





March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:30 Chair Yoga	5 11:00 Overeaters Anonymous 12:30 Chair Volleyball	6 10:00 Light & Lively 11:00 Meditation 12:30 Chair Volleyball	7 12:30 Chair Volleyball 2:00 Bingo
10 10:00 Strength & Balance/Janice	11 9:30 Chair Yoga 1:00 The Gift of Breath addressing respiratory Health in Seniors Dr. Cassidy	12 11:00 Overeaters Anonymous 12:30 Chair Volleyball	13 10:00 Light & Lively 11:00 Meditation 12:00 Brain Fitness 2:00 Bingo	14 NSU Grand Round at HG 9-1 pm 2:00 Arts & Crafts
17 2:00 Dominos	18 9:30 Chair Yoga 12:00 Foods to Help Fight Aging	19 11:00 Overeaters Anonymous 12:30 Chair Volleyball	20 10:00 Light & Lively 11:00 Meditation Singing Bowls 12:30 Chair Volleyball 2:00 Trivia	21 2:00 Price is Right
24 10:00 Strength & Balance/Janice 2:00 Board Games	25 9:30 Chair Yoga 12:00 Cáncer Fighting Superfoods	26 11:00 Overeaters Anonymous 12:30 Chair Volleyball 2:00 Emotional Well-Being (Dr. Portillo-Mendez Psy.D)	27 10:00 Light & Lively 11:00 Meditation 12:30 Chair Volleyball 1:30 Movie The American President	28 12:00 Fun & Friends Lunch Chat 2:00 Arts & Crafts
31 1:00 Documentary "The Grab" Dr. Cassidy				

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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