



4765 W Atlantic Ave
Delray Beach, FL 33445

KO 5 22 2025

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

Questions regarding activities, call 561-437-8300

HOURS OF OPERATION: 10:00 am TO 3:30 pm, CLOSED WEDNESDAYS

JUNE 2025

CLASSES IN YELLOW REQUIRE SIGNING UP ONE WEEK PRIOR TO CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:130 HEALTHY EATING CLUB	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA 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	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN
9	10	11	12	13
10:00-12:00 Mexican Train 12:15-1:00 CHAIR CardioSculpt / BAYAN	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA 1:30 PRESENTATION: AVON COSMETICS FROM THE BEGINNING BY PATRICIA	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	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30-2:15 SPIRITUALLY CONNECTED GROUP
16	17	18	19	20
10:00-12:00 Mexican Train 12:15-1:00 CHAIR CardioSculpt / BAYAN 1:30 BOOK CLUB: BETWEEN SISTERS BY KRISTIN HANNAH	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA 1:30 COOKIE'S FARWELL POT LUCK LUNCHEON <i>Please sign up & bring something to share</i>	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Boardrm <u>Healing/Anxiety/Grief/Loss Support</u> Grp W/Theresa 2:00-3:00 RUMMIKUB	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30 LECTURE: HOW I HELP SENIORS/ DEVORAH WEINER ARNP
23	24	25	26	27
10:00-12:00 Mexican Train 12:15-1:00 CHAIR CardioSculpt / BAYAN	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 RUMMIKUB	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN
30				
10:00-12:00 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 AVON ORDER DELIVERY				

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>