COFFEE FILTERS 	1:15-3:00 Rummikub 		2:00-2:45 HUMANA/Pamela: SALADS AND DRESSINGS	2:00-3:00 Brain Fitness (16 max) 
15	16	17	18	19
10:00-12:00 Mexican Train	11:00-11:45 ChairYoga /Karen	1:15-2:15 Delray Medical Behavioral Health: Cognitive Screening BY APPOINTMENT ONLY	10:30-11:30 Overeater Anonymous	<u>CENTER WILL BE CLOSED FOR USE BY DELRAY MEDICAL AND DENTAL</u>
12:15-1:00 CARDIO SCULPT W/Audrey	12:00 <u>GETTING TO KNOW YOU COFFEE AND TEA</u> / BRING FRUITS TO SHARE 		1:00-1:45 Cardio/Balance/Stretch W/Madison	
1:15-2:15 Making HYDRANGEAS with COFFEE FILTERS 	1:15 Bingo 		2:00-3:00 Healing and Grief Support Group w/Theresa Boardrm	
22	23	23	25	26
10:00-12:00 Mexican Train	11:00-11:45 ChairYoga /Karen		10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/Audrey	12:00 - 1:00 PM Diabetes prevention & management Antonella Martino		1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:30 Chair Yoga/Meredith
1:15-2:15 Making HYDRANGEAS with COFFEE FILTERS 	1:15-3:00 Rummikub 		2:00-2:45 HUMANA/Pamela: BIRTHDAY CELEBRATION 	2:00-3:00 Brain Fitness (16 max) 
29	30			
10:00-12:00 Mexican Train	11:00-11:45 ChairYoga /Karen			
12:15-1:00 CARDIO SCULPT W/Audrey	12:00-1:00 FROM RONA'S A HEALTHY EATING CLUB 			
1:30 Lunch w/ United Vein/Vascular Center.. Vein Problems & Solutions	1:15 Bingo 			

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>

