

January 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Jan 1  Closed	Jan 2 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous	Jan 3 8:45 am – SS-Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	Jan 4 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	Jan 5 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm Grief Support 2 pm – Movie w/ Popcorn: "Sahara"	SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154 <hr/> Coming in February Thursday Feb 15th 2018 12-1 pm Lecture: Diabetes & Endocrinology William A. Shapse M.D. <hr/> Monday Feb 19th 1 pm  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.
8 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	9 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	10 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	11 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety	12 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 2 pm – Movie w/ Popcorn: "The Details"	
15 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*	16 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	17 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	18 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	19 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"	
22 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:30 pm Wisdom Circle \$2	23 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	24 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	25 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	26 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"	
29 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold	30 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 5:30 pm – Free Tobacco Cessation Program	31 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1-pm DCWC Volunteers	Feb 1 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3-4 pm – Free BP Screening*	Feb 2 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 17th 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 24th 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 12th & 26th 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 (4th Tuesday Dec 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 (Wednesday Dec 13th 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 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 Jan 16th 1 pm

Art Classes 1st Tuesday Jan 9th 1 pm \$5

Wisdom Circle 2nd & 4th Monday Jan 8th & 22nd 3-pm

Intellectual Learning Date/Time (TBD)

Free Meditation Class 1st & 3rd Thursday Jan 4th & 18th 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