

April 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Apr 2 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	Apr 3 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	Apr 4 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	Apr 5 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	Apr 6 10 am – Silver Sneakers: Stretch Balance 11 am – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "When We First Met"	<p>SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154</p> <hr/> <p>Coming in May</p> <p>Chronic Illness and the Twelve Steps: A Practical Approach to Spiritual Resilience</p> <p>Every 4th Tuesday 3:15 pm</p> <hr/> <p>Friday May 11th @ 11 am</p> <p>Anne Myerson PhD</p> <p>Lecture: "Hoarding"</p> <p>The truth about Hoarding and the emotional factors causing this condition are analyzed by a Transitional Counselor. From actual cases with photographs, the different kinds of hoarding will be presented and strategies for intervention will be offered.</p> <p>Free Balance Screening Apt. 561-808-7743* Physical Therapy Institute</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>
9 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	10 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm– Silver Sneakers: Qi Gong 3::30 pm Sit & Sew	11 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	12 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	13 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Wind River" 11 am Delray Fire Rescue EMS " Medical Alert Devices & Free BP Screening*"	
16 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	17 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm– Silver Sneakers: Qi Gong 3:30 pm – New Book Club	18 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	19 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*	20 10 am- 2 pm – Free Memory Screening* 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Zootopia"	
23 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	24 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm– Silver Sneakers: Qi Gong 3:15 pm – Chronic Pain Support group* *	25 11 am Dr. Liu "Current vaccination recommendations for seniors"?* 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	26 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 2:00 pm Physical & Social Wellness Dr. Cassidy* 3:15 pm Wisdom Circle	27 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie: "Bridget Jones's baby"	
30 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*	May 1 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm– Silver Sneakers: Qi Gong	May 2 12-1 pm Physician Lunch 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	May 3 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	May 4 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie: TBD	

"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: Fri Apr 13th 11 am. Delray Beach Fire Rescue, 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 Beach. Personal emergency alert devices, can help older adults to remain independent and in their own homes.

Lecture: Wed Apr 25th 11 am Dr. Liu-"Current vaccination recommendations for seniors"? 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

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 Apr 24th 3:15 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 Monday Apr 23rd 11 am) The Group offers companionship, understanding, & learning opportunities, and can make a tremendous difference in how well older adults cope.

Diabetes Support Group (4th Wednesday Apr 25th 4:15-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.

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 Apr 17th 3:30 pm
Sit & Sew 2nd Tuesday Apr 10th 3:30-pm
Wisdom Circle 2nd & 4th Thursday Apr 12th & 26th 3:15 -pm
Free Meditation Class 1st & 3rd Thursday Apr 5th & 19th 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 Fri-Apr 20th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening Thurs-Apr 19th 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, Apr 30th 9:30-11:30 am Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Mon, Apr 30th 9:30-11:30 am. Appointment Only Call Micki Oliva 954-415-9469