Senior Times
A Newsletter of North County Senior August 2019

Palm Beach County
Board of County Commissioners
Community Services Department
Division of Senior Services
www.pbcgov.com

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. DOSS has over 31 years experience helping the senior community and has been the designated lead agency to administer programs for the elderly by the Area Agency on Aging, Palm Beach/Treasure Coast, Inc. for over 25 years.

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SPECIAL EVENTS

- Paint & Create, presented by KB Social Art Working August 2, 9, 16, 23, 30 2019, 10:00am-12:00pm *Pre-Registration Required
- The North County Men’s Shed Wednesday, August 7, 14, 21, 28, 2019 2:30pm -4:00pm *Flyer inside Newsletter
- Medicare Q &A with Kevin Wednesday, August 7, 21, 2019 10:30am-12pm
- Inspirit Live Performance Wednesday, August 9, 2019 10:45am-11:45am
- Peace Corps Info Session Snack and Learn with Darcy Hall Wednesday, August 14, 2019 9:00am-10:00am
- Palm Beach County Library Bookmobile Wednesday, August 14, 28, 2019 11:00am-11:30am
- Jewelry Class Wednesday, August 14, 2019 9:30am-12:00pm*Pre-Register at Front Desk

NCSC Movie Day Friday August 23, 2019 11:30pm-1:30pm
- TDM Technologies Smartphone / Mobile Device Education Course Tuesday August 6, 20, 2019 9:30am-11:00am *Flyer inside Newsletter
- Medical Consulting/ Xpress Urgent Care Bingo Wednesday, August 21, 2019 10:00am-11:15am
- Health Care Presentation by All Care Medical Thursday August 15, 2019 11:00am-12:00pm
- St. Mary’s Health Lecture Series Monday August 19, 2019 11:00am-12:00pm
- “The Price is Right” by Allegiance Home Health Care Wednesday, August 21, 2019 10:00am-11:00am
- Home Info Presentation by La Pasada Thursday, August 22, 2019 11:00am-11:45am
SERVICES

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.
Inspirit presents

Joan Friedenberg

Live Music
10:45am August 9th

Inspirit is a 501(c)(3) Nonprofit Organization. Your donation is tax deductible.

www.InspiritLive.org
Paint & Create

North County Senior Center
Address: 5217 Northlake Blvd, Palm Beach Gardens, FL 33418
To Register Please Call North County Senior Center (561) 694-5435
$15.00 includes all supplies and materials.

Friday August 2 10 AM-12 PM
Canvas Painting

Friday August 9th 10 AM-12 PM
Canvas Painting

August 16th 10-12
8x10 Water Color

August 23 10-12
Wood Sign 14 inches

August 30th 10-12
Canvas Painting

www.kbsocialartworking.com 1-603-203-0081 kbsocialartworking@gmail.com
Seniors in Technology Courses
August 6th & 20th
9:30am-11am
Location: North County Senior Center

$10 Course Fee
Learn to use your mobile device or computer with our easy course at a slow pace! To register go to front desk or main office of North County Senior Center

www.tdmtechpc.com

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

**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) 694-9611

**WEST COUNTY SENIOR CENTER**

2916 State Road #15
Belle Glade, FL 33430

tel (561) 996-4808
fax (561) 992-1011

[Website Link]

www.pbcgov.com/communityservices/seniorservices
North County Men’s Shed Talking Points

⇒ A Shed is a place to make new friends, share in camaraderie and be a positive place for older men to participate in activities, projects and community service. Women may also participate in the Shed.

⇒ Men’s Sheds is a global movement with more than 3,000 sheds spread across 10 countries. There are more than a dozen sheds now active in the US with more being planned.

⇒ A Men’s Shed is a dedicated, friendly and welcoming meeting place where men can come together.

⇒ The Shed is a place where men can share their skills and knowledge with others, learn new skills and hear about the interesting lives that others have led.

⇒ There is no cost or obligation to join the Shed. There is a ‘donation’ jar to help pay for the coffee and snacks that are provided at weekly meetings. Participation in certain off-site activities and events may require the payment of nominal fees.

⇒ Members are free to attend meetings as they wish.

⇒ The Shed belongs to the Members – it is they who decide what happens at the Shed. Members are free to suggest new meeting ideas and to help bring new activities to fruition.

⇒ Members derive value from the Shed by learning from others but also by imparting their knowledge and experiences to the group.

⇒ Members can participate in a wide variety of discussions, activities, events and programs – there is something for everyone.

⇒ The North County Men’s Shed is ‘sponsored’ by the North County Senior Center that provides us with meeting space, assists in soliciting new members and helps coordinate certain activities and events – all free of charge.
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
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August 2019  **DAILY ACTIVITIES CALENDAR**

**MONDAY**

8:00 a.m.  COFFEE & CONVERSATION/LOCAL NEWS
8:15 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”
          (Free for Silver Sneakers Members, $3 for Non-Silver Sneakers Members)
2:00 p.m.  OPEN POOL TABLE

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**SilverSneakers FITNESS**

**SCHEDULE**

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<th>Day</th>
<th>Time</th>
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<td>1:30pm</td>
<td>Strength &amp; Balance</td>
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<td>Tuesdays</td>
<td>11:00am</td>
<td>Cardio Strength</td>
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<td>Wednesdays</td>
<td>9:30am</td>
<td>Yoga Chair</td>
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<td>10:30am</td>
<td>Arthritis Foundation</td>
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<td>Exercise Program</td>
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<td>Thursdays</td>
<td>11:00am</td>
<td>Cardio Strength</td>
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<td>Fridays</td>
<td>10:15am</td>
<td>Senior Stretch</td>
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<td>11:00am</td>
<td>Zumba Gold</td>
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**Contact Wanda Serbia for Details (561)339-5213**

**PLEASE NOTE** Silver Sneakers classes are free for Silver Sneakers Members and $3 per class for non-members.
August 2019  DAILY ACTIVITIES CALENDAR

TUESDAY

8:00 a.m.  COFFEE & CONVERSATION/LOCAL NEWS
8:15 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”
          (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

CANASTA PLAYERS WANTED!
WEDNESDAY

8:00 a.m. COFFEE & CONVERSATION/LOCAL NEWS
8:15 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
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
August 2019 DAILY ACTIVITIES CALENDAR

FRIDAY
8:00 a.m.      COFFEE & CONVERSATION/LOCAL NEWS
8:15 a.m.      BREAKFAST
9:00 a.m.      DOMINOES
10:00 a.m.     BINGO/CALICO QUILTING CLUB / 
               INTRODUCTION TO KNITTING & CROCHETING
10:15 a.m.     SILVER SNEAKERS “Senior Stretch”
               (Free for Silver Sneakers Members, $3 for Non-Silver Sneakers Members)
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
1:00 p.m.      DOMINOES
2:00 p.m.-     OPEN POOL TABLE/COMPUTER LAB
4:00 p.m.

Relaxation and Well Being

Tai Chi has moved to a new time, join us Tuesday & Thursday mornings at 9:30a.m.
Safety Council of Palm Beach County, Inc.

Mature Driver Course

Friday, August 30th
9:00 a.m. — 4:00 p.m.

Cost: $12

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

$15 AARP Members / $20 Non-Members

Date August 19th 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.

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.
NCSC Spotlight: Bank Of America Student Leaders

Thank you to our four Bank of America Student Leaders. These young women have assisted us with our lunch program, senior activities, and also created their own programs to do with the seniors such as salsa lessons and planting in our garden.
NCSC Spotlight: Paint & Create
*Pre-Registration Required *Flyer on Page 4
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.

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 elderly 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. DOSS has over 31 years of experience helping the senior community and has been the designated lead agency to administer programs for the elderly by the Area Agency on Aging, Palm Beach/Treasure Coast, Inc. for over 25 years.