

Senior Activity Center Calendar **October 2021** Coral Springs Medical & Dental (**All Programs/FREE**)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Sept 27 10:00 SS-Tai-Chi (Sabrina) 11:30 am AI-Anon	Sept 28 9:00 am Chair Yoga (Sabrina) 10:00 am Overeaters Anonymous 11:30 am Matter of Balance * 4:00 pm Beginner Stretch & Flexibility Stella	Sept 29 10:00 SS-Tai-Chi (Sabrina)	Sept 30 9:00 am Chair Yoga (Sabrina) 10:00 am AA Meeting 11:30 a Meditation	Oct 1 10:00 am Brain Fitness Class <i>12:00 Toastmasters (Private Event)</i> 2:00 Cookies/Games Social Hour (Maria)	<p>Coming Soon Jan 2022 AARP-Safe driving class Day TBD Details/RSVP: 954-362-5456</p> <hr/> <p>Free Covid Vaccination Moderna only appointment 954-362-5456</p> <hr/> <p>Anxiety Support Group 2nd Thursday at 2 pm</p> <p>Anxiety support group is a way for individuals to come together and discuss their shared experiences with anxiety. The support group is, led by professionals and you can learn methods for coping and resilience.</p> <hr/> <p>Coming Soon 2021 Mended Hearts Chapter Alzheimer's Support Group Evidenced Based Programs Diabetes Self-Management Tobacco Cessation Program Matter of Balance Class</p> <hr/> <p>***Note: Activities in Bold print require registration 954-362-5456</p>
4 10:00 SS-Tai-Chi (Sabrina) 11:30 am AI-Anon 1:00 pm Book Club w/ Molly*	5 9:00 am Chair Yoga (Sabrina) 10:00 am Overeaters Anonymous 11:30 am Matter of Balance * 4:00 pm Beginner Stretch & Flexibility Stella	6 10:00 SS-Tai-Chi (Sabrina)	7 9:00 am Chair Yoga (Sabrina) 10:00 am AA Meeting 11:30 a Meditation 2:00 pm Grief Support Group	8 2:00 pm Arts & Crafts *	
11 10:00 SS-Tai-Chi (Sabrina) 11:30 am AI-Anon	12 9:00 am Chair Yoga (Sabrina) 10:00 am Overeaters Anonymous 11:30 am Matter of Balance * 4:00 pm Beginner Stretch & Flexibility Stella	13 <i>7:45 am CSCCRC (Private Event)</i> 10:00 SS-Tai-Chi (Sabrina) 2:00 pm Beginner Ball Room Dancing w/ Phil*	14 9:00 am Chair Yoga (Sabrina) 10:00 am AA Meeting 11:30 am Meditation Crystal Singing Bowls* 2:00 pm Anxiety support group w/ Aroma Therapy*	15 10:00 am Storytelling with Adele* <i>12:00 Toastmasters (Private Event)</i> 2:00 Cookies/Games Social Hour (Maria) *	
18 10:00 SS-Tai-Chi (Sabrina) 11:30 am AI-Anon	19 9:00 am Chair Yoga (Sabrina) 10:00 am Overeaters Anonymous 11:30 am Matter of Balance * 2:00 Spiritual Wellness Group* 4:00 pm Beginner Stretch & Flexibility Stella	20 10:00 SS-Tai-Chi (Sabrina)	21 9:00 am Chair Yoga (Sabrina) 10:00 am AA Meeting 11:30 a Meditation 2:00 pm Grief Support Group	22 10:30 am The "Write" Place for you (writing class) * 2:00 pm Arts & Crafts *	
25 10:00 SS-Tai-Chi (Sabrina) 11:30 am AI-Anon	26 9:00 am Chair Yoga (Sabrina) 10:00 am Overeaters Anonymous 11:30 am Matter of Balance * 2:00 Parkinson Support group 4:00 pm Beginner Stretch & Flexibility Stella	27 10:00 SS-Tai-Chi (Sabrina) 2:00 pm Beginner Ball Room Dancing w/ Phil*	28 9:00 am Chair Yoga (Sabrina) 10:00 am AA Meeting 11:30 a Meditation	29 11 am Internet safety class (Humana)*	

Coral Springs Medical & Dental Senior Activity Center / 2029 N University Dr. Coral Springs FL 33071 / 954-362- 5456
 We are happy to be in a sanitized open-air space, in comfortable air conditioning with UV air sanitation, temperature checks, social distance, sanitizers, and masks. We look forward to seeing you in class!

**For Questions Regarding Classes, Lectures or to RSVP:
 Dr. Cassidy @ 954-362-5456 or
 drcassidy@hgdoctors.com**



Exercise:

Beginner Stretch and Flexibility Class: (Tuesday at 4:00 pm). A class that is safe, heart-healthy, and soft for your joints. You will enjoy sitting and standing exercises that are designed to increase your balance, flexibility, and range of motion, with the support of chairs that will be at your disposal. (Stella).

Silver Sneakers Tai Chi (M-W 10:00 am): Tai chi is one of the more popular methods of movement for seniors. That's why both active seniors and those new to fitness can benefit from the low impact moves taught in this gentle form of exercise. Increases body awareness. (Sabrina-M Lydia -W)

Silver Sneakers Chair Yoga T & Tr 9:00 am. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

EVIDENCED-BASED HEALTH PROGRAMS

Diabetes Self-Management Program: R Is held 2½ hours once a week for six weeks. This workshop is for people with Type 2 diabetes. RSVP 954-362-5456

IQUIT Tobacco Cessation: This program offers education on the health effects related to tobacco use & the benefits of quitting. RSVP 954-362-5456

Matter of Balance: This program is specifically designed for older adults to increase their physical activity level and to help reduce their fear of falling. RSVP 954-362-5456

Blood Pressure Self-Monitoring Program: Take and record their blood pressure at least two times per month, attend two consultations a month with a Healthy Heart Ambassador and Attend monthly nutrition education seminars. RSVP 954-362-5456

SUPPORT GROUPS:

Overeaters Anonymous Tuesdays @ 10 am: A twelve-step program for people with problems related to food including, but not limited to, compulsive overeaters, those with binge eating disorder, bulimics and anorexics. Anyone with a problematic relationship with food is welcomed.

Alcoholics Anonymous Meeting Thursday @ 10 am: Anyone with a problem with alcohol is welcomed to attend.

Al-Anon meeting 11:30 am Monday: Al-Anon is a mutual support program for people whose lives have been affected by someone else's Alcoholic drinking.

Grief Support Group 1st & 3rd Thurs at 2:00 pm: A grief support group offers a different quality of support and connection that comes from being with people who have also recently experienced a loss. Grief support groups provide emotional support, validation, and education about grief.

Spiritual Wellness Group 3rd Tues. 2 pm: The goal of the spiritual wellness group is to help people find peace, harmony, happiness and joy. The Spiritual group will inspire clients to focus on their own emotions and "inner voice" to fulfill their personal needs. The group will offer spiritual activities that help people define their meaning & purpose in life.

Parkinson's Support group 4th Tuesday at 2:00 pm: We strongly encourage people with Parkinson's, family members, friends, care partners and everyone in the PD community to attend our support group. Support groups provide an opportunity for people to meet regularly for mutual support and to exchange coping skills with one another in matters relating to Parkinson's disease. We hope to offer Music therapy, which utilizes rhythm, movement, voice and creativity to try to improve Parkinson's disease symptoms, & are very popular for people with PD.

Alzheimer's Support Group: For anyone affected by Alzheimer's or another dementia. Individuals living with Alzheimer's, caregivers, family members and friends can ask questions, get advice and find support. (Coming Soon)

Anxiety Support group 2nd Thursday at 2 pm: Anxiety support group is a way for individuals to come together and discuss their shared experiences with anxiety. The small support group is, led by professionals where you can learn methods for coping and resilience.

Social Activities:

Social Cookies & Games Social Hour 1st & 3rd Fri @ 2 pm. This exciting activity can be a powerful way to inject more fun into your life.

Meditation Thursday 11:30 am. Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior. We Use quartz crystal Tibetan singing bowls to enhance meditation, intuition, relaxation and bodywork.

Brain Fitness Class (1st Fri Oct 1 at 10:00 am): A free program for individuals concerned about memory loss. A healthy body and a healthy brain are essential to live a satisfying and independent life. To stay fit the brain needs regular activities that are both varied and stimulating. This is where our classes can help: By providing variety and challenge to seniors.

Art Class 2nd & 4th Friday at 1:30 pm: Art classes for seniors can improve cognitive and sensory-motor functions. It can also foster self-esteem and enhance social skills.

The "Write" Place for you (4th Fri at 10:30 am) A free, exciting, interactive, one-hour workshop for seniors. Participants will write on a topic suggested by the facilitator or a topic of their own choosing. Next, they will share their writing with the group. This is a fun way to meet new friends and enjoy the process of writing in a relaxing environment. (Rita)

Story telling with Adele 2nd Fri at 10 am. Storytelling for Seniors is facilitated in a safe and fun session where we celebrate life's journey through the sharing of stories. In her work as a storytelling consultant and coach Adele says that older people underestimate the power of their story. Yet when people are willing to tell and listen to stories from the past it allows us to create meaning and a sense of purpose for where we are now at in life.

Ball room dancing w/Phil 2nd & 4th Wed at 2pm: A variety of dances practiced and performed at a slower pace and intensity, more attuned to seniors' needs. This allows seniors to make the most of ballroom dance's health benefits, including improved muscle and bone strength, while lowering the risk of injury or exhaustion.

Book Club w/ Molly 1st Mon @ 1:00 pm: The book club is a reading group consisting of seniors who read and talk about books based on a topic or an agreed-upon reading list.

FREE SCREENINGS/PHONES (Appointments 954-362-5456)

Free Covid Vaccination

Free Balance & fall Risk Assessments.

Free Memory Screening:

Free Hearing & Vision Screening:

Free Amplified & CapTel Phones:

