

Division of Senior Services

Senior Center Locations

North County Senior Center

5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
Tel: (561) 694-5435
Fax: (561) 694-9611



Mid County Senior Center

3680 Lake Worth Road
Lake Worth, FL 33461
Tel: (561) 357-7100
Fax: (561) 357-7114



West County Senior Center

2916 State Road #15
Belle Glade, FL 33430
Tel: (561) 996-4808
Fax: (561) 992-1011



Palm Beach County
Board of County Commissioners

Division of Senior Services (DOSS) is funded by the Palm Beach County Board of County Commissioners, the Area Agency on Aging Palm Beach County/Treasure Coast (AAA) and Florida Department of Elder Affairs for individuals who are age 60 or older per the eligibility guidelines established by the Older Americans Act (OAA).



Palm Beach County Department of
Community Services

Division of Senior Services



SENIOR CENTERS

Administration Office
810 Datura Street, Suite 300
West Palm Beach, FL 33401

Phone: (561) 355-4746
Fax: (561) 355-3222

Division of Senior Services

SENIOR CENTERS MISSION

The mission of the Senior Centers are to be a community focal point where older persons age sixty (60) and older can come together for services and activities which enhance their dignity, support their independence and encourage their involvement.

DOSS MISSION & GOAL

Division of Senior Services mission is to provide accessible and high-quality services to help seniors sixty (60) and older attain optimal independence and promote quality of life for seniors and their caregivers.

Division of Senior Services goal is to administer to seniors a comprehensive continuum of programs that provides social and emotional well being; to encourage independence; and to support seniors and their caregivers within the community with dignity and choice.

PROGRAM & SERVICES

Palm Beach County Senior Centers offer a wide variety of programming including a balanced combination of recreational, social, intellectual and physical activities that attract participants that promote healthy, independent living for seniors.

PROGRAM & SERVICES

ACTIVITIES PROGRAMS: Book discussion groups, arts and crafts, creative writing, language classes, drawing, china painting, one-stroke painting, ceramics, wood carving, quilting, bingo, day trips, crochet, embroidery, knitting, sing-a-longs, mahjong, bridge, card playing, billiards, dances, holiday events & meetings.

HEALTH PROMOTION: Health education classes and screenings on preventive health issues, blood pressure clinics, blood sugar screening, bone density tests, and an annual Health and Safety Fair. Pharmacies provide medication consultation.

TRAVEL: In collaboration with Red Hat Society Group, trips and luncheons are organized to local restaurants and venues.

LIBRARY: Book Mobile provides a library of books and language CD's.

RECREATION/FITNESS: Fitness and recreation through classes, i.e. Silver Sneakers designed for Medicare eligible seniors and senior center participants. Tap dancing, line dancing, international folk dance, ballroom dancing, chair exercises and a weight control program monitored by a licensed Nutritionist.

TAX AIDE PROGRAM: In conjunction with AARP and VITA, provide free income tax completion & filing for seniors.

SPECIAL EVENTS: Craft/bake sales, birthday and holiday events. Partnership with FAU provides on-site nursing students. Hosts free legal seminars, Defensive Driving Classes and other senior related activities.

SENIOR CENTERS

- + Open Monday through Friday
- + 8 a.m. to 5 p.m.
- + Transportation to and from Senior Center Available
- + No membership or fee is required
- + Confidential registration form required
- + Minimal fee for some classes
- + Multipurpose rooms, classrooms, and exercise rooms available for rent

VOLUNTEER

There are many volunteer opportunities at the Senior Centers. You can help at the front desk, serve meals, and share your special talent, just to name a few. Maybe you like to paint and can teach a painting class or you are a retired nurse who would like to conduct a blood pressure clinic. No matter how much time or how little time, we can find the right match for you.

For additional information, please call (561) 355-4746 or visit one of the Division of Senior Services Senior Centers in your area