

# June 2017

**For Questions Regarding Classes, Lectures or to RSVP:**  
(561) 808-7743 or Jcassidy@delraycommunitywellness.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
<b>May 29</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>May 30</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 3 pm – Senior Support Group 5:30 pm – Free Tobacco Cessation Program	<b>May 31</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>1</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	<b>2</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Reclaim"	<b>SATURDAY EVENTS</b> Veterans Support Group Bimonthly-Saturday 10 – 11:30 am Details: Alex (561) 303-3154  <b>UPCOMING EVENTS JULY</b>  <b>July Lectures:</b>  <b>What is Mild Cognitive Impairment?</b> Thurs. July 27th 1 pm  Nicholas DePrima, PsyD Neuropsychologist at Palm Beach Neuroscience Institute ----- <b>Understanding Your Medication ?</b>  July 13 <sup>th</sup> , 2017 1 pm  Darren J. Palmer BS-Pharm, MBA Humana Pharmacy  <b>VOLUNTEERS</b>  <b>Delray Community Wellness Center Needs You – Come Volunteer with Us</b> Details Contact: Carol Breiling (707) 365-8008  <b>**PLEASE NOTE**</b> <b>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</b>
<b>5</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm – Parkinson's Support Group 3:00 pm – New Dream Discussion Group*	<b>6</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program	<b>7</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>8</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	<b>9</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Heartbreak Kid"	
<b>12</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:00 pm – Parkinson's Symposium*	<b>13</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – Chronic Pain Support Group 5:30 pm – Free Tobacco Cessation Program	<b>14</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>15</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1:30 pm – "Free Hearing Screening" 1 pm – Lecture-Adventures in Botswana* 3-4 pm – Free BP Screening*	<b>16</b> 10 am – Free Memory Screening* 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Prestige"	
<b>19</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm – Parkinson's Support Group 1:30 pm – Free Amplified/CapTel Phones* 3:00 pm – New Dream Discussion Group*	<b>20</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – New Book Club* 5:30 pm – Free Tobacco Cessation Program	<b>21</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm – Symposium Heart Disease* 3 pm – Caregivers Support Group	<b>22</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1 pm –DCWC Volunteers 3-4 pm – Free BP Screening*	<b>23</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "A kind of Murder"	
<b>26</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3 pm – Wisdom Circle \$2	<b>27</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – Chronic Pain Support Group 3 pm – Senior Support Group 5:30 pm – Free Tobacco Cessation Program	<b>28</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm – Diabetes Support Group	<b>29</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	<b>30</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Serendipity"	

*“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

**Mon. June 12<sup>th</sup> 3 pm 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.

**Wed, June 21<sup>st</sup> 1 pm Cardiology Symposium:** A key strategy for addressing heart disease and stroke is to educate the public and healthcare practitioners about the importance of prevention. When healthcare providers perform consistent risk factor assessments, more patients can be properly diagnosed and medically managed to prevent cardiovascular disease.

**Thurs, June 15<sup>th</sup> 1-pm:** “Botswana A Love Story in the Peace Corps”.

**June 20<sup>th</sup> 1-pm New Book Club:** Open Book Club is for adults to talk about books they have been reading lately. The books can be fiction or non-fiction.

## FITNESS CLASSES

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

**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 June 13<sup>th</sup> & 27<sup>th</sup> 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 June 27<sup>th</sup> 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 June 28<sup>th</sup> 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 June 5<sup>th</sup> & 19<sup>th</sup> 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 June 23<sup>rd</sup> 3:00 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.

## Social Activities

Movies Every Friday 2-4 pm  
Book Club 3rd Tuesday of the Month 1 pm  
Art Classes 1st Tuesday 1 pm (Oct-May)  
Music Activities Date/Time (TBD)  
Wisdom Circle 2nd & 4th Monday 3-pm  
Intellectual Learning Date/Time (TBD)  
Dream Discussion Group 1<sup>st</sup> & 3<sup>rd</sup> Monday 3 pm

## 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 June 16th 10:00 am-2 pm** Appointment Only 561-808-7743

**Free Hearing Screening Dr. Cori Walker Thurs. June 15th 1:30-4 pm** Appointment Only 561-808-7743

**Free Balance & fall Risk Assessments. Nov-Apr.** Appointment Only 561-808-7743

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

**Free Amplified Phones Monday, June 19th 1-3 pm** Appointment Only Call Fred Schott 561-366-7219

**Free CapTel Phones Monday, June 19th 1-3 pm.** Appointment Only Call Micki Oliva 954-415-9469