

Senior Activity Center Calendar **June 2022** Coral Springs Medical & Dental **(All Programs/FREE)**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>May 30 CLOSED</p> 	<p>May 31 10:00 am Chair Yoga (Sabrina)</p>	<p>Jun 1 10:00 SS-Tai-Chi (Sabrina) 11:00 am Overeaters Anonymous 12:30 Chair Volleyball 3:30 pm Alzheimer's Support Group*</p>	<p>Jun 2 10:00 am Chair Yoga (Sabrina) 11:30 am Meditation Tibetan Crystal Singing Bowls* 2:00 pm Grief Support Group</p> <p>*</p>	<p>Jun 3 10:00 am Brain Fitness Class* 12:00 Toastmasters (Private Event) 2:00 pm Bingo with Barbara*</p>	<p>AARP-Safe driving class</p> <p>Details/RSVP: 954-362-5456</p> <hr/>  <p>Garden Club of Coral Springs</p> <p>Presents</p> <p>Everything You Need to Know About Container Gardening with Jerri Decker</p> <p>Container gardening adds versatility to gardens large and small. Plants lend instant color, provide a focal point in the garden, or tie in the architecture of the house to the garden. Place them on the ground or on a pedestal, mount them on a windowsill, or hang them from your porch. A pair of matching containers on either side of the front walk serves as a welcoming decoration, while container gardening on a deck or patio can add color and ambiance to such outdoor sitting areas.</p> <p>Thursday June 30th at 1:00 pm</p> <p>*Note: Activities in Bold print require registration 954-362-5456</p>
<p>10:00 SS-Tai-Chi (Sabrina) 11:30 am Al-Anon 1:30 pm Book Club w/Molly*</p>	<p>7 10:00 am Chair Yoga (Sabrina) 2:00 pm Humana Training</p>	<p>8 10:00 SS-Tai-Chi (Sabrina) 11:00 am Overeaters Anonymous 12:30 Chair Volleyball 2:00 pm Ball Room Dancing w/Phil*</p>	<p>9 10:00 am Chair Yoga (Sabrina) 11:30 am Meditation 2:00 pm Anxiety Support Group</p>	<p>10 11:00 am Living Alone & Loving it* 2:00 pm Arts & Crafts *</p>	
<p>13 10:00 SS-Tai-Chi (Sabrina) 11:30 am Al-Anon 1:00 pm Plastics - A Scourge or a Blessing?</p>	<p>14 10:00 am Chair Yoga (Sabrina) 3:00 How to Read Tarot Cards*</p>	<p>15 10:00 SS-Tai-Chi (Sabrina) 11:00 am Overeaters Anonymous 12:30 Chair Volleyball 2:00 pm Drum Circle w/ Ossie Mair</p>	<p>16 10:00 am Chair Yoga (Sabrina) 11:30 am Meditation 2:00 pm Grief Support Group</p>	<p>17 10: 00 am Smart phone Using social media to stay connected. 12:00 Toastmasters (Private Event) 2:00 pm Price is Right game/Prizes*</p>	
<p>20 10:00 SS-Tai-Chi (Sabrina) 11:30 am Al-Anon 1:00 pm Mended Hearts Program*</p>	<p>21 10:00 am Chair Yoga (Sabrina) 2:00 Spiritual Wellness Discussion Group* What is Buddhism?</p>	<p>22 10:00 SS-Tai-Chi (Sabrina) 11:00 am Overeaters Anonymous 12:30 Chair Volleyball 2:00 pm Ball Room Dancing w/Phil*</p>	<p>23 10:00 am Chair Yoga (Sabrina) 11:30 am Meditation 1:00 pm Classic Movies & Discussion w/popcorn "Yankee Doodle Dandy starring Jimmy Cagney"</p>	<p>24 10:00 am Creative Writing* 2:00 pm Arts & Crafts *</p>	
<p>27 10:00 SS-Tai-Chi (Sabrina) 11:30 am Al-Anon 1:00 pm Healthy Sleep Chester Humana</p>	<p>28 10:00 am Chair Yoga (Sabrina) 2:00 pm Parkinson's Support Group*</p>	<p>29 10:00 SS-Tai-Chi (Sabrina) 11:00 am Overeaters Anonymous 12:30 Chair Volleyball</p>	<p>Jun 30 10:00 am Chair Yoga (Sabrina) 11:30 am Meditation 1:00 pm Container Gardening with Jerri Decker*</p>	<p>July 1 10:00 am Brain Fitness Class* 12:00 Toastmasters (Private Event) 2:00 pm Bingo with Barbara*</p>	

Coral Springs Medical & Dental Senior Activity Center / 2029 N University Dr. Coral Springs FL 33071 Next to Panera Bread / 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:

Chair Volleyball Wed 12:30 pm: Taking Senior Centers by storm, Indoor Chair Volleyball is an activity that includes physical activity, social interaction, competition, and most of all, lots of laughs! From the fit to the wheelchair-bound, all are welcomed.

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-W)

Silver Sneakers Chair Yoga (Tues & Thur. at 10 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. (Sabrina-T-Tr)

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**

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**

LECTURES:

Plastics - A Scourge or a Blessing? Monday June 13th at 1:00 Plastics are pervasive affording many benefits, but plastic production, use, and waste is destroying our environment and affecting our health. What are the facts and what can we do? The League of Women Voters of Broward County will present the issue.

Healthy Sleep Monday June 27th at 1:00 pm The body’s need for sleep is a relatively new research field. Scientists are looking into what happens to the body during sleep and why the process itself is so essential. We do know that sleep is necessary to maintain critical body functions & restore energy

SUPPORT GROUPS: Overeaters Anonymous Tuesdays @ 10 am: A twelve-step program for people with problems related to food. Anyone with a problematic relationship with food is welcomed. **Al-Anon Meeting Mon 11:30 am:** 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.

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.

Alzheimer’s Support Group 1st Wed at 3:30 pm: 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.....

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.

Living Alone & Loving it* Group Fri June 10 at 11 am: Whether you view living alone as the ultimate compromise or the ultimate luxury, it presents daily challenges, such as cooking for one, organizing holidays and juggling finances. No matter what your unique situation, there's something in the Living Alone and Loving it group for you. We provide the map and you choose the route to a more joyful, contented life.

Smart phone “Using Social Media to stay connected” Fri June 17th at 10 am. Come learn how to use social media to stay connected. There are now hundreds of different social media channels or “platforms.” You have probably heard about several of the biggest ones, all of which have billions of users. It takes about two minutes to download a social media app to your phone. Then, you’ll be able to post photos, messages, announcements, and daily updates to your own social media page via your smartphone.

Social Activities:

The price is Right Game & Prizes 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. 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 bodyworks

Brain Fitness Class (1st Fri 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 2:00 pm: Art classes for seniors can improve cognitive and sensory-motor functions. It can also foster self-esteem and enhance social skills.

Creative writing (4th Fri at 10:00 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. (Rita)

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.

Book Club w/ Molly 1st Mon @ 1:30 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.

Sound Bath or Drum Circle w/Ossie 3rd Wed at 2 pm: A sound bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sources, including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, tuning forks, and even the human voice itself.

Coral Springs Classic Film Club 4th Thursday 1-3:30 pm: The purpose of Film Club is to provide educational opportunities for those interested in classic films.

How to read Tarot Cards 2nd Tuesday 3 pm: We’ll go through a step-by-step process to get you started reading your cards in no time.

Bingo 1st Fri at 2 pm: Researchers have found that playing bingo has multiple health benefits for the elderly. It takes concentration - which improves listening and short-term memory skills, and it promotes socialization - which is essential for seniors to maintain a happy and healthy lifestyle.

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: