

# JANUARY 2025



**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
<b>**Please Note</b> <b>Due to unforeseen</b> <b>circumstances, the</b> <b>Calendar may be</b> <b>subject to Change. We</b> <b>appreciate your</b> <b>understanding **</b>		<b>CLOSED</b> <b>in</b> <b>Observance</b> <b>For</b> <b>New Year's Day</b>	8:45am Live Exercise Cardio- Strengthening – Resistance Bands 10:15: 2025 Vision Board 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
6	7	8	9	10
8:45am Live Exercise Cardio –Weights 10:15am SFCE-ILUMA therapeutic music workshop 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15am -2025 Vision Board – Creativity Fun 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Zumba Gold- 10:15am New Year Bingo Fun Socialization- Memory Recall 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	9am-10am Social Hour 10:15- Senior in-house Recognition Awards 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
13	14	15	16	17
8:45am Live Exercise Cardio –Weights 10:15am Slow Burn Theater-Interactive Singing & Dancing 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15am Bingo Fun- socialization 10:30 Edu Spanish Class 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Zumba Gold 10:15am MHS STEADI – Fall Prevention Presentation and Pharmacy medication review 12:30pm Nutritious Lunch 12:45-2pm Program Dismissal	Museum Discovery & Science Field Trip IMAX -3D –Australia: The Wild Continent 10am-1pm 	Home Visits and Off-Site Senior Activities
20	21	22	23	24
<b>CLOSED</b> <b>in</b> <b>Observance</b> <b>Martin Luther King Jr.</b>	8:45am Live Exercise Cardio- Strengthening – Resistance 10:15am 5-Wishes Presentation Review 11:15am Nutritious Lunch Nutritious meal 12:45-2pm Program	8:45am Live Exercise Zumba Gold 10:15am Bingo Fun – Interactive Socialization- Memory Recall 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	9am-10am Social Hour 10:15- Live Exercise Cardio- Strengthening – Resistance 11:30am Survival Basic English Class Educational 12:30pm Lunch 1pm-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
27	28	29	30	31
8:45am Live Exercise Cardio –Weights 10:15am UF/IFAS Nutrition Workshop Series 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15am Survival Basic English Class Educational 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Zumba Gold 10:15am Interactive Cognitive Board Games Socialization 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15 Arts & Crafts Creative joy, socialization 10:30 Edu Spanish Class 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	Home Visits and Off-Site Senior Activities