



**Delray
Medical & Dental**

part of the HG Doctors Family

4765 W. Atlantic Ave.
Delray Beach, FL 33445

SENIOR ACTIVITY CENTER

March Schedule

561.437.8300

CLASSES WITH ** AFTER THEM ARE **RSVP ONLY!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	11:30am Senior Self-Defense, Warren 1:15 pm Chair Yoga, Karen	Phone Distribution	10:30am Overeaters Anonymous (O.A.) 1:00pm Stretch & Balance, Eva 2:00 pm Elder Law	10:30am Alcoholics Anonymous (A.A.) 12:30pm Chair Yoga, Meridith 1:30pm Trustbridge "Hospice 101"
7	8	9	10	11
10:30am Stretch & Balance, Meridith 11:30am Mexican Train & Rummy Cube 1:30pm Arts & Crafts	11:30am Senior Self-Defense, Warren 1:15 pm Chair Yoga, Karen 2pm Eat Better Live Better & Delray Comm. Police	CLOSED	10:30am (O.A.) 1:00pm Stretch & Balance, Eva 2:00pm Meditation, Meridith	10:30am (A.A.) 12:30pm Chair Yoga, Meridith 2:00pm Brain Fitness** 3:00pm Anxiety Support**
14	15	16	17	18
10:30am Stretch & Balance, Meridith 11:30am Mexican Train & Rummy Cube 1:30pm Arts & Crafts	11:30am Senior Self-Defense, Warren 1:15 pm Chair Yoga, Karen 2:00pm My Story	CLOSED	10:30am (O.A.) 1:00pm Stretch & Balance, Eva 2:00pm Healing & Grief Support, Theresa	10:30am (A.A.) 12:30pm Chair Yoga, Meridith 2:30pm Sound Bath, Ossie**
21	22	23	24	25
10:30am Stretch & Balance, Meridith 11:30am Mexican Train & Rummy Cube 1:30pm Arts & Crafts	11:30am Senior Self-Defense, Warren 1:15 pm Chair Yoga, Karen 3:00pm Drum Circle, Ossie **	CLOSED	10:30am (O.A.) 1:00pm Stretch & Balance, Eva 2:00pm Meditation, Meridith	10:30am (A.A.) 12:30pm Chair Yoga, Meridith 1:30 PM Perfect Posture w/ Vincent
28	29	30	31	
10:30am Stretch & Balance, Meridith 11:30am Mexican Train & Rummy Cube 1:30pm Arts & Crafts	11:30am Senior Self-Defense, Warren 1:15 pm Chair Yoga, Karen 2:00 pm Alzhiemers Q&A	CLOSED	10:30am Overeaters Anonymous (O.A.) 1:00pm Stretch & Balance, Eva 2:00pm Smartphone 101 w/ TMD	

Monday	10:30 AM - Stretch & Balance, Meridith
Tuesday	1:15 PM - Chair Yoga, Karen
Thursday	1:00 PM - Strech & Balance, Eva
Friday	12:30 PM - Chair Yoga, Meridith