

May in-person events

Be sure to call to RSVP at **561-359-6100**.
Class times and dates are subject to change.



14570 S. Military Trail, #D-2
Delray Beach, FL 33484
561-359-6100 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>11 a.m. - 1 p.m. MIND diet: Foods to fight dementia & Cooking demo</div> <div>1 - 4 p.m. Dominoes</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>2 - 4 p.m. Rummikub</div>	<div>2</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>1 - 3 p.m. Movie and popcorn: The Princess Diaries (2001)</div>	<div>3</div> <div>12 - 12:45 p.m. SilverSneakers® Strength & Balance*</div> <div>1 - 1:45 p.m. SilverSneakers® Strength & Balance*</div> <div>2 - 3 p.m. Bingo</div>
<div>6</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10 - 11 a.m. Games: Jenga</div> <div>10:30 a.m. - 12:30 p.m. Free from falls Week 1 (RSVP)</div> <div>1:30 - 3 p.m. Craft: Teapot planters</div>	<div>7</div> <div>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</div> <div>10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>12 - 1 p.m. Birthday celebrations</div> <div>1 - 3 p.m. Improvisation group</div>	<div>8</div> <div>11:30 a.m. - 12:30 p.m. Fall asleep, stay asleep with Dr. Amber Lazarus</div> <div>1 - 4 p.m. Dominoes</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>2 - 4 p.m. Rummikub</div>	<div>9</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>10:30 a.m. - 12 p.m. Hearing screenings</div> <div>11:30 a.m. - 1 p.m. What you need to know about Alzheimer's disease with Dr Thomas Nguyen</div> <div>1 - 3 p.m. Movie: Sully (2016)</div>	<div>10</div> <div>10 - 11 a.m. Scrabble</div> <div>12 - 12:45 p.m. SilverSneakers® Strength & Balance*</div> <div>1 - 1:45 p.m. SilverSneakers® Strength & Balance*</div> <div>2 - 3 p.m. Bingo</div>
<div>13</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10:30 a.m. - 12:30 p.m. Free from falls Week 2 (RSVP)</div> <div>2 - 3 p.m. Crafting for a cause</div>	<div>14</div> <div>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</div> <div>10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Improvisation group</div>	<div>15</div> <div>1 - 4 p.m. Dominoes</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>2 - 4 p.m. Rummikub</div>	<div>16</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11:30 a.m. - 12:30 p.m. Gratitude workshop</div> <div>1 - 3 p.m. Movie and popcorn: Something's Gotta Give (2003)</div>	<div>17</div> <div>12 - 12:45 p.m. SilverSneakers® Strength & Balance*</div> <div>1 - 1:45 p.m. SilverSneakers® Strength & Balance*</div> <div>2 - 3 p.m. Bingo</div>
<div>20</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10:30 a.m. - 12:30 p.m. Free from falls Week 3 (RSVP)</div> <div>2 - 3 p.m. Smartphone Hardware Basics with Senior Tech Connect</div>	<div>21</div> <div>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</div> <div>10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Improvisation group</div>	<div>22</div> <div>11 a.m. - 12:30 p.m. Find your feel great weight Class 5 (RSVP)</div> <div>1 - 4 p.m. Dominoes</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>2 - 4 p.m. Rummikub</div>	<div>23</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>1 - 3 p.m. Movie and popcorn: Good morning, Vietnam (1987)</div>	<div>24</div> <div>10 - 11 a.m. Veterans coffee chat</div> <div>Happy Memorial Day! We are closing at 12 p.m. in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</div> <div>10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>	<div>29</div> <div>1 - 4 p.m. Dominoes</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>2 - 4 p.m. Rummikub</div>	<div>30</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11:15 a.m. - 12:15 p.m. Craft corner: Water color flowers (RSVP)</div> <div>1 - 3 p.m. Movie and popcorn: Ticket to Paradise (2022)</div>	<div>31</div> <div>12 - 12:45 p.m. SilverSneakers® Strength & Balance*</div> <div>1 - 1:45 p.m. SilverSneakers® Strength & Balance*</div> <div>2 - 3 p.m. Bingo</div>

*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **561-359-6100 (TTY: 711)**.