

FEBRUARY 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
3	4	5	6	7
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 5-Wishes Directives for Seniors Presentation 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 10:15am Edu. Nutrition Presentation 10:30am Edu Spanish Class 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
10	11	12	13	14
8:45am Live Exercise Cardio –Weights 10:15am Long Term Care Basics-Presentation 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15am Tech Basics-Interactive Technology Series- Smart Devices 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Cardio Exercise 10:15am Bingo Fun-Socialization- Memory Recall 10:30am Pre-Valentines set up 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	9am-10am Social Hour 10:15am Senior Partners Valentine’s Interactive social Luncheon Event- Presenting Apollo Middle School Choir 1pm-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
17	18	19	20	21
CLOSED in Observance 	8:45am Live Exercise Cardio- Resistance Bands 10:15am Interactive Cognitive Board Games Socialization 10:30am Bereavement Support Group 11:15am Nutritious Lunch 12:45-2pm Program	8:45am Live Exercise Zumba Gold 10:15am MHS Heart Health Awareness Presentation – Celebrating Heart Month-Reduce the Risk of Heart Disease 12:30pm Nutritious Lunch 12:45-2pm Program Dismissal	8:45am Live Exercise Cardio- Resistance Bands 10:15am Comprehensive Preventative Care Presentation 10:30am Edu Spanish Class 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
24	25	26	27	28
8:45am Live Exercise Cardio –Weights 10:15am Arts & Crafts Creative joy, socialization 10:30am VITALS- Hollywood Fire Rescue 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	Hollywood Historical Society – Preserving the Past for the Future- Hammerstein House 	8:45am Live Cardio Exercise 10:15am MHS- My Chart Interactive educational and informative Presentation 11:15am Nutritious Lunch 12:45-2pm Program Dismissal	9am-10am Social Hour 10:15- Live Exercise Cardio- 10:30 Edu Spanish Class 11:30am Nutritious Lunch 12 noon- MHS-PLUNGE 12:30pm B-day Celebration 1pm-2pm Program Dismissal	Home Visits and Off-Site Senior Activities
**Please Note Due to unforeseen circumstances, the Calendar may be subject to Change. We appreciate your understanding **				**Please Note Due to unforeseen circumstances, the Calendar may be subject to Change. We appreciate your understanding