

# MAY



**DELRAY MEDICAL & DENTAL**  
 4765 W, Atlantic Ave.  
 Delray Beach, FL  
 (next to Publix)  
**561-437-8300 x219**  
**[www.SFMBHI.ORG](http://www.SFMBHI.ORG)**

## SENIOR ACTIVITY CENTER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

● MEXICAN TRAIN 10:00 **4**  
 ● PATH TO PEACE 11:30-12:30  
 ● CHAIR CARDIO (Brian) 12:30 -1:15  
 ● ART THERAPY CRAFTS 1:30-3:30

● BINGO 10:00-11:30 **5**  
 ● CHAIR YOGA (Ilona) 12:00 -12:45  
 ● CINCO de Mayo 1:00  
 ● TAI CHI CHAIR (Lori) 2:00-2:45  
 ● GAMES 3:00

● Coffee & Connections **6**  
 10:00  
 ● MAHJONG 10:00-12:15  
 ● CHAIR YOGA (Brian) 12:30-1:15  
 ● Mental Health Trivia 1:30  
 ● RUMIKUB 2:00-3:30

● OVEREATERS ANONYMOUS **7**  
 10:30-11:30  
 ● GAMES 11:45-12:45  
 ● CARDIO BALANCE (Madison) 1:00-1:45  
 ● SELF CARE SPA DAY 2:00-3:30

● Alcoholics Anonymous **8**  
 10:30-11:30

● MEXICAN TRAIN 10:00 **11**  
 ● TECH ADVICE with CARISSA 11:30  
 ● CHAIR CARDIO (Brian) 12:30 -1:15  
 ● SOCIAL KNITWORK 1:30-3:30

● BINGO 10:00-11:30 **12**  
 ● CHAIR YOGA (Ilona) 12:00 -12:45  
 ● GVS - Venous Insufficiency 1:00  
 ● TAI CHI CHAIR (Lori) 2:00-2:45

● Coffee Connections **13**  
 10:00  
 ● MAHJONG 10:30-12:30  
 ● CHAIR YOGA (Brian) 12:30-1:15  
 ● Mental Health Trivia 1:30  
 ● Rummikub 2:00-3:30

**14**  
  
**Join Us**  
**AESTHETICS LAUNCH PARTY**  
**3:00-7:00**  
**FREE with a ticket**  
**[www.HGDMA.com](http://www.HGDMA.com)**

● Alcoholics Anonymous **15**  
 10:30-11:30  
 ● BRAIN FITNESS BEHAVIORAL HEALTH 12:00-1:00

● MEXICAN TRAIN 10:00 **18**  
 ● Vice Mayor Burns 11:30  
 ● CHAIR CARDIO (Brian) 12:30 -1:15  
 ● ART THERAPY CRAFTS 1:30-3:30

● BINGO 10:00-11:30 **19**  
 ● CHAIR YOGA (Ilona) 12:00 -12:45  
 ● Lunch & Learn Guest 1:00-2:00  
 ● TAI CHI CHAIR (Lori) 2:00-2:45

● Coffee & Connections **20**  
 10:00  
 ● MAHJONG 10:30-12:30  
 ● CHAIR YOGA (Brian) 12:30-1:15  
 ● Mental Health Trivia 1:30  
 ● Rummikub 2:00-3:30

● OVEREATERS ANONYMOUS **21**  
 10:30-11:30  
 ● GAMES 11:45-12:45  
 ● CARDIO BALANCE (Madison) 1:00-1:45  
 ● Grief Support 2:00  
 ● SELF CARE SPA DAY 2:00-3:30

● Alcoholics Anonymous **22**  
 10:30-11:30



● BINGO 10:00-11:30 **26**  
 ● CHAIR YOGA (Ilona) 12:00 -12:45  
 ● DBFD LifeVac Choke Prevent. 1:00  
 ● TAI CHI CHAIR (Lori) 2:00-2:45

● Coffee & Connections **27**  
 10:00  
 ● MAHJONG 10:30-12:30  
 ● CHAIR YOGA (Brian) 12:30-1:15  
 ● MUSIC BINGO with Harvey Insurance & Elissa 1:30 - 3:30

● OVEREATERS ANONYMOUS **28**  
 10:30  
 ● GAMES 11:45-12:45  
 ● CARDIO BALANCE (Madison) 1:00-1:45  
 ● Behavioral Health 2:00  
 ● SELF CARE SPA DAY 3:00

● Alcoholics Anonymous **29**  
 10:30-11:30

● BRAIN FITNESS BEHAVIORAL HEALTH 12:00-1:00

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**We Are A Nonprofit Center and All Donations Are Greatly Appreciated**

**55+BETTER WELCOME**  
**All Programs are COMPLIMENTARY To You!**



- GAMES
- EXERCISE
- ARTS & CRAFTS
- SPECIAL GUESTS
- WELLNESS, CONNECTION & EDUCATION