



4765 W Atlantic Ave
Delray Beach, FL 33445

02.17.25

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

MARCH 2025

Questions regarding activities, call 561-437-8300

WEB Site: <https://hgdoctors.com/delray-seniorcenter>

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
3 	4 	5	6  	7 
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt 1:15 -2:15 Lunch & Learn with Dental Hygienist Domingo 	11:00-11:45 ChairYoga /BRIAN 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 Rummikub 2:00-3:00 LEARNING CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/LAURA 1:30-2:15 CHAIR VOLLEYBALL
10	11	12	13	14
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt 1:15-2:30 COFFEE SOCIAL RESERVATION REQUIRED 	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:45 SENIOR IMPROV GROUP	12:00-1:00 BRAIN FITNESS (MAXIMUM 16, RESERVATION REQUIRED)	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Rummikub 2:00-3:00 LEARNING CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/LAURA 1:30-2:15 SPIRITUALLY CONNECTED GROUP 
17	18	19	20	21
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt 1:15-2:30 RONA'S KITCHEN EATING HEALTHY 	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:45 SENIOR IMPROV GROUP 	SENIOR CENTER CLOSED (DENTAL EVENT)	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Boardrm Healing/Anxiety/Grief/Loss Support Grp W/Theresa 2:00-3:00 Rummikub 2:00-3:00 LEARNING CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/LAURA 2:00-3:15 CORRECT POSTURE WITH/ JASMINE 
24	25	26	27	28
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt 1:30 - 3:30 BOOK CLUB THE GREAT ALONE/KRISTIN HANNAH	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:45 SENIOR IMPROV GROUP	12:00-1:00 BRAIN FITNESS (MAXIMUM 16, RESERVATION REQUIRED)	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Rummikub 2:00-3:00 LEARNING CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/LAURA 1:30-2:15 CHAIR VOLLEYBALL
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10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt 1:30 GAME: BLANK SLATE				

Exercise sneakers are required for all Exercise Classes (no socks, sandals or street shoes)

PLEASE BRING WATER CONTAINER TO HYDRATE DURING EXERCISE CLASSES