



4765 W Atlantic Ave
Delray Beach, FL 33445

04.18.24 CZ

SENIOR ACTIVITY CENTER








DEVELOPING BODY, SOUL AND MIND

Questions regarding activities, call 561-437-8300

MAY 2024

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
		9am- Phone DISTRIBUTION First Wed Monthly	10:30-11:30 OA CLOSED MEETING 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00:-3:30 Rummikub 	10:30-11:30 AA CLOSED MEETING 12:30-1:30 Chair Yoga/BRIAN 1:45 DR ALAM, ORTHO/SPINE & DR MCMAHON, PAIN/MGE: INFO ON LOWER BACK PAIN
6	7	8	9	10
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT MADISON:SUBSTITUTE!!!!!!! 1:15 BOOK CLUB DISCUSSION: West with Giraffes by Lynda Rutledge 	11:00-11:45 ChairYoga /Karen 12:00-1:00 Bingo  1:15 OUR CIRCLE OF WOMEN CLUB AND SOCIAL TEA BRING A SPECIAL TEA CUP 		10:30-11:30 OA CLOSED MEETING 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/PAMELA: Eat This Not That	10:30-11:30 AA CLOSED MEETING 12:30-1:30 Chair Yoga/BRIAN 2:00-3:00 Brain Fitness (16 max) 
13	14	15	16	17
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT 1:15-2:15 DELRAY FIRE RESCUE/Tyeisha: Fire Safety Education	11:00-11:45 ChairYoga /Karen 12:00-1:00 Organizing with Cookie: PASS WORDS  1:15-3:00 Rummikub 	1:15-2:15 Delray Medical Behavioral Health: Cognitive Screening BY APPOINTMENT ONLY	10:30-11:30 OA CLOSED MEETING 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:00 Healing and Grief Support Group w/Theresa Boardm 2:00:2:45 HUMANA/PAMELA: Positive Thinking: When life gives us lemons.....	10:30-11:30 AA CLOSED MEETING 12:30-1:30 Chair Yoga/BRIAN 3:15 - 4:00 Balance AND Fall Prevention CLASS W/Madison 
20	21	22	23	24
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT 1:15-2:15 OPERATION HOPE/ NICOLE: LEARN HOW TO BUDGET	11:00-11:45 ChairYoga /Karen 12:00-1:00 Bingo  1:15-3:00 Rummikub 	AARP DRIVERS SAFETY CLASS 9:00am-3:00pm Reservation REQUIRED \$20 MEMBERS \$25 NONMEMBERS	10:30-11:30 OA CLOSED MEETING 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/PAMELA: GETTING TO KNOW YOU COFFEE/TEA AND DESSERT 	10:30-11:30 AA CLOSED MEETING 12:30-1:30 Chair Yoga/BRIAN 2:00-3:00 Brain Fitness (16 max) 
27	28	29	30	31
MEMORIAL DAY SENIOR CENTER CLOSED 	11:00-11:45 ChairYoga /Karen 12:00-1:00 FROM RONA'S KITCHEN: A HEALTHY EATING CLUB  1:15-3:00 Rummikub 		10:30-11:30 OA CLOSED MEETING 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00:2:45 HUMANA/ PAMELA: Making a Healthy Change 	10:30-11:30 AA CLOSED MEETING 12:30-1:30 Chair Yoga/BRIAN 1:45 OFFICER BRET GORDON: COFFEE WITH A COP & HIS DOG 

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>