

# January 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
<b>Jan 1</b>  Closed	<b>Jan 2</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous	<b>Jan 3</b> 8:45 am – SS-Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	<b>Jan 4</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1-4 pm – Free Balance & Fall Assessment* 3:30 pm Free Meditation	<b>Jan 5</b> 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm Grief Support 2 pm – Movie w/ Popcorn: "Sahara"	<b>SATURDAY EVENTS</b> Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154 <hr/> <b>Coming in February</b>  <b>Thursday Feb 15th 2018 12-1 pm</b>  <b>Lecture: Diabetes &amp; Endocrinology</b>  William A. Shapse M.D. <hr/> <b>Monday Feb 19th 1 pm</b>  Using BEMER every day in combination with the sleep program is the formula for the best results. Just two 8-minute sessions per day are needed to improve your circulation. It is that easy to enhance your physical well-being.
<b>8</b> 8:45 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 3:30 pm Wisdom Circle \$2	<b>9</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1-3 pm Art Class \$5* 1 pm – Chronic Pain Support Group 5:30 pm – Free Tobacco Cessation Program	<b>10</b> 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	<b>11</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety	<b>12</b> 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Details"	
<b>15</b> 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:30 pm – Free Amplified/CapTel Phones*	<b>16</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – New Book Club 5:30 pm – Free Tobacco Cessation Program	<b>17</b> 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1:30 pm Lec." Holistic Healthcare* 3 pm – Caregivers Support Group	<b>18</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1-4 pm – Free Hearing Screening* 3:30 pm Free Meditation	<b>19</b> 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 10 am- 2 pm – Free Memory Screen* 12:15 pm Grief Support 2 pm – Movie w/ Popcorn: "Shimmer Lake"	
<b>22</b> 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm Wisdom Circle \$2	<b>23</b> 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	<b>24</b> 8:45 am – SS Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1:30 pm Lecture: Osteoporosis & Fracture Dr. Moll * 3:30 pm – Diabetes Support Group	<b>25</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 1 pm Lecture: "Diabetes" Dr. Barish* 3:30 pm Free Meditation	<b>26</b> 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm Grief Support 2 pm – Movie w/ Popcorn: "While You Were Sleeping"	
<b>29</b> 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	<b>30</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program	<b>31</b> 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1-pm DCWC Volunteers	<b>Feb 1</b> 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	<b>Feb 2</b> 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm Grief Support 2 pm – Movie w/ Popcorn:	

*“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

**Lecture: Diabetes Thur. Jan 25th 1 pm** Dr. Barish. In the U.S., more seniors have diabetes than any other age group. With age comes an increased risk for specific complications that require diligence and care to properly mitigate them.

**Lecture: “What is Preventative Holistic Healthcare?”**  
“Wed Jan 17<sup>th</sup> 1:30 pm. Dr. Steve Lanoff. It’s an ongoing form of healing that considers the whole person-, mind, spirit and emotions- in the quest for achieving your optimal health & wellness.

**Lecture: “Osteoporosis & Fracture”. Wed Jan 24<sup>th</sup> 1:30 pm** Dr. Moll. Learn to recognize signs of osteoporosis and how to protect yourself from dangerous falls & fractures.

## 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 Jan-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 Dec 12<sup>th</sup> & 26<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 (4<sup>th</sup> Tuesday Dec 26<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 (Wednesday Dec 13<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.

**Caregiver Support Group (3rd Wednesday Dec 20<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 Jan 16<sup>th</sup> 1 pm

Art Classes 1st Tuesday Jan 9<sup>th</sup> 1 pm \$5

Wisdom Circle 2nd & 4th Monday Jan 8<sup>th</sup> & 22<sup>nd</sup> 3-pm

Intellectual Learning Date/Time (TBD)

Free Meditation Class 1<sup>st</sup> & 3<sup>rd</sup> Thursday Jan 4<sup>th</sup> & 18<sup>th</sup> 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 Screenings Tues-Dec 19th 10:00 am-2 pm**  
Appointment Only 561-808-7743

**Free Hearing Screening Dr. Walker Thurs-Dec 21st 1:30-4:30 pm**  
Appointment Only 561-808-7743

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

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

**Free Amplified Phones Monday, Dec 18th 1:30-4:30 pm** Appointment  
Only Call Fred Schott 561-366-7219

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