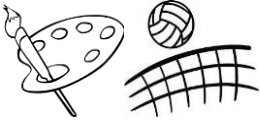
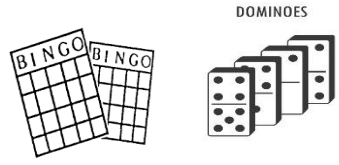


October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Chair Yoga 11:00 Fall Prevention Class 2:00 Voleibol en Silla	2 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Gut Brain Connection Dr. Levine DC	3 10:00 Light & Lively 11:15 Meditation 12:00 Humana in Service 1:30 Chair Volleyball	4 12:30 Chair Volleyball 2:00 Bingo
7 9:00-4:00 Student Training NSU 11:30 Al-Anon	8 9:30 Chair Yoga 11:00 Building Better Brain Health 2:00 Dominos	9 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Bienestar emocional personas mayores (Dr. Portillo-Mendez Psy.D)	10 10:00 Light & Lively 11:15 Meditation 12:30 Brain Fitness 2:00 Bingo	11 11:00 How to Stop Spam Calls/ Rebecca Blanchard 12:30 Chair Volleyball 2:00 Trivia 1990's
14 9:00-4:00 Student Training NSU 11:30 Al-Anon	15 9:30 Chair Yoga 11:00 Building Better Brain Health 2:00 Board Games	16 11:00 Overeaters Anonymous 12:30 Chair Volleyball	17 10:00 Light & Lively 11:15 Meditation Singing Bowls 12:30 Chair Volleyball 2:00 Arts & Crafts	18 12:30 Chair Volleyball 2:00 Price is Right
21 9:00-4:00 Student Training NSU 11:30 Al-Anon	22 9:30 Chair Yoga 11:00 Building Better Brain Health	23 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Emotional Well-Being (Dr. Portillo-Mendez Psy.D)	24 10:00 Light & Lively 11:15 Meditation 12:30 Chair Volleyball 2:00 Movie "She Loves me Not" Bing Crosby-Miriam Hopkins	25 10:00 TTQ Quit Smoking Class 12:00 Fun & Friends Lunch Chat 2:00 Arts & Crafts
28 9:00-4:00 Student Training NSU 11:30 Al-Anon	29 9:30 Chair Yoga 11:00 Building Better Brain Health 2:00 Self Seminar HMO 1036-065	30 11:00 Overeaters Anonymous 12:30 Chair Volleyball	31 10:00 Light & Lively 11:15 Meditation 12:30 Chair Volleyball 2:00 Birthday Party	

Coral Springs Medical & Dental Senior Activity Center: 2029 N. University Dr. Coral Springs FL 33071

Questions regarding classes: Dr. Cassidy (954) 362-5456 or drcassidy@hgdoctors.com

NOTE: Access to the senior activity center is for patients only

October 2024

