

Senior Times MAGAZINE

**August Glow:
Staying Active, Healthy
and Connected**



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 6



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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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.

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

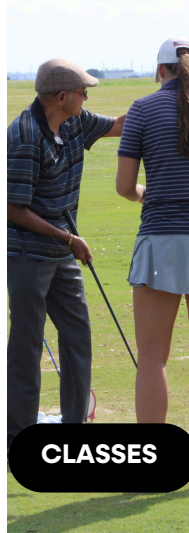
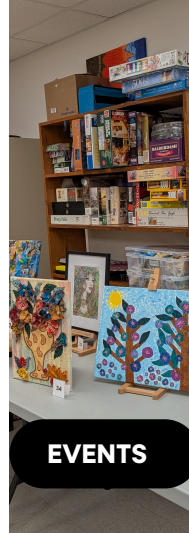
West County Senior Center

Renee Buckle Henry,
Manager

Lisa Wilson,
Program Coordinator



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



SUDOKU

Fill each 9x9 grid with digits from 1 to 9, ensuring that each column, row, and 3x3 subgrid contains all digits without repetition

		8						
4	9		1	5	7			2
		3			4	1	9	
1	8	5		6			2	
				2			6	
9	6		4		5	3		
	3			7	2			4
	4	9		3			5	7
8	2	7			9		1	3

National Senior Citizens Day

National Senior Citizens Day was officially established in 1988 when President Ronald Reagan signed Proclamation 5847, designating August 21 as a day to recognize the achievements and dedication of senior citizens and raise awareness about issues affecting their quality of life. The day highlights the valuable contributions seniors make to society, including their roles in science, medicine, civil rights, and community development. Here are some ways you can join us in celebrating National Senior Citizens Day:

- Spend quality time with senior family members or neighbors in your community
- Volunteer at senior centers or retirement homes
- Acknowledge seniors' achievements publicly or on social media
- Take advantage of special discounts and promotions offered to seniors at various businesses

Join us at the senior center as we "**Capture Memorable Moments**" together on August 21st.



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

DONATE

As living costs rise, many seniors and veterans struggle to afford basic necessities. Your donation helps them live with dignity. To donate, please make check or money order payable to: "Friends of Youth Services and PBC, and write "DOSS" in the memo section. Mail check/money order to:

Friends of Youth Services and PBC
50 South Military Trail, Suite #203
West Palm Beach, FL 33415

SERVICES & RESOURCES



Voices of Our Community

I, Barbara Humphries would like to extend my thanks and gratitude to you and all involved at PBC HVAC air conditioner replacement program in facilitating getting my old AC unit replaced!.. I was contemplating going into debt for a new AC myself when I learned of the program available in the area..after qualifying I received excellent service from the installer and I am very pleased and grateful with my new AC unit!

With regards,
Barbara Humphries

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

Dear Mr. Hultgren,

I am writing to share some well deserved praise for Ryan Gamby, Veterans Service Officer. He assisted me with my disability claim and is doing an outstanding job. He is my hero on and off the field and I only wish there were more people like Ryan to help veterans. He is the best.

Sincerely,
Sam Sherman

CONGREGATE MEAL SITES

FOR SENIORS 60 YEARS OF AGE AND OLDER

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



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

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

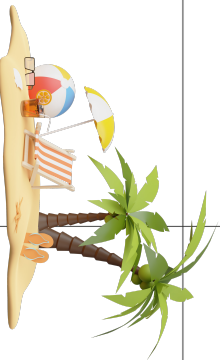
CONGREGATE MEAL PROGRAM ELIGIBILITY REQUIREMENTS: INDIVIDUALS 60 YEARS OF AGE OR OLDER, SPOUSE OF A 60+ WHO EATS AT THE MEAL SITE, DISABLED INDIVIDUAL RESIDING IN THE HOME OF A 60+ WHO EATS AT THE MEAL SITE, INDIVIDUAL RESIDING IN A HOUSING FACILITY WHERE A MEAL SITE IS LOCATED, INDIVIDUAL PROVIDES VOLUNTEER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

August 2026 Congregate Lunch

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

August 2026 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week	3	4	5	6	7
2	Mandarin Chicken Patty Sesame Green Beans White Rice Whole Wheat Roll & Marg Citrus Fruit Cup	Cheeseburger Peas & Carrots Baked Beans Hamburger Bun	Chicken Thigh in A La King Sauce Black Eyed Peas Corn w/ Diced Potatoes Whole Wheat Bread Mixed Fruit Cup	Meatloaf in Tomato Sauce Mashed Potatoes Glazed Carrots WG Bread Apple-Cherry Juice	Honey Orange Glazed Chicken Drumsticks Brussels Sprouts Butternut Squash Whole Wheat Roll Margarine Cup
3	Chicken Parmesan Green Beans Parsiled Carrots WG Bread & Margarine Lemon Cookie	Pulled Pork Sandwich Stewed Tomatoes Country Vegetable Medley Hamburger Bun Sandwich Cookie Apple	Teriyaki Meatballs Confetti Corn White Rice WG Roll Applesauce	Honey Mustard Chicken Thigh Peas & Carrots Scalloped Potatoes WG Bread	Vegetarian Burrito Rice, Tomatoes & Chives Peppers & Onions Black Bean & corn Salsa Cheddar Cheese WG Tortilla Blended Juice
4	Chicken Thigh in Gravy Brussels Sprouts Garlic Mashed Potatoes WG Bread & Marg. Blended Juice	Pasta Florentine Casserole Carrot Coins Green Beans w/Peppers WG Roll	Hamburger & Bun Northern Beans Diced Potatoes Graham Crackers Apple-Cherry Juice	Dijon Chicken Salad Cucumber & Onion Salad Greek Chickpea Salad WG Bread Sandwich Cookie Blended Juice	Penne Bolognese Peas & carrots Yellow Corn WG Bread Apple Juice
1	Meatballs in Onion Gravy Potato Onion Soufflé Country Veg. Medley Dinner Roll Apple Juice	Sweet & Sour Chicken Thigh Confetti Corn Squash Carrot Medley WG Roll Cherry Cookie	Beef Patty in Brown Gravy Garlic Green Beans Rice Pilaf WG Bread Applesauce	Breaded Chicken Northern Beans w/ Peppers & Onions Cheesy Mashed Potatoes Hamburger Bun Apple-Cherry Juice	Beef Macaroni Casserole Butternut Squash Glazed Carrots Whole Wheat Bread Sugar Cookie
31	Mandarin Chicken Patty Sesame Green Beans White Rice Whole Wheat Roll & Marg Citrus Fruit Cup				



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.

\$5.50 Suggested Contribution

Lunch is served Monday - Friday at 12PM

Special Programming

Mid County Senior Center

- Understanding Lymphoma & Compression
Therapy provided by PR2U
Monday, August 24 at 11:00 a.m.
- Universal Coaching "Name That Tune"
Friday, August 28 at 10:00 a.m.
- Monthly Birthday Celebration by Wellcare
Monday, August 31 at 12:30 p.m. - 2:30 p.m.

North County Senior Center

- Universal Coaching "Name That Tune" with DJ Lil' Marsh, Wednesday, August 5 at 12:30 p.m.
- Palm Beach PACE Q & A
Thursday, August 6 at 11:00 a.m.
- Bingo Sponsored by Humana Friday, August 7 at 10:00 a.m.

West County Senior Center

- Name That Tune & Wheel of Fortune with PBC Library
Thursday, August 6 at 1:00 p.m. - 2:00 p.m.
- Belle Glade Museum
Tuesday, August 11 at 10:00 a.m. - 12:00 p.m.
- Tri-City Senior Breakfast and Coffee with a Cop
Wednesday, August 19 at 10:00 a.m. - 11:00 a.m.



Community Field Trips

Mid County Senior Center



Norton Museum of Art

When: Wednesday, August 26, 2026

Time: TBA

Fee: Free

Location: 1450 S Dixie Hwy, West Palm Beach, FL

Transportation: Meet at Mid County Senior Center

Description: Join us for a fun day exploring beautiful art, fascinating exhibits, and inspiring collections at the Norton Museum.

North County Senior Center

Greenacres Bowl

When: Friday, August 14, 2026

Time: 10:30 am to 3:30 pm

Fee: \$18.00 per person

Location: 6126 Lake Worth Rd, Greenacres, FL

Transportation: Meet at North County Senior Center

Description: Let's test out your bowling skills at the bowling alley. Step up to the lane, focus your aim, and let the pins fall where they may.



West County Senior Center



Lawrence E. Will Museum

When: Tuesday, August 11, 2026

Time: 10:00am - 12:00pm

Fee: Free

Location: 530 S Main St, Belle Glade, FL

Transportation: Meet at West County Senior Center

Description: Step into the rich history of the Glades at the Lawrence E. Will Museum in Belle Glade.

Discover fascinating exhibits featuring Native American artifacts, pioneer life, the story of Lake Okeechobee, the Everglades, local agriculture, and the resilience of the communities that shaped this unique region.

Mid County Senior Center Calendar

August 2026

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
9A Painting 9:30A Zumba 10A Jewelry 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game 12:30P Game Time w/Jacque	9:30A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Bingo 12:30P Sharing w/Care	10A Gardening 10A Faith Study English 11A Sign Language Chorus 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10A Fun Food Fridays 11A TechWise for Seniors 1P Core and Control- Ball Fitness
10	11	12	13	14
9A Painting 10A Jewelry 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 11A Improv Tea Time 10A Spanish Culture Memory 11A Shangai Card Game 12:30P Game Time with Kirs	9:30A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Bingo 12:30P Sharing w/Care	10A Gardening 10A Faith Study 11A Sign Language Chorus 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10A Fun Food Fridays 11A TechWise for Seniors 1P Core and Control- Ball Fitness
17	18	19	20	21 National Senior Citizen Day
9A Painting 10A Jewelry 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game 12:30P Game Time w/Jacque	9:30A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Bingo 12:30P Sharing w/Care	10A Gardening 10A Faith Study 11A Sign Language Chorus 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10A Groove with Karen 11A Fun Food Fridays 11A TechWise for Seniors 1P Core and Control- Ball Fintess
24	25	26	27	28
9A Painting 10A Jewelry 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game 12:30P Game Time w/Jacque 12:30P Bingo with LW Terraces	9:30A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 10:30A Bingo 12:30P Sharing w/Care	10A Gardening 10A Faith Study 11A Sign Language Chorus 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10A Name that Tune 11A TechWise for Seniors 11A Fun Food Fridays 12:30 Bingo with Kirs 1P Core and Control- Ball Fitness
31				
9A Painting 10A Jewelry 11A Understanding Lymphoma & Compression Therapy 12:30P Watercolor Painting 12:30P Birthday Celebration 1P Belly Dancing				

North County Senior Center Calendar

August 2026

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
10A Bingo 10A Bridge: Limited Duplicate \$10 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study	10A Bingo 11A Functional Fitness 11A Crochet 11A Cooking Up Health 1P Ping Pong 3:30P Computers Q&A	10A Bingo 10A Bridge: Limited Duplicate \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study 11:30A Book Mobile 12:30P Name That Tune	10A Groove with Karen 11A Functional Fitness 11A Palm Beach PACE Q&A 1P Wii Bowling 3:30P Computers Q&A	10A Humana Bingo 10A Bridge Jacoby Transfers \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 1P Karaoke 1P Musical Hats
10	11	12	13	14
10A Bingo 10A Bridge: Limited Duplicate \$10 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study	10A Bingo 11A Functional Fitness 11A Crochet 11A Cooking Up Health 1P Ping Pong 3:30P Computers Q&A	10A Bingo 11A Morning Exercise 11A Arts & Crafts 11A Faith Study	10A Bingo 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Bingo 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 1P Karaoke
17	18	19	20	21 National Senior Citizen Day
10A Bingo 11A & 1P Cards and Music 11A Core and Control- Ball Fitness 11A Sp. Faith Study	10A Improv 11A Functional Fitness 11A Crochet 1P Ping Pong 3:30P Computers Q&A	9:30A Morning Movie 10A Bridge: Limited Duplicate \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study 11:30A Book Mobile	10A Bingo 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Bingo 10A Bridge Fit Fit \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dancing \$5
24	25	26	27	28
10A Bingo 10A Bridge: Limited Duplicate \$10 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study	10A First Day Homecare 11A Functional Fitness 11A Crochet 1P Ping Pong 3:30P Computers Q&A	10A Bingo 10A Bridge: Limited Duplicate \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study	10A Bingo 11A Functional Fitness 1P Wii Bowling 3:30P Computers Q&A	10A Bingo 10A Bridge Fit Fit \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5
31				
10A Bingo 10A Bridge: Limited Duplicate \$10 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study				

West County Senior Center Calendar

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Wii Games	9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Card Games	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 Computer Lab Open until 5pm	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Bowling Game 3P 55+ Club
10	11	12	13	14
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Gardening Class	9A Senior Friendly Fitness 9:30A Family Feud 10A Improv 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 4P Crochet Club *New*	9A Senior Friendly Fitness 9:30A Family Feud 10A Wheel of Fortune 11A Arts & Crafts 1P Library Games 2:30P Wii Games
17	18	19	20	21 National Senior Citizen Day
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Domino Tournament	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 Arts & Crafts 1P Library Games 2:30P Wii Games 3P 55+ Club	9A Senior Friendly Fitness 10A Arts & Crafts 1P Multiple Games 2:30P Wii Games 3P Domino Games
24	25	26	27	28
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 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Groove with Karen 2:30P Wii Games 3P 55+ Club & Debate Club 4P Crochet Club *New*	9A Senior Friendly Fitness 9:30A Family Feud 11A Arts & Crafts 2:30P Wii Games 2P WCSC Debate Club
31				

CONNECT WITH US

pbcgov.com/communityservices/seniorservices



pbccsd



pbccsd



pbccsd

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

Additional Services

1-833-CSD-WILL



Low-Income Home
Energy Assistance
Program (LIHEAP)



Rent/Mortgage Assistance



Outreach & Volunteer
Opportunities



Ride Share Program



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.



Elder Helpline
1-800-963-5337

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

County Administrator
Joseph Abruzzo