

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	
Apr 29 10:30 am Patient Portal training-Gasen* 12:15 pm Strength & Balance Beginners 1:15 pm Advanced Strength Balance Cardio 2:15 pm – Chair Yoga (Eva) 3:15 Tai-Chi memory (Josie)	Apr 30 9-11:30 Diabetes Self-Management 12:15 pm Lecture: Constipation, Dr. Liu * 1:30 pm – SS-Classic (Rosa)	May 1 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	May 2 10:00 am Tobacco cessation* 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa)	May 3 12:15 pm Strength & Balance Beginners 1:15 pm Advanced Strength Balance Cardio 2:15 Tai-Chi arthritis (Josie)	<p style="text-align: center;">Coming June 2019</p> <hr/> <p style="text-align: center;">Lecture: Friday June 7th @ 11 am</p> <p style="text-align: center;">“Diabetes” Christina Pengelley ARNP</p> <p>Type 2 diabetes is usually not diagnosed until other health complications become evident. Usually, there are no diabetes symptoms or a very gradual development of symptoms. It is estimated that nearly 25% of people living with type 2 diabetes do not know they have it. If left untreated, the effects of type 2 diabetes on senior health can be catastrophic. Type 2 diabetes is the leading cause of kidney failure, blindness, and lower limb amputations in the U.S. It is a leading cause of stroke, heart disease, and is the seventh leading cause of death in U.S.</p> <hr/> <p style="text-align: center;">Lecture: Friday June 21st @ 11am</p> <p style="text-align: center;">“Centenarians” Kari Tannenbaum MD</p> <p>A growing number of Americans are living to age 100. Nationwide, the centenarian population has grown</p>
6 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva) 3:15 Tai-Chi memory (Josie)	7 9-11:30 Diabetes Self-Management 1:30 pm – SS-Classic (Rosa) 3:30 pm Diabetes Support group	8 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 &	9 10:00 am Tobacco cessation* 11:30 am – AA: Seniors in Sobriety 1:30 pm – SS-Classic (Rosa)	10 11 Lecture: Arthritis Seniors” Dr. Pengelley ARNP* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	
13 10:30 am Patient Portal training-Gasen* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel) 2:15 pm – Chair Yoga (Eva)	14 9-11:30 Diabetes Self-Management 1:30 pm – Silver Sneaker: Classic (Rosa) 3:30 pm – Chronic Pain Support group	15 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	16 10:00 am Tobacco cessation* 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa) 3:30 pm Meditation	17 12:15 Strength & Balance Beginners (Cancelled) 1:15 Advanced Strength Balance Cardio (Cancelled) 2:15 Tai-Chi arthritis (Josie)	
20 10 am Caregiver support group (PPC-Only) 12:15 Strength & Balance Beginners (Cancelled) 1:15 Advanced Strength Balance Cardio (Cancelled)	21 9-11:30 Diabetes Self-Management 12:15 May Birthday Party (PPC only) 1:30 pm – Silver Sneaker: Classic (Rosa)	22 12-1 pm Physician Lunch (Private) 1:15 Strength & Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	23 10:00 am Tobacco cessation* 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa)	24 12:15 Strength & Balance Beginners 1:15 Advanced Strength, Balance, Cardio 2:15 Tai-Chi arthritis (Josie)	
May 27 Closed 	May 28 12:15 pm Lecture: “Do people need to take Aspirin”? Dr. Liu * 1:30 pm – Silver Sneaker: Classic (Rosa) 3:30 pm – Chronic Pain Support group	May 29 12-1 pm Physician Lunch (Private) 1:15 pm Strength, Balance Beginners (Angel) 2:15 pm Advanced Strength & balance (Angel)	May 30 11:30 am – AA: Seniors in Sobriety 1:30 pm – Silver Sneaker: Classic (Rosa)	May 31 11 am Silver Sneakers Balance Builders” PTI, Dr. Tatyana, Abdiel Sosa* 12:15 pm Strength & Balance Beginners (Angel) 1:15 pm Advanced Strength Balance Cardio (Angel)	



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)**

SS Classic (T & Th 1:15 pm) Designed to increase muscle strength, range of motion & flexibility **(Rosa)**

Silver Sneakers Yoga (M 2:15, TUES 12:15 PM): Chair support is offered so you can perform a variety of seated & standing postures designed to increase balance/flex. **(Eva)**

Silver Sneaker Tai Chi Memory (Mon 3:15 pm) Researchers have shown that regular practice of Tai Chi increases brain volume, augments memory and thinking skills, and may combat dementia. **(Josephine)**

Silver Sneakers Tai Chi Arthritis (Fri 2:15 pm): It's gentle, fluid movements and proven health benefits, it's a natural arthritis workout. Tai chi also offers plenty of other benefits. Recent studies have found that the slow, graceful exercise, which originated centuries ago as a martial art, can improve balance, reduce stress and offer arthritis pain relief. **(Josephine)**

SUPPORT GROUPS

Chronic Pain Support Group (2nd & 4th Tuesday May 14th & 28th 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 (3rd Monday May 20th 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 Tues May 7th 3:30 pm) 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 Thursday 11:30 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 May 8th 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 May 10th @11:00 am. "Arthritis in seniors" Arthritis in Seniors. The joint pain and stiffness of osteoarthritis result from a breakdown of cartilage, causing the bones in the joint to rub together. Arthritis sufferers often experience a deterioration in coordination and posture, and may have trouble climbing stairs, sleeping or walking. Christina Pengelley ARNP:

Lecture: Tuesday May 28th 12:15 pm: "Do I need to take daily aspirin?"

Taking aspirin regularly may seem like a no-brainer. Decades of research, involving tens of thousands of subjects, suggests that daily or every-other-day use of aspirin protects against heart attacks, strokes and some cancers. The drug has a record of effectiveness against inflammation that's more than a century old. It's cheap, widely available, and requires no prescription. Dr. Audrey Liu

Workshop. Friday May 31st @ 11 am : "Silver Sneakers Balance Builder"

Patient Portal orientation and training sessions.

Mon May 13th 10:30 am Patient Portal training-Gasen*

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)

May Birthday Party Tuesday May 21st 12:15 pm Personal Physician Care is happy to announce our Monthly birthday celebration party. All patients born in a particular Month are invited to come to the community center (Suite: F-111) and enjoy complementary refreshments and entertainment. Please RSVP with Dr. Cassidy 561-808-7743.

Meditation & Reiki 1st & 3rd Thursday May 2nd & 16th @ 3:30pm Meditation Improves mental and physical health: decreased levels of stress and tension, decline in hospitalization as well as need for out-patient medical care, decreased rates of disease, decreased overall health care costs, reduced use of alcohol and other drugs, improved cardiovascular health, reduced complaints of physical ailments, enhanced energy, strength and overall feelings of well-being, improved vegetative functioning, improved quality of sleep, decreased pain levels, looking and feeling younger and increased longevity. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Free Balance & fall Risk Assessments. May. 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.