

April 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>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10 - 11 a.m. Games: Scrabble</div> <div>11 a.m. - 1 p.m. Harmonicas for Health Week 1 (RSVP)</div> <div>1:30 - 2:30 p.m. Birthday celebrations</div>	<div>2</div> <div>9:30 - 10:15 a.m. -or- 10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>12 - 1:30 p.m. Craft corner: Gardening (RSVP)</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>	<div>3</div> <div>11 a.m. - 1 p.m. Foods to boost bone health & 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>4</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11:30 a.m. - 12:30 p.m. Recipe exchange social (RSVP)</div> <div>1 - 3 p.m. Movie and popcorn: Christopher Robin (2018)</div>	<div>5</div> <div>10 - 11 a.m. Table tennis</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>8</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10 - 11 a.m. Games: Interactive Jenga</div> <div>11 a.m. - 1 p.m. Harmonicas for Health Week 2 (RSVP)</div> <div>1:30 - 2:30 p.m. Travel: Italy (streamed)</div>	<div>9</div> <div>9:30 - 10:15 a.m. -or- 10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>12 - 1 p.m. Humana Neighborhood Center tour</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>	<div>10</div> <div>10 a.m. - 12 p.m. Hearing screenings</div> <div>11:30 a.m. - 12:30 p.m. Understanding Parkinson's disease</div> <div>1:30 - 2:15 p.m. SilverSneakers® Enerchi*</div> <div>1 - 4 p.m. Dominoes -or- 2 - 4 p.m. Rummikub</div>	<div>11</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11:30 a.m. - 12:30 p.m. Building stronger bones</div> <div>12:30 - 1 p.m. Medicines explained: Osteoporosis (streamed)</div> <div>1 - 3 p.m. Movie and popcorn: 17 again (2009)</div>	<div>12</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>15</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>10 - 11 a.m. Games: Scrabble</div> <div>11 a.m. - 1 p.m. Harmonicas for Health Week 3 (RSVP)</div> <div>2 - 3 p.m. Karaoke</div>	<div>16</div> <div>9:30 - 10:15 a.m. -or- 10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>11 a.m. - 12 p.m. Craft corner: Button bowl (RSVP)</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>	<div>17</div> <div>11 a.m. - 12:30 p.m. Understanding wills, trusts & advance directives with Sherri Brenner Esq (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>18</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11 a.m. - 12 p.m. Cornhole</div> <div>1 - 3 p.m. Movie and popcorn: The War with Grandpa (2020)</div>	<div>19</div> <div>10 - 11 a.m. Table tennis</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>22</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>11 a.m. - 1 p.m. Harmonicas for Health Week 4 (RSVP)</div> <div>2:30 - 3:30 p.m. Book club: Remarkably Bright Creatures by Shelby Van Pelt</div>	<div>23</div> <div>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</div> <div>10:30 - 11:30 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>	<div>24</div> <div>11 a.m. - 12:30 p.m. Find your feel great weight Class 4 (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>25</div> <div>10 - 10:45 a.m. Zumba®*</div> <div>11 a.m. - 12 p.m. Cornhole</div> <div>1 - 3 p.m. Movie and popcorn: Saving Mr. Banks (2013)</div>	<div>26</div> <div>10 - 11 a.m. Veterans coffee chat (RSVP)</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>29</div> <div>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</div> <div>11 a.m. - 1 p.m. Planning for the future: Making your final wishes known</div> <div>1 - 2 p.m. Games: Uno!</div>	<div>30</div> <div>9:30 - 10:15 a.m. -or- 10:30 - 11:15 a.m. SilverSneakers® Chair Yoga*</div> <div>12 - 1 p.m. Craft corner: Glass etching (RSVP)</div> <div>1 - 3 p.m. Improvisation group</div> <div>1 - 4 p.m. Dominoes</div>			



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