

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Feb 25 10 am Caregiver support group (PPC-Only) 12:15 pm Strength & Balance Beginners 1:15 pm Advanced Strength Balance Cardio 2:15 pm – Chair Yoga (Eva)	Feb 26 1:30 pm – SS-Classic (Rosa) 2:30 pm SS- Stability (Sharon) 3:30 pm – Chronic Pain Support group	Feb 27 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	Feb 28 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa)	Mar 1 9-11:30 Diabetes Self-Management (P 12:15 pm Strength & Balance Beginner 1:15 pm Advanced Strength Balance Cardio 2:15 pm –	<p>AARP Safe Driver Course Saturday March 30th, 2019 8:45 am</p> <hr/> <p><u>Coming April 2019</u></p> <p>Tuesday April 30th 12:15 pm</p> <p>Lecture: Constipation Occurrence of constipation is much common in elderly people. Constipation is described as incomplete and irregular bowel movements that results in straining while expelling stools. Other important signs of constipation include extremely hard stools, abdominal muscle cramps and unproductive urges.</p> <p>Audrey Liu MD Audrey Liu, M.D. is a Board-Certified Internal Medicine Physician with over 11 years of practice. With a B.A. in Molecular Biology from Princeton University, Dr. Liu received her M.D. degree from Columbia University College of Physicians and Surgeons in 2003. In addition to her impressive Ivy League education, Dr. Liu completed her residency in 2006 at Yale-New Haven Hospital.</p> <p>Reg: 561-808-7743</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) 561-808-7743</p>
Mar 4 10 am Patient Portal training-Gasen* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva)	5 1:30 pm – SS-Classic (Rosa) 2:30 pm SS- Stability (Sharon) 3:30 pm Diabetes Support group (PPC Only)	6 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	7 11:30 am – AA: Seniors in Sobriety 1:30 pm – SS-Classic (Rosa) 2:30 pm SS- Stability (Sharon) 3:30 pm Meditation	8 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	
11 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva) 3:15 Tai-Chi memory (Josie)	12 1:30 pm – Silver Sneaker: Classic (Rosa) 2:30 pm SS- Stability (Sharon) 3:30 pm – Chronic Pain Support group	13 10 am– Grief Support Group (PPC-Only) 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	14 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa) 2:30 pm SS- Stability (Sharon)	15 10:00 am United Healthcare Workshop 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	
18 10 am Patient Portal training-Gasen* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva)	19 12:15 Lecture: Emotional/Spiritual Wellness. Dr. Cassidy (PPC only) 1:30 pm – Silver Sneaker: Classic (Rosa) 2:30 pm SS- Stability (Sharon)	20 9:00 -11:30 am – Free Amp/CapTel Phones* 12-1 pm Physician Lunch (Private) 1:15 Strength & Balance Beginners (Angel) 2:15 pm Advanced Strength &	21 10 am Humana Ins. Workshop 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa) 2:30 pm SS- Stability (Sharon)	22 12:15 Strength & Balance Beginners 1:15 Advanced Strength, Cardio 11 am Lecture “Hypertension” Dr. Tatyana Aliyeva	
25 10 am Caregiver support group (PPC-Only) 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	26 12:15 March Birthday Party (PPC only) 1:30 pm – Silver Sneaker: Classic (Rosa) 2:30 pm SS- Stability (Sharon) 3:30 pm – Chronic Pain Support	27 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	28 9:00 am Tobacco cessation*(PPC-Only) 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa)	Mar 29 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	

SilverSneakers is a fitness program for seniors that's included with many Medicare Advantage plans. Silver Sneakers helps millions of people on Medicare defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" . We also offer fitness classes for all abilities led by our SilverSneakers trained instructors. **So what are you waiting for?**

Exercise: (Classes for Silver Sneaker members Only).

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.**

Advanced Strength & Balance: (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**

SS Classic (T & Th 1:15 pm) Designed to increase muscle strength, range of motion & flexibility (**Rosa**)

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**

Silver Sneaker Stability T-Tr 2:30 pm. Designed to help you become stronger and improve balance. The movements are specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. (**Sharon**)

Silver Sneaker Tai Chi Memory Researchers have shown that regular practice of Tai Chi **increases brain volume**, augments memory and thinking skills, and may combat dementia. **Josephine**

SUPPORT GROUPS

Chronic Pain Support Group (2nd - 4th Tuesday Mar 12th & 26th 3:30 pm) For Anyone who is living w/ ongoing pain. We provide support, validation, and education in basic pain management & life skills.

Caregiver Support Group (4th Monday Mar 25th 10 am) (PPC-Only) Offers a safe and friendly environment, that gives caregivers, family, and friends of persons with debilitating illnesses the opportunity to share information.

Diabetes Support Group ((1st Tues Mar 5th 3:30 pm) Participants can find a wealth of information, knowledge and support which address the unique needs of individuals having diabetes. * (PPC-Only)

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 Mar 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. * (PPC-Only)

LECTURES/EVENTS

Lecture; "Hypertension "Dr. Tatyana Aliyeva. Mar22nd 11:00 am. High blood pressure is common in the elderly and can cause many serious health issues. It's important to understand the causes of high blood pressure in elderly people, and how you can treat and prevent it.

Lecture: Emotional/Spiritual Wellness. Dr. Cassidy Tuesday Mar 19th @ 12:15 pm (PPC only) Overall, Americans are not in a great state of health. One of the contributing factors is that most people link health exclusively to the physical body. While the physical body is important, when we only associate health with our physical body, we fail to recognize other factors that contribute to our overall well-being. Most ancient cultures pointed to a connection between body, mind, and spirit and recognized that each composed a part of the whole. Now, integrative medicine and health psychology are beginning to recognize that health is influenced not only by the physical body but the spiritual, mental, and emotional bodies, too.

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. * (PPC-Only)

Diabetes Self-Management Workshop: Is held 2½ hours once a week for six weeks. This workshop is for people with Type 2 diabetes. * (PPC-Only)

IQUIT Tobacco Cessation: This program offers education on the health effects related to tobacco use & the benefits of quitting. * (PPC-Only)

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. * (PPC-Only)

Food for Life Program: To teach people practical ways to put the power of nutrition to work in their battle against diabetes & other diseases. * (PPC-Only)

HEALTH INSURANCE EDUCATION

Humana®

Medicare Advantage Education by Humana: A licensed Medicare Representative conducts seminars to educate patients on various topics such as: Medicare benefits, Medicare Advantage plans benefits, etc. (Mar 21st , 10AM)

United HealthCare Education educational event: Got Medicaid and Medicare? You could get more benefits at no extra cost. Stop by our event to learn more. You'll enjoy: Light refreshments/snacks & A presentation by a guest speaker

Social Activities (Only for PPC patients)

February Birthday Party Tuesday Mar 19th 12:15 pm
Meditation 1st & 3rd Thursday Mar 7th & 21st @ 3:30pm

FREE SCREENINGS

Free Balance & fall Risk Assessments. March. Appointment Only 561-808-7743 * (PPC-Only)

Free Amplified & CapTel Phones Wed Mar 20th 9:30-11:30 am Amplified phones Appointment Only Call Fred Schott 561-366-7219 *
CapTel phones Appointment Only Call Micki Oliva 954-415-9469*