



4765 W Atlantic Ave
Delray Beach, FL 33445

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

JULY 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	THURSDAY	FRIDAY
1	2	3	4	5
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/Audrey	11:00-11:45 ChairYoga /Karen 12:00-1:00 CAREPLUS/ JONATHAN: PLANS AND BENEFITS Q&A	9am- Phone PHONE DISTRIBUTION First Wed. Monthly	CLOSED FOR HOLIDAY	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian
1:15 BOOK CLUB DISCUSSION: ONE THOUSAND WHITE WOMEN BY JIM FERGUS	1:00 Bingo	1:15 OUR CIRCLE OF WOMEN CLUB AND SOCIAL TEA BRING A SPECIAL TEA CUP		
8	9	10	11	12
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/Audrey	11:00-11:45 ChairYoga /Karen 12:00-1:00 PIZZA LUNCH \$2.00 OR BRING YOUR OWN LUNCH		10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/PAMELA: PLANS AND BENEFITS Q&A	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 2:00-3:00 Brain Fitness (16 max)
1:15 CRAFT CLASS W/COOKIE: PAPER MACHE BOWL <u>PART 1</u>	1:15-3:00 Rummikub			
15	16	17	18	19
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/Audrey	11:00-11:45 ChairYoga /Karen 12:00-12:45 CAREPLUS/ JONATHAN: BIRTHDAY CELEBRATION	1:15-2:15 Delray Medical Behavioral Health: Cognitive Screening BY APPOINTMENT ONLY	10:30-11:30 Overeater Anonymous 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: GETTING TO KNOW YOU COFFEE/TEA AND DESSERT	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 3:15 - 4:00 Balance AND Fall Prevention CLASS W/Madison
1:15 CRAFT CLASS W/COOKIE: PAPER MACHE BOWL <u>PART 2</u>	SERVING CAKE/ COFFEE 1:00 Bingo			
22	23	24	25	26
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/Audrey	11:00-11:45 ChairYoga /Karen 12:00-1:00 PIZZA LUNCH \$2.00 OR BRING YOUR OWN LUNCH		10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/ PAMELA: CRAFT: TO BE DETERMINED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 1:15-3:00 Rummikub
1:15-2:00 FROM RONA'S KITCHEN: A HEALTHY EATING CLUB	1:15-3:00 Rummikub			
29	30	31		
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/Audrey	11:00-11:45 ChairYoga /Karen 1:00 Bingo			
1:15-3:00 Rummikub				

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>

