



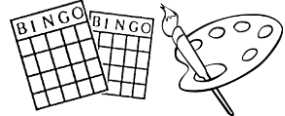


December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 11:30 Al-Anon	3 9:30 Chair Yoga 11:00 Humana Take Control of your Blood Pressure 2:00 Voleibol en Silla	4 11:00 Overeaters Anonymous 12:30 Chair Volleyball	5 10:00 Light & Lively 11:15 Meditation 12:30 Chair Volleyball	6 12:30 Chair Volleyball 2:00 Bingo
9 10:00 Strength & Balance/Janice 11:30 Al-Anon	10 9:30 Chair Yoga 2:00 Board Games	11 11:00 Overeaters Anonymous 12:30 Chair Volleyball	12 10:00 Light & Lively 11:15 Meditation 12:30 Brain Fitness 2:00 Bingo	13 12:00 Chair Volleyball 1:30 Arts & Crafts 3:00 Employee Holiday Party
16 10:00 Strength & Balance/Janice 11:30 Al-Anon 2:00 Dominos	17 9:30 Chair Yoga 2:00 Trivia 2010-2020's	18 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Emotional Well-Being (Dr. Portillo-Mendez Psy.D)	19 10:00 Light & Lively 11:15 Meditation 12:00 Holiday Party 	20 12:00 Fun & Friends Lunch Chat 2:00 Price is Right
23 CLOSED Dr. Cassidy vacation	24 CLOSED Dr. Cassidy vacation	25 CLOSED 	26 CLOSED Dr. Cassidy vacation	27 CLOSED Dr. Cassidy vacation
30 11:30 Al-Anon 4:00 TTQ Quit Smoking Class	31 9:30 Chair Yoga 12:00 Movie "Captains of the Clouds"	 CLOSED		

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

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