



SHIRLEY & BARTON WEISMAN  
DELRAY COMMUNITY CENTER  
*Ruth & Norman Rales Jewish Family Services*

## **February 2024 Calendar of Events at the Weisman Delray Community Center**

### **Mondays**

Silver Sneakers Classic – 9:30 am – 10:15 am \*\* (weekly) (Feb. 12, starts at 9:00 am)  
Senior Voices Expressing Yourself Through Poetry – 10:00 am – 11:15 am (Feb. 5 and 19)  
Weisman Word Newsletter – 10:00 am – 11:00 am (Feb. 12)  
Fascinating Readings – 10:15 am – 11:15 am (weekly)  
Exploring Spirituality – 11:00 am – 12:30 pm (no class Feb. 12)  
Yiddish Music and Jewish Songs Concert – 11:00 am – 12:00 pm (Feb. 12, see below) SPECIAL  
Pick Your Topic – 11:30 am – 12:30 pm (weekly)  
WDCC Book Chat – 11:30 am – 12:45 pm – (Feb. 19, see below for book info)  
Canasta or Mahjongg – 11:30 am – 2:00 pm (weekly)  
The Right Stuff (Current Events) – 1:00 pm – 2:15 pm (weekly)  
Learn Canasta – 1:00 pm – 2:15 pm (weekly)  
Creative Writing – 1:00 pm – 3:00 pm (weekly)  
Creative Conversations – 2:30 pm – 3:30 pm (weekly)  
Men's Group – 2:30 pm – 3:30 pm (weekly)  
Scrabble It – 2:30 pm – 4:00 pm (weekly)  
Chair Yoga – 4:00 pm – 5:00 pm \*\* (weekly)

### **Tuesdays**

Diamond Club – 9:45 am – 12:15 pm \*\* (weekly)  
Valiant Players – 9:45 am – 12:45 pm (Feb. 27, ends at 12:15 pm)  
Bridge Club – 12:30 pm – 3:00 pm (weekly) (No class Feb. 27)  
Women's Support Group – 12:30 pm – 1:45 pm (weekly) (No class Feb. 27)  
Current Events – 1:00 pm – 2:00 pm (weekly) (No class Feb. 27)  
Weisman Movies – 1:45 pm – 3:45 pm (weekly) (Feb. 13, movie will start at 1:15 pm, no movie Feb. 27)  
Trivia Time – 2:00 pm – 3:15 pm (weekly) (No class Feb. 27)  
Gin Rummy – 2:00 pm – 4:00 pm (weekly) (No class Feb. 27)

## Wednesdays

Let's Talk Politics – 9:30 am – 11:00 am (weekly)  
Learn Mahjongg – 10:00 am – 11:30 am (weekly)  
Sit and Be Fit – 10:30 am – 11:15 am \*\* (weekly)  
Nutrition for You – 11:00 am – 12:00 pm (Feb. 14)  
Tech Savvy Seniors – 11:00 am – 1:00 pm (Feb. 14 and 28)  
A Year in Review – 11:15 am – 12:15 pm (no class Feb. 7)  
Mindful Breathing & Meditation – 11:15 am – 12:00 pm (Feb. 7 and 21)  
International Folk Dance – 11:30 am – 1:15 pm \*\* (weekly)  
Sports Happenings – 12:15 pm – 1:15 pm (weekly)  
Mahjongg – 12:30 pm – 3:00 pm (weekly)  
Chit Chat – 1:00 pm – 2:00 pm (weekly)  
Rummikub Learn & Play – 1:00 pm – 3:00 pm (weekly)  
Beginner Spanish – 1:30 pm – 3:00 pm (weekly)  
Chair Yoga – 3:00 pm – 4:00 pm \*\* (weekly)  
Advanced Beginner Spanish – 3:00 pm – 4:30 pm (weekly)  
Getting to Know You – 3:15 pm – 4:30 pm (weekly)

## Thursdays

Dean from Tel Aviv University with Innovative Research on Parkinson's and other Neurodegenerative Diseases – 10:00 am – 11:30 am (Feb 8, see below) SPECIAL  
Watercolor Painting – 10:00 am – 12:00 pm (weekly)  
Parsha of the Week – 10:00 am – 11:00 am (weekly)  
Bintel Brief – 10:00 am – 10:45 am (Feb. 15)  
Role Players – 10:00 am – 11:00 am (Feb. 8 and 29)  
Silver Sneakers Classic – 10:30 am – 11:15 am \*\* (weekly) (Feb. 29, starts at 9:15 am)  
Current Events on the Issues Only – 11:00 am – 12:30 pm (weekly)  
Keep it Short – 11:00 am – 12:15 pm (see below for story) (Feb. 8 and 22)  
Canasta Players – 11:30 am – 2:00 pm (weekly)  
Valiant Players – 12:00 pm – 3:00 pm (no group Feb. 29)  
Knitting & Crochet – 1:00 pm – 3:00 pm (weekly)  
The Winter's Tale – Ballet – 1:00 pm – 3:00 pm (Feb. 15, see below) SPECIAL  
Food For Thought/Nourishment for the Mind – 1:30 pm – 2:30 pm (Feb. 8 and 22)  
Gin Rummy – 1:30 pm – 3:30 pm (weekly)  
Real Talk for Women – 3:15 pm – 4:15 pm (weekly) (no group Feb. 29)  
Healthy Conversations – 3:30 pm – 4:30 pm (check in center for dates)  
Delray Medical Health Professionals lead topics weekly

## Fridays

Canasta Basics – 9:30 am – 10:45 am (weekly) **Lessons for all**

Yiddish Club – 10:00 am – 11:30 am (weekly) (Yiddish Film on Feb.16)

Sit and Be Fit – 10:30 am – 11:15 am \*\* (weekly)

Fridays at the Improv – 10:30 am – 12:00 pm (weekly)

Positively Pittleman – 11:30 am – 12:45 pm (weekly)

Joyce Saltman – 11:30 am – 12:30 pm (SPECIAL)

Bill the Juggler – 11:45 am – 12:45 pm (Feb. 2, Ice Cream Sundae Bar to follow)

Bridge Club – 12:30 pm – 3:00 pm (weekly)

Kickin' Karaoke – 12:45 pm – 1:45 pm (Feb. 16)

Poker Play – 1:30 pm – 3:15 pm (weekly)

Bingo – 1:45 pm – 3:15 pm \*\* (weekly)

Weisman Movies – 1:45 pm – 3:45 pm (weekly)

## Specials

### **Innovative Research on Parkinson's and Other Neurodegenerative Diseases**

- Thursday, February 8, 10:00 am – 11:30 am
- Professor Karen Avraham, Dean Faculty Medicine Tel Aviv University
- Please RSVP to the front office.

### **Yiddish Music and Jewish Songs Concert with Lisa Fishman**

- Monday, February 12, 11:00 am – 12:00 pm
- Sponsored by Oasis Senior Advisors
- This concert is in memory of Lillian Cohn, honoring her wish to spread the joy of Yiddish Music.

### **The Winter's Tale: A Ballet**

- Thursday, February 15, 1:00 pm – 3:00 pm
- The Royal Ballet performs Christopher Wheeldon's adaptation of Shakespeare's romance. It is a modern classic ballet.

### **WDCC Book Chat** (once a month book club)

- Monday, February 19, 11:30 am – 12:45 pm
- Book – **'Lessons in Chemistry' by Bonnie Garmus**

### **Keep it Short** (Short Story Club)

- Thursdays, February 8 and 22, 11:00 am – 12:15 pm
- Story for February 8: **'Pretty Mouth and Green Eyes' by J.D. Salinger**
- Story for February 22: **'Inside Norman Mailer' by Max Apple**

### **APDA Parkinson's Support Group** (3<sup>rd</sup> Wednesday of the month)

- Wednesday, February 21, 3:00 pm – 4:30 pm

**\* Programs are subject to change.** Errors sometimes happen; we apologize in advance.

\*\* Fee is associated with these classes