

**NOTE: PRE-REGISTER FOR THE EVENTS THAT ARE IN BLACK COLOR WITH ASTERISK\* SYMBOL ON THE CALENDAR, CALL US TO RSVP: (561) 561-808-7743**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>June 3</b> 10:30 am – AA: Seniors in Sobriety 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga ()	<b>June 4</b>	<b>June 5</b> 10 am Diabetes support group 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel) 3:30 pm Meditation	<b>June 6</b> 10:00 am Tobacco Cessation Class* 	<b>June 7</b> 11 am Lecture: "COPD" Christina Pengelley ARNP* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga-meditation (Gigi)	<p>Coming July 2019</p> <hr/> Humana & Personal Physician Care Inc. Workshop: Friday July 12th @ 11 am <p>QA Medication Issues, Important Immunizations, Drug Interactions</p> <p>Speaker Panel:                      Darren Palmer, BS Pharm, MBA                      Natalia Quintero PharmD MD</p> <p><b>The importance of immunizations</b> in seniors is a public health issue. Failure to protect seniors from transmittable diseases could evolve into an epidemic. It is important for anyone to be properly immunized against specific health risks, and that extends to seniors over the age of 65. This population is particularly vulnerable to contracting transmittable diseases, especially when living in senior communities with close-proximity to others.</p> <p><b>Older adults are at greater risk for drug interactions</b> Because many older adults take multiple medications to manage various health conditions, their medication routine can be a balancing act. Studies show that 87% of seniors take one prescription drug, 36% take 5 or more, and 38% use over-the-counter medications. Many drugs will interact with each other, food, or supplements. Even if the interaction isn't fatal, it can affect how well the medication will work or if the senior patient will experience side effects.</p>
<b>10</b> 10:30 am – AA: Seniors in Sobriety 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Karen) 3:30 pm – Chronic Pain Support group	<b>11</b>	12 10 am– Grief Support Group (PPC-Only) * 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	<b>13</b> 10:00 am Tobacco Cessation Class* 	14 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga-meditation (Gigi)	
<b>17</b> 10:30 am – AA: Seniors in Sobriety 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Karen)	<b>18</b>	<b>19</b> 10:30 am Patient Portal training-Gasen* 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel) 3:30 pm Meditation	<b>20</b> 10:00 am Tobacco Cessation Class* 	<b>21</b> 11 am Lecture: "Centenarians" Dr. Tannenbaum* 12:15 Strength & Balance Beginner 1:15 Advanced Strength Balance Cardio 2:15 pm – Chair Yoga-meditation (Gigi)	
<b>24</b> 10:30 am – AA: Seniors in Sobriety 12:15 Strength & Balance Beginners 1:15 Advanced Strength Balance Cardio 2:15 pm – Chair Yoga (Karen) 3:30 pm – Chronic Pain Support group	<b>25</b> 9am-3pm <b>AARP Safe Driving Course</b> RSVP: 561-808-7743 	<b>26</b> 10:30 am Patient Portal training-Gasen* 12-1 pm Physician Lunch (Private) 1:15 Strength & Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	<b>27</b> 10:00 am Tobacco Cessation Class* 	<b>28</b> 10 am Caregiver support group (PPC-Only) 12:15 Strength & Balance Beginners 1:15 Advanced Strength, Balance, Cardio 2:15 pm – Chair Yoga-meditation (Gigi) 3:15 Patient Birthday Party*	
<b>July 1</b> 10:30 am – AA: Seniors in Sobriety 12:15 Strength & Balance Beginners 1:15 Advanced Strength Balance Cardio 2:15 pm – Chair Yoga (Karen)	<b>July 2</b>	<b>July 3</b> 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel) 3:30 pm Meditation	<b>July 4</b> Closed 	<b>July 5</b> 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga-meditation (Gigi)	

**For Questions Regarding Classes, Lectures or to RSVP: (561) 808-7743 or Jcassidy@ppcare.net**

**SilverSneakers** is a fitness program for seniors that's included with many Medicare Advantage plans. Silver Sneakers helps millions of people on Medicare defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" . We also offer fitness classes for all abilities led by our SilverSneakers trained instructors.

**So what are you waiting for?**



**Exercise: (Classes for Silver Sneaker members Only).**

**Strength & Balance Class Beginners: (M & F 12:15 pm, Wed 1:15 pm):** An exercise class that's safe, heart-healthy, and gentle on your joints. **(Angel).**

**Advanced Strength & Balance: (M & F 1:15 pm, W 2:15 pm):** Standing & sitting low-impact choreography alternated with full body strength & cardio workout. The Class will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, coordination & balance! **(Angel)**

**Silver Sneakers Chair Yoga (M 2:15):** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level **(Karen)**

**Silver Sneakers Chair yoga & meditation:** Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Come learn about the ancient insights of Yoga into mainstream wellness programs based on a vision of health as a unity of body, mind and spirit. **(Gigi)**

## SUPPORT GROUPS

**Chronic Pain Support Group (2nd & 4th Mon. June 10th & 24th 3:30 pm )** For Anyone who is living w/ ongoing pain. We provide support, validation, and education in basic pain management & life skills.

**Caregiver Support Group (4th Fri June 28th 10 am)** (PPC-Only) Offers a safe and friendly environment, that gives caregivers, family, and friends of persons with debilitating illnesses the opportunity to share information.

**Diabetes Support Group (1st Wed June 5th 10 am)** Participants can find a wealth of information, knowledge and support which address the unique needs of individuals having diabetes. \* (PPC-Only)

**Alcoholics Anonymous Seniors in Sobriety (Every Monday 10:30 am)** All around us are many seniors that alcohol has robbed of hope, dignity, and the ability to cope. Anyone with a desire to stop drinking are welcome.

**Grief Support Group (2nd Wednesday June 12th 10 am):** This special group focuses on seniors helping seniors as they heal through the loss of a loved one. Participants should be interested in sharing openly and providing support to one another. The group is ongoing, and individuals are encouraged to come as often as they need, for as long as they need. \* (PPC-Only)

## LECTURES/EVENTS

**Lecture: Friday June 7<sup>th</sup> @11:00 am: "COPD"** Chronic means long-term. COPD develops slowly, and you may not notice your symptoms at the start if they're mild. And because COPD is a progressive disease, you might notice them more frequently with time. With treatment, you can help improve your symptoms. Obstructive refers to the changes in your airways, that make it difficult to get air out of your lungs. COPD affects your lungs in several ways. The walls of the airways of your lungs can become thick and swollen. The airways can become clogged with extra mucus. The walls between some of the air sacs can be destroyed. When one or more of these things happen, it can become hard to breathe. **Christina Pengelley ARNP\***

**Lecture: Friday June 21<sup>st</sup> @ 11 am "Centenarians"** :A centenarian is a person who has lived to (or beyond) the age of 100 years. Because life expectancies worldwide are below 100 years, the term is invariably associated with longevity. In 2012, the United Nations estimated that there were 316,600 living centenarians worldwide. As life expectancy is increasing across the world, and the world population has also increased rapidly, the number of centenarians is expected to increase quickly in the future. According to the UK ONS, 1/3 of babies born in 2013 in the UK are expected to live to 100. **Dr. Tannenbaum MD**

## EVIDENCED-BASED HEALTH PROMOTION PROGRAMS

**Chronic Disease Self-Management Program:** A 6-wk program, that meets once a week. Members having different chronic health conditions attend together. \* (PPC-Only)

**Diabetes Self-Management Workshop:** Is held 2½ hours once a week for six weeks. This workshop is for people with Type 2 diabetes. \* (PPC-Only)

**IQUIT Tobacco Cessation:** This program offers education on the health effects related to tobacco use & the benefits of quitting. \* (PPC-Only)

**Fall Prevention Program for Older Adults:** The goal is to stop the fear of falling cycle and increase activity levels among community-dwelling older adults. \* (PPC-Only)

**Food for Life Program:** To teach people practical ways to put the power of nutrition to work in their battle against diabetes & other diseases. \* (PPC-Only)

## Social Activities (Only for PPC patients)

June Birthday Party Friday June 28th 3:15 pm

Meditation 1st & 3rd Wednesday June 5th & 12th @ 3:30pm

## FREE SCREENINGS/PHONES

**Free Balance & fall Risk Assessments.** Appointment 561-808-7743 \* (PPC-Only). An assessment is a useful tool that is often used to screen senior adults for risk factors for falling and identify the risk factors that warrant further attention. A healthcare provider should screen patients at least annually during routine medical examinations and ask about the occurrence of falls and any gait or balance problems. If a patient is at risk for falling, a comprehensive assessment should be completed in order to initiate a multifaceted fall prevention program that is tailored to the individual.

**AARP SAFE Driving Class: Tuesday June 25<sup>th</sup> 9 am-3 pm.**

**Why Take the AARP Smart Driver Course?**The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. The cost is \$15 for members and \$20 for non-members. The course is open to people of all ages. Those who complete the course are eligible for a discount on their auto insurance premiums, (The discount varies by company.) RSVP: Dr. Cassidy 561-808-7743

## Patient Portal orientation and training sessions.

Wed June 19<sup>th</sup> & 26<sup>th</sup> 10:30 am Patient Portal Training-Gasen\*

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