



4765 W Atlantic Ave
Delray Beach, FL 33445





















07.18.22 CZ

SENIOR ACTIVITY CENTER DEVELOPING BODY, SOUL AND MIND SEPTEMBER 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
2	3	4	5	6
LABOR DAY CENTER WILL BE CLOSED	11:00-11:45 ChairYoga /Karen	9am- Phone	10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
	12:00-1:00 CAREPLUS/ JONATHAN: Q & A	PHONE DISTRIBUTIO	1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:15 Chair Yoga/Brian
	1:15-3:00 SENIOR IMPROV GROUP 	First Wed. Monthly	2:00-2:45 HUMANA/PAMELA: AGING HAPPILY	1:15 BOOK CLUB DISCUSSION: ELEANOR OLIPHANT IS COMPLETELY FINE BY GAIL HONEYMAN 
9	10	11	12	13
10:00-12:00 Mexican Train 	11:00-11:45 ChairYoga /Karen		10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/JASMINE	12:00 - 1:00 BINGO 		1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:15 Chair Yoga/Brian
1:15-3:00 Rummikub 	1:15-3:00 SENIOR IMPROV GROUP 		2:00-2:45 HUMANA/PAMELA: GET THE FACTS ON FATS	2:00-3:00 Brain Fitness (16 max) 
16	17	18	19	20
10:00-12:00 Mexican Train 	11:00-11:45 ChairYoga /Karen		10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/JASMINE	12:00 - 1:00 BINGO 		1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:15 Chair Yoga/Brian
1:15-3:00 Rummikub 	1:15-3:00 SENIOR IMPROV GROUP 		2:00-3:00 Healing and Grief: CANCELLED	2:30 - 3:15 CORRECT POSTURE TRAINING/ WITH JASMINE 
			2:00-2:45 HUMANA/PAMELA: COFFEE SOCIAL 	
23	24	25	26	27
10:00-12:00 Mexican Train 	11:00-11:45 ChairYoga /Karen		10:30-11:30 Overeater Anonymous	10:30-11:30 Alcoholics Anonym
12:15-1:00 CARDIO SCULPT W/JASMINE	12:00 - 1:00 BINGO 		1:00-1:45 Cardio/Balance/Stretch W/Madison	12:30-1:15 Chair Yoga/Brian
1:15-3:00 Rummikub 	1:15-3:00 SENIOR IMPROV GROUP 		2:00-2:45 HUMANA/PAMELA: USING TECHNOLOGY TO STAY CONNECTED	1:30-2:30 OUR CIRCLE OF WOMEN CLUB AND SOCIAL TEA BRING A SPECIAL TEA CUP 
30				
10:00-12:00 Mexican Train 				
12:15-1:00 CARDIO SCULPT W/JASMINE				
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>

