

FEBRUARY



**Delray
Medical & Dental**

4765 W, Atlantic Ave.
Delray Beach, FL
(next to Publix)
561-437-8300 x219

www.HGDoctors.com/activitycenter

SENIOR ACTIVITY CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

● TRAIN GAME 2
10:00-11:30
● CHAIR
CARDIO (Brian)
12:30 -1:15
● DBPD GUEST -
SCAM PROTECTION
1:30-2:00

● BINGO 3
10:00-11:30
● CHAIR YOGA
(Ilona) 12:00 -12:45
● GAMES 1:00-2:00
● TAI CHI CHAIR (Jenn)
2:00-2:45

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The center is
closed on
Wednesdays for
private functions

● OVEREATERS 5
ANONYMOUS
10:30-11:30
● GAMES 11:45-12:45
● CHAIR CARDIO
(Madison) 1:00-1:45
● GAMES 2:00-3:30

● ALCOHOLICS 6
ANONYMOUS
10:30-11:30
● DMD BOOK
CLUB 11:45-12:30
● CHAIR YOGA (Brian)
12:30-1:15
● GAMES 1:30-3:30

● TRAIN 9
GAME
10:00-11:30
● CHAIR CARDIO (Brian)
12:30 -1:15
● SPECIAL GUEST
Health Insurance TIPS
1:30-2:30

● BINGO 10
10:00-11:30
● CHAIR YOGA
(Ilona) 12:00 -12:45
● GAMES 1:00-2:00
● TAI CHI CHAIR (Jenn)

11
● BRAIN
FITNESS
12:00-1:00
(registration
required)

● OVEREATERS 12
ANONYMOUS
10:30-11:30
● GAMES 11:45-12:45
● CHAIR CARDIO
(Madison) 1:00-1:45
● GAMES 2:00-3:30

● ALCOHOLICS 13
ANONYMOUS
10:30-11:30
● CHAIR YOGA
(Brian) 12:30-1:15
● GAMES 1:30-3:30

● TRAIN 16
GAME
10:00-11:30
● CHAIR CARDIO (Brian)
12:30-1:15
● BRAIN GAMES
1:30 -3:30

● BINGO 17
10:00-11:30
● CHAIR YOGA
(Ilona) 12:00 -12:45
● GAMES 1:00-2:00
● TAI CHI CHAIR
(Jenn) 2:00-2:45

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The center is closed
on Wednesdays for
private functions

● OVEREATERS 19
ANONYMOUS
10:30-11:30
● GAMES 11:45-12:45
● CHAIR CARDIO
(Madison) 1:00-1:45
● Grief Support 2:00-3:00
● GAMES 2:00-3:30

● ALCOHOLICS 20
ANONYMOUS
10:30-11:30
● DMD BOOK CLUB
11:45-12:30
● CHAIR YOGA (Brian)
12:30-1:15
● GAMES 1:30-3:30

● TRAIN 23
GAME
10:00-11:30
● CHAIR CARDIO (Brian)
12:30 -1:15
● ARTS & CRAFTS
1:30-3:30

● BINGO 24
10:00-11:30
● CHAIR YOGA
(Ilona) 12:00 -12:45
● GAMES 1:00-2:00
● TAI CHI CHAIR
(Jenn) 2:00-2:45

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● BRAIN
FITNESS
12:00-1:00
(registration
required)

● OVEREATERS 26
ANONYMOUS
10:30-11:30
● GAMES 11:45-12:45
● CHAIR CARDIO
(Madison) 1:00-1:45
● BEHAVIORAL HEALTH
2:00-3:00
● GAMES 3:00

● ALCOHOLICS 27
ANONYMOUS
10:30-11:30
● CHAIR YOGA (Brian)
12:30-1:15
● Spirituality w/Sue
1:30-2:30
● GAMES 2:30-3:30

**JOIN US IN
FEBRUARY
FOR HEART
HEALTHY
NEWS, ADVICE,
AND FUN
ACTIVITIES**



SCAN CODE FOR INFO

Meet
Daniella Bennett
2/9 @ 1:30
To Learn Health
Insurance Tips &
How To Make The
Best Of Your
Benefits

**BRING A
NEW GUEST
TO ANY
CLASS IN
FEBRUARY
AND RECEIVE
A GIFT**

**CALL TO REGISTER
FOR CLASSES**

**561-437-8300
X219**

● GAMES ● EXERCISE* ● SPECIAL GUEST* ● ARTS/CRAFTS ● PRIVATE GROUPS ● MINDFULNESS*

*** ● REQUIRES 24 hours advance REGISTRATION HOURS OF OPERATION 10:00-4:00 M,Tu,Th,Fr**

