


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
May 28 Closed  MEMORIAL DAY	May 29 11 am – Overeaters Anonymous 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	May 30 12-1 pm Physician Lunch (Private) 1:15 pm Silver Sneakers: Stretch / Balance 2:15 pm – Silver Sneakers: Circuit	May 31 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	June 1 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Movie w/ Popcorn: "The Week Of"	<hr/> <p align="center">-Coming in July</p> <p align="center">Lecture Friday July 13th 11 am</p> <p align="center">Bladder Matters For Men & Women</p> <p>What I wish I knew About Pelvic Floor Health!!</p> <p>Katherine Levy, and experienced Urology LPN will speak on Bladder & Pelvic Floor Health as well as biofeedback & other techniques to strengthen pelvic floor muscles. Learn how to fortify and control some bladder functions as you enjoy an active life.</p> <hr/> <p align="center">Lecture Friday July 20th 11 am</p> <p align="center">Protecting you Home & Property ID Theft id Deed Fraud</p> <p>Learn about deed Fraud or "House Stealing"-whether a deed is a forgery, or someone is assuming your identity & transferring YOUR property into their name.</p> <p align="center">Presented By Michele M. Lenoff Lenoff and Lenoff, P.A. Attorneys at Law</p> <hr/> <p align="center">**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>
4 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance Cardio 2:15 pm – Silver Sneakers: Chair Yoga	5 11 am – Overeaters Anonymous 12:15 pm – Silver Sneakers: Chair Yoga 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong	6 12-1 pm Physician Lunch (Private) 1:15 pm SS Strength & Balance Beginners 2:15 pm – SS Advanced Strength Balance Cardio	7 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	8 11-am Lecture: Is your Food, Food Anne Goldberg 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Movie w/ Popcorn: "24 Hours to Live"	
11 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Silver Sneakers: Chair Yoga	12 11 am – Overeaters Anonymous 12:15 pm – Silver Sneakers: Chair Yoga 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm Needlecrafters Club	13 10 am – Grief Support Group 12-1 pm Physician Lunch (Private) 1:15 pm SS Strength & Balance Beginners 2:15 pm – SS Advanced Strength Balance Cardio	14 10 am- Free Memory Screening* 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	15 11-am Lecture: "Create New Work after 50" Rosemary Nixon Encore PBC 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Movie: "I'm not an easy Man"	
18 9:30 am – Free Tobacco Cessation Program* 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Silver Sneakers: Chair Yoga	19 11 am – Overeaters Anonymous 12:15 pm – Silver Sneakers: Chair Yoga 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:30 pm – New Book Club	20 9:30 am – Free Amplified/CapTel Phones* 12-1 pm Physician Lunch (Private) 1:15 pm SS Strength & Balance Beginners 2:15 pm – SS Advanced Strength Balance Cardio	21 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*	22 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Movie: "Vengeance"	
25 11 am – Senior Support Group 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Silver Sneakers: Chair Yoga 3:15 pm – Diabetes Support Group* Guest Speaker, Debby Walters DCPBC	26 11 am – Overeaters Anonymous 12:15 pm – Silver Sneakers: Chair Yoga 1:15 pm – Silver Sneakers: Classic 2:15 pm – Silver Sneakers: Qi Gong 3:15 pm – Chronic Pain Support group	27 12-1 pm Physician Lunch (Private) 1:15 pm SS Strength & Balance Beginners 2:15 pm – SS Advanced Strength Balance Cardio	28 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	29 12:15 pm SS Strength & Balance Beginners 1:15 pm – SS Advanced Strength Balance & Cardio 2:15 pm – Movie: "The Meyerowitz Stories"	

"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 June 8th @ 11:00 am “Is your Food”, Food by Anne Goldberg*. Come learn about The Standard American Diet (acronym is appropriately SAD) is filled with substances that we eat but that don't resemble food once they hit our digestive system. Our bodies don't know what to do with chemical additives, pesticides, herbicides, preservatives, artificial colors and other laboratory-made ingredients.

Lecture: Friday June 15th, 11 am “Create New Work after 50 Rosemary Nixon Encore PBC. Come learn about the new landscape of retirement-PEW research, 4 myths of aging & retirement and the challenge here in Florida. Learn why Rosemary Nixon is qualified to talk about creating new careers.

CLASSES (Non-Silver Sneakers \$7).

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

SS Strength & Balance Class Advanced: (M & F 1:15 pm, Wed 2:15 pm): Standing & sitting low-impact choreography alternated with full body strength & cardio workout. Class will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, coordination & balance!

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 2:15, TUES 12:15 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 Nov-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 June 26th 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 June 25th 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 Monday June 25th 3:15 pm) Participants can find a wealth of information, knowledge and support which address the unique needs of individuals having diabetes.

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 (2nd Wednesday June 13th 10 am): 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.

Lecture; Monday June 25th 3:15 pm Debby Walters ED Diabetes Coalition PBC. Debby currently serves as the Executive Director of the Diabetes Coalition of Palm Beach County. The Diabetes Coalition is a voluntary nonprofit alliance of over 50 health care organizations and community partners working together to prevent diabetes and improve the lives of people living with the disease, and those touched by it through awareness, education, advocacy, and access to care. Our vision is to have Palm Beach County recognized as a national model for controlling and preventing the incidence of diabetes. **Free A1c testing**

Social Activities

Movies Every Friday 2:15- pm
Book Club 3rd Tuesday of the Month June 19th 3:30 pm
Delray needlecrafters 2nd Tuesday June 12th 3:30-pm
Wisdom Circle 2nd & 4th Thursday June 14th & 28th 3:15 -pm
Free Meditation Class 1st & 3rd Thursday June 7th & 21st 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 Thur. June 14th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening Thurs June 21st 1:30-4:30 pm Appointment Only 561-808-7743

Free Balance & fall Risk Assessments. Nov-Apr. Appointment Only 561-808-7743

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

Free Amplified Phones Wed, June 20th 9:30-11:30 am Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Wed, June 20th 9:30-11:30 am. Appointment Only Call Micki Oliva 954-415-9469