



4765 W Atlantic Ave
Delray Beach, FL 33445

12.12.24 KO

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

JANUARY 2025

Questions regarding activities, call 561-437-8300

HOURS OF OPERATION: 10:00 AM TO 3:30 PM

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/Madison 2:00-3:30 Rummikub 	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/KAREN
6	7	8	9	10
10:00-12:00 Mexican Train 12:15-1:00 Cardio Sculpt W/JASMINE	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO	10:00 CAREGIVERS CONNE GROUP 	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/KAREN
1:15-3:00 COLOR BY NUMBER, COFFEE SERVED (12 MAX) RESERVATION REQUIRED 	1:30-2:45 SENIOR IMPROV GROUP 	11:00 ANXIETY EDUCATIONAL GROUP 12:15-1:00 BRAIN FITNESS (16 MAX) RESERVATION REQUIRED	2:00-3:00 Rummikub 	1:30-2:15 SPIRITUALY CONNECTED GROUP 
13	14	15	16	17
10:00-12:00 Mexican Train 12:15-1:00 Cardio Sculpt W/JASMINE	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Healing and Grief Support Group 2:00-3:30 Rummikub 	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/KAREN 2:00-3:15 CORRECT POSTURE WITH/ JASMINE 
1:15-2:30 COFFEE SOCIAL RESERVATION REQUIRED 	1:30-2:45 SENIOR IMPROV GROUP 	22	23	24
10:00-12:00 Mexican Train 12:15-1:00 Cardio Sculpt W/JASMINE	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO	10:00 CAREGIVERS CONN GROUP 	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/KAREN
1:15-2:30 RONA'S KITCHEN EATING HEALTHY 	1:30-2:45 SENIOR IMPROV GROUP 	11:00 ANXIETY EDUCATIONAL GROUP 12:15-1:00 BRAIN FITNESS (16 MAX) RESERVATION REQUIRED	2:00-3:30 Rummikub 	1:30 ARDEN COURTS MEMORY CARE/SHELLE'Y CONNINGHAM RESERVATION REQUIRED
27	28	29	30	31
10:00-12:00 Mexican Train 12:15-1:00 Cardio Sculpt W/JASMINE	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:30 Rummikub 	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/KAREN 1:30-3:00 STAIN GLASS W/COOKIE PART TWO/ RESERVATION REQUIRED/ MAX 10 
1:15-3:00 STAIN GLASS W/COOKIE, PART ONE/ RESERVATION REQUIRED/ MAX 10 	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>