

DATE	Event	Time and Location
THU May 1	Nutrition Seminar – Healthy Heart Eating BOYNTON YMCA	11:00am–12:00pm
TUE MAY 6	Hand Drumming for Wellness (4 week session start) BOCA YMCA	6:30pm–8:00pm
WED MAY 7	Senior Healthy Living Expo BOYNTON YMCA	10:00am–12:00pm
WED MAY 7	BPSM Office Hours BOYNTON YMCA	11:30am–1:30pm
SAT MAY 10	Mother's Day Brunch BOCA YMCA	10:00am–12:00pm
MON MAY 12	EnhanceFitness Sessions Start (16 week session) BOYNTON YMCA	12:15pm–1:15pm 1:45pm–2:45pm
WED MAY 14	BPSM Office Hours BOCA YMCA	11:00am–1:00pm
TUE MAY20	Alzheimer's Research and Treatment Center Mobile Screening BOYNTON YMCA	9:00am–2:00pm
WED MAY 21	BPSM Office Hours BOYNTON YMCA	11:30am–1:30pm
WED MAY 28	BPSM Office Hours BOCA YMCA	10:30am–1:00pm
WED MAY 28	Senior Healthy Living Expo BOCA YMCA	10:00am–12:00pm
THU MAY 29	Field Trip – Brunch and Bonnet House BOCA YMCA	8:45am–1:45pm
FRI MAY 30	Senior Crafts	12:00pm–2:00pm



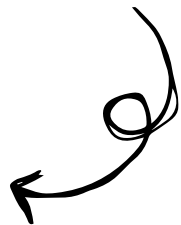
May Events Age 50+ and Better

**Do you want to stay in the
loop and receive text
reminders for Age 50+ and
Better events?**

**Scan here to sign up for our
Senior Interest groups.**



Boca YMCA



Boynton YMCA



Register for programs at membership desks
Questions? Contact Robin Nierman, Director of Community Health
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