

February 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 29 8:45 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold	Jan 30 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous	Jan 31 8:45 am – SS-Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	Feb 1 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 3:30 pm Free Meditation	Feb 2 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm– SS: Chair Yoga 2 pm – Movie w/Popcorn: "21"	<p>SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154</p> <hr/> <p>Coming in March</p> <p>Lecture: Wed March 7th 1:30 pm</p> <p>"Effective Decision Making and the Psychology of Change"</p> <p>Ann Meyerson Ph.D. Ann Meyerson has been a Transition Counselor since 1985. She specializes in Assisting Seniors and Their Families with all aspects of the transition process. Dr Meyerson received a MEd in Counseling from the University of Maryland and a PhD in Educational Leadership from Georgia State University.</p> <hr/> <p>Lecture: Mon Mar 12th 1-pm</p> <p>"Humor, laughter & Living Longer"</p> <p>Anne Goldberg "The Savvy Senior": Anne is a powerful and impassioned speaker who is your investigative journalist, providing all the most current science, research, tips and tools to help you create a happy, healthy extended lifespan.</p> <hr/> <p>**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</p>
5 8:45 am – Silver Sneakers: Chair Yoga 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold	6 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1-3 pm Art Class \$5* 5:30 pm – Free Tobacco Cessation Program	7 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Bal 11 am – SS: Zumba Gold	8 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety	9 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm– SS: Chair Yoga 2 pm – Movie w/Popcorn: "License to Wed"	
12 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:00 pm Wisdom Circle \$2	13 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 12-pm Lec; Dr. Shapse -Diabetes & Endocrin. 1:00 pm Sit & Sew 5:30 pm – Free Tobacco Cessation Program	14 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1:30 pm – Free Amplified/CapTel Phones* 	15 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	16 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 9am-12 pm – Free Balance & Fall Assessment* 2 pm – Movie w/Popcorn: "I Give it a Year"	
19 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 1:00 pm Bemer Free Therapy/Demonstration* 	20 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11 am – Overeaters Anonymous 1 pm – New Book Club 3 pm – Senior Support Group 10 am- 2 pm – Free Memory Screen*	21 8:45 am – SS Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold	22 9 am – Silver Sneakers: Classic 10 am – Silver Sneakers: Qi Gong 11:30 am – AA: Seniors in Sobriety 2:00 pm lecture: Six Dimensions Wellness- Dr. Cassidy*	23 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 12:15 pm– SS: Chair Yoga 2 pm – Movie w/ Popcorn: "Taken"	
26 8:45 am – Silver Sneakers: Chair Yoga 10 am – SS: Stretch / Balance 11 am – Silver Sneakers: Zumba Gold 3:00 pm Wisdom Circle \$2	27 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	28 8:45 am – SS: Chair Yoga 10 am – SS: Stretch / Balance 11 am – SS: Zumba Gold 1:30-pm lecture; "PBC PACE PROGRAM" Dr. Ivan Merkelj- MorseLife* 3:30 pm – Diabetes Support Group	Mar 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*	Mar 2 10 am – Silver Sneakers: Stretch / Bal 11 am – Silver Sneakers: Zumba Gold 12:15 pm– SS: Chair Yoga 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 Thursday Feb 15th 12:30 pm: “Diabetes & Endocrinology”. Dr. Shapse completed a fellowship at the Joslin Diabetes Center in Boston, MA where he pursued his training in Diabetes and Endocrinology. Dr. Shapse can design personalized treatment plans, which may include using insulin or other medications, and often involve making lifestyle changes in diet and physical activity. Stressing preventive care,

Free Therapy/Demonstration Mon 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.

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 (M-W-8:45 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 (4th Tuesday Feb 27th 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 Feb 27th 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 Feb 28th 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 Feb 21st 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 Feb 20th 1 pm

Art Classes 1st Tuesday Feb 6th 1 pm \$5

Sit & Sew 2nd Tuesday Feb 13th 1-pm

Wisdom Circle 2nd & 4th Monday Feb 12th & 26th 3-pm

Intellectual Learning Date/Time (TBD)

Free Meditation Class 1st & 3rd Thursday Feb 1st & 15th 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 Screenings Fri-Feb 16th 10:00 am-2 pm
Appointment Only 561-808-7743

Free Hearing Screening Dr. Walker Thurs-Feb 16th 1:30-4:30 pm
Appointment Only 561-808-7743

Free Balance & fall Risk Assessments. Fri Feb 16th 9am-12 pm. Appointment Only 561-808-7743

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

Free Amplified Phones Wednesday, Feb 14th 1:30-4:30 pm Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Wednesday, Feb 16th 1:30-4:30 pm. Appointment Only Call Micki Oliva 954-415-9469