

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



**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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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.



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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,
Manager

Wilfred 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,
Manager

Lisa 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

What's Happening

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.wiwin 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

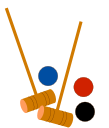
When: Wednesday, February 11

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



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.

Spanish Bible Study

When: Mondays

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

Description: Join our Spanish Bible Study group to strengthen your faith, share inspiring reflections, and grow together in God's Word.

Faith Study Group

When: Monday (Spanish)

Wednesdays (English)

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

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.

Arts & Crafts

When: Wednesdays & Fridays

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

Karaoke

When: Every-other Friday; Jan. 9, Feb. 6 & 20, Mar. 6 & 20
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.

Jewelry Class

When: Every-other

Wednesday; Jan. 14, & 28;

Feb. 11 & 25; Mar. 11 & 25

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

Fee: \$2

Description: String your creativity together. Enjoy handcrafting jewelry as you create something beautiful!

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.

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.

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

Fitness

SilverSneakers

When: Monday, Wednesday & Thursday; call Wanda for dates 561-339-5213

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

Description: Exercises include Strength & Balance, Senior Stretch, & Community Fitness.

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.

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.

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.

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.

Improv with Micah

When: 4th Thursday, Monthly;
Jan. 22nd, Feb. 26th, Mar. 26th

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.

**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 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



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.

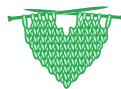


Arts & Crafts with Tammy

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 Virginia

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?



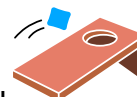
Urban Garden Class

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

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



Palm Beach County
Board of County Commissioners



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

January 2026 Congregate Lunch

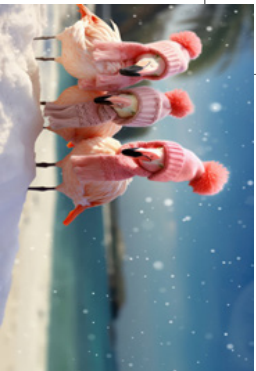


Palm Beach County Division of
Senior & Veteran Services
561-355-4740

Elder Affairs
FLORIDA

Area Agency on Aging
PALM BEACH RESERVE COAST, INC.

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January 2026 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week				1 CLOSED	2
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> 				Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry Juice
5	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
2					
12	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 Juice	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
3					
19	CLOSED	20	21	22	23
4		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 Blended Juice	Chicken Thigh in Gravy Carrot Coins Butternut Squash WG Bread Graham Crackers Apple Juice
26	27	28	29	30	
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	Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry Juice

February 2026

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



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

February 2026 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week	2	3	4	5	6
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 Cherry Juice	Macaroni & Cheese Stewed Tomatoes Peas WG Bread Apple Juice
9	9	10	11	12	13
3	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 Special Holiday Dessert
16	16	17	18	19	20
4		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 Blended Juice	Chicken Thigh in Gravy Carrot Coins Butternut Squash WG Bread Graham Crackers Apple Juice
23	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	Meatballs in Sauce Sesame Green Beans Confetti Corn WG Bread Graham Crackers Apple Cherry 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

ElderAffairs
FLORIDA

Area Agency on Aging
PALM BEACH TREASURE COAST, INC.

March 2026 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week					
2	Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parslled 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
9	Chicken Thigh in Gravy Black Eyed Peas Parslled 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	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 Cherry Juice	Cheeseburger Green Beans Diced Sweet Potatoes Hamburger Bun Blended Juice	Chicken Thigh in Gravy Carrot Coins Butternut Squash WG Bread Graham Crackers Apple Juice
23	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
30	Hamburger Baked Beans Diced Potatoes Hamburger Bun	Chicken Alfredo Green Beans Parslled Carrots WG Roll & Margarine Sandwich Cookies		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.	
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**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) **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

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

pbccsd.gov/communityservices/seniorservices



pbccsd



pbccsd



pbccsd

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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