

Senior Times MAGAZINE



Palm Beach County Division of Senior and Veteran Services would like to express our sincere appreciation to the amazing volunteers and providers who frequent the Palm Beach County Senior Centers.

Your dedication and compassion play a vital role in making our community a better place for seniors. Thank you for your hard work and the genuine care you bring to each interaction—it truly makes a difference in the lives of those we serve!



“Age is merely the number of years the world has been enjoying you. Embrace every moment and keep shining!”

-Jacquee Uceda



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) 357-7100

West County Senior Center

2916 State Road 15
Belle Glade, FL 33430
(561) 996-4818

**DROP IN FOR A BIT
OR STAY ALL DAY!**

SENIOR TIMES MAGAZINE

CONTENTS

2025 Issue 1

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



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.

IN THIS EDITION:

General Rules - 3

What's Happening - 4, 5

**Community Outings &
Events - 6**

**North County Senior
Center - 7, 8**

**Mid County Senior
Center - 9, 10**

**West County Senior
Center - 11, 12**

Meals - 13, 14, 15, 16

**Adult Day Care
Services - 17**

Veterans Services - 18

SUSAN'S QUINOA SALAD

Ingredients

2 cups water	1 15oz. can black beans, rinsed and drained
1 cup dry quinoa, rinse well	1 cup fresh or thawed corn kernels
1/3 cup fresh lime juice (appx. 2-3 limes)	1 medium tomato, seeded, finely chopped
1/4 cup olive oil	1 medium cucumber, seeded, finely chopped
1 clove garlic, minced	3 green onions, thinly sliced
1/4 tsp salt	1/4 cup chopped Italian parsley
1/8 tsp ground white pepper	1/4 cup fresh mint leaves
(optional) 1/2 Jalapeno Pepper, seeded	

Directions

1. Bring water to boil in a medium saucepan. Add quinoa, reduce heat; simmer about 10 minutes, until water is absorbed; quinoa should turn translucent. Remove from heat, drain and chill.
2. Meanwhile, make a dressing by pureeing jalapeno pepper, lime juice, olive oil, garlic, salt and pepper in a blender or food processor until smooth.
3. Combine cold quinoa with beans, corn, tomato, cucumber, green onions, parsley, and mint in a large bowl. Toss gently.
4. Add dressing; toss again.
5. Pack into a container, cover and refrigerate 4 - 8 hours to blend flavors.



VOLUNTEER



CONNECT



EVENTS



SOCIAL



CLASSES

Mission

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

Vision

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

Values

- Respect
- Equity
- Compassion
- Integrity
- Professionalism
- Empowerment

HOW TO REGISTER

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

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

Operating Hours:

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

Staff:

North County Senior Center

Hugo Montenegro,
Manager

Wilfred Belisle,
Recreation Specialist I

Mid County Senior Center

Antoinette "Tina" Austin,
Manager

Diana Holm,
Recreation Specialist III
Jacquelyn "Jacquee" 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 aid. 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 guest in a senior center.
4. The use of profanity and hate speech is prohibited. Verbal abuse, retaliation, bullying or intimidation is not acceptable.
5. All individuals entering the senior center must wear appropriate attire, including safe footwear.
6. 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.
7. 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.
8. 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.
9. Not permitted in the facility: gambling devices, unpermitted weapons, alcohol, illegal drugs, and excessive personal items.
10. 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.
11. Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.
12. Pets are not permitted in the building. Service animals must be performing their intended use and must be in the control of their owner at all times.
13. To maintain a harmonious environment for all members, please bring all concerns to the attention of the center manager immediately.

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.

NEW AND EXCITING PROGRAMS



Urban Line Dancing

When: Fridays,

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

Where: North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Fee: \$5 Per Class

Description: Group line dancing with an urban twist.

Senior Sip & Socialization

When: Thursday, February 13, 2025 3:30 p.m. - 5:00 p.m.

Where: North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Fee: \$3

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

Cornhole

When: 4th Thursday, Monthly 1:00 p.m. - 2:00 p.m.

Where: North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Description: A classic backyard game, focused on fun, light exercise, and social interaction.

Stamp Club

When: 2nd and 4th Tuesday, 1:00 p.m. - 3:00 p.m.

Where: Mid County Senior Center, 3680 Lake Worth Rd, Palm Springs, FL 33461

Description: Group dedicated to stamp collecting, education and trading.

Come and see all of the exciting indoor games we have in our brand new **Game Room at Mid County Senior Center!**

Some of games available include: Foosball, air hockey, dart boards, Wii, a basketball hoop game, and so much more!!

Join in on the fun, make new friends, and learn a new game!

Gardening with Olympia

When: Thursdays, 10:00 a.m. - 12:00 p.m.

Where: Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

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

Tai Ji Quan: Moving for Better Balance

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. Starting January 6, 2025.

Where: North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

When: Mondays & Wednesdays

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

Where: Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

When: Monday, Wednesday, & Fridays

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

Where: West County Senior Center, 2916 State Rd. #15, Belle Glade, FL 33430

When: Mondays & Wednesdays

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

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, 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
- **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
- **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.



SPECIAL EVENTS



Special Events Happening at North County Senior Center

- **Tax Identity Theft Awareness Week Presentation**

Wednesday, Jan. 29, 2025 from 11:00 a.m. - 12:00 p.m.

- **Black History Month Celebration**

Friday, February 7, 2025 from 10:30 a.m. - 12:00p.m.



- **St. Patrick's Day Celebration**

Monday, March 17, 2025 from 11:00 a.m. - 12:00 p.m.

Special Events Happening at Mid County Senior Center

- **Mental Wellness Month**

Monday, January 27, 2025 from 10:00 a.m. - 12:00 p.m.

Honor your mental health by bringing awareness to the topic and participate in activities that promote overall well-being.

- **Black History Month Celebration**

Thursday, February 27, 2025 from 10:00 a.m. - 12:00 p.m.



Susan providing a cooking demonstration for senior center month

- **National Nutrition Month**

Monday, March 31, 2025 from 10:00 a.m. - 12:00 p.m.

Special Events Happening at West County Senior Center

- **Senior Friendly Fitness**

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

- **Valentine's Day Dance**

Friday, February 14, 2025 11:30 a.m. - 1:30 p.m.

- **Black History Month Celebration** Thursday, February 27, 2025

- **Raising Cane Tour & Luncheon** Date TBA, March

- **Palm Tran ride to the Wellington Green Mall** Date TBA

- **St Patrick's Day Celebration** Monday, March 17, 2025

- **Senior Day at the Park** Monday, March 31st, 2025

North County Senior Center

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



The Crocheting Grannies from the North County Senior Center recently donated 15 hand-made blankets to Chatsworth at PGA National Assisted Living in Palm Beach Gardens. Doshier Peter, Program Manager for the facility, says "We are very grateful for the donations and our residents are very appreciative for the warm blankets. We appreciate Mary Jefferson and her members taking the time to think of our community, especially during the upcoming Holiday Season. We couldn't be more thankful."

Community Outings

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. - 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



South Florida Fair*

When: Monday, Jan. 27, 2025

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

Where: South Florida
Fairgrounds

Fee: Free

Description: Join us for a trip to the South Florida Fair on Senior Day! Admission is Free for seniors 60 or older. I.D. is required for entry, so don't forget to bring your I.D.! Pre-register with Wil Belisle at (561) 694-5436

Bocce Ball*

When: Wednesday, January 15, 2025

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

Where: Carlin Park, Jupiter

Description: Bocce ball is a fun, social, and easy-to-learn sport that's perfect for all ages. Join us for a relaxing experience that combines skill, strategy, and friendly competition.

Transportation is provided from North County Senior Center. Spaces are limited, so sign up now to secure your spot. Pre-register with Wil Belisle at (561) 694-5436

Mardi Gras at North County*

When: Wednesday, Feb. 26, 2025

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

Fee: \$20

Description: Join us for a vibrant, lively, and unforgettable celebration filled with live jazz, brass bands, delicious food, and, of course, plenty of beads and laughter! Savor the flavors of the Big Easy with mouthwatering Cajun food. It's sure to keep you moving all night long. Pre-register with Hugo Montenegro at (561) 694-5437

Barbecue Picnic at the Beach*

When: Friday, March 7, 2025

Where: Carlin Park, Jupiter

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

Fee: *TBA

Description: Join us for our Annual BBQ Picnic at the Carlin Park Beach. There will be food, games, music and friends! Pre-register with Wil Belisle at (561) 694-5436

We are excited to announce that we will be offering more community outings each month. Due to a high demand to attend the community outings and limited transportation options, participants will be selected through a lottery system to ensure fair opportunity for all who are interested in attending.

*Limited transportation is provided with pre-registration.
Contact Wil Belisle at (561) 694-5435

Cards & Music

When: Mondays,
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.



Silver Sneakers

When: Monday - Friday,
11:00 a.m. - 12:00 p.m.

Description: Strength & Balance, Senior Stretch, Zumba Gold. Call for more details.

Wii Open Play

When: Mondays & Tuesdays,
2:30pm - 4:00 p.m.

Crocheting Grannies

When: Tuesdays & Fridays,
11:00 a.m. - 12:00 p.m.

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

Gin Rummy

When: Tuesdays,
1:00 p.m. - 2:00 p.m.

Description: Players compete in this exhilarating card game to form sets and runs, creating an engaging experience filled with suspense, clever tactics, and delightful interactions among friends.

Bible Study

When: Wednesdays,
11:00 a.m. - 12:00 p.m.

Computers Q&A

When: Wednesdays
2:30 p.m. - 4:30 p.m.

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

Wii Bowling

When: Wednesdays,
1:00 p.m. - 2:00 p.m.

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



Learn to Play Mah Jong

When: Wednesdays,
2:00 p.m. to 4:30 p.m.

Description:

Mahjong is an engaging and strategic tile game where players match intricate tiles, combining skill and pattern recognition for a captivating challenge that sparks social connections and friendly competition.

Chair Yoga

When: Fridays,
11:00 a.m. - 12:00 p.m.

Description: Chair yoga class offers accessible, seated poses and gentle stretches designed to improve flexibility, strength, and relaxation, making it suitable for individuals of all mobility levels.



Arts & Crafts

When: Wednesdays & Fridays,
11:00 a.m. - 12:00 p.m.

Karaoke

When: Fridays,
1:00 p.m. - 2:00 p.m.

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

Ping Pong Tuesday

When: Tuesdays,
3:00 p.m. - 4:30 p.m.

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

Activities

Painting Class

When: Mondays,
9:00 a.m. - 11:00 a.m.

Freelance Painting

When: Mondays,
1:00 p.m. - 3:00 p.m.
Description: Artists work independently to create their own masterpiece.

Fun Beading Creations

Day: Mondays,
2:00 p.m. - 3:00 p.m.

Lake Worth Wood Carving

When: Wednesdays,
12:30 p.m. - 4:00 p.m.

Senior Social Dancing

When: Wednesdays,
12:30 p.m. - 4:00 p.m.
Description: Enjoy a variety of dance styles for seniors who are independently mobile.

Spanish Comedy Theater

When: Thursdays,
10:00 a.m. - 12:00 p.m.
Description: Experience lively humor and rich cultural references. Looking for enthusiastic male actors to join!

Quilting with Nancy

When: Thursdays,
1:00 p.m. - 4:00 p.m.

Social Programs

Computer Technology

When: Mondays,
1:00 p.m. - 2:00 p.m.
Description: Learn basic computer skills to simplify and enhance daily activities.

Shanghai Rummy Cards

When: Tuesdays,
11:00 a.m. - 4:00 p.m.
Description: Learn to play a popular card game often played with two to eight players.

Spanish Chorus

When: Thursdays,
1:00 p.m. - 2:00 p.m.



Karen, carving a bird sculpture in wood carving class

Friday Flicks

When: Fridays,
1:00 p.m. - 4:00 p.m.
Description: Enjoy a movie with friends in the lobby.

Bible Study (Spanish)

When: Wednesdays,
12:30 p.m. - 2:00 p.m.

Bible Study (English)

When: Tuesdays
10:00 a.m. - 12:00 p.m.

Language Classes

Beginners Spanish

When: Wednesdays,
10:00 a.m. - 12:00 p.m.

Spanish Culture Memory Class

When: Wednesdays,
10:00 a.m. - 12:00 p.m.
Description: Remember the history of Spanish cultures.

Spanish Reading Reviews

When: Thursdays,
9:30 a.m. - 11:30 a.m.
Description: Enjoy a Spanish book club and related movies.

Spanish Culture Poetry

When: Wednesdays,
10:00 a.m. - 12:00 p.m.
Description: A rich and diverse literary tradition.

English Journey with Olimpia

When: Fridays,
10:00 a.m. - 12:00 p.m.
Description: This is a beginners English class.

Portuguese Class

When: Fridays,
10:00 a.m. - 11:00 a.m.
Description: Learn the language, culture, and traditions of Portugal.

Community Outings and Community Partners

Mid County Senior Center

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



I'm incredibly grateful to work as the Recreation Specialist I for the Mid County Senior Center. It's a true privilege to share valuable resources with our senior community and to be part of planning engaging trips and fun, educational classes. I'm passionate about creating memorable experiences that enrich the lives of our seniors and bring joy to each day.
- Jacquee Uceda



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

South Florida Fair*

When: Tuesday, January 21,
2025 11:00 a.m. - 4:00 p.m.

Where: 9067 Southern Blvd,
West Palm Beach, FL 33411

Cost: \$2 + incidentals

Description: Discover the
wonders of science, technology,
engineering, math, and more!

Mounts Botanical Gardens*

When: Wednesday, January 15,
2025, **Time:** TBA

Where: 811 Parker Ave, West
Palm Beach, FL 33401

Cost: Free

Description: Visit Palm Beach
County's oldest and largest
botanical garden.

Norton Museum of Art*

When: Wednesday, February
19, 2025 1:00 p.m. - 4:00 p.m.

Where: 1450 S Dixie Hwy, West
Palm Beach, FL 33401

Cost: Free

Description: Join us for a
docent-led tour at the Norton
Museum of Art. New exhibits will
be available such as *Artists in
Boxing* and *Sorolla and the Sea*.

SNAP Assistance

When: Tuesdays, Weekly
8:00 a.m. - 10:00 a.m.

Description: SNAP is available
to individuals and families with
low-income so that they can
access healthy, nutritious food.
If you are in need, please stop
by to see if you qualify and to
sign-up.

Legal Aid

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

Description: Free
consultations for seniors

Birthday Bingo

When: 2nd Monday, Monthly

Description: Celebrate your
birthday together at our Monthly
Birthday Bingo!



*Limited transportation is provided with pre-registration.
Contact Jacquee Uceda at (561)357-7100

West County Senior Center

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



Senior Friendly Fitness Class



Black History Month Celebration



*Muck Bowl & PBSO WDC & Glades
Central High School*



*West County Seniors Visit the
Palm Beach Zoo*

Available Every Day

- 8:00 a.m. - 10:00 a.m.
Coffee and Conversation
- 8:30 a.m. - 9:00 a.m.
Breakfast
- 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 & 55 & Plus club

Available All Day

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

On-Site Programs

Senior Friendly Fitness

When: Monday - Friday,
9:00 a.m. - 10:00 a.m.

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

BINGO

When: Monday - Friday,
10:30 a.m. - 11:30 a.m.

Arts & Crafts

When: Monday, Thursday, & Friday, 10:00 a.m. - 11:30 a.m.



Gardening

When: Mondays & Wednesday,
10:00 a.m. - 11:00 a.m.



Dominoes with PBSO WDC

Computer Class

When: Tuesday & Thursday,
1:00 p.m. - 1:30 p.m.

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

Spanish Class

When: Tuesday,
1:00 p.m. - 2:30 p.m.

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

Wii Games - Vi

When: Monday - Friday,
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: Tuesday & Thursday,
3:00 p.m. - 5:00 p.m.

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

Deal me in ...

Cards and Dominoes

When: Wednesday, Thursday, & Fridays 1:00 p.m. - 5:00 p.m.

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

West County Senior Center

Community Outings

South Florida Fair*

Senior Day

When: Monday, January 27, 2025, 10:00 a.m. - 4:00 p.m.

Where: South Florida

Fairgrounds, 9067 Southern Blvd., West Palm Beach

Cost: Free Admission + incidentals

Description: Senior Day at the South Florida Fair will be a fun-filled experience, featuring exciting attractions, delicious food, and special activities designed to celebrate and engage the senior community.

Palm Beach Zoo*

When: TBA

Where: 1301 Summit Blvd, West Palm Beach, FL 33405

Cost: \$2

Description: A visit to the Palm Beach Zoo offers seniors a delightful day of exploration, where they can enjoy the vibrant animal exhibits, serene gardens, and engaging educational programs in a beautiful, accessible setting.

Highlights

On behalf of Lisa and Renee, we would like to extend our heartfelt thanks to everyone who attended our very first Senior Day event with West County Senior Center at the (Torry Island Marina). It was a wonderful success, and we are truly grateful for your participation. We are already looking forward to next year's Senior Day and hope to see you there!

SENIOR & VETERAN SERVICES

MEAL SITES

Provide nutritious meals, foster social interactions, and provide access to nutrition education and counseling for seniors at community congregate meal sites.

Eligibility Requirements: Individuals 60 years of age and older, together with their spouses; Individuals who are disabled and residing in the home of a person 60+ who eats at the meal site; Individuals residing in a housing facility occupied primarily by people 60+ where a meal site is located; or an Individual who provides volunteer services at the meal site during the meal hour.



BELLE GLADE

QUIET WATERS

306 SW 10TH STREET
BELLE GLADE, FL 33430
561-996-7040
MONDAY - FRIDAY
LUNCH 12:00 P.M.

WEST COUNTY SENIOR CENTER

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

LAKE WORTH/ GREENACRES

MID COUNTY SENIOR CENTER

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

GREENACRES COMMUNITY CENTER

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

PAHOKEE

PAHOKEE MARINA

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

PALM BEACH GARDENS

NORTH COUNTY SENIOR CENTER

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

RIVIERA BEACH

LINDSEY DAVIS COMMUNITY CENTER

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

ROYAL PALM BEACH

VILLAGE OF ROYAL PALM BEACH

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

SOUTH BAY

TANNER PARK COMMUNITY CENTER

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

WELLINGTON

WELLINGTON COMMUNITY CENTER

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

WEST PALM BEACH

CHABAD OF WEST PALM BEACH

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

WILLIAMS MULTI CULTURAL CENTER

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

WINDSOR PARK APARTMENTS

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

January 2025 Congregate Lunch

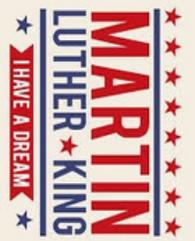
Palm Beach County Division of
Senior & Veteran Services
561-355-4740

Elder Affairs
FLORIDA

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

January 2025 Menu

Circle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>				
6	<p>Roast Chicken Thigh Cheesy Potatoes Peas & Carrots WG Bread & Margarine Graham Crackers Apple Juice</p>	<p>Teriyaki Beef Patty Gingered Brown Rice Carrots WG Bread & Margarine Apple Cherry Juice</p>	<p>1 CLOSED</p>	<p>2</p>	<p>3</p>
2	<p>Mustard Chicken Thigh Cheesy Washed Potatoes California Vegetables WG Bread & Margarine Apple Juice</p>	<p>Vegetable Pasta Casserole Green Beans Carrots 2 WG Bread & 2 Margarine Apple Cherry Juice</p>	<p>8 Rotini Alfredo Broccoli Winter Vegetables Wheat Roll Peanut Butter Blended Juice</p>	<p>9 Chicken Thigh with Mojito Sauce Black Beans Corn WG Bread & Margarine Blended Juice</p>	<p>10 Meatloaf Mashed Potatoes Cabbage & Carrots WG Bread & Margarine Applesauce</p>
3	<p>13 CLOSED</p>	<p>14</p>	<p>15 Cheeseburger on Bun Ketchup, Mustard Yellow Squash Country Vegetables Applesauce</p>	<p>16 Pasta & Meatballs Broccoli Wheat Roll & Margarine Graham Crackers Blended Juice</p>	<p>17 Chicken Thigh in Gravy Mashed Potatoes Black Eyed Peas WG Bread & Margarine Apple Juice</p>
4	<p>20 CLOSED</p>	<p>21 Orange Glazed Chicken Thigh Brown Rice Green Beans WG Bread & Margarine Apple Juice</p>	<p>22 Pasta Bolognese Corn Carrots WG Bread & 2 Margarine Apple</p>	<p>23 Breaded Chicken on Bun Ketchup, Mustard Butternut Squash Northern Beans Blended Juice</p>	<p>24 Meatballs in Onion Gravy Mashed Potatoes Country Vegetables WG Bread & Margarine Fruit Cup</p>
1	<p>27 Beef Casserole Green Beans Peas & Carrots WG Bread & 2 Margarine Applesauce</p>	<p>28 Sweet & Sour Meatballs Squash White Rice WG Bread & 2 Margarine</p>	<p>29 Chicken Thigh in Gravy Mashed Potatoes Carrots WG Bread & 2 Margarine Apple</p>	<p>30 Cheeseburger on Bun Ketchup, Mustard Butternut Squash Mixed Vegetables Pineapple Juice</p>	<p>31 Diced Chicken BBQ Corn Northern Beans Wheat Roll Peanuts</p>



February 2025 Congregate Lunch

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

Elder Affairs
FLORIDA

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

February 2025 Menu

Cycle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Roast Chicken Thigh Cheesy Potatoes Peas & Carrots WG Bread & Margarine Graham Crackers Apple Juice	4 Teriyaki Beef Patty Gingered Brown Rice Carrots WG Bread & Margarine Apple Cherry Juice	5 Rotini Alfredo Broccoli Winter Vegetables Wheat Roll Peanut Butter Blended Juice	6 Chicken Thigh with Mojito Sauce Black Beans Corn WG Bread & Margarine Blended Juice	7 Meatloaf Mashed Potatoes Cabbage & Carrots WG Bread & Margarine Applesauce
3	10 Mustard Chicken Thigh Cheesy Mashed Potatoes California Vegetables WG Bread & Margarine Apple Juice	11 Vegetable Pasta Casserole Green Beans Carrots 2 WG Bread & 2 Margarine Apple Cherry Juice	12 Cheeseburger on Bun Ketchup, Mustard Yellow Squash Country Vegetables Applesauce	13 Pasta & Meatballs Broccoli Wheat Roll & Margarine Graham Crackers Blended Juice	14 Chicken Thigh in Gravy Mashed Potatoes Black Eyed Peas WG Bread & Margarine Apple Juice Special Holiday Desert
4	17 CLOSED 	18 Orange Glazed Chicken Thigh Brown Rice Green Beans WG Bread & Margarine Apple Juice	19 Pasta Bolognese Corn Carrots WG Bread & 2 Margarine Apple	20 Breaded Chicken on Bun Ketchup, Mustard Butternut Squash Northern Beans Blended Juice	21 Meatballs in Onion Gravy Mashed Potatoes Country Vegetables WG Bread & Margarine Fruit Cup
1	24 Beef Stroganoff Green Beans Peas & Carrots WG Bread & Margarine Applesauce	25 Sweet & Sour Meatballs Yellow Squash Rice WG Bread & Margarine	26 Chicken Thigh in Mushroom Sauce Mashed Potatoes Carrots WG Bread & Margarine Apple	27 Cheeseburger on Bun Ketchup, Mustard Butternut Squash Mixed Vegetables Pineapple Juice	28 Diced Chicken BBQ Corn Northern Beans Wheat Roll Peanuts

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.



March 2025 Congregate Lunch

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



Cycle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Roast Chicken Thigh Cheesy Potatoes Peas & Carrots WG Bread & Margarine Graham Crackers Apple Juice	Teriyaki Beef Patty Gingered Brown Rice Carrots WG Bread & Margarine Apple Cherry Juice	Rotini Alfredo Broccoli Winter Vegetables Wheat Roll Peanut Butter Special Holiday Desert	Chicken Thigh with Mojito Sauce Black Beans Corn WG Bread & Margarine Blended Juice	Meatloaf Mashed Potatoes Cabbage & Carrots WG Bread & Margarine Applesauce
2	Mustard Chicken Thigh Cheesy Mashed Potatoes Green Beans California Vegetables WG Bread & Margarine Apple Juice	Vegetable Pasta Casserole Carrots 2 WG Bread & 2 Margarine Apple Cherry Juice	Cheeseburger on Bun Ketchup, Mustard Yellow Squash Country Vegetables Applesauc	Pasta & Meatballs Broccoli Wheat Roll & Margarine Graham Crackers Blended Juice	Chicken Thigh in Gravy Mashed Potatoes Black Eyed Peas WG Bread & Margarine Apple Juice
1	Irish Stew Steamed Cabbage Green Peas WG Bread Special Holiday Desert	Orange Glazed Chicken Thigh Brown Rice Green Beans WG Bread & Margarine Apple Juice	Pasta Bolognese Corn Carrots WG Bread & 2 Margarine Apple	Breaded Chicken on Bun Ketchup, Mustard Butternut Squash Northern Beans Blended Juice	Meatballs in Onion Gravy Mashed Potatoes Country Vegetables WG Bread & Margarine Fruit Cup
4	Beef Stroganoff Green Beans Peas & Carrots WG Bread & Margarine Applesauce	Sweet & Sour Meatballs Yellow Squash Rice WG Bread & Margarine Apple Juice	Chicken Thigh in Mushroom Sauce Mashed Potatoes Carrots WG Bread & Margarine Apple	Cheeseburger on Bun Ketchup, Mustard Butternut Squash Mixed Vegetables Pineapple Juice	Diced Chicken BBQ Corn Northern Beans Wheat Roll Peanuts
24		25	26	27	28
31	Roast Chicken Thigh Cheesy Potatoes Peas & Carrots WG Bread & Margarine Graham Crackers Apple 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> 			
2					



DIVISION OF SENIOR & VETERAN SERVICES ADULT DAYCARE

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.

Program 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 plan of care 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.



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

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

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

**Adult Day Care
Hours of Operation
Monday - Friday
8:00 a.m. - 5:00 p.m.**

To schedule a tour call the location nearest you.



For additional services visit our website at
<https://discover.pbcgov.org/communityservices>



VETERAN SERVICES

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

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

For more information, please contact:
Rohn Hultgren, USA (Ret)
Veteran Service Officer
5217 Northlake Blvd
Palm Beach Gardens, FL 33418
Ph: 561-276-1272
e-mail: rhultgre@pbc.gov



VOLUNTEERS NEEDED

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

Locations:

North County Senior Center

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

Mid County Senior Center

3680 Lake Worth Rd. Lake
Worth, 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:

- 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 GIFT

***PROMOTION AVAILABLE WHILE SUPPLIES LAST**

CONNECT WITH US
PBCGOV.COM/COMMUNITY SERVICES

#PBCGOV #PBCCSD

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on
Facebook



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Board of County Commissioners**

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Sara Baxter, Vice Mayor
Gregg K. Weiss
Joel Flores
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Maria Sachs
Bobby Powell Jr.

County Administrator

Verdenia C. Baker