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 Monday, February 21, 2020 10:00am-12:00pm

- Red Hat Society Kickoff Meeting Thursday, February 27, 2020 12:45pm-2:00pm

Center Closed

Presidents Day
February 17th
SERVICES

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

Activities Include
- Bridge
- Bingo
- Day Trips
- Live Music
- Quilting
- Billiards
- Dominos
- Special Events
- Computer Classes
- Exercise Classes
- Birthday Celebrations
- Jewelry Class
- Art Classes
- Woodcarving
- and more!

MEDICAL SCREENINGS
- Preventive Lectures
- Serving Health Insurance Needs of Elders (SHINE)

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

“WE ARE NOT MAKERS OF HISTORY. WE ARE MADE BY HISTORY.”
-MARTIN LUTHER KING, JR.

EVERY GREAT DREAM BEGINS WITH A DREAMER. ALWAYS REMEMBER, YOU HAVE WITHIN YOU THE STRENGTH, THE PATIENCE, AND THE PASSION TO REACH FOR THE STARS TO CHANGE THE WORLD.
-HARRIET TUBMAN

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.
-NELSON MANDELA

IF YOUR DREAMS DON’T SCARE YOU, THEY Aren’T BIG ENOUGH.
-MUHAMMAD ALI

NEVER LIMIT YOURSELF BECAUSE OF OTHERS’ LIMITED IMAGINATION; NEVER LIMIT OTHERS BECAUSE OF YOUR OWN LIMITED IMAGINATION.
-DR. MAE JEMISON

THE FUTURE REWARDS THOSE WHO PRESS ON. I DON’T HAVE TIME TO FEEL SORRY FOR MYSELF. I DON’T HAVE TIME TO COMPLAIN. I’M GOING TO PRESS ON.
-BARRACK OBAMA
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) 355-3622

**Mid County Senior Center**
3680 Lake Worth Road
Lake Worth, FL 33461
Tel: (561) 357-7100
Fax: (561) 357-7114

**North County Senior Center**
5217 Northlake Blvd
Palm Beach Gardens, FL 33418
Tel: (561) 694-5435
Fax: (561) 694-9631

**West County Senior Center**
2910 State Road #15
Belle Glade, FL 33430
Tel: (561) 996-4808
Fax: (561) 992-1011

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
Learn to use your mobile device or computer at a slow pace! To register go to front desk or main office of North County Senior Center.

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

www.tdmtecinc.com
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.
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
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
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Cheeseburger Baked Beans Salad &amp; Italian Dressing Pineapple</td>
<td>Cobb Pasta Salad Corn Muffin Fresh Fruit</td>
<td>Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers</td>
<td>Beef Stew Peas &amp; Mushrooms Carrots Grain Bread &amp; Margarine Warm Cranberry Pears</td>
<td>Tuna Salad Sandwich Salad &amp; French Dressing Corn &amp; Tomato Salad Mandarin Oranges</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Seasoned Chicken Thigh Mashed Potatoes Broccoli &amp; Red Pepper Wheat Roll &amp; Margarine Chunky Applesauce</td>
<td>Three Bean Chili Brown Rice Corn Muffin Pineapple</td>
<td>Turkey Burger Mustard, Ketchup Corn Okra &amp; Tomatoes Mandarin Oranges</td>
<td>Chicken Paella Salad &amp; Italian Dressing Wheat Roll &amp; Margarine Pears</td>
<td>NY Strip Steak Patty Sweet Potatoes Cauliflower Whole Grain Bread Valentine’s Day Dessert</td>
</tr>
<tr>
<td>17</td>
<td>CLOSED</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>1</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Happy Presidents Day</td>
<td>Chicken Apple and Cranberry Salad</td>
<td>Teriyaki Beef Riblet Brown Rice Ginger Carrots Fresh Fruit</td>
<td>Beef Hot Dog Mustard &amp; Ketchup Baked Beans Sweet &amp; Sour Cole Slaw Pineapple</td>
<td>(5 Ea) Meatballs Marinara Spinach &amp; Chickpeas Italian Green Beans Grain Bread &amp; Margarine Mandarin Oranges</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>2</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Chicken Taco Soup Cheese Stick Corn Chips Fresh Fruit</td>
<td>Pulled Pork Fajitas Soft Wheat Tortilla Cheesy Pinto Beans Mandarin Oranges</td>
<td>New Orleans Style &quot;Dirty Rice&quot; Casserole Mixed Vegetables Citrus Fruit Cup</td>
<td>BBQ Chicken Thigh Sweet Potatoes Spinach Grain Bread &amp; Margarine Pineapple</td>
<td>Salmon Croquette Creamed Corn Zucchini &amp; Tomatoes Grain Bread &amp; Margarine Raisins</td>
</tr>
<tr>
<td>3</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Cheeseburger Baked Beans Salad &amp; Italian Dressing Pineapple</td>
<td>Cobb Pasta Salad Corn Muffin Fresh Fruit</td>
<td>Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers</td>
<td>Beef Stew Peas &amp; Mushrooms Carrots Grain Bread &amp; Margarine Warm Cranberry Pears</td>
<td>Tuna Salad Sandwich Salad &amp; French Dressing Corn &amp; Tomato Salad Mandarin Oranges</td>
</tr>
</tbody>
</table>

Each congregate 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 7041
Palm Beach County Division of Senior Services
561-355-4740
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

FITNESS CLASSES
SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>1:30 p.m.</td>
<td>Strength &amp; Balance</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>11:00 a.m.</td>
<td>Cardio Strength</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:30 a.m.</td>
<td>Senior Stretch (Chair Yoga)</td>
</tr>
<tr>
<td></td>
<td>10:30 a.m.</td>
<td>Arthritis Foundation Exercise Program</td>
</tr>
<tr>
<td>Thursdays</td>
<td>11:00 a.m.</td>
<td>Cardio Strength</td>
</tr>
<tr>
<td>Fridays</td>
<td>10:15 a.m.</td>
<td>Senior Stretch (Chair Yoga)</td>
</tr>
<tr>
<td></td>
<td>11:00 a.m.</td>
<td>Zumba Gold</td>
</tr>
</tbody>
</table>

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

Palm Beach County Community Services Department
Division of Senior Services

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

12:30 p.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 - 11:30 a.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 12:30 p.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 “ARTHRITEIS 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**
2:30 p.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

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

Relaxation and Well Being
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.
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.

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.

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.

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.

Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.

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.

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.

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.

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.

Senior Center members shall not store, possess or use drugs, alcohol and/or gambling devices at the facility, nor permit others to do so.

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.

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.