

# JUNE



4765 W, Atlantic Ave.  
 Delray Beach, FL  
 (next to Publix)  
 561-437-8300 x219  
[www.SFMBHI.ORG](http://www.SFMBHI.ORG)

## SENIOR ACTIVITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <ul style="list-style-type: none"> <li>MEXICAN TRAIN 10:00</li> <li>CHAIR CARDIO (Brian) 12:30 -1:15</li> <li>ART THERAPY CRAFTS 1:30-3:30</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>BINGO 10:00</li> <li>CHAIR YOGA (Ilona) 12:00 -12:45</li> <li>Floral Design w/Golden Petal Project 1:00</li> <li>TAI CHI CHAIR (Lori) 2:00-2:45</li> <li>GAMES 3:00</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>MAHJONG 10:00-12:00</li> <li>CHAIR YOGA (Brian) 12:30-1:15</li> <li>Keke's Pancake Bar &amp; News 1:30</li> <li>Rummikub 2:00-4:00</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>OVEREATERS ANONYMOUS 10:30</li> <li>GAMES 11:45-12:45</li> <li>CARDIO BALANCE (Madison) 1:00-1:45</li> <li>SELF CARE Be A Lion Face Mask 2:00</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Alcoholics Anonymous 10:30-11:30</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>MEXICAN TRAIN 10:00</li> <li>Path To Peace Guest 11:30</li> <li>CHAIR CARDIO (Brian) 12:30 -1:15</li> <li>SOCIAL KNITWORK 1:30-3:30</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>BINGO 10:00</li> <li>CHAIR YOGA (Ilona) 12:00 -12:45</li> <li>Comedy Poet Andy Weil 1:00</li> <li>TAI CHI CHAIR (Lori) 2:00-2:45</li> <li>GAMES 3:00</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>MAHJONG 10:00-12:00</li> <li>CHAIR YOGA (Brian) 12:30-1:15</li> <li>BRAIN FITNESS with Behavioral Health 1:30</li> <li>Rummikub 2:30-4:00</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>OVEREATERS ANONYMOUS 10:30</li> <li>GAMES 11:45-12:45</li> <li>CARDIO BALANCE (Madison) 1:00-1:45</li> <li>SELF CARE -Feet - DMD Podiatrist 2:00</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Alcoholics Anonymous 10:30-11:30</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>MEXICAN TRAIN 10:00</li> <li>Alzheimer's Dementia Lunch &amp; Learn 11:30-12:15</li> <li>CHAIR CARDIO (Brian) 12:30 -1:15</li> <li>ART THERAPY 1:30</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>BINGO 10:00</li> <li>CHAIR YOGA (Ilona) 12:00 -12:45</li> <li>DBFD Hurricane Preparedness 1:00</li> <li>TAI CHI CHAIR (Lori) 2:00-2:45</li> <li>GAMES 3:00</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>MAHJONG 10:00-12:00</li> <li>CHAIR YOGA (Brian) 12:30-1:15</li> <li>Mental Health Trivia 1:30</li> <li>Rummikub 2:00-4:00</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>OVEREATERS ANONYMOUS 10:30</li> <li>GAMES 11:45-12:45</li> <li>CARDIO BALANCE (Madison) 1:00-1:45</li> <li>Grief Support 2:00</li> <li>Self Care BEAUTY BAZAAR 2:00</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>Alcoholics Anonymous 10:30-11:30</li> </ul>
<p><b>22</b></p> <ul style="list-style-type: none"> <li>MEXICAN TRAIN 10:00</li> <li>Lunch &amp; Learn Diabetes 11:30</li> <li>CHAIR CARDIO (Brian) 12:30 -1:15</li> <li>SOCIAL KNITWORK 1:30-3:30</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>BINGO 10:00</li> <li>CHAIR YOGA (Ilona) 12:00 -12:45</li> <li>SKIN CARE w/ PAVISE EXPERTS 1:00</li> <li>TAI CHI CHAIR (Lori) 2:00-2:45</li> <li>GAMES 3:00</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>MAHJONG 10:00-12:00</li> <li>CHAIR YOGA (Brian) 12:30-1:15</li> <li>BRAIN FITNESS with Behavioral Health 1:30</li> <li>Rummikub 2:00-4:00</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>OVEREATERS ANONYMOUS 10:30</li> <li>GAMES 11:45-12:45</li> <li>CARDIO BALANCE (Brian) 1:00-1:45</li> <li>Self Care - Let's Talk Dental w/ Guests 3:00</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Alcoholics Anonymous 10:30-11:30</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>MEXICAN TRAIN 10:00</li> <li>Carissa - Tech Expert 11:00</li> <li>CHAIR CARDIO (Brian) 12:30 -1:15</li> <li>ART THERAPY CRAFTS 1:30-3:30</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>BINGO 10:00</li> <li>CHAIR YOGA (Ilona) 12:00 -12:45</li> <li>Wendy Sartory Link PBC Election Supervisor 1:00</li> <li>TAI CHI CHAIR (Lori) 2:00-2:45</li> <li>GAMES 3:00</li> </ul>	<p><b>55+ BETTER WELCOME</b></p> <p>All Programs are COMPLIMENTARY To You!</p>	<p>For calendar updates and more information visit <a href="http://www.SFMBHI.org">www.SFMBHI.org</a></p> <p>events are subject to change</p>	<ul style="list-style-type: none"> <li>GAMES</li> <li>EXERCISE</li> <li>ARTS &amp; CRAFTS</li> <li>SPECIAL GUESTS</li> <li>WELLNESS, CONNECTION &amp; EDUCATION</li> </ul>

These activities require a sign up. Call 561-437-8300 x219

**GAMES** A wide variety of games is available to enjoy anytime the center is open, except during scheduled exercise classes. Scheduled games are available to anyone and do not require a sign up.

**PATH TO PEACE** Our Senior Social Circles provide a casual environment where aging adults connect, share life stories, and build meaningful friendships to support your emotional well-being.

**BEHAVIORAL HEALTH** The SFMBHI team of professionals lead this group time and share programs and resources focused on the connection between your mental well-being, physical symptoms, and everyday life stressors. Dementia, anxiety, depression, and other topics are discussed. **Sign-Up is required.**

**BRAIN FITNESS** The SFMBHI team of professionals lead this group and provide brain stimulation games and exercises. Brain fitness (or cognitive fitness) is the capacity of the brain to process information, solve problems, and adapt to new challenges efficiently. Just like physical fitness, a fit brain can be achieved through regular mental stimulation, healthy lifestyle choices, and ongoing learning to maintain mental agility, memory, and focus. **Sign-Up is required.**

**GRIEF SUPPORT** This is a private group session designed to help individuals navigate the pain and emotional transitions following a loss. It provides a safe, non-judgmental space to process emotions, reducing feelings of isolation while learning healthy coping strategies. **Sign-Up is required.**

**CHAIR CARDIO** This is a low-impact workout performed while seated, designed to elevate the heart rate, improve circulation, and build stamina without putting stress on the joints. It is highly accessible for those with mobility issues, balance concerns, or joint pain.

**CHAIR YOGA** This is a modified form of yoga that adapts traditional poses so they can be performed while seated. It makes yoga accessible to older adults to build strength, improve flexibility, and reduce joint pain without the risk of getting up and down from the floor.

**TAI CHI CHAIR** This is an adapted, seated version of traditional Tai Chi using gentle, slow, upper body movements, stretching, and deep breathing. Designed specifically for older adults, it provides a safe, low-impact way to exercise. Ideal for strengthening muscles post surgery. Combines meditative breathing with physical movement to lower stress and promote mental clarity.

**CARDIO BALANCE** This is a low-impact fitness routine performed seated or standing using a chair for support. . This class combines aerobic movements to elevate the heart rate with core and stability exercises designed to improve posture, prevent falls, and increase mobility.

**ART THERAPY CRAFTS & SOCIAL KNITWORK** Crafts is guided, expressive activities that use creative processes (like painting, sculpting, collage, knitting, crochet, etc. to enhance emotional, mental, and physical well-being. Unlike standard craft classes, the focus is on the emotional journey, nonverbal expression, and cognitive stimulation rather than the final product. Knitting, crochet, and needle work is open journey with kits available or bring your own. **Sign-Up is required.**

**SELF-CARE** These workshops teach hands-on, practical daily habits—like nutrition, gentle movement, stress management, and medication adherence—to prevent disease progression, reduce isolation, and maintain long-term independence. **Sign-Up is required.**