

SENIOR TIMES

A Newsletter of North County Senior Center
February 2020



Palm Beach County
Board of County Commissioners

Community Services Department

Division of Senior Services

www.pbcgov.com

SPECIAL EVENTS

- Paint & Create, presented by KB Social Art Working Friday, February 7, 14, 21, 28, 31, 2020, 10:00am-12:00pm *Pre-Registration Required
- David Lawrence (Magician) Tuesday, February 4, 2020 11:00 a.m.– 12:00 p.m.
- The North County Men's Shed Wednesday, February 5, 12, 19,26 2020 2:30pm -4:00pm *Flyer inside Newsletter
- Medicare Q &A with Absolute Best Insurance Wednesday, February 5, 19, 2020 10:30am-12pm
- Palm Beach County Library Bookmobile Wednesday, February 12, 26, 2020 11:00am-11:30am
- TDM Technologies Smartphone / Mobile Device Education Course Tuesday, February 4, 18, 2020 9:30am-11:00am/ 2:00-3:30pm
- Jewelry Class Wednesday, February 12, 2020 9:30am-12:00pm*Pre-Register at Front Desk
- United Healthcare Medicare Info Presentation Thursday, February 13, 2020 11:00am-11:45am
- Bingo Presented by Dedicated Medical Center Monday, February 10, 2020 9:45am-11:00am
- Legends of the Great American Songbook : Presented by Bruce Hambro Wednesday, February 12, 2020 10:30 a.m. - 12:00 p.m.
- Sadie Hawkins Dance Friday, February 14, 2020 10:00am-11:15am
- Diabetes Screening Presented by Diabetes Coalition of Palm Beach County February, February 21, 2020 10:00am-12:00pm
- Red Hat Society Kickoff Meeting Thursday, February 27, 2020 12:45pm-2:00pm

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Center Closed



Presidents Day

February 17th

PALM BEACH COUNTY
Senior Centers

MID COUNTY SENIOR CENTER

3680 Lake Worth Road
Lake Worth, FL 33461
Phone: (561) 357-7100
Fax: (561) 357-7114
Hugo Montenegro, Rec Coordinator
Tina Austin, Manager
Jacque Uceda, Asst. Manager

Operating Hours

Monday-Friday
8:00AM-5:00PM

**NORTH COUNTY
SENIOR CENTER**

5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
Phone: (561) 694-5435
Fax: (561) 694-9611
Anderson Phebe, Manager
Wil Belisle, Asst. Manager

Operating Hours

Monday-Friday
8:00AM-5:00PM

**WEST COUNTY
SENIOR CENTER**

2916 State Road #15
Belle Glade, FL 33430
Phone: (561) 996-4808
Fax: (561) 992-1011

Operating Hours

Monday-Friday
8:00AM-5:00PM

Willie Miller, Manager
Melinda Estime, Asst. Manager

NORTH COUNTY STAFF

Anderson Phebe Manager
(561) 694-5437

Wil Belisle Assistant Manager
(561) 694-5436

Heather Caron
Adult Day Care Manager
(561) 694-5438

John Larsen
Congregate Meal Site Manager
(561) 694-5442

SERVICES

Services include:

Information and Referral
Education
Nutrition
Congregate Meal
Outreach Services
Caregiver Support Group
Meetings
Educational Forums
Volunteer Opportunities &
Senior Community Service

MEDICAL SCREENINGS

Preventive Lectures
Serving Health Insurance
Needs of Elders (SHINE)

Activities Include

Bridge
Bingo
Day Trips
Live Music
Quilting
Billiards
Dominoes
Special Events
Computer Classes
Exercise Classes
Birthday Celebrations
Jewelry Class
Art Classes
Woodcarving
—and more!



Need Help with Medicare? Let SHINE Be Your Guide!

SHINE provides FREE and unbiased information and counseling to those currently on Medicare, those who will soon be eligible and those who act on behalf of Medicare beneficiaries, including family members and caregivers.

How can SHINE help?

- Medicare Eligibility, Enrollment and Coverage Issues
- Medicare Appeal Rights
- Medigap (Medicare Supplement) Policies
- Long-Term Care Options
- Prescription Assistance Resources
- Medicaid
- Medicare Prescription Drug Plan (Part D)

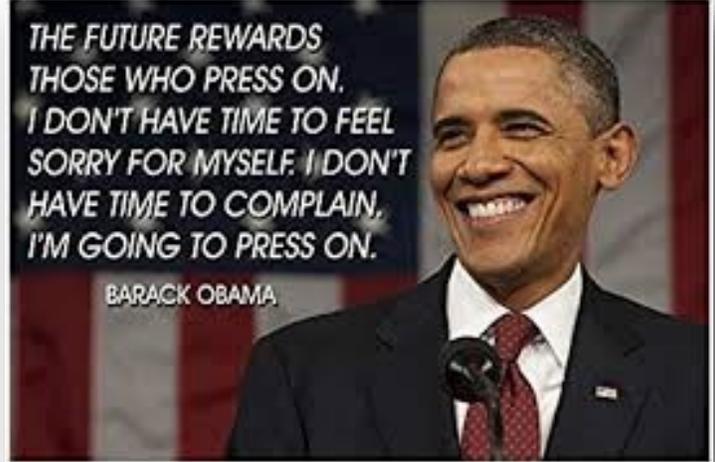
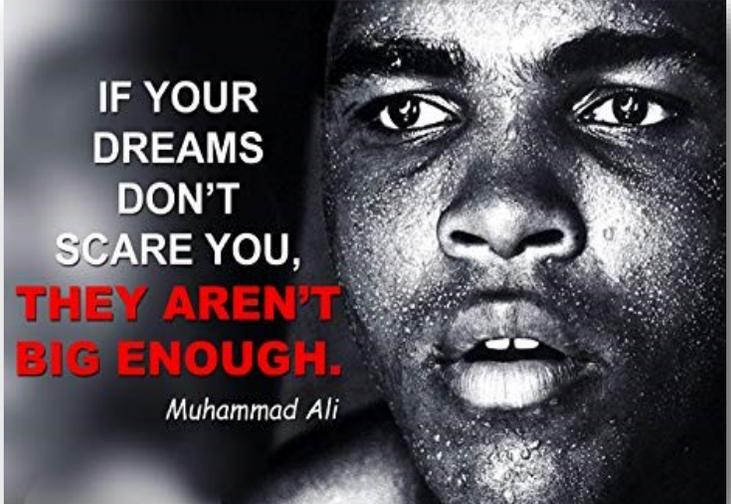
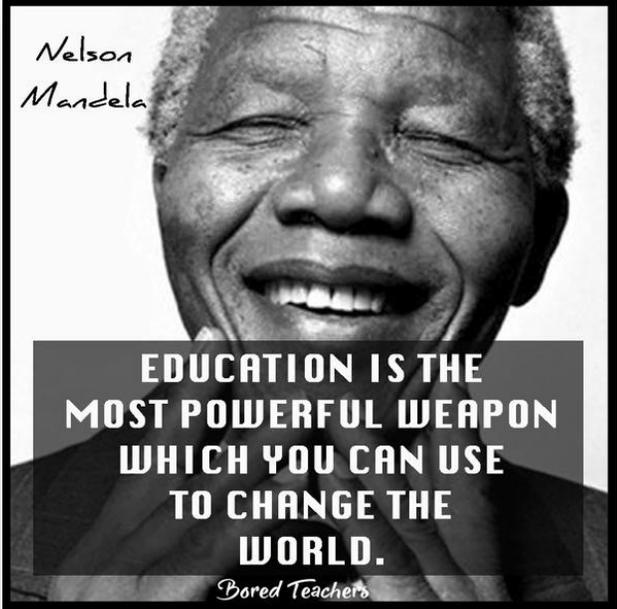
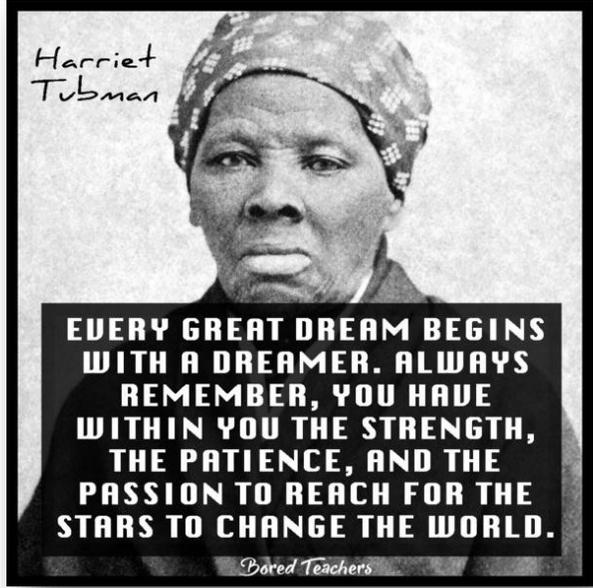
How Do I Contact a SHINE Counselor?

A SHINE counselor can speak with you over the telephone or meet with you in person at North County Senior Center, a SHINE counseling site. Please call your local Elder Help- line toll-free at **1-866-684--5885** to schedule an appointment for counseling.



For more information, visit www.floridaSHINE.org.

Black History Month Inspirational Quotes



Trip to Ocean Cay Park for the ANNUAL BBQ PICNIC & BEACH DAY

Join us for a BBQ picnic at beautiful Ocean Cay Park in Jupiter. Please make sure to bring a hat, beach towel, sunscreen and bottled water if you plan to access the beach.

WHEN Monday, February 24, 2020

DEPART TIME Mid County 9:00 a.m. / North County 9:30 a.m.

RETURN TIME Mid County 2:30 p.m. / North County 3:00 p.m.

COST \$20* (sorry, no refunds)
***\$20 is due upon registration**

REGISTRATION Deadline to register is
Friday, February 7, 2020

ACTIVITY LEVEL **Moderate to High - walking outdoors.**
Please wear comfortable walking/running shoes.
If you require personal, one-on-one assistance during a trip, you will need to register with a personal aide to travel and assist you.

For more info, call your local senior center.

Palm Beach County Community Services Department Division of Senior Services

ADMINISTRATION

810 Datura Street, Suite 300
West Palm Beach, FL 33401
tel (561) 355-4746
fax (561) 355-3222

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5217 Northlake Blvd
Palm Beach Gardens, FL 33418
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Palm Beach County
Board of County Commissioners
Dave Kerner, Mayor
Robert S. Weinroth, Vice Mayor
Hal R. Valeche
Gregg K. Weiss
Mary Lou Berger
Melissa McKinlay
Mack Bernard

County Administrator
Verdenia C. Baker

www.pbcgov.com/communityservices/seniorservices

Seniors in Technology Courses
 Tuesday, February 4th & 18th
 9:30am-11am
 & 2:00pm-3:30pm
 Location: North County Senior
 Center



\$10 Course Fee
 with our easy
 course at a slow pace! To register go to front
 desk or main office of North County Senior
www.tdmtechpc.com



(561) 344-5188
 2000 PGA BLVD STE 4440 PALM BEACH GARDENS, FL



**Mobile devices are available for use in class. We can come to your site! Ask about our group rates.*

DUPLICATE BRIDGE PROGRAM

at the North County Senior Center

5217 Northlake Blvd., Palm Beach Gardens, FL 33418

Phone: 561-694-5435

Join us every Tuesday for the following events:

SUPERVISED PLAY 10:00 a.m. - 11:30 a.m.

Cost: \$5.00 per person

Shuffle and deal hands. Bid and play followed by discussion of hands. Come with a partner, a whole table, or solo.

ACBL– sanctioned

DUPLICATE GAME 12:30 p.m. - 3:30 p.m.

Cost: \$6.00 per person

Reservations required due to limited seating.

Call 561-684-5860 to make a reservation.

Players **MUST** arrive at least 15 minutes before game time.

It is preferred that you come with a partner for this masterpoints-sanctioned game. However, please call Liz Dennis (561-684-5860) to let her know that you are planning to come solo.

STaC Games

Four times per year - February, June, August and December - dates to be announced - Silverpoint games are held at local clubs. The cost for that game is \$8.00 per person.



North County Men's Shed Association

Shoulder to Shoulder

You are invited to attend the introductory meeting of:

WHAT: The North County Men's Shed

WHEN: Wednesdays from 2:30 – 4:00 PM

WHERE: North County Senior Center
5217 Northlake Boulevard,
Palm Beach Gardens, FL

Please join us to help launch:

- A place for guys to meet and work 'shoulder to shoulder' on activities they choose
- An opportunity to meet new friends
- A place where you can decide how to spend your time
- A welcoming, accepting and comfortable place

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Palm Beach County
Board of County Commissioners



Palm Beach County
**COMMUNITY
SERVICES**

Helping People Build Better Communities



North County Senior Center
561- 694-5435



5217 Northlake Blvd Palm Beach Gardens, FL 33418

MAHJONG

Classes Every Wednesday
12:30 to 2 PM

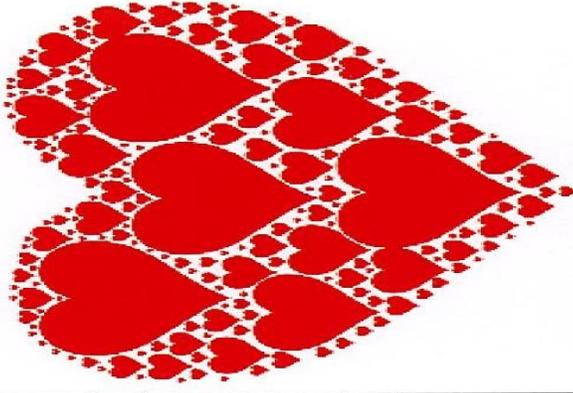


**Have fun and make new friends with easy
method of learning
Start playing games right away**

No Card Required

FEBRUARY 2020

SENIOR CONGREGATE MEAL PROGRAM



Each congregare meal is served with 1% low fat milk. All meals served provide a minimum of one third of the USDA daily Dietary Reference Intake of nutrients. recommended for good health.

Susan Koester, RD, LDN 1-1-2020

Susan Koester, RD, LDN 7041



Palm Beach County
Division of Senior Services
561-355-4740

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheeseburger Baked Beans Salad & Italian Dressing Pineapple	4 Cobb Pasta Salad Corn Muffin Fresh Fruit	5 Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers	6 Beef Stew Peas & Mushrooms Carrots Grain Bread & Margarine Warm Cranberry Pears	7 Tuna Salad Sandwich Salad & French Dressing Corn & Tomato Salad Mandarin Oranges
10 Seasoned Chicken Thigh Mashed Potatoes Broccoli & Red Pepper Wheat Roll & Margarine Chunky Applesauce	11 Three Bean Chili Brown Rice Corn Muffin Pineapple	12 Turkey Burger Mustard, Ketchup Corn Okra & Tomatoes Mandarin Oranges	13 Chicken Paella Salad & Italian Dressing Wheat Roll & Margarine Pears	14 NY Strip Steak Patty Sweet Potatoes Cauliflower Whole Grain Bread Valentine's Day Dessert
17 CLOSED	18 Chicken Apple and Cranberry Salad Three Bean Salad Marinated Beets Wheat Dinner Roll Orange Pineapple Juice	19 Teriyaki Beef Riblet Brown Rice Ginger Carrots Fresh Fruit	20 Beef Hot Dog Mustard & Ketchup Baked Beans Sweet & Sour Cole Slaw Pineapple	21 (5) Ea Meatballs Marinara Spinach & Chickpeas Italian Green Beans Grain Bread & Margarine Mandarin Oranges
24 Chicken Taco Soup Cheese Stick Corn Chips Fresh Fruit	25 Pulled Pork Fajitas Soft Wheat Tortilla Cheesy Pinto Beans Mandarin Oranges	26 New Orleans Style "Dirty Rice" Casserole Mixed Vegetables Citrus Fruit Cup	27 BBQ Chicken Thigh Sweet Potatoes Spinach Grain Bread & Margarine Pineapple	28 Salmon Croquette Creamed Corn Zucchini & Tomatoes Grain Bread & Margarine Raisins
3 Cheeseburger Baked Beans Salad & Italian Dressing Pineapple	Cobb Pasta Salad Corn Muffin Fresh Fruit	Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers	Beef Stew Peas & Mushrooms Carrots Grain Bread & Margarine Warm Cranberry Pears	Tuna Salad Sandwich Salad & French Dressing Corn & Tomato Salad Mandarin Oranges

February 2020 DAILY ACTIVITIES CALENDAR

MONDAY

8:00 a.m.	COFFEE & CONVERSATION/LOCAL NEWS
8:30 a.m.	BREAKFAST
9:00 a.m.	DOMINOES
10:00 a.m.	BINGO/BEGINNER MAH JONG
11:15 a.m.	VIDEO CHAIR EXERCISE: "Exercise Senior Style"
Noon	CONGREGATE MEAL
1:00 p.m.	DOMINOES
1:30 p.m.	SILVER SNEAKERS "STRENGTH & BALANCE EXERCISE" (Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
2:00 p.m.	OPEN POOL TABLE

NORTH COUNTY SENIOR CENTER

SCHEDULE  SilverSneakers[®]
by Tivity Health

FLEX[®]
Community
Fitness Classes

FITNESS CLASSES

Mondays	1:30 p.m.	Strength & Balance
Tuesdays	11:00 a.m.	Cardio Strength
Wednesdays	9:30 a.m. 10:30 a.m.	Senior Stretch (Chair Yoga) Arthritis Foundation Exercise Program
Thursdays	11:00 a.m.	Cardio Strength
Fridays	10:15 a.m. 11:00 a.m.	Senior Stretch (Chair Yoga) Zumba Gold



PLEASE NOTE: SilverSneakers FLEX classes are free for SilverSneakers Members
Non-SilverSneakers members \$3.00/per class

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Palm Beach County
Board of County Commissioners

www.pbcgov.com/communityservices/seniorservices

February 2020 DAILY ACTIVITIES CALENDAR

TUESDAY

- 8:00 a.m. COFFEE & CONVERSATION/LOCAL NEWS
- 8:30 a.m. BREAKFAST
- 9:00 a.m. DOMINOES
- 9:30 a.m. BINGO/TAI CHI
- 10:00 a.m. SUPERVISED PLAY: BRIDGE (\$6)
SHINE (Serving Health Insurance Needs of Elders)
*appointment required—(561 684-5885)
- 11:00 a.m. SILVER SNEAKERS “CARDIO STRENGTH EXERCISE”
(Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
- 11:15 a.m. VIDEO CHAIR EXERCISE: “Exercise Senior Style”
- Noon CONGREGATE MEAL
- 12:30p.m. DUPLICATE BRIDGE (\$6)
- 1:00 p.m. DOMINOES
- 3:00 p.m. PC RAMS COMPUTER CLUB MEETING
*First Tuesday of the Month



Bridge Players Wanted!

Bridge players are wanted for **Tuesday's Supervised Play** from **10:00 - 11:30a.m.** A Mini-lesson is followed by a shuffle and deal hands with discussion.

Following the Supervised Play, an ACBL - Sanctioned Duplicate Game promptly starts at 12:30p.m. If you or a friend would like to be added to the roster, please contact instructor Liz Dennis at **561-684-5860.**

February 2020 DAILY ACTIVITIES CALENDAR

WEDNESDAY

- 8:00 a.m. COFFEE & CONVERSATION/LOCAL NEWS
- 8:30 a.m. BREAKFAST
- 9:00 a.m. CARDS/BOARD GAMES
- 9:30 a.m. SILVER SNEAKERS "YOGA CHAIR"
(Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
Jewelry Class **Second Wednesday Each Month /PRE-REGISTRATION REQUIRED*
- 10:00 a.m. BINGO
- 10:30 a.m. SILVER SNEAKERS "ARTHRITIS FOUNDATION EXERCISE"
(Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
- 11:15 a.m. VIDEO CHAIR EXERCISE: "Exercise Senior Style"
- Noon CONGREGATE MEAL
- 12:30 p.m. BEGINNER MAH JONG CLASS PRE-REGISTRATION REQUIRED
- 12:45 p.m. Activity Hour (Music, Video Games , and more) in Workout Room
- 1:00 p.m. DOMINOES
- 2:30p.m.-4pm NORTH COUNTY MEN'S SHED *Men's Social Club*

THURSDAY

- 8:00 a.m. COFFEE & CONVERSATION/LOCAL NEWS
- 8:15 a.m. BREAKFAST
- 9:00 a.m. CARDS/BOARD GAMES
WOODCARVING
- 9:30 a.m. BINGO/TAI CHI
- 10:00 a.m. SHINE (Serving Health Insurance Needs of Elders)
*Appointment required—call (561) 684-5885
- 11:00 a.m. SILVER SNEAKERS "CARDIO STRENGTH"
(Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
- 11:15 a.m. VIDEO CHAIR EXERCISE: "Exercise Senior Style"
- Noon CONGREGATE MEAL
- 1:00 p.m. DOMINOES/SCRABBLE
- 2:00 p.m.- OPEN CARD GAMES

February 2020 DAILY ACTIVITIES CALENDAR

FRIDAY

8:00 a.m.	COFFEE & CONVERSATION/LOCAL NEWS
8:30 a.m.	BREAKFAST
9:00 a.m.	DOMINOES
10:00 a.m.	BINGO/CALICO QUILTING CLUB / INTRODUCTION TO KNITTING & CROCHETING
11:00 a.m.	SILVER SNEAKERS "Zumba Gold" (Free for Silver Sneakers Members, \$3 for Non-Silver Sneakers Members)
11:15 a.m.	VIDEO CHAIR EXERCISE: "Exercise Senior Style"
Noon	CONGREGATE MEAL RUMMY/POKENO/MONTHLY BIRTHDAY CELEBRATIONS
12:45 –1:45pm	Activity Hour (Music, Video Games , and more) in Workout Room
1:00 p.m.	DOMINOES
2–4 p.m.	OPEN POOL TABLE/COMPUTER LAB

Relaxation and Well Being



Tai Chi has moved to a new
time, join us **Tuesday &**
Thursday mornings at 9:30a.m.





\$15 AARP Members / \$20 Non-Members

Date: February 24 from 9:00 A.M. – 4:00 P.M.

- Pre-registration is required to attend this class.
- Please bring your driver's license and your AARP membership card.
- Make checks payable to AARP.
- Students are encouraged to bring a lunch and/or snacks and a sweater/jacket.



**To register, please call the
North County Senior Center at 561-694-5435.**



Safety Council of Palm Beach County, Inc.
Mature Driver Course

Friday, February 21, 2020 9:00 a.m. – 4:00 p.m.

Cost: \$12

To register, please call the Safety Council
at **561-845-8233**.

You can save as much as **15% off** of your insurance premium by taking a mature driver course. **Register today** to take one of our courses to help you save some money!

SPECIAL ANNOUNCEMENTS

- Please note that the senior center opens at 8:00 a.m. Clients are not granted access to the property or inside the senior center prior to 8 a.m.
- Please notify staff or volunteers of any spills or obstructions within the senior center as soon as possible.
- All guests are reminded to sign in at the desk.
- Please remember to wear your senior center name tag when you are visiting the senior center.
- It is important that all visitors to the senior center park their vehicles in the designated parking spaces.
- Please, for your safety and others, do not park your vehicle in the grass, on the sidewalk or block access to the gate. Vehicles that are parked illegally may be subject to ticketing or towed at the owners expense.

RULES

Palm Beach County Community Services Department
Division of Senior Services
General Rules for Use of Senior Centers

- 1** | To be a member of the Senior Center, one must be 55 years old (60 years old for the nutrition program) or the spouse of a member. Completion of a Senior Center Registration form is required to be a member.
- 2** | A prospective member must exhibit mental and physical ability to function independently without staff or volunteer supervision while at the senior center, or must be in the care of a caregiver or aid. Senior Center staff are not responsible for the care of members after operating hours.
- 3** | Members must practice good personal hygiene and conduct themselves in an appropriate manner. Each member must act respectfully toward all members, employees, and guests in the Senior Center.
- 4** | Senior Center Manager(s) may call for the removal of any person whose behavior is deemed adverse to the health and/or safety of other persons or Senior Center property.
- 5** | Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.
- 6** | Use of the Senior Center must not violate Federal, State, County or local laws, as well as Palm Beach County Facilities Development & Operations Department Rules and Countywide Policy and Procedures.
- 7** | Senior Centers may not be used for political campaigns on partisan issues or promotion of candidates seeking election. There is no soliciting allowed on the Senior Center property.
- 8** | Those who use the Senior Centers for Club and/or Organizational meetings or social events must restore the used space to its original state in regards to the arrangement of furniture and cleanliness.
- 9** | The Senior Center is a smoke free environment. Smoking is only and solely permitted in the designated smoking area and must adhere to County PPM CW-P-036.
- 10** | Senior Center members shall not store, possess or use drugs, alcohol and/or gambling devices at the facility, nor permit others to do so.
- 11** | The Senior Center is not responsible for lost, stolen, damaged or storage of items.

NOTE: Violation of Senior Center rules may result in immediate action including but not limited to removal and/or termination.

History of Senior Centers

The modern-day senior center traces its roots back to the early 1940s when one of the earliest centers (the Hodson Center in New York City) focused on meeting the needs of lower income older people (Gelfand). The number of senior centers has grown to between twelve thousand and fourteen thousand depending on what one considers a senior center to be. Three White House Conferences on Aging, the passage of the Older Americans Act in 1965 and its subsequent amendments, and the activities of the National Council on the Aging have played important roles in this growth and expansion. According to the National Council on Aging's National Institute of Senior Centers, "A senior center is a community focal point on aging where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage involvement in and with the community". Most senior centers are multipurpose in that they provide a range of activities and services and are multifaceted in terms of the functions they fulfill for older participants as well as the roles they play in local social and health service networks. Throughout their history, senior centers have responded to the needs of at-risk and well older persons, with some centers developing a greater emphasis on one group or the other. Depending on the senior center and the geographic area in which it is located, considerable diversity is found in who attends a center, the number of programs it offers, and the size of its facility, staff, and resources. One of the biggest strengths of senior centers is their diversity and their ability to serve different segments of the older population in many different ways. Senior centers do many things well with relatively few resources and certainly are capable of improving and expanding existing functions given the appropriate resources and mission.

Become a
Volunteer!

VOLUNTEER OPPORTUNITIES

DOSS provides a wide range of programs and services to assist seniors, their families and care givers in Palm Beach County. DOSS is fortunate to have volunteers of all ages helping in the Division's mission of serving seniors. DOSS offers several ways for volunteers to get involved that suits their talents, interests, and availability. DOSS seeks volunteers from diverse backgrounds and varied work experiences to make a contribution to the lives of seniors.

ABOUT DIVISION OF SENIOR SERVICES

Palm Beach County Division of Senior Services (DOSS) provides seniors with every stage of assistance needed for their continuum of care through the elder years. From DOSS active Senior Centers to more structured Adult Day Care and In-home Services, DOSS provides accessible, high-quality programs to assist seniors.

In accordance with the provisions of the Americans with Disabilities Act (ADA), this publication is available in alternate formats. Please call PBC Community Services Department's Community and Volunteer Engagement office at (561) 355-4501 to make your request.



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