


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STAY TUNED / INFO
Oct 29	Oct 30	Oct 31	Nov 1 11:30 am – AA: Seniors in Sobriety 3:30 pm Meditation Coming Soon	Nov 2 2:15 pm – Movie: “Hold the Dark” * (PPC-Only)	<p>Coming in December</p> <p>Monday Dec 10th 11 am</p> <p>Lecture:</p> <p>Important Facts about Falls</p> <p>Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, 1 but less than half tell their doctor.</p> <p>2 Falling once doubles your chances of falling again</p> <p>Julio Cesar Cevares Alcantara, ARNP</p> <hr/> <p>Holiday Party!!!</p> <p>Fri Dec. 7th 12-2 pm</p> <p>Refreshments, Music, Games</p> <p>RSVP: 561-808-7743</p> <p>-----</p> <p>**PLEASE NOTE** YOU MUST</p> <p>PRE-REGISTER FOR THE EVENTS THAT ARE IN BLACK COLOR WITH ASTERISK*</p>
5 2:15 pm – Chair Yoga (Eva) 3:15 Healthy Brain Club*Guest Speaker “Nutrition & Your Brain. Renee Chillcott LMHC (PPC-Only)	6 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Rosa) 3:30 pm Needlecrafters Club*(PPC-Only)	7 12-1 pm Physician Lunch (Private)	8 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Rosa) 3:15 pm Wisdom Circle	9 11 am Hypertension Dr. Cevares* (PPC-Only) 2:15 pm – Movie: “Private Life”* (PPC-Only)	
12 11 am Lect; “What is Arthritis” Dr. Cassidy * (PPC-Only) 2:15 pm – Chair Yoga (Eva)	13 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Rosa) 3:15 pm – Chronic Pain Support group	14 10 am– Grief Support Group (PPC-Only) 12-1 pm Physician Lunch (Private)	15 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Rosa) 3:30 pm Meditation Coming Soon	16 9:30 am – Free Amp/CapTel Phones* (PPC-Only) 10 am- Free Memory Screening** (PPC-Only) 2:15 pm – Movie : “Survivor” * (PPC-Only)	
19 9:30 am Tobacco cessation*(PPC-Only) 2:15 pm – Chair Yoga (Eva) 3:15 Healthy Brain Club:, “The Healing Power of Friendships” (PPC-Only)	20 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Rosa) 3:30 pm – New Book Club (PPC-Only)	21 12-1 pm Physician Lunch (Private)	22 Closed 	23 2:15 pm – Movie “No Reservations” * (PPC-Only)	
26 11 am Lec: Basics of estate planning*(PPC-Only) 11 am– Senior Support Group (PPC-Only) 2:15 pm – Chair Yoga (Eva) 3:15 pm – Diabetes Support Group (PPC-Only)	27 11 am – Overeaters Anonymous 12:15 pm – Chair Yoga (Eva) 1:15 pm – Silver Sneakers: Classic (Rosa) 3:15 pm – Chronic Pain Support group	28 12-1 pm Physician Lunch (Private) 3:30 The art of Living Longer Workshops- Strategies for Better Brain Health Anne Goldberg \$5 charge* (PPC-Only)	Nov 29 11:30 am – AA: Seniors in Sobriety 1:15 pm – Silver Sneakers: Classic (Rosa)	Nov 30 2:15 pm – Movie: “Open House”* (PPC-Only)	