



**Delray
Medical & Dental**
part of the HG Doctors Family

For any questions regarding activities,
please feel free to:
call Karen @ 561-437-8300

SENIOR ACTIVITY CENTER

September 2022 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:30 Overeater Anonymous	10:30 Alcoholics Anonymous
			1:00 Functional Exercise/Diane	12:30-1:30 Chair Yoga/Meredith
			2:00 Crafts/Fall Decorations	1:45 -2:45 Coffee/Conversation
5	6	7	8	9
	11:00-11:45 Chair Yoga/Karen	9am- Phone	10:30 Overeater Anonymous	10:30 Alcoholics Anonymous
Labor Day	12:00-1:00 Bingo	Distribution	1:00 Functional Exercise/Diane	12:30 Chair Yoga/Meredith
Center Closed	1:15-2:00 Chair Volleyball	First Wed.	2:00 Meditation/Relax/ Meredith	2:00 Brain Fitness
		Monthly		3:00 Anxiety Support
12	13	14	15	16
10:15-11:30 Board Games	11:00-11:45 Chair Yoga/Karen		10:30 Overeater Anonymous	10:30 Alcoholics Anonymous
*11:45 Functional Exercise	12:00-1:00 Bingo	CLOSED	1:00 Functional Exercise/Diane	12:30 Chair Yoga/Meredith
W/ BANDS/Diane	1:15-2:00 Chair Volleyball		2:00 Healing and Grief	2:30 Sound Bath
12:45 DOT Painting	2:00 Julio Castellanos, Physician Assistant			
	Healthy Living Q & A			
19	20	21	22	23
10:15-11:30 Board Games	11:00-11:45 Chair Yoga/Karen		10:30 Overeater Anonymous	10:30 Alcoholics Anonymous
*11:45 Functional Exercise	12:00-1:00 Bingo	CLOSED	1:00 Functional Exercise/Diane	12:30 Chair Yoga/Meredith
W/ BANDS/Diane	1:15-2:00 Chair Volleyball		2:00 I PHONE CLASS	1:30 Hurricane Preparedness
12:45 DOT Painting				Chris Bell, Emergency Manager
26	27	28	29	30
10:15-11:30 Board Games	11:00-11:45 Chair Yoga/Karen		10:30 Overeater Anonymous	10:30 Alcoholics Anonymous
*11:45 Functional Exercise	12:00-1:00 Bingo	CLOSED	1:00 Functional Exercise/Diane	12:30 Chair Yoga/Meredith
W/ BANDS/Diane	2:30-3:00 Drum Circle		2:00 Comfort Keepers	1:30 TBD
12:45 DOT Painting			Let us help you	

Bring your own water bottle to ALL Exercise Classes

*** Bring your own BAND for Mondays 11:45 Exercise Classes***

Exercise sneakers are required for all Exercise Classes (no socks, sandals or street shoes)