

Community Health January Senior Events

WED Jan 8, 11:30AM-1:30PM, Boca YMCA
**Blood Pressure Self Monitoring Office Hours (16
week session start)**

WED Jan 8, 6:00PM-7:00PM, Boca YMCA
Smoking Cessation Class (4 week session start)

TUE Jan 14, 6:30PM-8:00PM, Boca YMCA
Drumming for Wellness (4 week session start)

WED Jan 15, 11:30AM-1:30PM, Boynton YMCA
**Blood Pressure Self Monitoring Office Hours (16
week session start)**

SUN Jan 19, 11:00AM-3:00PM, Riviera Beach Marina
Diabetes Day Event - Free A1C Screenings

TUE Jan 21, 11:00AM-12:00PM, Boca YMCA
Cyber Security Lecture

WED Jan 22, 11:30AM-1:30PM, Boca YMCA
Blood Pressure Self Monitoring Office Hours

FRI Jan 24, 1:00PM-2:00PM, Boynton YMCA
Nutrition in the New Year

WED Jan 29, 12:00PM-1:30PM, Boynton YMCA
Blood Pressure Self Monitoring Office Hours

WED Jan 29, 11:00AM-12:00PM, Boynton YMCA
Nutrition Seminar - DASH Way of Eating

THU Jan 30, 11:00AM-12:00PM, Boca YMCA
Nutrition Seminar - DASH Way of Eating

TUE Jan 28, 9:00AM-1:30PM
Field Trip - Ann Norton Sculpture Gallery

FRI Jan 31, 12:00PM-2:00PM, Boca YMCA
Senior Crafts

Ongoing Events

Pickleball Boca YMCA

Open Play
MON, WED, FRI,
SUN
8:00am-12:00pm

Clinics
MON
12:00pm-1:00pm

Pickleball Boynton YMCA

Open Play
MON-FRI
8:00am-12:00pm

Table Tennis Patch Reef Park

WED
6:00pm-10:00pm
SAT
12:00pm-6:00pm



Register at membership desks
www.ymcaspbc.org/communityhealth