

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
26 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	Feb 27 11 am – Overeaters Anonymous 3:15 pm – Chronic Pain Support group 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	Feb 28 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	Mar 1 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm Free Meditation	Mar 2 10 am – Silver Sneakers: Stretch Balance 11 am – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Alive"	<p>SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154</p> <hr/> <p>Coming in April</p> <p>Friday Apr 13th, 2018 @ 11 am</p> <p>Delray Fire Rescue EMS, Medical Alert Devices & Free BP Screening</p> <p>The EMS division is responsible for providing Pre-hospital Emergency Medical care & transportation for ill and injured residents and visitors in the City of Delray. Personal emergency alert devices, can help older adults to remain independent in their own homes.</p> <hr/> <p>Wednesday Apr 25th 11 am Dr. Audrey Liu "Current vaccination recommendations for seniors"?</p> <p>In the US, vaccine-preventable infections kill more individuals annually than HIV/AIDS, breast cancer, or traffic accidents. Approximately 50,000 adults die each year from vaccine-preventable diseases in the US</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 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	6 10:30 am-12:30 pm Art Class \$5* 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	7 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	8 10:00 am – Free Tobacco Cessation Program 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:15 pm Wisdom Circle	9 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Dirty Money"	
12 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga 4:30 pm lecture: "Humor, Laughter & Living Longer Anne Goldberg*"	13 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm Sit & Sew	14 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	15 10:00 am – Free Tobacco Cessation Program 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm Free Meditation 1-4 pm – Free Hearing Screening*	16 11:00 pm lecture: "Effective Decision Making and the Psychology of Change*" 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Stone"	
19 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga 9:30 pm – Free Amplified/CapTel Phones*	20 10 am- 2 pm – Free Memory Screening* 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm – New Book Club	21 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	22 10:00 am – Free Tobacco Cessation Program 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:15 pm Wisdom Circle	23 9am-12 pm – Free Balance & Fall Screening* 11:00 am "Trader Joe's Healthy Eating Class*" 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie: "The Open House"	
26 11 am – Senior Support Group 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	27 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:15 pm – Chronic Pain Support Group	28 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold 4:15 pm – Diabetes Support Group	Mar 29 10:00 am – Free Tobacco Cessation Program 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	Mar 30 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie: "Americas Sweethearts"	

"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

Traders Joes Healthy Eating Class! Friday March 23rd 11 am. Learn about how this supermarket chain carefully selects the products they sell and often sells items in sizes that make sense for small families or single people. Trader Joe's also carries a wide variety of organic and GMO-free foods, which makes them a popular alternative to pricier specialty stores. The chain is also on top of food trends and health news;

Lecture: "Humor, Laughter & Living Longer* Mon Mar 12th 4:30 pm: This fun class is a walk with laughter and its myriad health benefits.

lecture: "Effective Decision Making & the Psychology of Change" Wed Mar 7th 1:30 pm: Identify the steps involved in the decision-making process.

FITNESS CLASSES (Non-Silver Sneakers \$7)

Silver Sneakers Strength & Balance Class (M-F 12:15 pm, Wed 1:15 pm): An exercise class that's safe, heart-healthy, and gentle on your joints. **Angel.**

Silver Sneakers Zumba Gold (M-F 1:15 pm, Wed 2:15 pm): For active older adults, and people who are used to exercising. **Angel.**

Silver Sneakers Classic (T-Th 1:15 pm) Designed to increase muscle strength, range of motion, flexibility. **Dan**

Silver Sneakers Qi Gong (T-Th 2:15 pm): 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! **Dan**

Silver Sneakers Yoga (M 3:15 pm): Chair support is offered so you can perform a variety of seated & standing postures designed to increase balance/flex. **Eva**

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. **Dr. Cassidy**

SUPPORT GROUPS

Chronic Pain Support Group (4th Tuesday Mar 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 Mar 27th 3:00 pm) The Group offers companionship, understanding, & learning opportunities, and can make a tremendous difference in how well older adults cope.

Diabetes Support Group (4th Wednesday Mar 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.

Parkinson's Support Group (1st & 3rd Monday Mar 5th & 19th 12:15-1:15 pm) This Group offers participants a friendly atmosphere to come for mutual support, conversation, and discussions about ways to manage the disease.

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 2:15- pm
Book Club 3rd Tuesday of the Month Mar 20th 3:30 pm
Art Classes 1st Tuesday Mar 6th 10:30 am-12:30 pm \$5
Sit & Sew 2nd Tuesday Mar 13th 3:30-pm
Wisdom Circle 2nd & 4th Thursday Mar 8th & 22nd 3:15 -pm
Intellectual Learning Date/Time (TBD)
Free Meditation Class 1st & 3rd Thursday Mar 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 Memory Screenings Tues-Mar 20th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening Thurs-Mar 15th 1:30-4:30 pm Appointment Only 561-808-7743

Free Balance & fall Risk Assessments. Fri Mar 23rd 9am-12 pm. Appointment Only 561-808-7743

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

Free Amplified Phones Mon, Mar 19th 1:30-4:30 pm Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Mon, Mar 19th 1:30-4:30 pm. Appointment Only Call Micki Oliva 954-415-9469