


July 2024



Monday		Tuesday		Wednesday		Thursday		Friday	
1	10:00- Ageless Grace 11: 30-AI-Anon 1:30 Book Club	2	9:30-Chair Yoga 11:00 Controlling High BP Program 2:00 Charades/Limor	3	11:00-Overeaters Anonymous 12:30-Chair Volleyball 3:30-Line dancing	4	CLOSED 	5	CLOSED
8	10:00-Ageless Grace 11: 30-AI-Anon	9	9:30- Chair Yoga 11:00 Controlling High BP Program 2:00 Current events /World Affairs	10	11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00 Bank of America Managing Finances	11	10:00- Light & Lively 11:30-Meditation 12:30-Brain Fitness 2:00 Bingo	12	12:30-Chair Volleyball 2:00-Arts & Crafts
15	10:00-Ageless Grace 11:30 -1:30 AI-Anon Anniversary 2:00 Domino's	16	9:30-Chair Yoga 11:00 Controlling High BP Program	17	11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00 Bingo	18	10:00-Light & Lively 11:30- Meditation Singing Bowls 12:30-Chair Volleyball 2:00-Trivia Teams (1960's)	19	12:30-Chair Volleyball 2:00-Price is Right
22	10:00-Ageless Grace 11: 30- AI-Anon 2:00 Board Games Social	23	9:30-Chair Yoga 2:00 Current events /World Affairs	24	11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00 Medicare 101	25	11:30-Meditation 12:30 Chair Volleyball 1:30-Classic Movies Seven Bridges Seven Brothers	26	10:00 Light & Lively 12:30 Fun & Friends Lunch Chat 2:00 Arts & Crafts
29	10:00-Ageless Grace 11: 30-AI-Anon	30	9:30-Chair Yoga 11:00 Controlling High BP Program	31	11:00-Overeaters Anonymous 12:30-Chair Volleyball 2:00 Birthday Party Humana	1		2	

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

IMPORTANT ANNOUNCEMENT: STARTING AUG 1ST ACCESS TO THE SENIOR CENTER IS FOR PATIENTS ONLY