



4765 W Atlantic Ave
Delray Beach, FL 33445

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

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 KO 3 25 25

APRIL 2025

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30 Game Blank Slate	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 LECTURE: Learn about your BONES & OSTEOPOROSIS
7	8	9	10	11
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30-2:30 LECTURE: TRUSTBRIDGE Learn about it before you need it!!!!	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:30 CLASS 1: Understanding your I Phone with Jody (4 CLASSES REQUIRED)	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
14	15	16	17	18
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:15-2:30 Social: Pot Luck. Please sign up & bring something to share	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:30 CLASS 2: Understanding your I Phone with Jody	SENIOR CENTER CLOSED	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 2:30-3:15 CORRECT POSTURE WITH/ JASMINE
21	22	23	24	25
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 - 3:30 BOOK CLUB THE SILVER LADIES OF PENNY LANE	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:30 CLASS 3: Understanding your I Phone with Jody	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 1:30-2:30 MEET YOUR MEDICAL PROVIDER. Q&A WITH KEVIN LARA ADVANCED REGISTERED NURSE PRACTITIONER
28	29	30		
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:15-2:15 Ronas kitchen	11:00-11:45 ChairYoga /BRIAN 12:00 - 1:00 BINGO 1:30-2:30 CLASS 4: Understanding your I Phone with Jody	SENIOR CENTER CLOSED		

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

PLEASE BRING WATER CONTAINER TO HYDRATE DURING EXERCISE CLASSES

