



# HEALTHY LIVING CENTERS

| October 2018 |                                     |     |  |   |  |                                      |
|--------------|-------------------------------------|-----|--|---|--|--------------------------------------|
| Sun          | Mon                                 | Tue | Wed  | Thu   | Fri                                      | Sat                                  |
|              | 1                                   | 2   | 3  | 4   | 5<br>TAG Group 2 (CARD)<br>6:30pm-8:00pm | 6<br>TAG Group 2 (CARD)<br>12-2:30pm |
| 7            | 8<br>MOMS Club@ of Deland<br>10am   | 9   | 10<br>Medicare 101<br>9am<br>Brownies Troop<br>3:30pm<br>Girl Scouts<br>6:00pm | 11  | 12<br>Know Your Numbers<br>8am-12pm      | 13                                   |
| 14           | 15                                  | 16  | 17<br>Medicare 101<br>9am<br>Dr. primrose Empowerment<br>Women's Coach<br>6pm  | 18<br>Managing Alzheimer's and Dementia Behaviors<br>2:00pm | 19<br>Stem Cells<br>10am                 | 20                                   |
| 21           | 22<br>Sign Language Level II<br>6pm | 23  | 24<br>Brownies Troop<br>3:30pm<br>Girl Scouts<br>6:00pm                        | 25  |  | 27                                   |
| 28           | 29<br>Sign Language Level II<br>6pm | 30  | 31   |   |  |                                      |
|              | <b>Notes:</b>                       |     |  |   |  |                                      |



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### **MOMS Club® of Deland**

**About:** Moms Offering Moms Support® is support group whose focus is to enrich the lives of stay at home moms, including those who have home-based businesses or work part-time. We believe that making the choice to stay home with your children shouldn't have to isolate you, so we provide the opportunity for moms in our area to meet one another through a large variety of fun, child-friendly activities throughout each month! Our calendar boasts a variety of daily activities to appeal to moms and children of all ages. Join us to add fun and encouragement to your life.

**Cost:** Yearly dues at \$25 (payable to group, not YMCA affiliated)

**Schedule:** First Monday of every month at 9:30AM

**Questions?** Email [momsclubdeland@gmail.com](mailto:momsclubdeland@gmail.com) or go to <http://www.momsclubofdeland.org>

### **Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach**

**About:** Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk—Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or [contact@primrosecameron.com](mailto:contact@primrosecameron.com)

### **Medicare 101:**

**About:** presented by Humana

### **Know Your Numbers**

**About:** Presented by Daytona State College Nursing Students. Come and have your BP, vision, height, weight, BMI checked.

### **Girl Scout Troop 1400**

**About:** Join the Girl Scout troop 1400 and learn life skills by earning badges, making friends and lasting memories! Meets second Wednesday of each month.

For more information on how to join email Ginger Barnhart at [plaidhatgirl@gmail.com](mailto:plaidhatgirl@gmail.com)

**Brownies Troop:** Be a part of Troop 1398 as they unleash her inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)<sup>™</sup> through a collection of engaging, challenging, and fun activities; like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects.  
Ages: 7 and 8

### **Teen Asperger's Group (TAG)**

**About:** This program is provided by PALS to support the individuals registered with the UCF Center for Autism and Related Disabilities. For more information, please contact Yasmine at 407-823-6020 or visit [www.pals-ucfcard.org](http://www.pals-ucfcard.org).

### **Stem Cells**

**About:** Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP [Miill@vfymca.org](mailto:Miill@vfymca.org)

### **Sign Language level II**

**About:** American sign language class presented by Easterseals. 9 week session for \$50 please register at <http://www.easterseals.com/necfl/our-programs/adult-services/american-sign-language.html>.

### **Managing Alzheimer's and Dementia**

**About:** Don't miss this free special seminar for medical professionals, family members and friends caring for a loved one with dementia and people who may be experiencing signs of early-stage dementia.

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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