

September 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Aug 28 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm – Wisdom Circle \$2	Aug 29 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program	Aug 30 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	Aug 31 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*	Sept 1 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Check Point"	SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154 UPCOMING EVENTS OCTOBER ----- Lecture: Thurs. Oct 19th 1 pm Alzheimer's/Dementia Dr. Davli is fellowship trained in Parkinson's disease from Columbia University in NY and was formerly Director of the neurology residency program at the University of Chicago School of Medicine. ----- Lecture: Thur. Oct 5th 1 pm Arthritis & Sports Medicine: Dr. Galvez has experienced first-hand how to evaluate, manage and treat athletes to minimize their time out of the game. Whether you are a professional athlete or weekend warrior, Dr. Galvez is able to address pain and injury with innovative treatments. He focuses on providing non-surgical orthopedic joint pain solutions. ----- VOLUNTEERS: DCWC Needs You – Details Contact: 561-808-7743 **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
4  CLOSED Labor Day	5 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 3:30 pm – Writers Circle 5:30 pm – Free Tobacco Cessation Program	6 9 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	7 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3:30 pm Free Meditation 3-4 pm – Free BP Screening* 5:00 pm Meet & Greet	8 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Coffee Shop"	
11 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm – Wisdom Circle \$2 9:00 am -Meet & Greet	12 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – Chronic Pain Support Group 5:30 pm – Free Tobacco Cessation Program	13 9 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm Lecture: Balance-Fall Prevention*	14 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening	15 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Founder"	
18 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*	19 9 am – SS: Classic No Class Today 10 am – SS-Qi Gong No Class Today 11 am – Overeaters Anonymous 1 pm – New Book Club 3:30 pm – Writers Circle 5:30 pm – Free Tobacco Cessation Program	20 9 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3 pm – Caregivers Support Group	21 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1:00 pm DCWC Volunteers 3:30 pm Free Meditation 3-4 pm – Free BP Screening*	22 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Who Gets the Dog"	
25 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm Wisdom Circle \$2 "Safety for Seniors" Lieutenant R. Mager Delray Beach PD	26 9 am – Silver Sneakers: Classic 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	27 9 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm –Lect.- Medical Marijuana 1-3pm* 3:30 pm – Diabetes Support Group	28 10 am – Free Memory Screening* 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	29 10 am – Silver Sneakers: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "Perfect Stranger"	

“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. Sept 13th 1:00 pm: Lecture: Balance-Fall Prevention Do you find that your balance is not what it used to be? Do you find that walking distances becomes tiresome and you may even be using an assistive device such as a cane or walker to get around? The topics that will be presented are balance and fall prevention tips and suggestions.

Wed. Sept 27th 1-3 pm Lecture: Medical Marijuana”
The State of Florida has now legalized the sale and use of Marijuana for Medicinal use, and developing guidance for doctors/dispensaries. An open discussion about the good & bad regarding medical marijuana. What are the potential risks & benefits? What conditions is it purported to help and what risks are associated with use.

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 active older adults, and/or people who are used to exercising.

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!

Silver Sneakers Classic (T-Th 9 am) Designed to increase muscle strength, range of motion and flexibility.

Silver Sneakers Yoga (W-9 am): Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility & balance.

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 Sept 11th & 25th 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 Sept 26th 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 Sept 27th 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 Sept 4th & 18th 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 Sept 20th 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 Sept 19th 1 pm

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

Wisdom Circle 2nd & 4th Monday Sept 11th & 25th 3-pm

Intellectual Learning Date/Time (TBD)

Writers Circle: 1st & 3rd Tuesday Sept 5th & 19th 3:30 pm

Free Meditation Class 1st & 3rd Sept 7th & 21st 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.

QUIT 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 Sept 28th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening Dr. Cori Walker Thurs. Sept 21st 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, Sept 18th 1:30-4:30 pm Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Monday, Sept 18th 1:30-4:30 pm. Appointment Only Call Micki Oliva 954-415-9469