

Questions regarding activities, call 561-437-8300

HOURS OF OPERATION: 10:00 AM TO 4:00 PM, CLOSED WEDNESDAYS

OCTOBER

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	RV	FRIDAY
	1	2	3	4
	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30--2:45 SENIOR IMPROV GROUP	9am- Phone PHONE DISTRIBUTION First Wed. Monthly	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/PAMELA: FLOWER ARRANGEMENTS (10 MAX) RESERVATION REQUIRED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 1:15-2:15 BOOK CLUB DISCUSSION: LIFE'S TOO SHORT BY ABBY JIMENEZ
7	8	9	10	11
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/JASMINE 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30--2:45 SENIOR IMPROV GROUP		10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 HUMANA/PAMELA: COLOR BY NUMBER (12 MAX) RESERVATION REQUIRED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 2:00-3:00 Brain Fitness (16 max) RESERVATION REQUIRED
14	15	16	17	18
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/JASMINE 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30--2:45 SENIOR IMPROV GROUP	11:00-12:30 HUMANA PRESENTATION REFRESHMENTS SERVED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:00 <i>Healing and Grief Support Group w/Theresa Boardm</i> 2:00-2:45 HUMANA/PAMELA: COFFEE SOCIAL RESERVATION REQUIRED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 1:30-2:15 SPIRITUALLY CONNECTED GROUP (10 MAX) RESERVATION REQUIRED 2:30-3:15 CORRECT POSTURE TRAINING W/JASMINE
21	22	23	24	25
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/JASMINE 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30--2:45 SENIOR IMPROV GROUP		10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-2:45 Delray MRI/ KEN ESRIG RESERVATION REQUIRED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian 1:30-3:00 CRAFT: CREATE YOUR OWN RING BOX (8 MAX) PART 1 RESERVATION REQUIRED
28	29	30	31	
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT W/JASMINE 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30--2:45 SENIOR IMPROV GROUP		10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:15 CRAFT: CREATE YOUR OWN RING BOX (8 MAX) PART 2 RESERVATION REQUIRED	

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>
