

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Apr 30 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	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 (Private) 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 3:30 pm Free Meditation	May 4 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "6 Days"	<p>SATURDAY EVENTS Veterans Support Group Bimonthly-Saturday 10 - 11:30 am Details: Alex (561) 303-3154</p> <hr/> <p>Coming in June</p> <p>June 8th, 2018 11 am Lecture; "Is your Food, Food" Anne Goldberg</p> <p>You may be surprised to learn that even natural foods can wreak havoc with your health. Learn to distinguish foods that support health & food that does not!</p> <p>June 15, 2018 11 am Lecture: "Create New Work After 50". Rosemary Nixon Encore PBC</p> <p>The new landscape of retirement-PEW Research 4 myths of aging & retirement The challenge here in Florida</p> <hr/> <p>June 22nd 11 am</p> <p>Lecture: Trilogy Home Health</p> <p>Medicare certified home healthcare agency, providing comprehensive in-home clinical care to our patients.</p> <p>"Free Smoothies"</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>
7 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga (cancelled)	8 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm Needlecrafters Club	9 12-1 pm Physician Lunch (Private) 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	10 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	11 11-am Lecture: "Hoarding" A. Myerson PhD * 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie w/ Popcorn: "Up In The Air"	
14 11 am – Senior Support Group 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Lecture: Chair yoga safely improves senior health Eva Montalvo*	15 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm – New Book Club	16 12-1 pm Physician Lunch (Private) 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	17 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*	18 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: "Extract"	
21 9:30 am – Free Amplified/CapTel Phones* 12:15 pm – Silver Sneakers: Stretch / Balance 1:15 pm – Silver Sneakers: Zumba Gold 3:15 pm – Silver Sneakers: Chair Yoga	22 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:15 pm – Chronic Pain Support group Guest Speaker PT- FL Movement Therapy*	23 12-1 pm Physician Lunch (Private) 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold 4:15 pm – Diabetes Support Group	24 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	25 12:15 pm – Silver Sneakers: Stretch Balance 1:15 pm – Silver Sneakers: Zumba Gold 2:15 pm – Movie: "Body of Lies"	
28 Closed  <p>MEMORIAL DAY</p>	29 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	30 12-1 pm Physician Lunch (Private) 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Zumba Gold	31 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 Lecture: Intellectual-Occupational Wellness Dr. Cassidy*	June 1 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: Friday May 11th @ 11 am "Hoarding": The truth about Hoarding & the emotional factors causing this condition are analyzed by a LCSW. Anne Myerson PhD

Lecture: Thurs May 31st- 11 am "Intellectual-Occupational Wellness" Dr. Cassidy: The intellectual dimension recognizes one's creative, stimulating mental activities. The occupational dimension recognizes personal satisfaction & enrichment in one's life through work.

Lecture: Tues. May 22nd- 3:15 pm "Manage Chronic Pain w/ the Help of a Physical Therapist!!! Chronic pain, which is defined as pain that lasts for several months, or in some cases, years, affects at least 116 million Americans. Physical therapists play an important role in managing chronic pain.

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 May 22nd 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 (3rd Monday May 21st 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 May 23rd 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.

Grief Support Group coming in June: This special group focuses on seniors helping seniors as they heal through the loss of a loved one. Participants should be interested in sharing openly and providing support to one another. The group is ongoing, and individuals are encouraged to come as often as they need, for as long as they need.

Social Activities

Movies Every Friday 2:15- pm
Book Club 3rd Tuesday of the Month May 15th 3:30 pm
Delray needlecrafters 2nd Tuesday May 8th 3:30-pm
Wisdom Circle 2nd & 4th Thursday May 10th & 24th 3:15 -pm
Free Meditation Class 1st & 3rd Thursday May 3rd & 17th 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-May 18th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening Thurs-May 17th 1:30-4:30 pm Appointment Only 561-808-7743

Free Balance & fall Risk Assessments. May (TBD) 9am-12 pm. Appointment Only 561-808-7743

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

Free Amplified Phones Mon, May 21st 9:30-11:30 am Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Mon, May 21st 9:30-11:30 am. Appointment Only Call Micki Oliva 954-415-9469