

APRIL



Delray Medical & Dental

part of the HG Doctors Family

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

- GAMES
- EXERCISE
- ARTS & CRAFTS
- SPECIAL GUESTS
- MINDFULNESS
- PRIVATE GROUPS

**WE ARE HERE
FOR YOU
MONDAY -
THURSDAY
10:00-4:00**

- Beginner **1**
MAHJONG
10:00-11:30
- Nutrition 11:30
- CHAIR YOGA (Brian)
12:30-1:15
- THRIFTY GALS
DAY TRIP 1:30 Sign Up!

- OVEREATERS **2**
ANONYMOUS
10:30-11:30
- GAMES 11:45-12:45
- CARDIO BALANCE
(Madison) 1:00-1:45
- What's The New Cancer
Predictor? 2:00

- Alcoholics **3**
Anonymous
10:30-11:30

- MEXICAN **6**
TRAIN 10:00
- LUNCH &
LEARN 11:30-12:30
- CHAIR CARDIO (Brian)
12:30 -1:15
- Crafts 1:30-3:30

- BINGO **7**
10:00-11:30
- CHAIR YOGA
(Ilona) 12:00 -12:45
- GARDEN & GROW
1:00-2:00
- TAI CHI CHAIR
(Jenn) 2:00-2:45

- BEGINNER **8**
MAHJONG
10:00-11:30
- Nutrition 11:30
- CHAIR YOGA (Brian)
12:30-1:15
- RUMIKUB 1:30-3:30

- OVEREATERS **9**
ANONYMOUS
10:30-11:30
- GAMES
11:45-12:45
- CARDIO BALANCE
(Madison) 1:00-1:45
- BH Dementia Series
2:00

- Alcoholics **10**
Anonymous
10:30-11:30
- BRAIN FITNESS
DMD BEHAVIORAL
HEALTH 12:00-1:00
Open To All Seniors

- TRAIN 10:00 **13**
- PATH TO
PEACE
11:30-12:30
- CHAIR CARDIO (Brian)
12:30 -1:15
- RUMIKUB 1:30-3:30

- BINGO **14**
10:00-11:30
- CHAIR YOGA
(Ilona) 12:00 -12:45
- GAMES 1:00-2:00
- TAI CHI CHAIR
2:00-2:45

- BEGINNER **15**
MAHJONG
10:00-11:30
- Nutrition 11:30
- CHAIR YOGA (Brian)
12:30-1:15
- TECH ADVICE 1:30-3:30

- OVEREATERS **16**
ANONYMOUS
10:30-11:30
- GAMES 11:45-12:45
- CARDIO BALANCE
(Madison) 1:00-1:45
- Music Bingo 2:00
- Grief Support 2:00

- Alcoholics **17**
Anonymous
10:30-11:30

- TRAIN 10:00 **20**
- PATH TO
PEACE
11:30-12:30
- CHAIR CARDIO (Brian)
12:30 -1:15
- Senior Expo with Lily
1:30-2:30

- BINGO **21**
10:00-11:30
- CHAIR YOGA
(Ilona) 12:00 -12:45
- GAMES 1:00-2:00
- HEARTSTRINGS
UKULELE GROUP
2:00

- BEGINNER **22**
MAHJONG 10:00
- Nutrition 11:30
- CHAIR YOGA (Brian)
12:30-1:15
- RUMIKUB 1:30-3:30

- OVEREATERS **23**
ANONYMOUS
10:30-11:30
- GAMES 11:45-12:45
- CARDIO BALANCE
(Madison) 1:00-1:45
- Games 2:00-3:30

- Alcoholics **24**
Anonymous
10:30-11:30
- BRAIN FITNESS
DMD BEHAVIORAL
HEALTH 12:00-1:00
Open To All Seniors

- MEXICAN **27**
TRAIN 10:00
- PATH TO
PEACE 11:30
- CHAIR CARDIO (Brian)
12:30 -1:15
- CRAFTS 1:30-3:30

- BINGO **28**
10:00-11:30
- CHAIR YOGA
(Ilona) 12:00 -12:45
- GAMES 1:00-2:00
- TAI CHI CHAIR
2:00-2:45

- BEGINNER **29**
MAHJONG
10:00-11:30
- Nutrition 11:30
- CHAIR YOGA (Brian)
12:30-1:15
- RUMIKUB 1:30-3:30

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

**55+BETTER
WELCOME**

**All Programs are
COMPLIMENTARY
To You!**