

OCTOBER 2024



Boulevard Heights Community Center
6770 Garfield St. Hollywood, FL 33024
To register for our Upcoming Events, Trips &
Lunch call 954-371-5633 or 954-371-5631

In Collaboration with our Community Partners,
we are Grateful for their Ongoing Support



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
**Please Note Due to unforeseen circumstances, the Calendar may be subject to Change. We appreciate your understanding **	8:45am Live Exercise Cardio Strengthening/Resistance Bands 10:15am Educational Fall Prevention Presentation 10:15-11:30am VITAS Bereavement Support 11:30am- Lunch	8:45am Live Exercise Zumba Gold 10:15am Breast Cancer Awareness Presentation- promote early detection & prevention - Pink Party 11:15am Lunch- Nutritious meal	8:45am Live Exercise Cardio Strengthening – Resistance 10:15am Fall Bingo Fun Hand & Eye coordination Memory Recall 11:15am Lunch- Nutritious	Home Visits and Off-Site Senior Activities
7	8	9	10	11
8:45am Live Exercise Cardio –Weights 10:15am SFCE - ILUMA Music Workshop 11:15am Lunch- Nutritious meal	8:45am Live Exercise Cardio Strengthening/Resistance Bands 10:15am MHS-Pharmacy Edu. Managing Medication information 11:15am Lunch- Nutritious meal	8:45am Live Exercise Zumba Gold 10:15am Spooky Bingo Fun – Social Cognitive Hand & Eye coordination 11:15am Lunch- Nutritious meal	9am MHS- Wellness Health Presentation 10:15 Live Exercise Cardio Strengthening – Resistance 10:30- Edu Spanish Class 11:15am Lunch- Nutritious meal	Home Visits and Off-Site Senior Activities
14	15	16	17	18
8:45am Live Exercise Cardio –Weights 10:15-11:30 VITAS Duelo Spanish Support 10:15am MHS HYTS Game Day Social Fun 11:15am Lunch- Nutritious meal	8:45am Live Exercise Cardio Strengthening –Resistance 10:15am Edu. Presentation Oral Care Hygiene – Healthy Teeth & Gums 10:30am- Edu Basic Spanish interactive Class 11:15am Lunch- Nutritious meal	8:45am Live Exercise Zumba Gold 10:15am Arts & Crafts – Creativity- Stations – Socialization & overall Emotional well-being 11:15am Lunch- Nutritious meal	9am Social Interactive Hispanic Heritage Event Dancing and Singing overall Emotional well-being 11:15am Guitarist 11:30am Lunch- Nutritious meal	Home Visits and Off-Site Senior Activities
21	22	23	24	25
8:45am Live Exercise Cardio –Weights 10am Basic Informational session supporting health and overall well being 10:30am Hollywood Fire Rescue VITALS 11:30am- Lunch	8:45am Live Exercise Cardio- Strengthening – Resistance 10:15am UM- University of Miami- Brain Health Bingo Understanding Alzheimer’s 11:15am Lunch- Nutritious meal	8:45am Live Exercise Zumba Gold 10:15am Basic Informational session supporting health and overall well being 11:30am Lunch- Nutritious meal	10:15am Live Exercise Cardio Strengthening – Resistance 11:30am UF/IFES Nutritional Edu. Presentation 12:45pm Lunch- Nutritious meal	Home Visits and Off-Site Senior Activities
28	29	30	31	
8:45am Live Exercise Cardio –Weights 10:15am Basic Informational session supporting health and overall well being 11:15am Lunch- Nutritious meal	8:45am Live Exercise Cardio Strengthening –Resistance 10:15am Educational Senior-Older Adult- Interactive Self Defense Awareness Presentation 11:15am Lunch- Nutritious meal	8:45am Live Exercise Cardio 10:15am Survival Basic English Class - Interactive Social Group 11:15am Lunch Nutritious meal	9am Social Interactive October Festivities Event- & Birthday Celebration End of the Month Bday Celebrations 11:30am Lunch- Nutritious meal	