



Coral Springs Medical & Dental Senior Activity Center
2029 N University Dr. Coral Springs FL 33071

SENIOR ACTIVITY CENTER








Dear Guest,

Welcome to our new senior activity center. We are proud to offer all programs and events for free to the seniors of Coral Springs and

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

For questions regarding classes or RSVP: Dr Cassidy 954 362-5456 or drcassidy@hgdoctors.com

April 2024

| MONDAY | TUESDAY | WEDNESDAY | SENIOR ACTIVITY CENTER | FRIDAY |
|---|--|---|--|---|
| 1-Apr | 2-Apr | 3-Apr | 4-Apr | 5-Apr |
| 10 Ageless Grace Mind & Body Fitness | 9:30 Chair Yoga (Sabrina) | 11:00 Overeaters Anonymous | 10:00 Light and Lively exercise | 12:30 Chair Volleyball |
| 11:30 Al-Anon | | 12:30 Chair Volleyball | 11:30 Meditation Crystal Singing Bowls | 2:00 Bingo with Barbara & Judy* |
| 1:30 Book Club w/Molly* | | | 12:30 Chair Volleyball |  |
| | | | 2:00 Healthy Eating Club RD S. Barone "Nourish Well age Well" | |
| 8 | 9 | 10 | 11 | 12 |
| 10 Ageless Grace Mind & Body Fitness | 9:30 Chair Yoga (Sabrina) | 11:00 Overeaters Anonymous | 10:00 Light and Lively exercise | 11:00 Make the most of your doctor visits |
| 11:30 Al-Anon | | 12:30 Chair Volleyball | 11:30 Meditation | 12:30 Chair Volleyball |
| | 2:00 Joel Current Events/World Affairs | 3:30 Line Dancing | 12:30 Brain Fitness Class* | 2:00 Arts & Crafts * |
| | |  | 2:00 Bingo with Barbara & Judy* | |
| 15 | 16 | 17 | 18 | 19 |
| 10 Ageless Grace Mind & Body Fitness | 9:30 Chair Yoga (Sabrina) | 11:00 Overeaters Anonymous | 10:00 Light and Lively exercise | 11:00 Living Alone & Aging |
| 11:30 Al-Anon | | 12:30 Chair Volleyball (Cancelled) | 11:30 Meditation | 12:30 Chair Volleyball |
| 2:00 Board Game Social Bring your own Coffee & Snacks | 2:00 Spiritual Wellness Discussion Group "Car Talk & Body Talk Dr. Udaya Thomas PhD APRN" | | 12:30 Chair Volleyball | 2:00 Price is Right game/Prizes* |
|  | | | |  |
| 22 | 23 | 24 | 25 | 26 |
| 10 Ageless Grace Mind & Body Fitness | 9:30 Chair Yoga (Sabrina) | 11:00 Overeaters Anonymous | 10:00 Light and Lively exercise | 12:00 "Friends Lunch Chat" |
| 11:30 Al-Anon | 11:30 Dr. Marylou Pablo-Francisco DPM Q & A How aging affects your feet? | 12:30 Chair Volleyball | 11:30 Meditation | 2:00 Arts & Crafts * |
| 2:00 pm Music Trivia Quiz w/Chester | | 3:30 Line Dancing | 12:30 Chair Volleyball |  |
| | 2:00 Joel Current Events/World Affairs | | 1:30 Classic Movie Club "Mrs. Doubtfire" | |
| 29 | 30 | 1-May | 2-May | 3-May |
| 10 Ageless Grace Mind & Body Fitness | 9:30 Chair Yoga (Sabrina) | 11:00 Overeaters Anonymous | 10:00 Light and Lively exercise | 12:30 Chair Volleyball |
| 11:30 Al-Anon | 10:30-4 pm AARP Safe Driving Class | 12:30 Chair Volleyball | 11:30 Meditation | 2:00 Bingo with Barbara & Judy* |
| 2:00 pm Canine Pet Therapy | |  | 12:30 Chair Volleyball |  |

*Note: Activities in Bold print require registration

AARP-Safe driving class Tuesday Apr 30th @10:30 am-4:30 pm Details/RSVP: 954-362-5456