


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
July 2 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga cancelled	July 3 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga cancelled 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:30 pm Needlecrafters Club	July 4 CLOSED 	July 5 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:30 pm Free Meditation	July 6 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie w/ Popcorn: “Next”	<hr/> <p align="center">--Coming in August</p> <p align="center">Lecture: Fri Aug 17th @ 11 am</p> <p align="center">Lymphedema Therapy & Swelling Reduction</p> <p align="center">Pam Cohen RPT-CLT/LANA</p> <p>Lymphedema therapy focuses on the treatment of Lymphedema, Venous Insufficiency, chronic swelling and post-surgical swelling.</p> <hr/> <p align="center">Lecture Mon Aug 6th @ 11 am</p> <p align="center">Brain Training for Memory Free lunch & Learn</p> <p>With every passing year, it can be difficult not to fret about future memory loss and whether or not you are showing signs. Memory problems and cognitive impairment are thought to be synonymous with aging. However, new research shows that is not necessarily true. In fact, we now know it is possible to grow your brain and address the effects of aging in a few months' time.</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>
9 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva)	10 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:15 pm – Chronic Pain Support group	11 10 am– Grief Support Group 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength, Cardio (Angel)	12 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:15 pm Wisdom Circle	13 11-am Lecture: Bladder Matters for Men & Women K. Levy LPN Urology* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie w/ Popcorn: “Some Kind of Beautiful”	
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23 11 am– Senior Support Group 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva) 3:15 pm – Diabetes Support Group	24 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:15 pm – Chronic Pain Support group	25 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners cancelled 2:15 pm Advanced Strength, Cardio cancelled	26 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan) 3:15 pm Wisdom Circle	27 9:30 am – Free Amplified/CapTel Phones* 12:15 pm Strength, Balance Beginners cancelled 1:15 pm Advanced Strength, Cardio cancelled 2:15 pm – Movie w/ Popcorn: “The Family Man”	
30 9:30 am – Free Tobacco Cessation Program* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva)	31 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan)	Aug 1 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength, Cardio (Angel)	Aug 2 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Dan) 2:15 pm– Silver Sneakers: Qi Gong (Dan)	Aug 3 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie w/ Popcorn: 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 July 13th @ 11:00 am “Bladder Matters for Men & Women”. 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. Explore exercise to tone & tighten these muscles Find out what Medicare covers.

Lecture: Friday July 20th, 11 am “Protecting your Home & Property ID Theft & Deed Fraud 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. Presented By Michele M. Lenoff of Lenoff and Lenoff, P.A. Attorneys at Law

Exercise CLASSES (Non-Silver Sneakers \$7).

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.**

Strength, Balance & Cardio Advanced: (M & F 1:15 pm, W 2:15 pm): Standing & sitting low-impact choreography alternated with full body strength & cardio workout. The Class will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, coordination & balance! **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 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: 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 July 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 July 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 Monday July 23rd 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 July 11th 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.

Social Activities

Movies Every Friday 2:15- pm
Book Club 3rd Tuesday of the Month July 17th 3:30 pm
Delray needlecrafters 2nd Tuesday July 10th 3:30-pm
Wisdom Circle 2nd & 4th Thursday July 12th & 26th 3:15 -pm
Free Meditation Class 1st & 3rd Thursday July 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. July 20th 10:00 am-2 pm Appointment Only 561-808-7743

Free Hearing Screening 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 Fri, July 27th 9:30-11:30 am Appointment Only Call Fred Schott 561-366-7219

Free CapTel Phones Fri, July 27th 9:30-11:30 am. Appointment Only Call Micki Oliva 954-415-9469