

Senior Times MAGAZINE



Palm Beach County
Senior and Veteran
Services wishes you a

**HAPPY
NEW YEAR!
2026**



**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

SENIOR TIMES MAGAZINE

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



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2026 Issue 1

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.



Recipe provided by Palm Beach County Food Bank

SWEET POTATO HASH WITH EGGS

Ingredients

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled, cut into 1/2-inch cubes
- 1/2 medium green or red bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth

Recipe Serves: 4 people

- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 4 large eggs
- Red hot-pepper sauce to taste (optional)

Instructions

1. Heat the oil in pan on med-high heat. Cook the onion for 3 minutes, or until soft, stirring frequently.
2. Stir in the potatoes, bell peppers, broth, garlic, paprika, cumin, thyme, pepper, and salt. Secure the lid. Boil on high for 10 minutes or until soft.
3. Crack one egg into a small bowl. Using the back of a spoon, make a small well in the potatoes, pushing the potatoes aside. Slip the egg into the well. Repeat with the remaining 3 eggs, making a separate well for each.
4. Secure the lid and cook for 2 - 3 minutes. If the eggs are not cooked to the desired consistency, re-cover. Let stand until the eggs are cooked to the desired consistency. Serve the hash sprinkled with a dash of hot-pepper sauce.

Nutrition Information

285 Calories Per Serving 10g Protein Per Serving 6g Fiber Per Serving

**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 acknowledgment 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,
ManagerWilfred Belisle,
Recreation Specialist I

Mid County Senior Center

Antoinette "Tina" Austin,
Manager

Recreation Specialist III

Jacquelyn "Jacque" Uceda,
Recreation Specialist I

West County Senior Center

Renee Buckle Henry,
ManagerLisa Wilson,
Program Coordinator

**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

RIVERBEND PARK**BATTLEFIELD****EDUCATION DAY****When:** Friday, January 23**Time:** 10:00 a.m. - 2:30 p.m.**Fee:** FREE**Location:** Transportation available from all senior centers:Mid County Senior Center

3680 Lake Worth Rd.

Palm Springs, FL 33461

North County Senior Center

5217 Northlake Blvd.

Palm Beach Gardens, FL 33418

West County Senior Center

2916 State Road #15,

Belle Glade, FL 33430

Description: Visitors will explore several interactive stations, including camps representing both the US Army and the Seminoles, and witness the thrilling firing of a cannon.**Registration:** Pre-Registration is required. Contact the corresponding senior center to attend.**MORIKAMI MUSEUM AND JAPANESE GARDENS****When:** Friday, February 13**Time:** 11:00 a.m. - 1:30 p.m.**Fee:** \$13.00**Location:** Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461**Description:** The Morikami offers visitors a deep, immersive experience of Japanese culture and its enduring connection to Florida on their 16-acre grounds.**Registration:** Register with Mid County Senior Center by calling 561-357-7109.**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 attend.**Where:** Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

561-694-5435

When: Tuesday, March 17**Time:** 10:30 a.m. - 1:30 p.m.**Where:** Meet at West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430

561-996-4808

When: Wednesday, March 18**Time:** 10:00 a.m. - 2:00 p.m.**Where:** Meet at Mid County Senior Center, 3680 Lake Worth Rd., Palm Springs, FL 33461

561-357-7101

When: Thursday, March 19**Time:** 10:45 a.m. - 1:15 p.m.**LET'S GO TO THE MOVIES!****When:** Wednesday, March 25**Time:** 10:30 a.m. - 1:00 p.m.**Fee:** \$6.00 + refreshments**Location:** Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461**Description:** Come along as we head to the movies for a morning watching a new and exciting flick!**Registration:** Register with Mid County Senior Center by calling 561-357-7109.**LOGGERHEAD MARINE LIFE CENTER****When:** Tuesday, January 27**Time:** 10:30 a.m. - 1:30 p.m.**Fee:** \$5 donation**Location:** Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418**Description:** Explore interactive exhibits, observe our sea turtle patients, engage with marine experts, and much more.**Registration:** Register with North County Senior Center by calling 561-694-5435.**MANATEE LAGOON****When:** Wednesday, February 4**Time:** 11:00 a.m. - 3:00 p.m.**Fee:** FREE**Location:** Meet at West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430**Description:** Join us in fostering awareness and conserving the awe inspiring Florida Manatees and the pristine Lake Worth Lagoon!**Registration:** Register with West County Senior Center by calling 561-996-4808.**SEMINOLE CASINO COCONUT CREEK****When:** Thursday, March 5**Time:** 10:00 a.m. - 3:30 p.m.**Fee:** FREE - Bring money**Location:** Meet at West County Senior Center, State Road #15, Belle Glade, FL 33430**Description:** Experience the electrifying Seminole Casino Coconut Creek. With Las Vegas-style slots, live table games, and exhilarating poker, there's never a dull moment.**Registration:** Register with West County Senior Center by calling 561-996-4808.

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:
January 16, February 13, March 13
North County Senior Center:
January 30, February 27, March 27
West County Senior Center:
January 29, February 26, March 26



Contact your local senior center to find out about any new programs and exercise offerings such as Gentle Pilates, Arthritis support, social gatherings, educational lectures, computer and other creative design classes.

Special Events

Special Events



Senior Golf with the First Tee



WCSC riding through West Palm Beach



Threads of Friendship Social Tea Time at MCSC

SPECIAL EVENTS HAPPENING AT NORTH COUNTY SENIOR CENTER

- Dar.win Presentation- Live healthier and safer via wi-fi sensing technology
Wednesday, January 17, 2026 from 12:00 p.m. - 1:00 p.m.
- Universal Coaching presents Name That Tune and Music Bingo
Jan. 21, Feb. 26, Mar. 26 from 11:00 a.m. - 11:45 a.m.

PR2U presents Health Lecture Series from 11:00 a.m. - 12:00 p.m.:

- Navigating Retirement: How to Not Outlive Retirement Monday, January 26, 2026
- American Heart Month & Heart Healthy Habits
Monday, February 16, 2026
- Nutrition, Exercise and Stress Management
Monday, March 23, 2026
- Black History Month Celebration
Friday, February 6, 2026 from 10:00 a.m. - 12:00 p.m.
- Mardi Gras Celebration
Friday, February 20, 2026 from 12:30 p.m. - 2:00 p.m.
\$10 suggested donation
- St. Patrick's Day Celebration
Monday, March 16, 2026 from 12:30 p.m. - 2:00 p.m.

SPECIAL EVENTS HAPPENING AT MID COUNTY SENIOR CENTER

- Cano Health presents Table Topics, Medical Presentations, & Activities
Wednesdays, Jan. 7 & 21, Feb. 4 & 18, Mar. 4 & 18 from 10:00 a.m. - 12:00 p.m.
- PR2U Presents educational lectures and medical talks
Mondays, Jan. 26, Feb. 23 & Mar. 30 from 11:30 a.m. - 12:30 p.m.
- Amerihealth Carotas sponsors a monthly Birthday Bingo Celebration
Tuesdays, Jan. 21, Feb. 18, & Mar. 18 from 12:00 p.m. - 1:00 p.m.
- Right at Home, Home Care Agency provides creative writing
Thursdays, Jan. 8 & 22, Feb. 12 & 26, Mar. 12 & 26 from 12:30 p.m. - 1:30 p.m.
- Universal Coaching presents Name That Tune , Music Bingo & Educational Lectures Fridays, Jan. 23, Feb. 27, Mar. 27 from 10:00 a.m. - 11:30 a.m.

SPECIAL EVENTS HAPPENING AT WEST COUNTY SENIOR CENTER

- Movie with the Tri-City Mayors
Friday, January 30, 2026 from 11:00 a.m. - 2:00 p.m.
- Senior Fun Day with Tammy, Guardian of the Glades Tuesday, February 10, 2026 from 12:00 p.m. - 4:00 p.m.
- Valentine's Day Celebration
Friday, February 13, 2026 from 11:00 a.m. - 2:00 p.m.
- Black History Play Friday, February 20, 2026 from 11:00 a.m. - 12:00 p.m.
- St. Patrick's Day Wear Green Event
Tuesday, March 17, 2026 from 11:30 a.m. - 2:00 p.m.
- Coffee with a PBSO Deputy Wednesday, March 25, 2026 from 10:00 a.m. - 11:00 a.m.

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

Wii Bowling Tournament

When: Wednesday, January 7th &
Thursday, January 8th
Time: 10:00 a.m. - 2:00 p.m.
Description: Strike up the fun
and let the frames fly at our Wii
Bowling Showdown!

**Rack 'em up and let your skills do
the talking at our Pool Tournament!**

When: Friday, February 24
Time: 10:00 a.m. - 4:00 p.m.
7 Call for details 561-694-5435

Mardi Gras Celebration

Friday, February 20, 2026 from 12:30 p.m. - 2:00 p.m. \$10.00 Suggested
Donation Stop by the senior center for a New Orleans
tradition as we celebrate the end of Mardi Gras season.
The New Orleans Renaissance Band will be playing live
Dixie Jazz so dress to Impress!

New Programs & Special Events

Groove with Karen

When: 3rd Tuesday, Monthly;
Jan. 20th, Feb. 17th, Mar. 17th

Time: 10:00 a.m. - 10:45 a.m.

Description: Get ready to dance
your heart out! Come by each
month for this fitness dance class
and experience a variety of
creative music and freedom to
express yourself through
movement.

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.

Ladies Meet Up

When: Tuesday, Monthly;

Jan. 6th, Feb. 23rd, Mar. 11th

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

Fee: \$3.00

Description: Join us for our
monthly meet up group. Each
month brings new activities and
interactions to spark laughter &
connection.

Registration: Call 561-694-5435

Live Music during Lunch

When: Every-other Wednesday

Time: 12:00 p.m.

Description: Enjoy the Great
American Songbook Duet as you
eat lunch!

Improv with Micah

When: 1st Thursday, Monthly;
Jan. 8th, Feb. 5th, Mar. 5th

Time: 10:00 a.m. - 10:45 a.m.

Description: Improv classes
focus on teamwork and
building off ideas to create an
entertaining new world based
on the actions and dialogue of
all the participants.

PC Rams Computer Club

When: 2nd Tuesday, Monthly;
Jan. 13th, Feb. 10th, Mar. 10th

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

Description: If you are looking to
learn more about computers in a
fun and social environment, feel
free to stop in for our meetings
which cover various topics such
as Windows updates and tools,
browsing the web safely without
the risk of malware or viruses, 3D
printers, and other computer
related topics.



Croquet Lessons

When: Wednesday, February 11

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

Where: National Croquet Center
700 Florida Mango Rd, West
Palm Beach, FL 33406

Description: Learn the basics of
golf croquet and gameplay. All
equipment will be provided, no
experience needed.

Registration: Call 561-694-5435

<p>Cards & Music</p> <p>When: Mondays</p> <p>Time: 11:00 a.m. - 12:00 p.m. & 1:00 p.m. - 2:00 p.m.</p> <p>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.</p> <p>Spanish Bible Study</p> <p>When: Mondays</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Description: Join our Spanish Bible Study group to strengthen your faith, share inspiring reflections, and grow together in God's Word.</p> <p>Faith Study Group</p> <p>When: Monday (Spanish) Wednesdays (English)</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Crocheting Grannies</p> <p>When: Tuesdays & Fridays</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Description: We welcome any new members who are wanting to learn more about crocheting.</p> <p>Arts & Crafts</p> <p>When: Wednesdays & Fridays</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Karaoke</p> <p>When: Every-other Friday; Jan. 9, Feb. 6 & 20, Mar. 6 & 20</p> <p>Time: 1:00 p.m. - 2:00 p.m.</p> <p>Description: Join in as we sing and dance to music presented by YouTube & Spotify with lyrics.</p>	<p>Jewelry Class</p> <p>When: Every-other Wednesday; Jan. 14, & 28; Feb. 11 & 25; Mar. 11 & 25</p> <p>Time: 9:00 a.m. - 11:00 a.m.</p> <p>Fee: \$2</p> <p>Description: String your creativity together. Enjoy handcrafting jewelry as you create something beautiful!</p> <p>Learn to Play Mah Jong</p> <p>When: Wednesdays</p> <p>Time: 12:30 p.m. to 3:00 p.m.</p> <p>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.</p> <p>Computers Q&A</p> <p>When: Thursday</p> <p>Time: 3:30 p.m. - 4:30 p.m.</p> <p>Description: Learn computer basics: using the mouse, navigating programs and the internet, etc. Schedule a time with Wil at 561-694-5436.</p> <p>Cornhole</p> <p>When: 4th Thursday, Monthly</p> <p>Time: 1:00 p.m. - 2:00 p.m.</p> <p>Description: Cornhole is a fun and competitive classic backyard game, designed with modified rules and to accommodate players of varying skill levels.</p>	<p>North County Senior Center</p> <p>Fitness</p> <p>SilverSneakers</p> <p>When: Monday, Wednesday & Thursday; call Wanda for dates 561-339-5213</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Description: Exercises include Strength & Balance, Senior Stretch, & Community Fitness.</p> <p>Tai Ji Quan: Moving for Better Balance</p> <p>When: Mondays, Wednesdays</p> <p>Time: 12:30 p.m. - 1:30 p.m.</p> <p>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.</p> <p>Chair Yoga</p> <p>When: Fridays</p> <p>Time: 11:00 a.m. - 12:00 p.m.</p> <p>Description: Learn seated poses and gentle stretches to improve flexibility, strength, and relaxation. This class is suitable for all mobility levels.</p> <p>Urban Line Dancing</p> <p>When: Every Friday</p> <p>Time: 12:30 p.m. - 2:00 p.m.</p> <p>Fee: \$5 Per Class</p> <p>Description: Group line dancing with a twist.</p>
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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

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.

Crochet Class with Sylvia

When: Fridays

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

Description: This is a beginners' Crochet class.

Beading Class- Pamela Fill Designs

When: Mondays and Tuesdays

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

Description: Join our fun friendly beading class; let's bead, bond and brighten our days together!

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.

Language Classes

Intermediate 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.



Spanish Culture Memory 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.



MCSC Spelling Bee Oct. 30, 2025



MCSC Hispanic Heritage Celebration

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;
Jan. 30th, Feb. 23rd, Mar. 11th

Time: Varies

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 561-357-7109

Groove with Karen

When: 2nd Tuesday, Monthly;
Jan. 13th, Feb. 10th, Mar. 10th

Time: 11:00 a.m. - 11:45 a.m.

Description: Get ready to dance your heart out! Come by each month for this fitness dance class and experience a variety of creative music and freedom to express yourself through movement.

Salsa with Palm Beach County Food Bank

When: Monday, January 12

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

Description: Join us for an evening of salsa dancing and fun!

Registration: Call 561-357-7109

Live Music during Lunch

When: Every-other Wednesday

Time: 12:00 p.m.

Description: Enjoy the Great American Songbook Duet as you eat lunch

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.

Improv with Micah

When: 3rd Thursday, Monthly;
Jan. 15th, Feb. 19th, Mar. 13th

Time: 10:00 a.m. - 10:45 a.m.

Description: Improv classes focus on teamwork and building off ideas to create an entertaining new world based on the actions and dialogue of all the participants.



Senior Golf Lessons

When: Select Fridays, Monthly;
Jan. 9, Feb. 6, Mar. 13

Time: 11:15 a.m. - 12:45 p.m.

Where: John Prince Park Golf Learning Center

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 561-357-7109



Photography Fun

When: Mondays, January 5 - March 30

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.

West County Senior Center

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

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

New Programs & Special Events

Groove with Karen

When: 1st Tuesday, Monthly; Jan.
6th, Feb. 3rd, Mar. 3rd

Time: 10:00 a.m. - 10:45 a.m.

Description: Get ready to dance
your heart out! Come by each
month for this fitness dance class
and experience a variety of
creative music and freedom to
express yourself through
movement.



WCSC Audiology Lecture

West County Senior Center Clubs:

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

South Florida Fair- Senior Day

When: Please call for details
Time: 10:30 a.m. - 5:00 p.m.

Croquet Lessons

When: Please call for details

Where: National Croquet Center
700 Florida Mango Rd, West
Palm Beach, FL 33406

Description: Learn the basics of
golf croquet and gameplay. All
equipment will be provided, no
experience needed.

Registration: Call 561-996-4808

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.



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.

55 and + Club



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, dominoes and more.

Monthly Birthday



Celebration

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

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

Afternoon Meal and Lawn Games

with Parks!

When: Tuesdays

Time: 2:30 p.m. - 4:00 p.m.

Description: Join us for an afternoon of fun and games with Parks & Recreation!

BINGO With Shirley



When: Monday & Wednesday

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

Arts & Crafts with Tammy

When: Mondays, Thursdays, & Fridays

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

Knitting and Crocheting

Class



When: Mondays

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

Book Club



When: Mondays

Time: 1:30 p.m. - 2:30 p.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 Senior Center

Computer Class with

Virigina



When: Tuesdays

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

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

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?

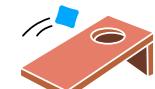
Urban Garden Class



When: Wednesdays

Time: 3:00 p.m. - 5:00 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 SW 10TH ST
BELLE GLADE, FL 33430
561-996-7040
MONDAY - FRIDAY
LUNCH 12:00 PM

WEST COUNTY SENIOR CENTER

2916 STATE RD #15
BELLE GLADE, FL 33430
561-992-1048
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

LAKE WORTH/ GREENACRES

MID COUNTY SENIOR CENTER
3680 LAKE WORTH RD
LAKE WORTH, FL 33461
561-357-7146
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

GREENACRES COMMUNITY CENTER
501 SWAIN BLVD
GREENACRES, FL 33463
561-642-2090
MONDAY - FRIDAY
LUNCH 12:00 PM

PAHOKEE

PAHOKEE MARINA
190 N LAKE AVE
PAHOKEE, FL 33476
561-924-2972
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 PM



Palm Beach County
Board of County Commissioners



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 AM
LUNCH 12:00 PM

RIVIERA BEACH

LINDSEY DAVIS COMMUNITY CENTER
2409 AVENUE H W
RIVIERA BEACH, FL 33404
561-723-2542
MONDAY - FRIDAY
LUNCH 12:00 PM

ROYAL PALM BEACH

VILLAGE OF ROYAL PALM BEACH
RECREATION CENTER 100 SWEET
BAY LANE
ROYAL PALM BEACH, FL 33411
561-753-1241
MONDAY - FRIDAY
LUNCH 12:00 PM

SOUTH BAY

TANNER PARK COMMUNITY CENTER
105 DR MLK JR DR
SOUTH BAY, FL 33493
561-996-1155
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 PM



WELLINGTON

WELLINGTON COMMUNITY CENTER
12150 FOREST HILL BLVD
WELLINGTON, FL 33414
561-753-2484
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

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 PM

WILLIAMS MULTI CULTURAL CENTER
501 21ST ST
WEST PALM BEACH, FL 33407
561-804-4930
MONDAY, WEDNESDAY, FRIDAY
LUNCH 12:00 PM

WINDSOR PARK APARTMENTS
1389 SUMMIT PINES BLVD
WEST PALM BEACH, FL 33415
561-688-2280
MONDAY - FRIDAY
LUNCH 12:00 PM



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 LOCATED, INDIVIDUAL PROVIDES VOLUNTEER SERVICES

January 2026 congregate Lunch

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

Elder Affairs
FLORIDA

AAA Area Agency on Aging
Palm Beach/Treasure Coast, Inc.

January 2026 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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.



Happy New Year
2026

2026

Cycle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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30					

	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple Cherry Juice	Pasta w/ Meat Sauce Carrots 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
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19226

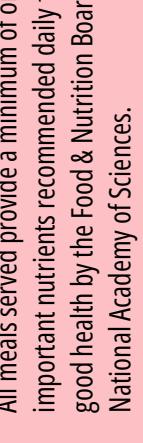
February 2026 Congregate Lunch

February 2026 Menu



Palm Beach County Division of
Senior & Veteran Services
E61 2555 1740



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parslied Carrots WG Roll & Margarine Sandwich Cookies	Sloppy Joe Cabbage & Carrots Mashed Potatoes Hamburger Bun BlendedJuice	BBQ Chicken Thigh Brussels Sprouts White Rice WG Roll Apple Cherry Juice	Macaroni & Cheese Stewed Tomatoes Peas WG Bread Apple Juice
9	10	11	12	13
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 Applesause	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 Special Holiday Dessert
16	CLOSED	17	18	19
Happy President's Day		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 Cherry Juice	Cheeseburger Green Beans Diced Sweet Potatoes Hamburger Bun BlendedJuice
23	24	25	26	27
1	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
 <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>				

March 2026 Congregate Lunch

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

Elder Affairs
FLORIDA

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

March 2026 Menu

Cycle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parslied 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 CherryJuice	Macaroni & Cheese Stewed Tomatoes Peas WG Bread Apple Juice
9	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 CherryJuice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
16	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 CherryJuice	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple CherryJuice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
23	Balsamic Chicken Thigh Brussels Sprouts Mashed Sweet Potatoes WG Bread Apple CherryJuice	Pasta w/ Meat Sauce Carrots Coins Winter Vegetable Medley WG Bread & Margarine Fruit Cup	Chicken Patty w/ Southwest Sauce California Vegetable White Rice WG Bread & Margarine Apple CherryJuice	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple CherryJuice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
30	Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parslied Carrots WG Roll & Margarine Sandwich Cookies	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple CherryJuice	Meatball Marinara Sub Garlic Green Beans Confetti Corn Hot Dog Bun Mozzarella Cheese Apple CherryJuice	Garlic Parm Chicken Patty Glazed Carrots Mashed Sweet Potatoes WG Bread & Margarine Orange Juice
1					
2					
31					

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.





**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**

**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) **For more information, please contact:**
- Veteran Pension
- Widow Pension
- Education Benefits
- Tax Benefits
- Healthcare Benefits
- Burial Benefits

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

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

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

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



pbccsd



pbccsd



pbccsd

This publication can be made in alternative formats upon request. Please email pbccaccessibility@pbc.gov or call 561-355-2754 for assistance

SOCIALIZE

ENGAGE

ENHANCE



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

County Administrator
Joseph Abruzzo