







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
<b>Dec 3</b> 12:15 pm Strength & Balance Beginners <b>(Angel)</b> 1:15 pm Advanced Strength Balance Cardio <b>(Angel)</b> 2:15 pm – Chair Yoga <b>(Eva)</b> 3:15 Healthy Brain Club*Guest Speaker Judy Herman Braintertainment	<b>Dec 4</b> 11 am – Overeaters Anonymous 12:30 pm – Chair Yoga <b>(Eva)</b> 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b> 3:30 pm Needlecrafters Club* (PPC-Only)	<b>Dec 5</b> 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners <b>(Angel)</b> 2:15 pm Advanced Strength, Cardio <b>(Angel)</b>	<b>Dec 6</b> 10 am Walking Club (Details-Dr. Cassidy) 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b> 3:30 pm Meditation Coming Soon	<b>Dec 7</b> 12-2 pm Holiday Party  2:15 pm – Movie: "Hold the Dark" * (PPC-Only)	<p><u>Coming January 2019</u></p>  <p><b>AARP Driver Safety Refresher Course</b></p> <p>AARP Safe Driving Class</p> <p>Saturday Jan 26<sup>th</sup>, 2019 8:30 am-2:30 pm</p> <p>Reg: 561-808-7743</p> <hr/> <p>Lecture; "Seniors &amp; Hypertension"</p> <p>Dr. Julio Cevares. M.S.N., APRN</p> <p>Monday Jan 14th 11 am:</p> <p>Hypertension is called the silent killer because it usually presents with no noticeable symptoms until they begin experiencing problems with their heart, brain or kidneys. * (PPC-Only)</p> <hr/> <p><b>**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</b></p>
<b>10</b> 11 am Lecture: " Important Facts about Falls" Julio Cesar Cevares Alcantara, ARNP* 12:15 pm Strength & Balance Beginners <b>(Angel)</b> 1:15 pm Advanced Strength Balance Cardio <b>(Angel)</b> 2:15 pm – Chair Yoga <b>(Eva)</b>	<b>11</b> 11 am – Overeaters Anonymous 12:30 pm – Chair Yoga <b>(Eva)</b> <b>1:30 pm – SS-Classic Cancelled</b> (Rosa) 3:30 pm – Chronic Pain Support group	<b>12</b> 10 am – Grief Support Group (PPC-Only) 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners <b>(Angel)</b> 2:15 pm Advanced Strength, Cardio <b>(Angel)</b>	<b>13</b> 10 am- Free Memory Screening (PPC-Only) 10 am Walking Club (Details-Dr. Cassidy) 11:30 am – AA: Seniors in Sobriety <b>1:30 pm – SS-Classic cancelled</b> (Rosa) 3:30 pm Wisdom Circle	<b>14</b> 9:30 am – Free Amp/CapTel Phones* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie: "Private Life"* (PPC-Only)	
<b>17</b> 9:30 am Tobacco cessation*(PPC-Only) 12:15 pm Strength & Balance Beginners <b>(Angel)</b> 1:15 pm Advanced Strength Balance Cardio <b>(Angel)</b> 2:15 pm – Chair Yoga <b>(Eva)</b> 3:15 Healthy Brain Club*Guest Speaker Tequesta Alston BMR ""Acti-v8 Your Brain"	<b>18</b> 11 am – Overeaters Anonymous 12:30 pm – Chair Yoga <b>(Eva)</b> 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b> 3:30 pm – New Book Club (PPC-Only)	<b>19</b> 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners <b>(Angel)</b> 2:15 pm Advanced Strength, Cardio <b>(Angel)</b>	<b>20</b> 10 am Walking Club (Details-Dr. Cassidy) 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b> 3:30 pm Meditation Coming Soon 6:30 pm Hebrew Business group	<b>21</b> 12:15 pm Strength & Balance Beginners <b>(Angel)</b> 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie : "Kill the Irishman" (PPC-Only)	
<b>24</b> Closed 	<b>25</b> Closed 	<b>26</b> 12-1 pm Physician Lunch (Private) 1:15 Strength & Balance Beginners (Angel) 2:15 Advanced Strength, Cardio (Angel)	<b>27</b> 10 am No Walking Club (today only) 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b> 3:30 pm Wisdom Circle (Cancelled Today Only)	<b>28</b> 1:15 Strength & Balance Beginners 2:15 Advanced Strength, Cardio 2:15 pm Movie Nappily Ever After" * (PPC-Only)	
<b>31</b> Closed 	<b>Jan 1</b> Closed 	<b>Jan 2</b> 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners <b>(Angel)</b> 2:15 pm Advanced Strength, Cardio <b>(Angel)</b>	<b>Jan 3</b> 10 am Walking Club (Details-Dr. Cassidy) 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic <b>(Rosa)</b>	<b>Jan 4</b> 12:15 pm Strength & Balance Beginners <b>(Angel)</b> 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Movie: "TBD"* (PPC-Only)	

## LECTURES/EVENTS

**Heathy Brain Club Monday Dec 3rd @ 3:15 pm.** “Braintertainment” Judy Herman is a special interest/enrichment lecturer with programs geared to Baby Boomers, active adults, savvy seniors and the elderly. She engages audiences of all ages with interactive word games and mental activities designed with fun in mind.

**Lecture: Monday Dec 10th 11 am. “Important Facts about Falls” Julio Cesar Cevares Alcantara, ARNP.** Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people fall each year, 1 but less than half tell their doctor. 2 Falling once doubles your chances of falling again

**Heathy Brain Club Monday Dec 17th @ 3:15 pm.** Guest Speaker Tequesta Alston . “Acti-v8 Your Brain”. Brain Health is supported by eight “pillars”. Attention to these pillars of brain health may reduce your risk of cognitive decline as you get older.

**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. 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**

**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**

**Walking Club (Thur. 10:00 am Nov 1-Apr 25, 2019) 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 (2<sup>nd</sup> Tuesday Dec 11<sup>th</sup> 3:15 pm only, No group 25<sup>th</sup> x-mas)** For Anyone who is living w/ ongoing pain. We provide support, validation, and education in basic pain management & life skills.

**Senior Support Group (No group Monday Dec 24<sup>th</sup> 11 am x-mas eve)** The Group offers companionship, understanding, & learning opportunities, and can make a tremendous difference in how well older adults cope. \*(PPC-Only)

**Diabetes Support Group ((No group Monday Dec 24<sup>th</sup> x-mas eve)** Participants can find a wealth of information, knowledge and support which address the unique needs of individuals having diabetes. \*(PPC-Only)

**Overeaters Anonymous (No group 12/25 x-mas & 1/1/2019 new year) (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 (2<sup>nd</sup> Wednesday Dec 12<sup>th</sup> 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)

**Health Brain Club (1st & 3rd Monday Dec 3<sup>rd</sup> & 17<sup>th</sup> @ 3:15 pm)** You can improve your brain health. Scientists have identified five holistic domains of the brain that affect our overall health. When we incorporate healthy behaviors related to each domain, our overall health and wellness improves. Try out , Brain Games & Laughter Yoga Activities will include: Tactile Yoga Word & Math Games, Laughter Yoga . \*(PPC-Only)

### Social Activities (Only for PPC patients)

Movies Every Friday 2:15- pm  
Book Club 3rd Tuesday of the Month Dec 18<sup>th</sup> 3:30 pm  
Delray needlecrafters 1st Tuesday Dec 4<sup>th</sup> 3:30-pm  
Wisdom Circle 2nd & 4th Thursday Dec 13<sup>th</sup> 3:15 -pm No WC Dec 27<sup>th</sup> Holiday wk.

## 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)

## FREE SCREENINGS

**Free Memory Screenings Thur. Dec 13th 10:00 am-2 pm Appointment Only 561-808-7743** \*(PPC-Only)

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

**Free Amplified Phones Fri Dec 14<sup>th</sup> 9:30-11:30 am** Appointment Only Call Fred Schott 561-366-7219 \*(PPC-Only)

**Free CapTel Phones Fri Dec 14<sup>th</sup> 9:30-11:30 am.** Appointment Only Call Micki Oliva 954-415-9469 \*(PPC-Only)

--	--	--