

Senior Times MAGAZINE



WCSC & FAU Health Fair

“Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community.” – *National Council on Aging*

During National Senior Center Month we celebrate the positive impact senior centers have on older adults and their communities.

In Palm Beach County, senior centers are more than just buildings –they are vibrant gathering places where seniors find friendship, purpose, and support. Across Palm Beach County, senior centers serve as essential community hubs offering wellness programs, social activities, lifelong learning, and supportive services that enrich our lives as we age.



MCSC and NCSC Seniors enjoying the beach together!



The Coquettes & Company, a senior tap dance and entertainment troupe performing at NCSC

Throughout the month of September, Palm Beach County’s senior centers will host special events that highlight their diverse programs and bring the community together: West County Senior Center will host an open house on September 10th; Mid County Senior Center will celebrate with a Senior Prom on September 13, and North County Senior Center will celebrate on September 26. We hope you can join us in recognizing and celebrating the seniors of Palm Beach County and the centers that help them thrive every day!

National Senior Center Month

- *North County Senior Center: Fri., Sept. 26*
- *Mid County Senior Center: Sat., Sept. 13*
- *West County Senior Center: Wed., Sept. 10*



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) 996-4808



SENIOR TIMES MAGAZINE

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

CONTENTS

2025 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.

Fresh produce boxes are distributed monthly at each Senior Center to registered members from the Palm Beach County Food Bank.

West County: 3rd Thursday; **North County:** 3rd Friday;
Mid County: 4th Friday;



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

Nutrition - 13, 14, 15, 16

Adult Day Care
Services - 17

Veterans Services - 18

Recipe provided by
Palm Beach County Food Bank's Chef Doug

STUFFED BELL PEPPERS

Recipe Serves: 5 people

Ingredients

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound ground beef, 90% lean
- 3/4 cup brown rice
- 1/2 can diced tomatoes, low sodium (14.5 ounces)
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper

Directions

1. Wash hands with soap and water.
2. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
3. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
4. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1- inch water to bottom of pot and cover.
5. Place heat on medium, keeping covered for 30 to 40 minutes until rice is done. and meat is cooked through to 160 degrees.



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 "Jacque" Uceda,
Recreation Specialist I

West County Senior Center

Renee Buckle Henry,
Manager

Lisa Wilson,
Program Coordinator



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

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 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. 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 owner 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

Due to a high demand to attend and limited transportation options, participants will be selected through a lottery system to ensure a fair opportunity for all who are interested in attending. Contact the associated senior center to register for community outings.

Adventure Mini Golf Day

When: Tuesday, July 8

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

Fee: \$12.00

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd., Palm Springs, FL 33461

Description: Let's hit the greens and play some mini golf. We'll have a fun and challenging day!

Registration: Register with Jacque Uceda at Mid County Senior Center.

Okeehetee Nature Center

When: Tuesday, July 30

Time: 10:30 a.m. - 12:00 p.m.

Fee: Free

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd. Palm Springs, FL 33461

Description: Learn about Florida native animals and meet some animal ambassadors at one of our Palm Beach County Nature Centers.

Registration: Register with Mid County Senior Center by calling 561-357-7100.



Mall Crawl

When: Tuesday, September 16

Time: 10:30 a.m. - 2:00 p.m.

Fee: Free

Location: Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Description: Have fun shopping and walking around the Palm Beach Gardens Mall and enjoy lunch at the food court.

Registration: Register with North County Senior Center by calling 561-694-5435.

The Senior Strikers

When: Tuesday, August 12

Time: 10:30 a.m. - 12:30 p.m.

Location: Greenacres Bowling

Fee: \$17.00 per person

Description: Join this friendly and competitive bowling challenge between Mid County Senior Center and North County Senior Center where seniors can showcase their skills. *May bring money for snacks

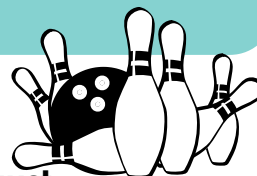
Transportation Locations:

North County Senior Center

Mid County Senior Center

Registration: Registration Deadline July 25, 2025. Payment is due at the time of registration. *Refunds will not be provided unless the program is cancelled by the Division of Senior and Veteran Services.

Register with Jacque Uceda at Mid County Senior Center or Wilfred Belisle at North County Senior Center.



Bowling in August

When: Friday, August 29

Time: 10:00 a.m. - 1:00 p.m.

Fee: \$15.00

Location: Meet at West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430

Description: Lace up your shoes and hit the lanes for an afternoon of strikes, spares, and smiles at Greenacres Bowling Alley.

Registration: Register with West County Senior Center by calling 561-996-4808.

Movie Time!

When: Tuesday, July 15

What: Superman

Time: TBD

Fee: \$15.00

Location: Meet at North County Senior Center, 5217 Northlake Blvd. Palm Beach Gardens, FL 33418

Description: Let's enjoy a movie at CMX Downtown at The Gardens Movie Theater.

Registration: Register with North County Senior Center by calling 561-694-5435.



Silver Screen Outing

When: Thursday, July 31

Time: 10:00 a.m. - 2:00 p.m.

Fee: \$15.00

Location: Meet at West County Senior Center, 2916 State Road #15 Belle Glade, FL 33430

Description: Join us for a relaxing trip to the Regal Cinemas - Royal Palm Beach, where friends, classic snacks, and a great film await!

Registration: Register with West County Senior Center by calling 561-996-4808.



Taco Tuesday at Rocco Tacos

When: Tuesday, September 23

Time: 11:00 a.m. - 1:30 p.m.

Location: Meet at Mid County Senior Center, 3680 Lake Worth Rd., Palm Springs, FL 33461

Description: Join us for Latin food, good vibes, and friends in celebration of Hispanic Heritage Month!

Registration: Register with Mid County Senior Center by calling 561-357-7100.

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
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 see if you qualify for services. Call Kelvin at 561-323-0341.
- **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.





Celebrating Black History at WCSC



Seniors visit the Cox Science Center and Aquarium for Senior Science Days!



Gerry getting to touch an alligator

Special Events

SPECIAL EVENTS

Special Events Happening at North County Senior Center

- **4th of July Celebration**
Tuesday, July 1, 2025 from 10:30 a.m. - 12:00 p.m.
- **Alzheimer's Research & Treatment Center presentation "Alzheimer's Awareness and Treatment"**
Wednesday, July 9, 2025 from 11:00 a.m. - 12:00 p.m.
- **Island Celebration**
Live Caribbean music and light summer-time refreshments.
Wednesday, August 6, 2025 from 12:30 p.m. - 2:00 p.m.
- **National Falls Prevention Awareness Week presentation by AAA**
Monday, September 22, 2025 from 11:00 a.m. - 12:00 p.m.
- **National Senior Center Month Celebration**
Wed., September 24, 2025 from 10:00 a.m. - 1:00 p.m.

Special Events Happening at Mid County Senior Center

- **4th of July Celebration**
Thursday, July 3, 2025 from 10:00 a.m. - 12:00 p.m.
- **Mental Health Awareness**
Monday, July 28, 2025 from 10:00 a.m. - 12:00 p.m.
- **Sisters, Sweets and Tea Sips**
Friday, August 1, 2025 from 10:00 a.m. - 12:00 p.m.
- **Skin Care Awareness**
Monday, August 25, 2025 from 10:00 a.m. - 12:00 p.m.
- **Grandparent's Day - Intergenerational Event**
Monday, September 8, 2025 from 10:00 a.m. - 12:00 p.m.
- **Fall Prevention**
Monday, September 29, 2025 from 10:00 a.m. - 12:00 p.m.

Special Events Happening at West County Senior Center

- **Five Wishes and Understanding Benefits of Hospice Care**
Friday, July 25, 2025 from 10:00 a.m. - 11:00 a.m.
- **National Senior Center Month Open House**
Wednesday, September 10 from 9:00 a.m. - 5:00 p.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

Island Celebration

Live Caribbean music and
light summer-time
refreshments.

Wednesday, August 6, 2025
from 12:30 p.m. - 2:00 p.m.



Contact our office to find out about any new programs and exercise offerings such as Gentle Pilates, Arthritis support, social gatherings, computer and other creative design classes: (561) 694-5435

New Programs & Special Events

Support Group Meetings

When: Every other Wednesday;
July 2, 16, 30; August 13, 27;
September 10, 24

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

Description: Build meaningful connections in a nurturing space for emotional support, practical advice, and community building.

Live Music Wednesday's With Jim & Linda

When: Every Wednesday

Time: 12:00 p.m. - 1:00 p.m.

Description: Join us for live music Wednesday's featuring volunteers Jim and Linda performing smooth jazz hits, oldies and Latin favorites.

Urban Line Dancing

When: Fridays

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

Fee: \$5 Per Class

Description: Group line dancing with an urban twist.

Cricket Maker Beginners Class



When: Tuesdays, September 23-
October 14

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

Description: Learn how to create designs on the computer and apply them using the cricket machine. Make t-shirts and Iron on your design, have fun and be creative.

Registration: Call 561-694-5435

Sip and Socialization

When: Tuesday, August 19

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

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.

Registration: Call 561-694-5435



SilverSneakers Classes

Strength and Balance

When: Mondays

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

Senior Stretch

When: Wednesdays

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

Community Fitness & Games

When: Thursdays

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

Fee: Insurance or \$3 Per Class

For more information or to verify your SilverSneakers

Membership, contact:

Wanda Villegas Serbia, SFS at
b2fitness.wanda@gmail.com or
561-339-5213

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.

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.



Wii Bowling

When: Thursdays

Time: 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!

Jewelry Class

When: Every-other

Wednesday;

July 9 & 23; August 6 & 20;
September 3 & 17

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

Fee: \$2

Description: String your creativity together--enjoy hand-crafting jewelry to create something beautiful!

Faith Study Group

When: Wednesdays

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

Computers Q&A

When: Wednesdays

Time: 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.

Learn to Play Mah Jong

When: Wednesdays

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

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

Ping Pong Tuesday

When: Tuesdays

Time: 1:00 p.m. - 3:00 p.m.

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



Arts & Crafts

When: Wednesdays & Fridays

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

Karaoke

When: Fridays

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.



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.

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.

Social Programs

Birthday Bingo

When: 2nd Monday, Monthly

Time: 10:30 a.m. - 12:00 p.m.

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

Shanghai Rummy Cards

When: Tuesdays

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

Description: Learn to play a popular card game often played with two to eight players.

Palm Beach Stamp Club

When: 2nd and 4th Tuesday

Time: 1:00 p.m. - 3:00 p.m.

Description: The Palm Beach Stamp Club is dedicated to stamp collecting, education and trading. No experience necessary to join!

Spanish Chorus

When: Thursdays

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

Friday Flicks

When: Fridays

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

Description: Enjoy a movie with friends in the lobby.

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.

Language Classes

Beginners 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.



MCSC Gardening Group on harvest day!

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.



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

A few of the games available include: Air hockey, a basketball hoop game, Wii Sports, and so much more!!

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

Mid County Senior Center

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



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

4th of July Celebration

When: Thursday, July 3, 2025

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

Sisters, Sweets and Tea

When: Friday, August 1, 2025

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

Description: Celebrate the special bond between sisters with a day of creative keepsake craft session. Delightful tea, sweet treats and soft background music.

In celebration of National Senior Center Month, Mid County Senior Center is hosting a 2025 Senior Prom Saturday, September 13 from 4:00 p.m. - 8:00 p.m.

Pamela Fill Designs

When: Tuesday

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

Description: Beading Class- Learn how to create beautiful handcrafted jewelry.

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.

Crochet Class with Sylvia

When: Fridays

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

Description: This is a beginners Crochet class.

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.

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.



Mid County Senior Center joined Mangonia Park Seniors for a fun Painting class and luncheon

West County Senior Center

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

New Programs & Special Events



Black History
event with PBSO

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



Senior Games with the Library

Happy 4th of July Celebration with PBSO

When: Thursday, July 3

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



Dominoes Tournament

When: Thursday, July 17

Time: 1:00p.m. - 5:00p.m.

Description: Hosted by
AmeriHealth, players of all skill
levels come together for a fun-filled
challenge of strategy, wit, and
friendly rivalry.



Tri-City Breakfast

When: Wednesday, September 17

Time: 9:30 a.m. - 10:30 a.m.

Description: A lively Serving
community event where neighbors
from Belle Glade, Pahoke, & South
Bay gather to enjoy a delicious
breakfast, connect with old friends,
and make new ones while
celebrating the spirit of local
togetherness.



National Senior Center Month Open House

When: Wednesday, September 10

Time: 9:00 a.m. - 5:00 p.m.

Description: Community members
are invited to tour the facilities,
meet staff, and discover the
exciting programs and activities
available to seniors.



FAU Health Fair

West County Senior Center Clubs:

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

Hurricane Preparedness Event Hosted by Senior Friendly Fitness

When: Friday, September 26

Time: 10:00 a.m. - 1:00 p.m.

Description: Come out for an
informative session designed
to equip community members
with essential knowledge,
tools, and resources to stay
safe and prepared during
hurricane season. Supplies will
be provided by Senior Friendly
Fitness.

Wheel of Fortune hosted by PBC Library

When: 3rd Wednesday,
monthly

Time: 1:00 p.m. - 3:00 p.m.

Description: Play interactive
TV show games!

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.

Knitting and Crocheting Class

When: Thursdays

Time: 3:00 p.m. - 4:30 p.m.

BINGO With Shirley

When: Tuesday - Friday,

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.



Seniors Garden at West County Senior Center



Urban Garden Class

When: Mondays & Wednesdays

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



West County "4th of July Party

Computer Class with Virgina

When: Monday & Thursdays

Time: 12:30 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: 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?

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, and more.

Deal me in ...

Cards and Dominoes

When: Wednesdays,

Thursdays, & Fridays

Time: 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

Family Feud

When: Tuesdays & Fridays

Time: 9:30 a.m. - 10:30 a.m.

Description: Fun-filled, laughter-packed game where teams of seniors compete to guess the most popular survey answers and enjoy some friendly, high-spirited rivalry.

Book Club

When: Mondays

Time: 10:30 a.m. - 11:30 a.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 Choir led by Barry Carrigan

When: Wednesday

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

Monthly Birthday Celebration

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

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



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.

July 2025

Congregate Lunch

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

ElderAffairs
FLORIDA

Area Agency on Aging
Palm Beach Treasure Coast, Inc.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week					
1		1 Pasta Bolognese Confetti Corn Green Beans WG Bread & Margarine Apple	2 Beef Dog Baked beans Corn w/diced tomatoes WG Hot Dog bun Holiday Dessert	3 Cobb Pasta Salad Cucumber & Red Onion Creamy Broccoli Salad Whole Wheat Roll	4 
7	Macaroni Casserole Cali Vegetables Butternut Squash WG Bread Fruit Cup	8 Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice	9 Meatloaf w/ Apple Brown Gravy Cabbage & Carrots Potato Onion Soufflé WG Bread	10 Stuffed Pasta in Spinach Alfredo Sauce Glazed Carrots Yellow Squash WG Bread Peanuts Blended Juice	11 Cheeseburger Country Vegetable Medley Diced Sweet Potatoes w/Onion Hamburger Bun Apple Juice
14	Swedish Meatballs Peas & Carrots Parslled Mashed Potatoes WG Bread Blended Juice	15 Chicken Parm Casserole Butternut Squash Confetti Corn WG Roll & Margarine Apple	16 Macaroni & Cheese Stewed Tomatoes Green Beans WG Roll & Marg. Graham Crackers Apple Juice	17 Chicken Thigh Broccoli Yellow Rice w/ Vegetables WG Roll & Marg. Graham Crackers	18 Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit
21	Grilled Chicken Patty w/ Southwest Sauce Yellow Squash w/ Onions Black Beans & Rice WG Bread & Margarine Blended Juice	22 Hamburger Country Vegetable Medley Diced Potatoes Hamburger Bun Apple Juice	23 Chicken Salad Sandwich Peas & Cheese Salad Three Bean Salad WG Bread	24 Meatballs in Marinara Brussels Sprouts Pasta WG Bread & Margarine Fruit Cup	25 Chicken Thigh w/ Gravy Parslled Carrot Garlic Mashed Potatoes WG Bread & Margarine Raisins
28	Breaded BBQ Chicken Carrots Diced Potatoes Hamburger Bun Pear Cup	29 Pasta Bolognese Confetti Corn Green Beans WG Bread & Margarine Apple	30 Chicken Thigh w/ Onion Gravy Scalloped Potatoes Peas & Carrots WG Bread & Margarine Applesauce	31 Cobb Pasta Salad Cucumber & Red Onion Creamy Broccoli Salad Whole Wheat Roll	Each congregare 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week					
1	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.				1 Teriyaki Meatballs Stir Fry Vegetables Gingered Brown Rice WG Bread & Margarine Apple Juice
2	4 Macaroni Casserole Cali Vegetables Butternut Squash WG Bread Fruit Cup	5 Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice	6 Meatloaf w/ Apple Brown Gravy Cabbage & Carrots Potato Onion Soufflé WG Bread	7 Stuffed Pasta in Spinach Alfredo Sauce Glazed Carrots, Yellow Squash, WG Bread Peanuts Blended Juice	8 Cheeseburger Country Vegetable Medley Diced Sweet Potatoes w/Onion Hamburger Bun Apple Juice
3	11 Swedish Meatballs Peas & Carrots Parslied Mashed Potatoes WG Bread Blended Juice	12 Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice	13 Chicken Parm Casserole Butternut Squash Confetti Corn WG Roll & Margarine Apple	14 Macaroni & Cheese Stewed Tomatoes Green Beans WG Roll & Marg. Graham Crackers Apple Juice	15 Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit
4	18 Grilled Chicken Patty w/ Southwest Sauce Yellow Squash w/ Onions Black Beans & Rice WG Bread & Margarine Blended Juice	19 Hamburger Country Vegetable Medley Diced Potatoes Hamburger Bun Apple Juice	20 Chicken Salad Sandwich Peas & Cheese Salad Three Bean Salad WG Bread	21 Meatballs in Marinara Brussels Sprouts Pasta WG Bread & Margarine Fruit Cup	22 Chicken Thigh w/ Gravy Parslied Carrot Garlic Mashed Potatoes WG Bread & Margarine Raisins
1	25 Breaded BBQ Chicken Carrots Diced Potatoes Hamburger Bun Pear Cup	26 Pasta Bolognese Confetti Corn Green Beans WG Bread & Margarine Apple	27 Chicken Thigh w/ Onion Gravy Scalloped Potatoes Peas & Carrots WG Bread & Margarine Applesauce	28 Cobb Pasta Salad Cucumber & Red Onion Creamy Broccoli Salad Whole Wheat Roll	29 Teriyaki Meatballs Stir Fry Vegetables Gingered Brown Rice WG Bread & Margarine Apple Juice


September 2025 Congregate Lunch

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

ElderAffairs
FLORIDA

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

September 2025 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week	1	2	3	4	5
2		Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice	Meatloaf w/ Apple Brown Gravy Cabbage & Carrots Potato Onion Soufflé WG Bread	Stuffed Pasta in Spinach Alfredo Sauce Glazed Carrots Yellow Squash WG Bread Peanuts Blended Juice	Cheeseburger Country Vegetable Medley Diced Sweet Potatoes Hamburger Bun Apple Juice
	8	9	10	11	12
3	Swedish Meatballs Peas & Carrots Parslied Mashed Potatoes WG Bread Blended Juice	Chicken Parm Casserole Butternut Squash Confetti Corn WG Roll & Margarine Apple	Macaroni & Cheese Stewed Tomatoes Green Beans WG Roll & Marg. Graham Crackers Apple Juice	Sweet & Sour Chicken Thigh Broccoli Yellow Rice w/ Vegetables WG Roll & Marg. Graham Crackers	Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit
	15	16	17	18	19
4	Grilled Chicken Patty w/ Southwest Sauce Yellow Squash w/ Onions Black Beans & Rice WG Bread & Margarine Blended Juice	Hamburger Country Vegetable Medley Diced Potatoes Hamburger Bun Apple Juice	Chicken Salad Sandwich Peas & Cheese Salad Three Bean Salad WG Bread	Meatballs in Marinara Brussels Sprouts Pasta WG Bread & Margarine Fruit Cup	Chicken Thigh w/ Gravy Parslied Carrot Garlic Mashed Potatoes WG Bread & Margarine Raisins
	22	23	24	25	26
1	Breaded BBQ Chicken Carrots Diced Potatoes Hamburger Bun Pear Cup	Pasta Bolognese Confetti Corn Green Beans WG Bread & Margarine Apple	Chicken Thigh w/ Onion Gravy Scalloped Potatoes Peas & Carrots WG Bread & Margarine Applesauce	Cobb Pasta Salad Cucumber & Red Onion Creamy Broccoli Salad Whole Wheat Roll	Teriyaki Meatballs Stir Fry Vegetables Gingered Brown Rice WG Bread & Margarine Apple Juice
	29	30			
2	Macaroni Casserole Cali Vegetables Butternut Squash WG Bread Fruit Cup	Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice		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.	

Each congregate meal is served with 1% low fat milk. All meals served provide a minimum of one third of important nutrients recommended daily for senior good health by the Food & Nutrition Board of the National Academy of Sciences.



**PALM BEACH COUNTY BOARD OF COUNTY COMMISSIONERS
COMMUNITY SERVICES DEPARTMENT
DIVISION OF SENIOR AND VETERAN SERVICES
ADULT DAY CARE**

The Adult Day Care provides a supervised and structured environment, for elders with functional impairments, focusing on their strengths and interests to enhance well-being, independence, and self-esteem.

Services include:

- ☒ Daily supervised recreational activities
- ☒ Social and cognitive stimulation and support
- ☒ Nutritional support (breakfast, lunch, and snack)
- ☒ Medication administration assistance
- ☒ Regular monitoring of vital signs
- ☒ Participant-centered care plan and regular assessment of needs
- ☒ Coordination of transportation for those without access, including those with physical limitations
- ☒ Access to Case Management and program/service referral

Hours of Operation

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

Rates and Fees

**Initial Application
Fee: \$135.00**

Hourly Rate: \$6.25

**To schedule a tour, call
the location nearest
you.**

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

**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)
- 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.
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

PBCGOV.COM/COMMUNITYSERVICES/SENIORSERVICES



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SOCIALIZE

ENGAGE

ENHANCE



**Palm Beach County
Board of County Commissioners**

Maria G. Marino, Mayor

Sara Baxter, Vice Mayor

Gregg K. Weiss

Joel G. Flores

Marci Woodward

Maria Sachs

Bobby Powell Jr.

Interim County Administrator

Todd Bonlarron