





4765 W Atlantic Ave
Delray Beach, FL 33445

11.21.24

SENIOR ACTIVITY CENTER
DEVELOPING BODY, SOUL AND MIND
DECEMBER 2024

Questions regarding activities, call 561-437-8300
HOURS OF OPERATION: 10:00 AM TO 3:30 PM, CLOSED WEDNESDAYS

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
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	9:00 AM PHONE DISTRIBUTION First Wed. OF EVERY MONTH	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 1:30-2:30 BOOK CLUB DISCUSSION:THE VACATIONERS BY EMMA STRAUB
9	10	11	12	13
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	10:00 CAREGIVERS CONNECTIONS GROUP 11:00 ANXIETY PSYCHO-EDUCATIONAL GROUP	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:00 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
16	17	18	19	20
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	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:00 <u>Healing and Grief Support Group w/Theresa Boardm</u> 2:00-3:30 HUMANA/PAMELA: MAKING A MINI WREATH (MAX10) RESERVATION REQUIRED	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/Brian
23	24	25	26	27
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30-2:45 SENIOR IMPROV GROUP		<p>HAPPY HOLIDAYS... SENIOR CENTER WILL BE CLOSED</p> 	
30	31			
10:00-12:00 Mexican Train 12:15-1:00 CARDIO SCULPT 1:15-3:00 Rummikub	11:00-11:45 ChairYoga /Karen 12:00 - 1:00 BINGO 1:30-2:45 SENIOR IMPROV GROUP			

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>

