



4765 W Atlantic Ave
Delray Beach, FL 33445

11/14/2025 CZ

SENIOR ACTIVITY CENTER DEVELOPING BODY, SOUL AND MIND DECEMBER 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	2	3	4	5
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BRYAN 1:30 WHAT BLOOD TESTS ARE ROUTINE? WITH CAROLINA/ PHELOBOTOMIST	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA / ILONA 1:30-3:00 MEXICAN TRAIN	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonym 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 RUMMIKUB & CARD GAME: KINGS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/ BRYAN 1:30 LEARN LINE DANCING WITH SUE
8	9	10	11	12
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BRYAN 1:30-2:30 CHAIR VOLLEYBALL	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/ ILONA 1:30 PRESENTATION: AVON COSMETICS BY PATRICIA	12:00-1:00 BRAIN FITNESS (MAXIMUM 16, RESERVATION REQUIRED)	10:30-11:30 Overeater Anonym 1:00-1:45 Cardio/Balance/Stretch W/MADISON 2:00-3:00 RUMMIKUB & CARD GAME: KINGS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga/ BRYAN 1:30-2:15 SPIRITUALY CONNECTED GROUP
15	16	17	18	19
10:00-11:30 MEXICAN TRAIN 12:15-1:00 CHAIR Cardio Sculpt / BRYAN 1:15 COFFEE AND COLORING TOGETHER	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/ ILONA 1:30-3:00 MEXICAN TRAIN	SENIOR CENTER CLOSED	10:30-11:30 Overeater Anonym 1:00-1:45 Cardio/ Balance/Stretch W/MADISON 2:00-3:00 Boardrm Healing/ Grief/Loss Support Grp W/Theresa 2:00-3:00 RUMMIKUB & CARD GAME: KINGS	10:30-11:30 Alcoholics Anonym 12:30-1:15 Chair Yoga / BRYAN 1:30 LEARN LINE DANCING WITH SUE
22	23	24	25	26
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BRYAN 1:30-2:30 CHAIR VOLLEYBALL	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/ ILONA 1:30-3:00 MEXICAN TRAIN	SENIOR CENTER CLOSED	<i>Happy Holidays</i>	
29	30	31	CENTER CLOSED FOR HOLIDAYS December 25 and 26 January 1 and 2	
10:00-11:30 Mexican Train 12:15-1:00 CHAIR Cardio Sculpt / BRYAN	10:30-11:30 BINGO 12:30-1:15 CHAIR YOGA/ ILONA 1:30-3:00 MEXICAN TRAIN	SENIOR CENTER CLOSED		



PLEASE BRING WATER CONTAINER TO HYDRATE DURING EXERCISE CLASSES

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

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

