

May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29 10:00- Ageless Grace 11:30-Al-Anon	30 9:30-Chair Yoga 10:30-4:30 pm AARP Safe Driving Class	1 11:00-Overeaters Anonymous 12:30-Chair Volleyball	2 10:00-Light & Lively 11:30-Meditation Singing Bowls 12:30-Chair Volleyball 2:00-Healthy Eating Club Eat the Rainbow w/Bonni	3 12:30-Chair Volleyball 2:00 Bingo
6 10:00-Ageless Grace 11: 30-Al-Anon 1:30- Book Club	7 9:30- Chair Yoga 1:00 Maria Health Educator Humana Cance fighting superfoods 2:00 Charades w/ Limor	8 11:00-Overeaters Anonymous 12:30-Chair Volleyball 3:30-Line dancing	9 10:00- Light & Lively 11:30-Meditation 12:30-Brain Fitness 2:00 Bingo	10 12:30-Chair Volleyball 2:00-Arts & Crafts
13 10:00-Ageless Grace 11: 30 am Al-Anon 2:00-Dominio's	14 9:30-Chair Yoga 2:00-Current Events	15 11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00-Board Games	16 10:00-Light & Lively 11:30- Meditation 12:30-Chair Volleyball	17 12:30-Chair Volleyball 2:00-Price is Right
20 10:00-Ageless Grace 11: 30- Al-Anon 2:00 Managing Chronic Pain Dr. Pohlman & Dr. Jimenez	21 9:30-Chair Yoga 2:00-Spiritual Wellness Group Deep Dive into the Divine w/Val	22 11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00-Musci Trivia Quiz 3:30-Line dancing	23 10:00- Light & Lively 11:30-Meditation 12:30-Chair Volleyball 1:30-Classic Movies The Big Country	24 12:00 Fun & Friends Lunch Chat 2:00-Arts & Crafts
27 Closed Memorial Day 	28 9:30-Chair Yoga 2:00-Current Events	29 11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00 The Lunny Zone "Prizes"	30 10:00- Light & Lively 11:30-Meditation 12:30-Chair Volleyball	31 12:30-Chair Volleyball 2:00-Trivia Teams Contest

Coral Springs Medical & Dental Senior Activity Center 2029 N. University Dr. Coral Springs FL 33071
 Questions regarding Classes or RSVP: Dr. Cassidy 954-362-5456 or drcassidy@hgdoctors.com
 NOTE: Activities in BOLD print require registration