

JANUARY 2026



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
	Please Note Due to unforeseen circumstances Calendar may be subject to change We appreciate your understanding		CLOSED in Observance New Year's Day	Home Visits CEC and Off-Site Senior Activities
5	6	7	8	9
8-9am Social Hour 9am Weights & Live Cardio 10:15am SFCE Music Therapeutic instrumental 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am- Resistance Bands Stretching & Strengthening 10:15am New Year Bingo Fun 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Live Cardio Exercise 10:15am Table Board Games socialization & cognitive 11:30am Nutritious Lunch 1pm-2pm Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am Pace Edu. Presentation 11:30am Nutritious lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
12	13	14	15	16
8-9am Social Hour 9am Weights & Live Cardio 10:15am –Slow Burn Theater Skit- exercise and socially interactive 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am- Resistance Bands Stretching & Strengthening 10:15am Vision Board 2026 Arts & Crafts Creativity Fun - social interactive 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Zumba Gold Exercise 10:15am UF/IFAS Nutritional Educational presentation 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am UM Alzheimer's Presentation 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
19	20	21	22	23
CLOSED in Observance Martin Luther King Jr.	8-9am Social Hour 9am Resistance Bands Stretching & Strengthening 10:15am MHS Healthy Brain Habits- Presentation 11:30pm Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Live Cardio Exercise 10:15am Vision Board 2026 10:15am CarFit for Seniors 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am Nutritional Educational Presentation 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
26	27	28	29	30
8-9am Social Hour 9am Weights & Live Cardio 10:15am Winter Bingo Fun 10am FLOW – Florida Licensing on Wheels (with appointment only) 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Stretching & Strengthening 10:15am Suicide Edu Prevention Presentation 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Live Cardio Exercise 10:15am Diabetes Educational Presentation 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am Table Board Games socialization & cognitive 11:30am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities