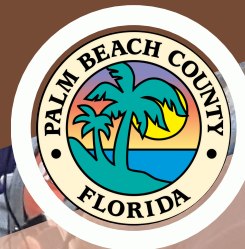


Senior Times MAGAZINE

HOLIDAY CELEBRATIONS

- North County Senior Center:
Friday, December 19, 2025
- Mid County Senior Center:
Tuesday, December 23, 2025
- West County Senior Center:
Monday, December 22, 2025



North County Senior Center

5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
(561) 694-5435

Mid County Senior Center

3680 Lake Worth Rd.
Palm Springs, FL 33461
(561) 357-7101

West County Senior Center

2916 State Road 15
Belle Glade, FL 33430
(561) 996-4808



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

SENIOR TIMES MAGAZINE

*The official quarterly newsletter of Palm Beach County
Division of Senior & Veteran Services*

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2025 Issue 4



The Senior Times newsletter is a vibrant resource, tailored for seniors, featuring a mix of community events, on and off-site programming opportunities, along with resources for staying active and connected. Readers can also enjoy access to resources within Palm Beach County Senior and Veteran Services and their community partners ensuring they stay informed and inspired.

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1



Recipe provided by Palm Beach County Food Bank

CHICKPEA SALAD WITH TOMATOES AND CUCUMBER

Ingredients

- 15.5 oz canned, no salt added chickpeas, drained, rinsed
- 1 cup chopped, fresh tomatoes
- 1 cucumber chopped
- 2 stalks celery, chopped
- 1/4 small red onion
- 1/2 cup chopped, fresh cilantro
- 1 TBSP extra virgin olive oil
- 1/2 TBSP balsamic vinegar or lemon juice
- 1/2 TSP ground cumin
- 1/4 TSP sweet paprika

Directions

1. Wash hands with soap and water.
2. Rinse and chop all fresh ingredients.
3. In a large bowl, combine all ingredients together.
4. Stir until completely mixed and serve

Nutrition Information

168 Calories Per Serving
7g Protein Per Serving
6g Fiber Per Serving

Recipe Serves: 4 people





VOLUNTEER



CONNECT



EVENTS



SOCIAL



CLASSES

Mission

To promote independence and enhance the quality of life in Palm Beach County by providing effective and essential services to residents in need.

Vision

A community where all residents of Palm Beach County have the resources and opportunities to achieve their full potential.

Values

Respect

Equity

Compassion

Integrity

Professionalism

Empowerment

HOW TO REGISTER

1. Visit the center you are inquiring about.
2. Meet with a staff member to answer some general questions and learn about the programs and events that are offered at the senior center.
3. Receive a tour of the facility.
4. Complete your registration form, liability waiver, and acknowledgement of rules.
5. Provide a photo I.D.
6. Once your application is completed, you will be provided with a program schedule, upcoming event flyers, or the latest newsletter and a name badge.

While visiting the senior centers, we ask that you sign in at the reception desk upon arrival, and wear your name badge for the duration of your visit.

OPERATING

HOURS:

Monday - Friday

8:00 a.m. - 5:00 p.m.

STAFF:

North County Senior Center

Hugo Montenegro,
Manager

Wilfred Belisle,
Recreation Specialist I

Mid County Senior Center

Antoinette "Tina" Austin,
Manager

Diana Holm,
Recreation Specialist III
Jacquelyn "Jacque" Uceda,
Recreation Specialist I

West County Senior Center

Renee Buckle Henry,
Manager

Lisa Wilson,
Program Coordinator



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

LOOKING FOR FREE & AFFORDABLE ACTIVITIES?

GENERAL RULES FOR USE OF SENIOR CENTERS

1. To be a member of a Senior Center, one must be 55 years of age (60 years for the nutrition program) or the spouse of a member. Completion of a Senior Center Registration form is required for membership.
2. A prospective member must exhibit mental and physical ability to function independently without staff or volunteer supervision while at a Senior Center, or must be in the direct care of a caregiver or aide. Senior Center staff are not responsible for the care of members during or after operating hours.
3. Members must practice good physical hygiene and conduct themselves in an appropriate manner. Each member must act respectfully toward all members, employees, vendors and guests in a senior center.
4. The use of profanity and/or hate speech is prohibited. Verbal abuse, retaliation, bullying or intimidation is not acceptable.
5. 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. Use of the Senior Center must not violate Federal, State, County, or Local laws, as well as Palm Beach County Facilities Development and Operations Department Rules and Countywide Policy and Procedures.
6. Those who use Senior Centers for club and/or organizational meetings or social events must restore the used space to its original state in regard to the arrangement of furniture and cleanliness.
7. Senior Centers are smoke free environments. Smoking is only and solely permitted in the designated smoking area and must adhere to County PPM CW-P-036.
8. Not permitted in the facility: gambling devices, unpermitted weapons, alcohol, illegal drugs, and excessive personal items.
9. Senior Centers are not responsible for lost, stolen, damaged, or storage of items. All personal items must be kept with the member at all times.
10. Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.
11. Pets are not permitted in the building. Service animals must be performing their intended use and must be in the control of their handler at all times.
12. To maintain a harmonious environment for all members, please bring all concerns to the attention of the center manager immediately.
13. All individuals entering the senior center must wear appropriate attire, including safe footwear.
14. 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.

Notice: Violation of Senior Center Rules may result in immediate action including but not limited to removal of participant and/or termination of the meeting or event in progress.

Community Outings

What's Happening

SPOOKYVILLE AT YESTERYEAR VILLAGE

When: Wednesday, October 29

Time: 10:00 a.m. - 1:00 p.m.

Fee: \$5.00

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

Description: Let's enjoy the charming Halloween-themed attraction, and nostalgic village setting. Wear your best costume.

Registration: Register with Mid County Senior Center by calling 561-357-7101.

PICNIC AT THE SOCIETY OF THE FOUR ARTS

When: Thursday, November 6

Time: 11:00 a.m. - 1:30 p.m.

Fee: FREE

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

Description: Join us for a relaxing picnic with friends while enjoying the scenic views and explore the stunning art exhibits.

Registration: Register with Mid County Senior Center by calling 561-357-7101.

AVIATION MUSEUM

When: Wednesday, December 10

Time: 10:30 a.m. - 12:00 p.m.

Fee: \$10.00

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

Description: Come along as we explore historic aircraft, learn about aviation history, and enjoy a day filled with discovery and adventure.

Registration: Register with Mid County Senior Center by calling 561-357-7101.

COOKING DEMONSTRATIONS PROVIDED BY PALM BEACH COUNTY FOOD BANK

Description: Enhance your cooking skills, discover new flavors, and techniques, and unleash creativity to craft delightful dishes with the experienced chefs at the Palm Beach County Food Bank!

Registration: Pre- Registration is required. Contact the corresponding senior center to schedule.

Where: Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418
561-694-5435

When: Tuesday, November 4
Time: 10:30 a.m. - 1:30 p.m.

Where: Meet at Mid County Senior Center, 3680 Lake Worth Rd., Palm Springs, FL 33461
561-357-7101

When: Tuesday, November 18
Time: 10:45 a.m. - 1:15 p.m.

Where: Meet at West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430
561-996-4808

When: Thursday, November 20
Time: 10:00 a.m. - 2:00 p.m.

YESTERYEAR VILLAGE TOUR

When: Friday, December 12

Time: 9:30 a.m. - 2:30 p.m.

Fee: \$5.00

Location: Meet at West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430

Description: Yesteryear Village showcases a large collection of early, original and replicated dwellings and artifacts. Discover what it was like in early Florida during this unique tour.

Registration: Register with West County Senior Center by calling 561-996-4808.

PALM BEACH COUNTY SIGHT SEEING TOUR!

When: Wednesday, October 15

Time: 10:30 a.m. to 1:30 p.m.

Fee: FREE- Bring money for lunch

Location: Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Description: Let's enjoy a sight-seeing tour, drive by the beaches, cruise the town and stop for lunch.

Registration: Register with North County Senior Center by calling 561-694-5435.

BOCCE BALL, DORIS ITALIAN MARKET



When: Wednesday, November 12

Time: 1:00 p.m. to 3:00 p.m.

Fee: FREE

Location: Meet at North County 11239 U.S. Rte. 1, North Palm Beach, FL 33408

Description: Join us for fun day playing Bocce ball at an authentic Italian Market in North Palm Beach!

Registration: Register with North County Senior Center by calling 561-694-5435.

EXPLORE & TOUR BUSCH WILDLIFE



When: Friday, December 11

Time: 10:00 a.m. to 1:30 p.m.

Fee: \$ 8.00 per person

Location: Meet at North County Senior Center, 5217 Northlake Blvd Palm Beach Gardens, FL 33418

Description: Register for a guided tour through Busch Wildlife Sanctuary, where you will learn about environmental conservation and see wildlife rehabilitation.

Registration: Register with North County Senior Center by calling 561-694-5435.

Classes and Services Offered

Ask your local senior center for information about upcoming classes and health talks.

- Emergency Home Energy Assistance for the Elderly Program (EHEAP)- EHEAP assists low-income households, with at least one person age 60 years of age and older, when the households are experiencing a home energy emergency. For More Information or to schedule an appointment to verify eligibility and funding, please call (561) 355-4746.
- Fraud Prevention- These sessions provide practical strategies and resources to help seniors recognize, avoid, and report potential scams, empowering them to protect their finances and personal information.
- Fall Prevention- Fall prevention initiatives encompass exercise classes and informative sessions that educate older adults on maintaining balance, strength, and safety awareness to minimize fall risks.
- Health Education Lectures- Informative sessions aimed at enhancing knowledge about various health topics, promoting wellness, and encouraging healthy lifestyle choices. These lectures often cover subjects like nutrition, disease prevention, mental health, and physical fitness, fostering a proactive approach to individual and community health.
- Homeless Outreach Team- Are you or someone you know experiencing homelessness? Contact the Homeless Outreach Team for assistance: 1 (833) 442-9455 or online at <https://secure.pbc.gov/csdhomelessreporter>
- Legal Aid Society- Offers free consultations for seniors at each of the senior centers in Palm Beach County. Contact Ana Perez Prince to learn about their services and to make an appointment (561) 655-8944 ext. 281

North County: 2nd and 4th Friday, Monthly 10:30 a.m. - 12:30 p.m.

Mid County: 1st and 3rd Wednesday, Monthly 2:00 p.m. - 4:00 p.m.

West County: 3rd Wednesday, Quarterly

- 211- Is a community helpline and crisis hotline that provides suicide prevention, crisis intervention, information, assessment, and referral to community services for people of all ages.
- SNAP Assistance- SNAP is available to individuals and families who are low-income so that they can access healthy, nutritious food. If you are in need, please make an appointment to stop by and receive information about services.
- Social Security Identity Verification- If you need assistance with the new identity verification through the ID.Me app, senior center staff are available to assist you.

Fresh produce boxes are distributed monthly at each Senior Center to registered members from the Palm Beach County Food Bank:



Mid County Senior Center:
October 3, November 14, December 12
North County Senior Center:
October 17, November 21, December 19
West County Senior Center:
October 16, November 20, December 18





MCSC Senior Fun Day and Resource Expo



WCSC Senior Prom 2025



Thanksgiving Celebration at NCSC

SPECIAL EVENTS HAPPENING AT NORTH COUNTY SENIOR CENTER

- University of Florida IFAS Extension "Build Your Bones" nutrition program
Wednesday, October 1 - November 19
11:00 a.m. - 12:00 p.m.
- Health Lecture Series "Pain Management Alternatives"
Wednesday, October 15, 2025 from
11:00 a.m. - 12:00 p.m.
- Name That Tune presented by Universal Coaching
Thursday, October 23, 2025 from
11:00 a.m. - 12:00 p.m.
- Live Dance Performance by The Coquettes Tap Dance Group
Thursday, November 20, 2025 from
1:00 p.m. - 2:00 p.m.
- Senior Expo - Year End Celebration
Thursday, December 18, 2025 from
10:00 a.m. - 2:00 p.m.
- Holiday Celebration
Friday, December 19, 2025 from
10:30 a.m. - 12:00 p.m.

SPECIAL EVENTS HAPPENING AT MID COUNTY SENIOR CENTER

- Senior Expo
Wednesday, October 1, 2025 from
1:00 a.m. - 2:00 p.m.
- Hispanic Heritage Performance
Thursday, October 9, 2025 from
10:00 a.m. - 11:30 a.m.
- Medicare Changes
Wednesday, October 22, 2025 from
10:00 a.m. - 12:00 p.m.
- Halloween Celebration
Friday, October 31, 2025 from
10:00 a.m. - 12:00 p.m.
- Veteran's Appreciation Day and Resources
Wednesday, November 12, 2025 from
10:00 a.m. - 12:00 p.m.
- Thanksgiving Celebration
Wednesday, November 26, 2025 from
10:00 a.m. - 12:00 p.m.
- Animal Awareness presentation by PBC Animal Control
Thursday, December 11, 2025 from
10:00 a.m. - 12:00 p.m.
- Holiday Celebration
Tuesday, December 23, 2025 from
10:00 a.m. - 12:00 p.m.

SPECIAL EVENTS HAPPENING AT WEST COUNTY SENIOR CENTER

- Muck Bowl Celebration
Friday, October 31, 2025 from
10:00 a.m. - 2:00 p.m.
- Multi Agency Fall Prevention Education Series
Friday, October 29, 2025 from
10:00 a.m. - 12:00 p.m.
- PBC Senior Spelling Bee
Preliminary Competition:
Wednesday, October 22, 2025 from
10:00 a.m. - 12:00 p.m.
Final Competition:
Thursday, October 30, 2025 from
10:00 a.m. - 12:00 p.m.
Pre- registration is required for participation.



Glades Central High School & PBSO WDC and WCSC Muck Bowl Party

North County Senior Center

5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
(561) 694-5435



Senior Golf Lessons at Dyer Park!

Available Every Day

- 8:00 a.m. - 10:00 a.m.
Coffee and Conversation
- 8:30 a.m. - 9:30 a.m.
Breakfast
- 10:00 a.m. Announcements
in the Dining Room
- 10:00 a.m. - 11:00 a.m. Bingo
- 12:00 p.m. - 1:00 p.m. Lunch
Dominoes, Conversation &
Music
- 2:00 p.m. - 3:00 p.m.
Lounge and Palm Tran
Pick-Up

Available All Day

- Billiards
- Computer Lab
- Dominoes, cards, board
games, & puzzles

Tai Ji Quan: Moving for Better Balance

When: Mondays, Wednesdays

Time: 12:30 p.m. - 1:30 p.m.

Description: A research-based program that reduces falls by 57%. To receive the full therapeutic benefits of the program it is recommended to attend two classes per week.

Contact our office to find out about any new programs and exercise offerings such as Gentle Pilates, Arthritis support, social gatherings, computer and other creative design classes: (561) 694-5435

New Programs & Special Events

Chair Pilates

When: Every Thursday

Time: 12:30 p.m. - 1:15 p.m.

Fee: \$7 Per Class or \$30/6 classes

Description: Build core strength, improve posture, flexibility and stability with our Chair Pilates Class. Please bring exact change.

Registration: Call 561-694-5435

Urban Line Dancing

When: Every Friday

Time: 12:30 p.m. - 2:00 p.m.

Fee: \$5 Per Class

Description: Group line dancing with a twist.

Duplicate Bridge

When: Monday - Friday

Time: 10:00 a.m. - 4:00 p.m.

Fee: \$10 per player

Description: Join us for Duplicate Bridge play and lessons.

Beginners Cricket Maker Class

When: Tuesdays & Thursdays;
December 2, 4, 9, 11

Time: 3:00 p.m. - 4:30 p.m.

Description: Learn how to create designs on the computer and cut them using the cricket machine. Make vinyl decals, have fun and be creative.

Registration: Call 561-694-5435

PBC Senior Spelling Bee

When: Wednesday, October 9

Time: 10:00 a.m. - 12:00 p.m.

Description: Register now to compete in the Palm Beach County Senior Spelling Bee! Words will be offered in both English and Spanish.

Sip and Socialization

When: Tuesdays; October 21,
November 18, December 16

Time: 3:00 p.m. - 4:30 p.m.

Fee: \$3

Description: Social event designed to facilitate multiple short conversations, including shared interests and building connections through conversation and social dancing between mature individuals seeking companionship or friendship. Light music and refreshments will be offered.

Registration: Call 561-694-5435



Senior Golf Lessons

When: 2nd Tuesday, monthly;
Oct. 14, Nov. 18, Dec. 9

Time: 10:15 a.m. - 12:00 p.m.

Where: The First Tee, Dyer Park
Description: Learn basic golf skills with the assistance of PGA trained golf pros at the First Tee. All equipment will be provided, no experience needed.

Registration: Call 561-694-5435

Cards & Music

When: Mondays

Time: 11:00 a.m. - 12:00 p.m. &
1:00 p.m. - 2:00 p.m.

Description: Learn to play the exciting game of poker. Players engage in high-stakes competition to outsmart their opponents through skillful strategy, psychology, and chance.

Crocheting Grannies

When: Tuesdays & Fridays

Time: 11:00 a.m. - 12:00 p.m.

Description: We welcome any new members who are wanting to learn more about crocheting.



NCSC Crocheting Grannies

Wii Bowling

When: Thursdays

Time: 1:00 p.m. - 2:00 p.m.

Description: Wii Bowling is a fun, interactive video game that simulates real bowling. Roll a virtual bowling ball and see if you can land a strike!

Jewelry Class

When: Every-other

Wednesday; Oct. 1, 15 & 29;
Nov. 12 & 26; Dec. 10 & 31

Time: 9:00 a.m. - 11:00 a.m.

Fee: \$2

Description: String your creativity together. Enjoy hand-crafting jewelry as you create something beautiful!

Faith Study Group

When: Monday (Spanish)

Wednesdays (English)

Time: 11:00 a.m. - 12:00 p.m.

Computers Q&A

When: Thursday

Time: 3:30 p.m. - 4:30 p.m.

Description: Learn computer basics: using the mouse, navigating programs and the internet, etc. Schedule a time with Wil at 561-694-5436.

Learn to Play Mah Jong

When: Wednesdays

Time: 12:30 p.m. to 3:00 p.m.

Description: Engage in a strategic tile game where players match intricate tiles, combining skill and pattern recognition for a captivating challenge that sparks social connections and friendly competition.

Cornhole

When: 4th Thursday, Monthly

Time: 1:00 p.m. - 2:00 p.m.

Description: Cornhole is a fun and competitive classic backyard game, designed with modified rules and to accommodate players of varying skill levels.

North County Senior Center

Ping Pong Tuesday

When: Tuesdays

Time: 1:00 p.m. - 3:00 p.m.

Description: Ping Pong is a fun, low-impact sport that enhances coordination, balance, and social interaction while providing a great cardiovascular workout.



Arts & Crafts

When: Wednesdays & Fridays

Time: 11:00 a.m. - 12:00 p.m.

Karaoke

When: Fridays

Time: 1:00 p.m. - 2:00 p.m.

Description: Join in as we sing and dance to music presented by YouTube & Spotify with lyrics.



Chair Yoga

When: Fridays

Time: 11:00 a.m. - 12:00 p.m.

Description: Learn seated poses and gentle stretches to improve flexibility, strength, and relaxation. This class is suitable for all mobility levels.

Mid County Senior Center

Activities

Painting Class

When: Mondays

Time: 9:00 a.m. - 11:00 a.m.

Freelance Painting

When: Mondays

Time: 1:00 p.m. - 3:00 p.m.

Description: Artists work independently to create their own masterpiece.

Wood Burning, Carving & Painting

When: Wednesdays

Time: 12:30 p.m. - 4:00 p.m.

Description: Learn the art of wood burning and more!

Gardening with Olimpia

When: Thursdays

Time: 10:00 a.m. - 12:00 p.m.

Description: Engage with nature while promoting physical activity and mental well-being.

Quilting with Nancy

When: Thursdays

Time: 1:00 p.m. - 4:00 p.m.

Description: Let your creativity shine as you work together on your own quilting creations or assist with quilts that will be donated to Veterans.

Urban Line Dancing

When: Thursdays

Time: 12:30 p.m. - 2:00 p.m.

Fee: \$5 Per Class

Description: Group line dancing with an urban twist.

Social Programs

Shanghai Rummy Cards

When: Tuesdays

Time: 11:00 a.m. - 4:00 p.m.

Description: Learn to play a popular card game often played with two to eight players.

Palm Beach Stamp Club

When: 2nd and 4th Tuesday, monthly

Time: 1:00 p.m. - 3:00 p.m.

Description: The Palm Beach Stamp Club is dedicated to stamp collecting, education and trading. No experience necessary to join!

Spanish Chorus

When: Thursdays

Time: 1:00 p.m. - 2:00 p.m.

Zumba and Meditation with Rey

When: Tuesdays

Time: 9:00 a.m. - 10:30 a.m.

Description: Together lets move our body with fun and health. Ending with meditation.

Karaoke Fun with live DJ Aida

When: 2nd Friday, monthly

Time: 10:30 a.m. - 12:00 p.m.

Description: Join us for live Karaoke fun. Sing your favorite songs, share and enjoy great times together with music and friendship.

Crotchet Class with Sylvia

When: Fridays

Time: 10:00 a.m. - 11:00 a.m.

Description: This is a beginners' Crotchet class.

Language Classes

Beginners' Spanish

When: Wednesdays

Time: 10:00 a.m. - 12:00 p.m.

Spanish Culture Memory Class

When: Wednesdays

Time: 10:00 a.m. - 12:00 p.m.

Description: Remember the history of Spanish cultures.

Spanish Culture Poetry

When: Wednesdays

Time: 10:00 a.m. - 12:00 p.m.

Description: A rich and diverse literary tradition.

English Journey with Olimpia

When: Fridays

Time: 10:00 a.m. - 12:00 p.m.

Description: This is a beginners English class.



Pamela Fill Designs-- Beading Class

Tai Ji Quan: Moving for Better Balance

When: Mondays, Wednesdays, & Fridays

Time: 1:00 p.m. - 2:00 p.m.

Description: A research-based program that reduces falls by 57%. To receive the full therapeutic benefits of the program it is recommended to attend a minimum of two classes per week.



Support Domestic Violence Awareness Month by wearing Purple every Thursday during the month of October.

For the whole month of October, we are capable of making a change by informing others and providing our resources to go towards services that help domestic violence victims.

Mid County Senior Center

3680 Lake Worth Rd.
Palm Springs, FL 33461
(561) 357-7101

New Programs & Special Events

AVAILABLE EVERY DAY

- 8:00 a.m. - 10:00 a.m.
Coffee and Conversation
- 8:30 a.m. - 9:30 a.m.
Breakfast
- 9:30 a.m. - 10:00 a.m. Video
Chair Exercise
- 10:00 a.m. - 11:00 a.m. BINGO
- 12:00 p.m. - 1:00 p.m. Lunch,
Group Games &
Conversation
- 2:00 p.m. - 3:00 p.m. Lounge
and Palm Tran Pick Up

AVAILABLE ALL DAY

- Billiards
- Game Room
- Computer Lab
- Library
- Dominoes, cards, board
games, & puzzles

Social Tea Time

When: Monthly;

Oct. 10th, Nov. 13th, Dec. 4th

Time: 10:00 a.m. - 12:00 p.m.

Description: Join us for our Social Tea Time- a delightful gathering where seniors come together to sip tea & socialize. Each month brings a new & exciting theme to spark creativity, laughter, & connection.

Registration: Call 561-357-7101



PBC Senior Spelling Bee

When: Wednesday, October 8

Time: 10:00 a.m. - 12:00 p.m.

Description: Register now to compete in the Palm Beach County Senior Spelling Bee! Words will be offered in both English and Spanish.

Registration: Call 561-357-7101

Photography Fun

When: Mondays, November 10 - December 15

Time: 3:00 p.m. - 4:30 p.m.

Description: Let's capture beautiful moments, explore different camera angles, and practice taking eye-catching photos using a point and shoot camera or your cell phone camera.



Flower Potluck

When: Monday, November 24

Time: 12:30 p.m. - 2:00 p.m.

Description: Join us for a creative flower potluck, where a florist will guide us in crafting beautiful flower arrangements for your Thanksgiving table. Each guest should contribute by bringing a small bouquet of flowers or greenery.

Registration: Call 561-357-7101



Heart & Mind Club

When: Mondays

Time: 12:30 p.m. - 2:00 p.m.

Description: Engage your heart and mind with enriching and interactive activities.



Sharing with Care Group

(Spanish/ English)

When: Wednesdays

Time: 12:30 p.m. - 2:00 p.m.

Description: Gather together to share fellowship and meaningful conversations. Let the Spirit lead as we speak from the heart, listen with love, and grow together in faith and connection.

Bible study in English with Robert

When: Thursdays

Time: 10:00 a.m. - 11:00 a.m.

Description: Dive deeper into the word of God and grow in your faith.

Dominoes & Dance Fridays

When: Fridays

Time: 12:30 p.m. - 2:00 p.m.

Description: Join us for an open table of Dominoes with an open floor for dancing and social fun each Friday.

West County Senior Center

2916 State Road #15
Belle Glade, FL 33430
(561) 996-4808

New Programs & Special Events

AVAILABLE EVERY DAY

- 8:00 a.m. - 10:00 a.m.
Coffee and Conversation
Enjoy Charlie on the Harmonica
- 8:30 a.m. - 9:00 a.m.
Breakfast
- 8:15 a.m. - 8:45 a.m.
Morning Walking Club
with Brenda
- 9:00 a.m. - 10:00 a.m.
Senior Friendly Exercise
- 10:00 a.m. - 11:00 a.m.
BINGO & Crafts & Trivia
Games
- 12:00 p.m. - 2:00 p.m.
Lunch, Dominoes,
Conversation & Music
- 2:00 p.m. - 5:00 p.m.
Lounge and 55 & Plus Club

AVAILABLE ALL DAY

- Game Room
- Computer Lab
- Library - Wii Game Room
- Dominoes, cards, board
games, & puzzles



*PBSO West Detention Center
celebrating our monthly
birthday's*

Nature Walk- Peaceful Waters Sanctuary

When: Thursday, October 23

Fee: Free

Time: 10:00 a.m. - 1:30 p.m.

Description: Explore this 30 acre wetland park where we are sure to see some local wildlife. This is going to be an excellent opportunity for nature photography! Lunch will be provided.

Palm Tran ride to Wellington Green Mall

When: Wednesday, December 5

Time: 10:00 a.m. - 3:00 p.m.

Description: Enjoy a day out the mall to socialize and enjoy the winter celebrations.

Wheel of Fortune hosted by PBC Library

When: 2nd & 3rd Tuesday, monthly

Time: 1:30 p.m. - 3:30 p.m.

Description: Play interactive TV show games!

WCSC Senior Choir

When: Wednesdays

Time: 1:00 p.m. - 2:00 p.m.

Description: The West County Choir is a vibrant and passionate group of local singers who come together to create beautiful harmonies, share their love for music, and bring joy to the community through powerful song.



WCSC New Clients



WCSC New Clients



WCSC Audiology Lecture

West County Senior Center Clubs:

PBC Library Book Club
Jewelry Making Club
WCSC Senior Choir
WCSC Debate Club

Breast Cancer Awareness Event with PBSO

When: Wednesday, October 15

Time: 10:00 a.m. - 12:00p.m.

Thanksgiving Celebration

When: Tuesday, November 25

Time: 9:30 a.m. - 1:30 p.m.

Description: A day to enjoy each other and be thankful.

Holiday Celebration Party

When: Monday, December 22

Time: 10:00 a.m. - 1:00 p.m.

Description: Come out for an amazing winter celebration with our seniors .



On-Site Programs

Senior Friendly Fitness

When: Monday - Friday

Time: 9:00 a.m. - 10:00 a.m.

Description: Focus on promoting health, mobility, and overall well-being.



Wii Games

When: Monday - Friday

Time: 1:30 p.m. - 4:30 p.m.

Description: Play a variety of interactive and immersive games on the Wii. Sign up in advance to reserve your place.



Book Club

When: Mondays

Time: 10:30 a.m. - 11:30 a.m.

Description: Join our gathering of passionate readers as they come together to dive into captivating stories, spark thought-provoking conversations, and connect over a shared love of books.



West County Debate Team

When: 1st & 3rd Monday, monthly

Time: 2:30 p.m. - 3:30 p.m.

Description: The WCSC Debate Team focuses on developing critical thinking, effective communication, and the ability to argue both for and against a topic.



West County Golden Girls

Computer Class with Virginia



When: Monday & Thursdays

Time: 12:30 p.m. - 1:30 p.m.

Description: Participants will learn essential skills such as internet navigation, email communication, and online safety; fostering both practical skills and social connections.

Arts & Crafts with Tammy

When: Mondays, Thursdays, & Fridays

Time: 10:00 a.m. - 11:30 a.m.

Urban Garden Class

When: Mondays & Wednesdays

Time: 10:00 a.m. - 11:00 a.m.



BINGO With Shirley

When: Tuesday - Friday

Time: 10:30 a.m. - 11:30 a.m.



Family Feud

When: Tuesdays & Fridays

Time: 9:30 a.m. - 10:30 a.m.

Description: Join this fun-filled, laughter-packed game where teams of seniors compete to guess the most popular survey answers and enjoy some friendly, high-spirited rivalry.

Spanish Class

When: Tuesdays

Time: 1:00 p.m. - 2:30 p.m.

Description: It's never too late to learn new things! How about speaking a new language?



West County Senior Center

55 and + Club

55

When: Tuesdays & Thursdays

Time: 3:00 p.m. - 5:00 p.m.

Description: Be a part of our social group! Listen to music, crochet together, play cards, and more.

Deal me in ...

Cards and Dominoes

When: Wednesdays, Thursdays, & Fridays

Time: 1:00 p.m. - 5:00 p.m.

Description: Gather in the dining room as we engage in friendly competition playing cards and table games.



Knitting and Crocheting Class

When: Thursdays

Time: 3:00 p.m. - 4:30 p.m.



Monthly Birthday Celebration



When: Celebrated on the last week-day of the month.

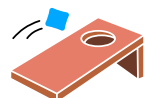
Time: 11:00 a.m. - 12:00 p.m.

Cornhole

When: 4th Friday, Monthly

Time: 4:00 p.m. - 5:00 p.m.

Description: Cornhole is a fun and competitive classic backyard game, designed with modified rules and to accommodate players of varying skill levels.



DIVISION OF SENIOR & VETERAN SERVICES

CONGREGATE MEAL SITES



BELLE GLADE

QUIET WATERS

306 S.W. 10TH ST.
BELLE GLADE, FL 33430
561-996-7040
COMING SOON!

WEST COUNTY SENIOR CENTER

2916 STATE RD. #15
BELLE GLADE, FL 33430
561-992-1048
MONDAY - FRIDAY
BREAKFAST 8:30 A.M.
LUNCH 12:00 P.M.

LAKE WORTH/ GREENACRES

MID COUNTY SENIOR CENTER

3680 LAKE WORTH RD.
LAKE WORTH, FL 33461
561-357-7146
MONDAY - FRIDAY
BREAKFAST 8:30 A.M.
LUNCH 12:00 P.M.

GREENACRES COMMUNITY CENTER

501 SWAIN BLVD.
GREENACRES, FL 33463
561-642-2090
MONDAY - FRIDAY
LUNCH 12:00 P.M.

PAHOKEE

PAHOKEE MARINA

190 N. LAKE AVE.
PAHOKEE, FL 33476
561-924-2976
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 P.M.

FOR SENIORS 60 YEARS OF AGE AND OLDER

PALM BEACH GARDENS

NORTH COUNTY SENIOR CENTER

5217 NORTHLAKE BLVD.
PALM BEACH GARDENS, FL 33418
561-694-5442
MONDAY - FRIDAY
BREAKFAST 8:30 A.M.
LUNCH 12:00 P.M.

RIVIERA BEACH

LINDSEY DAVIS COMMUNITY CENTER

1550 W. 28TH ST.
RIVIERA BEACH, FL 33404
561-840-3170
MONDAY - FRIDAY
LUNCH 12:00 P.M.

ROYAL PALM BEACH

VILLAGE OF ROYAL PALM BEACH

RECREATION CENTER
100 SWEET BAY LANE
ROYAL PALM BEACH, FL 33411
561-753-1241
MONDAY - FRIDAY
BREAKFAST 8:30 A.M.
LUNCH 12:00 P.M.

SOUTH BAY

TANNER PARK COMMUNITY CENTER

105 DR. MLK JR. DR.
SOUTH BAY, FL 33493
561-996-1155
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 P.M.

WELLINGTON

WELLINGTON COMMUNITY CENTER

12150 FOREST HILL BLVD.
WELLINGTON, FL 33414
561-753-2484
MONDAY - FRIDAY
BREAKFAST 8:30 A.M.
LUNCH 12:00 P.M.

WEST PALM BEACH

CHABAD OF WEST PALM BEACH

2112 N. JOG RD. #101
WEST PALM BEACH, FL 33411
561-659-7770
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 P.M.

WILLIAMS MULTI CULTURAL CENTER

501 21ST ST.
WEST PALM BEACH, FL 33407
561-804-4930
MONDAY, WEDNESDAY, FRIDAY
LUNCH 12:00 P.M.

WINDSOR PARK APARTMENTS

1389 SUMMIT PINES BLVD.
WEST PALM BEACH, FL 33415
561-688-2280
MONDAY - FRIDAY
LUNCH 12:00 P.M.



Palm Beach County
Board of County Commissioners



Palm Beach County
**COMMUNITY
SERVICES**
Helping People Build Better Communities



Area Agency on Aging
PALM BEACH/TREASURE COAST, INC.

Department of

ELDER AFFAIRS

STATE OF FLORIDA



CONGREGATE MEAL PROGRAM ELIGIBILITY REQUIREMENTS: INDIVIDUALS 60 YEARS OF AGE OR OLDER,
SPOUSE OF A 60+ WHO EATS AT THE MEAL SITE, DISABLED INDIVIDUAL RESIDING IN THE HOME OF A 60+
WHO EATS AT THE MEAL SITE, INDIVIDUAL RESIDING IN A HOUSING FACILITY WHERE A MEAL SITE IS

13 LOCATED, INDIVIDUAL PROVIDES VOLUNTEER SERVICES



October 2025 Congregate Lunch

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

Elder Affairs
FLORIDA

Area Agency on Aging
PALM BEACH/TREASURE COAST, INC.

October 2025 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week			1	2	3
1	<p>Each congregate meal is served with 1% low fat milk. All meals served provide a minimum of one third of important nutrients recommended daily for senior good health by the Food & Nutrition Board of the National Academy of Sciences.</p>		Meatloaf w/ Apple Brown Gravy Cabbage & Carrots Potato Onion Souffle Whole Wheat Roll	Pasta in Alfredo Sauce Carrots Squash WG Bread Peanuts Blended Juice	Cheeseburger Country Vegetable Medley Sweet Potatoes Hamburger bun Apple Juice
6	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple Cherry Juice	Pasta w/ Meat Sauce Carrots Coins Winter Vegetable Medley WG Bread & Margarine Fruit Cup	Breaded Chicken Country Vegetable Medley Northern Beans w/ Peppers & Onions Hamburger Bun Apple Juice	NY Strip in Brown Gravy Peas & Carrots Potato Onion Soufflé WG Bread & Margarine Blended Juice	Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry Juice
13		14	15	16	17
3		Chicken Alfredo Green Beans Parsiled Carrots WG Roll & Margarine Sandwich Cookies	Sloppy Joe Cabbage & Carrots Mashed Potatoes Hamburger Bun Blended Juice	BBQ Chicken Thigh Brussels Sprouts White Rice WG Roll Apple Cherry Juice	Macaroni & Cheese Stewed Tomatoes Peas WG Bread Apple Juice
20	21	22	23	24	
4	Chicken Thigh in Gravy Black Eyed Peas Parsiled Mashed Potatoes WG Bread & Margarine Apple Juice	Beef Teriyaki Winter Vegetable Medley Gingered Brown Rice WG Bread & Margarine Apple	Dijon Chicken Salad Cucumber & Red Onion Creamy Broccoli Salad WG Bread Applesauce	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple Cherry Juice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
27	28	29	30	31	
1	Chicken & Rotini in Broccoli Cheese Sauce Peas & Carrots Corn w/ Diced Tomato WG Roll & Margarine	Meatloaf in Tomato Sauce Country Vegetable Medley Rice Pilaf WG Roll & Margarine Apple Juice	Chicken Patty w/ Southwest Sauce California Vegetable White Rice WG Bread & Margarine Apple Juice	Cheeseburger Green Beans Diced Sweet Potatoes Hamburger Bun Blended Juice	Witch's Stew Green Beans Mashed Potatoes WG Bread & marg. Special Holiday Dessert 

November 2025 Congregate Lunch

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





November 2025 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week					
1	Each congregate meal is served with 1% low fat milk. All meals served provide a minimum of one third of important nutrients recommended daily for senior good health by the Food & Nutrition Board of the National Academy of Sciences.				
2	3	4	5	6	7
	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple Cherry Juice	Pasta w/ Meat Sauce Carrots Coins Winter Vegetable Medley WG Bread & Margarine Fruit Cup	Breaded Chicken Country Vegetable Medley Northern Beans w/ Peppers & Onions Hamburger Bun Apple Juice	NY Strip in Brown Gravy Peas & Carrots Potato Onion Soufflé WG Bread & Margarine Blended Juice	Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry Juice
3	10	11	12	13	14
	Hamburger Baked Beans Diced Potatoes Hamburger Bun				
4	17	18	19	20	21
	Chicken Thigh in Gravy Black Eyed Peas Parslied Mashed Potatoes WG Bread & Margarine Apple Juice	Beef Teriyaki Winter Vegetable Medley Gingered Brown Rice WG Bread & Margarine Apple	Dijon Chicken Salad Cucumber & Red Onion Creamy Broccoli Salad WG Bread Applesauce	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple Cherry Juice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
1	24	25	26	27	29
	Chicken & Rotini in Broccoli Cheese Sauce Peas & Carrots Corn w/ Diced Tomato WG Roll & Margarine	Meatloaf in Tomato Sauce Country Vegetable Medley Rice Pilaf WG Roll & Margarine Apple Juice	Sliced Turkey w/ Gravy Green Beans Mashed Sweet Potatoes WG Roll Cranberry Sauce Special Holiday Dessert		

December 2025 Congregate Lunch

December 2025 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week	1	2	3	4	5
2	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple Cherry Juice	Pasta w/ Meat Sauce Carrots Coins Winter Vegetable Medley WG Bread & Margarine Fruit Cup	Breaded Chicken Country Vegetable Medley Northern Beans w/ Peppers & Onions Hamburger Bun Apple Juice	NY Strip in Brown Gravy Peas & Carrots Potato Onion Soufflé WG Bread & Margarine Blended Juice	Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry Juice
	8	9	10	11	12
3	Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parsiled Carrots WG Roll & Margarine Sandwich Cookies	Sloppy Joe Cabbage & Carrots Mashed Potatoes Hamburger Bun Blended Juice	BBQ Chicken Thigh Brussels Sprouts White Rice WG Roll Apple Cherry Juice	Macaroni & Cheese Stewed Tomatoes Peas WG Bread Apple Juice
	15	16	17	18	19
4	Chicken Thigh in Gravy Black Eyed Peas Parsiled Mashed Potatoes WG Bread & Margarine Apple Juice	Beef Teriyaki Winter Vegetable Medley Gingered Brown Rice WG Bread & Margarine Apple	Dijon Chicken Salad Cucumber & Red Onion Creamy Broccoli Salad WG Bread Applesauce	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozarella Cheese Apple Cherry Juice	Roast Beef w/ Gravy Green Beans Almandine Scalloped Potatoes WG Bread & Margarine Special Holiday Dessert
	22	23	24	25	26
1	Chicken & Rotini in Broccoli Cheese Sauce Peas & Carrots Corn w/ Diced Tomato WG Roll & Margarine	Meatloaf in Tomato Sauce Country Vegetable Medley Rice Pilaf WG Roll & Margarine Apple Juice			Chicken Thigh in Gravy Carrot Coins Butternut Squash WG Bread Graham Crackers Apple Juice
	29	30	31	Each congregated meal is served with 1% low fat milk. All meals served provide a minimum of one third of important nutrients recommended daily for senior good health by the Food & Nutrition Board of the National Academy of Sciences.	
2	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple Cherry Juice	Pasta w/ Meat Sauce Carrots Coins Winter Vegetable Medley WG Bread & Margarine Fruit Cup	Meatloaf w/ Gravy Collard greens Hoppin Johns WG Blueberry Muffin Special Holiday Dessert		



**PALM BEACH COUNTY BOARD OF COUNTY COMMISSIONERS
COMMUNITY SERVICES DEPARTMENT
DIVISION OF SENIOR AND VETERAN SERVICES
ADULT DAY CARE**

The Adult Day Care provides a supervised and structured environment, for elders with functional impairments, focusing on their strengths and interests to enhance well-being, independence, and self-esteem.

Services include:

- ✓ Daily supervised recreational activities
- ✓ Social and cognitive stimulation and support
- ✓ Nutritional support (breakfast, lunch, and snack)
- ✓ Medication administration assistance
- ✓ Regular monitoring of vital signs
- ✓ Participant-centered care plan and regular assessment of needs
- ✓ Coordination of transportation for those without access, including those with physical limitations
- ✓ Access to Case Management and program/service referral

Hours of Operation

**Monday - Friday
8:00 a.m. - 5:00 p.m.**

Rates and Fees

**Initial Application
Fee: \$135.00**

Hourly Rate: \$6.25

**To schedule a tour, call
the location nearest
you.**

**Mid County Adult Day Care
3680 Lake Worth Rd.
Palm Springs, FL 33461
(561) 357 - 7135**

**North County Adult Day Care
5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
(561) 694 - 5438**

Administration

**810 Datura St, Ste. 300
West Palm Beach, FL 33401
(561) 355 - 4746**



**For additional services visit
our website:**





VETERAN SERVICES

Veteran Services assists Veterans and/or their dependents to attain economic stability by providing assistance in accessing the following benefits from the Department of Veteran Affairs:

- Disability Compensation (an In-Service Event)
- Veteran Pension
- Widow Pension
- Education Benefits
- Tax Benefits
- Healthcare Benefits
- Burial Benefits

For more information, please contact:

Rohn Hultgren, USA (Ret)

Veteran Service Officer

5217 Northlake Blvd

Palm Beach Gardens, FL 33418

Ph: 561-276-1272

e-mail: rhultgre@pbc.gov



VOLUNTEERS NEEDED

We are currently looking for dedicated, experienced, and creative instructors to share your knowledge and skills.

Locations:

North County Senior Center

5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
Hugo Montenegro (561) 694-5435

Mid County Senior Center

3680 Lake Worth Rd.
Palm Springs, FL 33461
Tina Austin (561) 357-7100

West County Senior Center

2916 State Rd. 15
Belle Glade, FL 33430
Renee Henry (561) 996-4818

We Need Help With:

- Front Desk Attendant
- Afternoon Activities
- Indoor Games
- Fitness Classes
- Arts and Crafts
- Educational Classes
- Clubs

How to become a Volunteer:

- Contact a Senior Center team member at **CSD-SeniorServices@pbc.gov**
- Share your skills and ideas
- Fill out a Volunteer Application
- Bring your photo ID

Senior Center Hours
8:00 a.m. - 5:00 p.m.

JOIN US TODAY!



BRING A FRIEND TO REGISTER
AT ONE OF OUR THREE SENIOR
CENTERS AND RECEIVE A

FREE token of
appreciation

*PROMOTION AVAILABLE WHILE SUPPLIES LAST

CONNECT WITH US

pbcgov.com/communityservices/seniorservices



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561-355-2754 for assistance

SOCIALIZE

ENGAGE

ENHANCE



Palm Beach County
Board of County Commissioners
Maria G. Marino, Mayor
Sara Baxter, Vice Mayor
Gregg K. Weiss
Joel G. Flores
Marci Woodward
Maria Sachs
Bobby Powell Jr.

County Administrator
Joseph Abruzzo