

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
<p>1 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm – Parkinson's Support Group</p>	<p>2 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – Art Class \$5 5:30 pm – Free Tobacco Cessation Program</p>	<p>3 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1 pm – Caregivers Program*</p>	<p>4 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1 pm – Food For Life Cooking Class*</p>	<p>5 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Reclaim"</p>	<p>SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154</p> <p>UPCOMING EVENTS JUNE Monday June 12th 3 pm</p> <p>Parkinson's Symposium: Educational Symposium, "Beyond the Medication" is intended for people with Parkinson's disease, families, friends, care partners and all those impacted by Parkinson's. In addition, it will provide an opportunity to connect with others facing the same challenges and to begin - or continue - creating a community and support system.</p> <p>Cardiology Symposium: A key strategy for addressing heart disease and stroke is to educate the public and healthcare practitioners about the importance of prevention.</p> <p>DCWC VOLUNTEERS Details Contact: Carol Breiling (707) 365-8008</p> <p>**PLEASE NOTE** YOU MUST PRE-REGISTER FOR THE EVENTS THAT ARE IN BLACK COLOR WITH ASTERISK* SYMBOL ON THE CALENDAR, CALL US TO RSVP: (561) 808-7743</p>
<p>8 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1 pm – Lecture: "Medicare Planning" with United Health Care* 3 pm – Wisdom Circle \$2</p>	<p>9 10 am - Lecture: "Side effects of Exercise" Michael Cortese, MS, PT, ATC, OCS* 11 am – Overeaters Anonymous 1 pm – Chronic Pain Group 5:30 pm – Free Tobacco Cessation Program</p>	<p>10 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1 pm – Caregivers Program*</p>	<p>11 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1 pm – Lecture: "Food as Medicine" with Dr. Geni Abraham MD* 3:00 pm – Diabetes Prevention Program</p>	<p>12 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Angriest Man in Brooklyn"</p>	
<p>15 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm – Parkinson's Support Group 1:30 pm – Free Amplified Phones*</p>	<p>16 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program</p>	<p>17 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3 pm – Caregivers Support Group</p>	<p>18 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1 pm – "Hearing Screening" 1 pm – DCWC Volunteers 3:00 pm – Diabetes Prevention Program</p>	<p>19 10 am – Free Memory Screening* 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Trouble w/Girls"</p>	
<p>22 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3 pm – Wisdom Circle \$2</p>	<p>23 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – Chronic Pain Group 5:30 pm – Free Tobacco Cessation Program</p>	<p>24 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm – Diabetes Support Group</p>	<p>25 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3:00 pm – Diabetes Prevention Program</p>	<p>26 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Grosse Pointe Blank"</p>	
<p>29 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold</p>	<p>30 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 3 pm – Senior Support Group 5:30 pm – Free Tobacco Cessation Program</p>	<p>31 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold</p>	<p><i>For Upcoming Events, check out our Sidebar to Stay Up to Date>></i></p>		

“Our mission at Delray Community Wellness Center is to support people with healthy lifestyle changes. We are dedicated to helping people live healthier and happy lives free of chronic disease.”

LECTURES/EVENTS

May 9th at 10 am – “Exercise: Activity with Wonderful Side Effect with Michael Cortese, MS, PT, ATC, OCS

May 11th at 1 pm – “FOOD AS MEDICINE” To educate people on the use of food as medicine in the prevention and reduction of chronic disease. With Geni Abraham, M.D.

May 8th at 1 pm – “Medicare Planning” with United Health Care

May 11th - June 29th at 3 pm – “CDC-National Diabetes Prevention Program.

FITNESS CLASSES

Silver Sneakers Strength & Balance Class: An aerobics class that’s safe, heart-healthy, and gentle on the joint.

Silver Sneakers Zumba Gold: For the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.

Silver Sneakers Qi Gong: An excellent form of exercise for Seniors because of its gentle and soothing nature, anyone can do Qi Gong, regardless of age, ability, flexibility, or activity level!

Walking Club (Thur. 10:00 am Nov-Apr) Details 561-808-7743: Our walking club is free and open to all. The walking group is for beginners and people who stopped walking and want to start again.

SUPPORT GROUPS

Chronic Pain Support Group (2nd & 4th Tuesday May 9th & 23rd 1:00 pm) For Anyone who is living w/ ongoing pain. We provide support, validation, and education in basic pain management & life skills.

Senior Support Group (Tuesday May 30th 3:00 pm) The Group offers companionship, understanding, & learning opportunities, and can make a tremendous difference in how well older adults cope.

Grief Support Group (Every Friday 12:15 pm) Participants can find help & healing for the pain of losing a loved one.

Diabetes Support Group (4th Wednesday Apr 26th 3:30-pm) Participants can find a wealth of information, knowledge and support which address the unique needs of individuals having diabetes.

Veterans Support Group (Bimonthly Sat 10-11:30 am Register w/ Alex: 561-303-3154) An outreach program for active & retired military and their families.

Parkinson's Support Group (1st & 3rd Monday May 1st & 15th 12:15-1:15 pm) This Group offers participants a friendly atmosphere to come for mutual support, conversation, and discussions about ways to manage the disease.

Caregiver Support Group (3rd Wednesday May 17th 3:30 pm) Offers a safe and friendly environment, that gives caregivers, family, and friends of persons with debilitating illnesses the opportunity to share information.

Overeaters Anonymous (Every Tuesday 11:00 am) (OA) A 12 step program for people with problems related to food. Anyone with a problematic relationship with food is welcomed.

Alcoholics Anonymous Seniors in Sobriety (Every Thursday 11:30 am) All around us are many seniors that alcohol has robbed of hope, dignity, and the ability to cope. Anyone with a desire to stop drinking are welcome.

EVIDENCED-BASED HEALTH PROMOTION PROGRAMS

Chronic Disease Self-Management Program: A 6-wk program, that meets once a week. Members having different chronic health conditions attend together.

Diabetes Self-Management Workshop: Is held 2½ hours once a week for six weeks. This workshop is for people with Type 2 diabetes.

National Diabetes Prevention Program: A *Lifestyle Change Program* to prevent or delay Type 2 Diabetes.

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

Fall Prevention Program for Older Adults: The goal is to stop the fear of falling cycle, and increase activity levels among community-dwelling older adults.

Food for Life Program: To teach people practical ways to put the power of nutrition to work in their battle against diabetes & other diseases.

Powerful Tools for Caregivers Program: Provide participants with tools and strategies to better handle the unique challenges that caregivers face.

FREE SCREENINGS

Free Alzheimer/Memory Screening Fri May 19th 10:00 am-2 pm *Appointment Only* 561-808-7743

Free Hearing Screening Dr. Cori Walker Thurs. May 18th 1:30-4 pm *Appointment Only* 561-808-7743

Free Amplified Phones Monday, May 15th 1-3 pm *Appointment Only* Call Fred Schott 561-366-7219

Free Blood Pressure Screening @ DCWC *Appointment Only* 561-808-7743