

Senior Times MAGAZINE

Celebrate National
Senior Health &
Fitness Day



OPERATING HOURS:

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

Administration Offices

810 Datura Street,
Suite 300
West Palm Beach, FL 33401
1-833-CSD-WILL
discover.pbc.gov



**Palm Beach County
COMMUNITY
SERVICES**

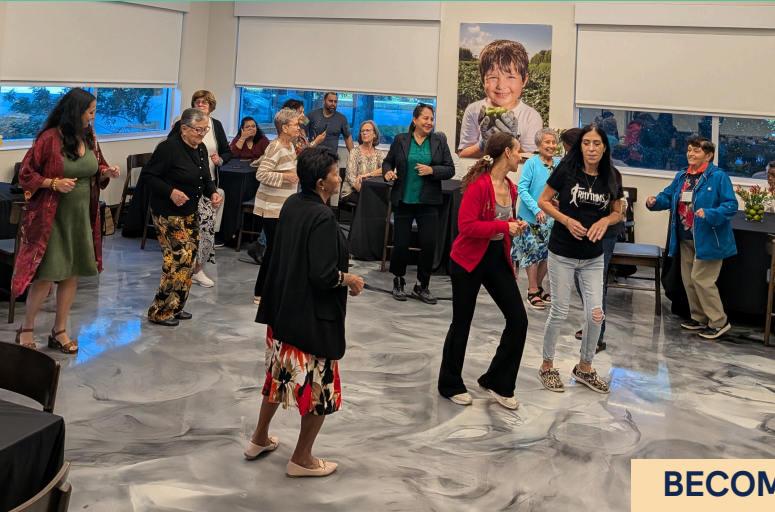
Helping People Build Better Communities

SENIOR TIMES MAGAZINE

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

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2026 Issue 3



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.

BECOME A MEMBER

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.

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STAFF:

Mid County Senior Center

Antoinette "Tina" Austin,
Manager

Diana Holm,
Recreation Specialist III

Jacquelyn "Jacque" Uceda,
Recreation Specialist I

North County Senior Center

Hugo Montenegro,
Manager

Wilfred Belisle,
Recreation Specialist I

West County Senior Center

Renee Buckle Henry,
Manager

Lisa Wilson,
Program Coordinator



**VIEW THE
GENERAL RULES FOR
USE OF SENIOR
CENTERS HERE**

SERVICES & RESOURCES



Our Programs & Services



Senior Centers
(North, Mid, & West County)



Adult Day Care
(North & Mid County)



Home Delivered Meals &
Congregate Meal Sites



Food Distribution



In-Home Services &
Case Management



Outreach & Linkage to
Veterans' Benefits

Additional Services

1-833-CSD-WILL



Emergency Home Energy
Assistance for the Elderly
(EHEAP)



Rent/Mortgage Assistance



Outreach & Volunteer
Opportunities



Ride Share Program



CONGREGATE MEAL SITES

FOR SENIORS 60 YEARS OF AGE AND OLDER

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

Contributions are used to increase the number of meals served and to facilitate access to nutrition services for Palm Beach County seniors.

The approximate cost of each congregate meal is \$5.50

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

May 2026 Congregate Lunch

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

May 2026 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <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>				<p>1</p> <p>Penne Bolognese Peas & carrots Yellow Corn WG Bread Apple Juice</p>
<p>4</p> <p>Meatballs in Onion Gravy Potato Onion Soufflé Country Veg. Medley Dinner Roll Apple Juice</p>	<p>5</p> <p>Sweet & Sour Chicken Thigh Confetti Corn Squash Carrot Medley WG Roll Cherry Cookie</p>	<p>6</p> <p>Beef Patty in Brown Gravy Garlic Green Beans Rice Pilaf WG Bread Applesauce</p>	<p>7</p> <p>Breaded Chicken Northern Beans w/ Peppers & Onions Cheesy Mashed Potatoes Hamburger Bun Apple-Cherry Juice</p>	<p>8</p> <p>Chicken w/ Orange Glaze Mixed Vegetables Parslied Potatoes WG Blueberry Muffin Special Holiday Desert Apple-Cherry Juice</p> <p><i>Happy Mother's Day</i></p>
<p>2</p> <p>Mandarin Chicken Patty Sesame Green Beans White Rice Whole Wheat Roll & Marg Citrus Fruit Cup</p>	<p>11</p> <p>Cheeseburger Peas & Carrots Baked Beans Hamburger Bun</p>	<p>13</p> <p>Chicken Thigh in A La King Sauce Black Eyed Peas Corn w/Diced Potatoes Whole Wheat Bread Mixed Fruit Cup</p>	<p>14</p> <p>Meatloaf in Tomato Sauce Mashed Potatoes Glazed Carrots WG Bread Apple-Cherry Juice</p>	<p>15</p> <p>Honey Orange Glazed Chicken Drumsticks Brussels Sprouts Butternut Squash Whole Wheat Roll Margarine Cup</p>
<p>3</p> <p>Chicken Parmesan Green Beans Parslied Carrots WG Bread & Margarine Lemon Cookie</p>	<p>18</p> <p>Pulled Pork Sandwich Stewed Tomatoes Country Vegetable Medley Hamburger Bun Sandwich Cookie Apple</p>	<p>20</p> <p>Teriyaki Meatballs Confetti Corn White Rice WG Roll Applesauce</p>	<p>21</p> <p>Honey Mustard Chicken Thigh Peas & Carrots Scalloped Potatoes WG Bread</p>	<p>22</p> <p>Vegetarian Burrito Rice, Tomatoes & Chives Peppers & Onions, Black Bean & corn Salsa, Cheddar Cheese, WG Tortilla Blended Juice</p>
<p>4</p> <p>CLOSED</p>	<p>19</p> <p>Pasta Florentine Casserole Carrot Coins Green Beans w/Peppers WG Roll</p>	<p>27</p> <p>Hamburger & Bun Northern Beans Diced Potatoes Graham Crackers Apple-Cherry Juice</p>	<p>28</p> <p>Dijon Chicken Salad Cucumber & Onion Salad Greek Chickpea Salad WG Bread Sandwich Cookie Blended Juice</p>	<p>29</p> <p>Penne Bolognese Peas & carrots Yellow Corn WG Bread Apple Juice</p>
<p>1</p> <p>MEMORIAL DAY Remember and Honor</p>	<p>25</p> <p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

\$5.50 Suggested Contribution

Lunch is served Monday - Friday at 12PM

Special Programming

Mid County Senior Center

- Asian American Pacific Islander Heritage Celebration with Koto performance
Tuesday, May 12 12:30 p.m. -



- National Senior Health and Fitness Day
Wednesday, May 27 10:00 a.m.



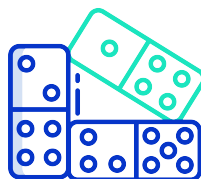
North County Senior Center

- Mother's Day Flower Arranging
Friday, May 8 12:30 p.m. (RSVP requested)
- Universal Coaching "Name That Tune" with DJ Lil' Marsh
Wednesday, May 20 12:30 p.m.
- National Senior Health and Fitness Day
Wednesday, May 27 10:00 a.m.



West County Senior Center

- West County Senior Field Day
Thursday, May 7 9:00 a.m.
- Celebrate National Senior Health and Fitness Day
Wednesday, May 20 10:00 a.m.
- Juicing and Smoothies & Hands only CPR
Friday, May 22 at 10:00 a.m.



Community Field Trips

Mid County Senior Center

CELEBRATE BIRD DAY AT THE BUSCH WILDLIFE SANCTUARY

When: Monday, May 4th

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

Fee: \$10.00 Per Person

Transportation: Meet at Mid County Senior Center

Description: Join us for a fun and meaningful trip to the Busch Wildlife Sanctuary as we explore the many animals on National Bird Day!



NCSC seniors visiting Busch Wildlife Sanctuary

North County Senior Center

SENIOR GOLF LESSONS

When: Friday, May 1

Time: 11:00 a.m. - 12:45 p.m.

Fee: FREE

Location: Dyer Park, West Palm Beach

Transportation: Meet at North County Senior 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.



CROQUET LESSONS

When: Wednesday, May 6th

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

Fee: FREE

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

Transportation: Meet at North County Senior Center

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

West County Senior Center



WEST COUNTY SENIOR FIELD DAY

When: Thursday, May 7th

Time: 9:00 a.m. - 3:00 p.m.

Fee: FREE

Location: Torry Island Marina, Belle Glade

Description: Come join in on the fun! The day will feature a variety of fun activities and games, vendors, and a picnic in the park!



West County Senior Day 2024

Mid County Senior Center Calendar

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10A Beginners English 10A Crochet 12:30P Core & Control 12:30P Dominoes 1P Tai Ji Quan
4	5	6	7	8
9A Painting 10A Jewelry 12:30P Dominoes 1P Belly Dancing	9:30A Yoga 10A Zumba and Meditation 10A Jewelry 10A Spanish Culture Memory 10:30A Cinco De Mayo Celebration 10:30A Tai Chi 12:30P Dominoes 12:30P Game Time w/Jacque	10A Intermediate Spanish 10A Spanish General Culture 10:30A Asian Pacific American Heritage Lecture 12:30P Wood burning, carving, painting 12:30P Sharing w/Care 12:30P Dominoes 1P Tai Ji Quan	10A Gardening 10A Faith Study 12:30P Game Time w/Jacque 12:30P Dominoes 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10:30A Karaoke 10:30A Mother's Day Tea 12:30P Core & Control 12:30P Dominoes 1P Tai Ji Quan
11	12	13	14	15
9A Painting 10A Jewelry 12:30P Dominoes 1P Belly Dancing	9:30A Yoga 10A Zumba and Meditation 10A Jewelry 10A Spanish Culture Memory 10:30A Asian Pacific American Heritage Celeb. 10:30A Tai Chi 11A Improv 12:30P Dominoes	10A Intermediate Spanish 10A Spanish General Culture 10:30A Bingo 12:30P Wood burning, carving, painting 12:30P Sharing w/Care 12:30P Dominoes 1P Tai Ji Quan	10A Gardening 10A Faith Study 12:30P Game Time w/Jacque 12:30P Dominoes 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 12:30P Core & Control 12:30P Dominoes 1P Tai Ji Quan
18	19	20	21	22
9A Painting 10A Jewelry 10:30A Stroke Awareness Presentation 12:30P Dominoes 1P Belly Dancing	9:30A Yoga 10A Zumba and Meditation 10A Jewelry 10A Spanish Culture Memory 10:30A Tai Chi 12:30P Dominoes 12:30P Game Time w/Jacque	10A Intermediate Spanish 10A Spanish General Culture 10:30A Bingo 12:30P Wood burning, carving, painting 12:30P Sharing w/Care 12:30P Dominoes 1P Tai Ji Quan	10A Gardening 10A Faith Study 12:30P Game Time w/Jacque 12:30P Dominoes 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10:30A "Creating a Happy Life" Presentation 12:30P Core & Control 12:30P Dominoes 1P Tai Ji Quan
25	26	27	28	29
  HAPPY MEMORIAL DAY <small>REMEMBER AND HONOR</small>	9:30A Yoga 10A Zumba and Meditation 10A Jewelry 10A Spanish Culture Memory 10:30A Tai Chi 12:30P Dominoes 12:30P Game Time w/Jacque	National Senior 10A Zumba 11A Yoga 12:30P Core & Control 1:00P Tai Ji Quan 2:00P Functional Fitness	10A Gardening 10A Faith Study 10:30A National Water Safety 12:30P Game Time w/Jacque 12:30P Dominoes 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10:30A Name That Tune 12:30P Core & Control 12:30P Dominoes 1P Tai Ji Quan

North County Senior Center Calendar

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				10A Duplicate Bridge \$10 10A Birthday Bingo by Humana 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5
4	5	6	7	8
10A Bingo 11A Cards and Music 11A Sp. Faith Study 12:30p Tai Ji Quan 1P Cards and Music	11A Crochet 1P Ping Pong	11A Arts & Crafts 11A Faith Study 12P Live Music by Andrea Tesoro "The Voide of Italy" 12:30P Tai ji Quan	10A Groove with Karen 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Duplicate Bridge \$10 10A Bingo 11A Dignity Memorial 11A Arts & Crafts 11A Crochet 12:30P Mother's Day Flower Arranging 12:30P Urban Line Dance \$5 1P Karaoke
11	12	13	14	15
10A Bingo 11A Presentation Men's Mental Health and Depression 11A Cards and Music 11A Sp. Faith Study 12:30p Tai Ji Quan 1P Cards and Music 3:30P Ladies Meet Up	10A Bingo 11A Crochet 1P Ping Pong 3P PC Rams Computer Club	10A Bingo 11A Arts & Crafts 11A Faith Study 12:30P Online Therapy for Older Adults 12:30P Tai ji Quan	10A Bingo 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Duplicate Bridge \$10 10A Bingo 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 1P Karaoke
18	19	20	21	22
10A Bingo 11A Cards and Music 11A Sp. Faith Study 12:30p Tai Ji Quan 12:30P Hearing Concierge 1P Cards and Music	10A Improv 11A Crochet 1P Ping Pong	10A Bingo 11A Arts & Crafts 11A Faith Study 12:30P Tai ji Quan	10A Bingo 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Duplicate Bridge \$10 10A Bingo 11A Arts & Crafts 11A Crochet 12:30P Hearing Concierge 12:30P Urban Line Dance \$5
25	26	27	28	29
  <small>REMEMBER AND HONOR</small>	10A Bingo 11A Crochet 1P Ping Pong	National Senior Health & Fitness Day 10A Health Fair 10A Functional Fitness 11A Urban Line Dancing 12:30P Tai ji Quan	10A Bingo 11A Functional Fitness 1P Cornhole 3:30P Computers Q&A	10A Duplicate Bridge \$10 10A Bingo 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5

West County Senior Center Calendar

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9A Senior Friendly Fitness 10A Cornhole 11A Arts & Crafts 2P WCSC Debate Club
4	5	6	7	8
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Wii Games	9A Senior Friendly Fitness 10A Improv 2:30P Wii Games 3P 55+ Club 3P Gardening 3P Virtual Chair Yoga	9A Senior Friendly Fitness 10A FL Cancer Specialists & Research Institute 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A West County Senior Field Day!	9A Senior Friendly Fitness 9:30A Family Feud 10A Cornhole 11A Arts & Crafts 1P Library Games 2:30P Wii Games
11	12	13	14	15
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Wii Games	9A Senior Friendly Fitness 9:30A Coffee with a Cop 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Wii Games 3P 55+ Club	9A Senior Friendly Fitness 9:30A Family Feud 10:30A Bingo w/ Conviva 11A Arts & Crafts 2:30P Wii Games 2P WCSC Debate Club
18	19	20	21	22
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Wii Games	9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Wii Games 3P 55+ Club	9A Senior Friendly Fitness 9:30A Family Feud 10A Juicing & Smoothies 11A Hands Only CPR 3P Dominoes Tournament
25	26	27	28	
  REMEMBER AND HONOR	9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Groove w/Karen 2:30P Wii Games 3P 55+ Club 10A Monthly Birthday Celebration	

CONNECT WITH US

pbcgov.com/communityservices/seniorservices



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Mid County Senior Center & Adult Day Care & Veteran Services

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

North County Senior Center & Adult Day Care & Veteran Services

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

West County Senior Center

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

Veteran Services (Jupiter/Tequesta/Juno)

6415 W Indiantown Rd.
Jupiter, FL 33451
(561) 964-5459

Veteran Services (South County)

345 S Congress Ave.
Delray Beach, FL 33444
(561)357-7110



Elder Helpline
1-800-963-5337

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



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