

# August 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>July 31</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>Aug 1</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 3:30 pm – New Dream Discussion Group 5:30 pm – Free Tobacco Cessation Program	<b>Aug 2</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>Aug 3</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening* 3:30 pm Free Meditation*	<b>Aug 4</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Double"	<b>SATURDAY EVENTS</b>  Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154  <b>UPCOMING EVENTS</b> <b>September</b>  ----- <b>Wednesday September 27<sup>th</sup> 1-3 pm</b>  <b>Lecture: Medical Marijuana</b>  The State of Florida has now legalized the sale and use of Marijuana for Medicinal use, and are developing guidance for doctors and dispensaries. Review current research about its efficacy for many ailments Discover our Endocannabinoid System of natural brain receptors  ----- <b>VOLUNTEERS</b>  Delray Community Wellness Center Needs You –Come Volunteer with Us. Details Contact: 561-808-7743  <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>7</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm – Parkinson's Support Group	<b>8</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>9</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm –Lecture- Low Back Pain/Sciatica*	<b>10</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	<b>11</b> <b>10 am – Silver Sneakers: No Class Today</b> <b>11 am – Silver Sneakers: No Class Today</b> 2 pm – Movie w/ Popcorn: "Todays Special"	
<b>14</b> <b>10 am – Silver Sneakers: No Class Today</b> <b>11 am – Silver Sneakers: No Class Today</b> 12:15 pm – Parkinson's Support Group 3 pm – Wisdom Circle \$2	<b>15</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – New Book Club 3:30 pm – New Dream Discussion Group  5:30 pm – Free Tobacco Cessation Program	<b>16</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm –Lect.- Chiropractic/Acupuncture* 3 pm – Caregivers Support Group	<b>17</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1:30 pm – "Free Hearing Screening" 3:30 pm Free Meditation 3-4 pm – Free BP Screening	<b>18</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "What the Health"	
<b>21</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*	<b>22</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>23</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm – Diabetes Support Group	<b>24</b> 10 am – Free Memory Screening* 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1:00 pm DCWC Volunteers 3-4 pm – Free BP Screening*	<b>25</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "American Violence"	
<b>28</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3 pm – Wisdom Circle \$2	<b>29</b> 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program	<b>30</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>31</b> 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1:00 Lecture: " Gardening Therapy \$ 5*" 3-4 pm – Free BP Screening*	<b>Sept 1</b> 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "TBD"	

*“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

**Wed. Aug 9<sup>th</sup> 1:00 pm: “Low Back Pain/Sciatica”.** Sciatica usually affects only one side of the lower body. Often, the pain extends from the lower back all the way through the back of the thigh and down through the leg. Depending on where the sciatic nerve is affected, the pain may also extend to the foot or toes.

**Wed. Aug 16<sup>th</sup> 1:00 pm: “Chiropractic/Acupuncture”.**  
**Topics of Discussion:** Soft tissue techniques/massage and why we use them, Gentle adjustment techniques How chiropractic can help for maintenance, pain, and the aging process (talk about arthritis) Acupuncture/acupressure.

**Thur. Aug 31<sup>st</sup> 1:00 pm: “Gardening Therapy”**  
Gardening as therapy is ideal as a practice for seniors as much of gardening does not require great strength or exertion. Seniors can work easily in a garden with raised beds, either sitting or standing and working with plants is a good way to improve motor skills after a stroke or other health incident.

## FITNESS CLASSES

**Silver Sneakers Strength & Balance Class (M-W-F 10 am):**  
An aerobics class that’s safe, heart-healthy, and gentle on the joints.

**Silver Sneakers Zumba Gold (M-W-F 11 am):** 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 (T-Th 10 am):** 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 Aug 8<sup>th</sup> & 22nd 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 Aug 22<sup>nd</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 Aug 23<sup>rd</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.

**Pounding out Parkinson's (1st & 3rd Mon Aug 7<sup>th</sup> & 21<sup>st</sup> 12:15-1:15 pm)** This class combines music & light weight drumsticks to exercise & stimulate the body & mind. Also, Provides Discussion/support for all patients w/ neurodegenerative disease.

**Caregiver Support Group (3rd Wednesday Aug 16<sup>th</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 Aug 15<sup>th</sup> 1 pm

Art Classes 1st Tuesday 1 pm (Oct-May)

Wisdom Circle 2nd & 4th Monday Aug 14<sup>th</sup> & 28<sup>th</sup> 3-pm

Intellectual Learning Date/Time (TBD)

Dream Discussion Group 1st & 3rd Tuesday Aug 8<sup>th</sup> & 22<sup>nd</sup> 3:30 pm

Free Meditation Class 1<sup>st</sup> & 3<sup>rd</sup> Aug 3<sup>rd</sup> & 17<sup>th</sup> Thursday 3:30 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 Aug 10:00 am-2 pm** Appointment Only 561-808-7743

**Free Hearing Screening Dr. Cori Walker Thurs. Aug 17th 1:30-4:30 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, Aug 21<sup>st</sup> 1:30-3:30 pm** Appointment Only Call Fred Schott 561-366-7219

**Free CapTel Phones Monday, Aug 21<sup>st</sup> 1:30-3:30 pm.** Appointment Only Call Micki Oliva 954-415-9469