



4765 W Atlantic Ave
Delray Beach, FL 33445

07.02.25 CZ

SENIOR ACTIVITY CENTER

DEVELOPING BODY, SOUL AND MIND

AUGUST 2025

Questions regarding activities, call 561-437-8300

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
				1
				10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30 COFFEE AND COLORING TOGETHER
4	5	6	7	8
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 EBLB EAT BETTER LIVE BETTER: WHAT IS A FOOD BANK?	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 & CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30-2:15 SPIRITUALLY CONNECTED GROUP
11	12	13	14	15
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 DELRAY MRI & CT: TESTS PERFORMED/ INSURANCES ACCEPTED	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA 1:30 PRESENTATION: AVON COSMETICS 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 & CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30-3:00 SOCIAL POT LUCK: Please sign up & bring something to share
18	19	20	21	22
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 ADVANCED DERMATOLOGY Suzanne Gavrilovic, PA-C: Q & A /LUNCH SERVED	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/LAURA 1:30 NEEDLEWORK CIRCLE WITH DIANE & TANYA: FELLOWSHIP & FUN	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonymous 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 Healing, Anxiety, Grief, Loss SUPPORT GROUP W/Theresa IN BOARDROOM 2:00-3:00 Rummikub & CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN 1:30 - 3:30 BOOK CLUB: "THE EXTRAORDINARY LIFE OF SAM HELL" BY ROBERT DUGONI
25	26	27	28	29
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BAYAN 1:30 AVON ORDER DELIVERED	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 & CHESS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/BRYAN

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>