

Community Health February Senior Events

**WED, Feb 5, 10:00am–2:00pm, Boca YMCA
Alzheimer's Research & Treatment Center Screening**

**Wed, Feb 5, 11:30am–1:30pm, Boca YMCA
Blood Pressure Self Monitoring Office Hours**

**WED Feb 5, 6:00PM–7:00PM, Boca YMCA
Smoking Cessation Class (4 week session start)**

**MON, Feb 10, 1:00pm–2:00pm, Boynton YMCA
Senior Crafts – Greeting Cards**

**TUE, Feb 11, 6:30pm–8:00pm, Boca YMCA
Hand Drumming for Wellness (4 week session start)**

**WED, Feb 12, 11:00am–12:00pm, Boynton YMCA
Dememntia vs. Alzheimer's Disease Lecture**

**WED, Feb 12, 11:30am–1:30pm, Boynton YMCA
Blood Pressure Self Monitoring Office Hours**

**WED, Feb 19, 11:00am–12:00pm, Boca YMCA
1:00pm–2:00pm, Boynton YMCA
Navigating the Senior Living Highway Lecture**

**WED, Feb 19, 11:30am–1:30pm, Boca YMCA
Blood Pressure Self Monitoring Office Hours**

**FRI, Feb 21, 9:00am–1:30pm
Flamingo Gardens Field Trip**

**WED, Feb 26, 11:30am–1:30pm, Boynton YMCA
Blood Pressure Self Monitoring Office Hours**

**WED, Feb 26, 11:00am–12:00pm, Boynton YMCA
Nutrition Seminar – Lowering Sodium**

**THU, Feb 27, 11:00am–12:00pm, Boca YMCA
Nutrition Seminar – Lowering Sodium**

**FRI, Feb 28, 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

