

# Senior Times MAGAZINE



*MCSC Volunteer: Samuel with Meal Site Manager, Maria*

April is Volunteer Appreciation Month. Volunteer Appreciation Month is a time to honor and celebrate the incredible contributions of volunteers who make a difference in our communities. At our senior centers, volunteers play a vital role in enhancing the lives of our seniors, offering companionship, assistance with activities, and a sense of connection.



*WCSC Volunteers: Tammy & Donna*

The kindness, dedication, and selflessness of our volunteers help create a welcoming and supportive environment where seniors can thrive. We are deeply grateful for our volunteers' unwavering support and recognize that without their efforts, our centers wouldn't be the vibrant, caring spaces they are today.

The impact left by our volunteers is truly immeasurable, and we couldn't do it without them!

Be sure to join us as we celebrate our volunteers at each senior center's volunteer appreciation events!



*NCSC Volunteers: Charlie, Mary & Sheila*

## *Volunteer Appreciation Events:*

- *North County Senior Center: April 23rd*
- *Mid County Senior Center: April 24th*
- *West County Senior Center: April 25th*



### **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

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2025 Issue 2

*The official quarterly newsletter of Palm Beach County  
Division of 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.

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## TORTILLA EGG BAKE

Serving Size: 4

### Ingredients

- 8 grape tomatoes
- 1 oz thin-sliced ham (or turkey)
- ½ cup frozen broccoli florets
- Cooking spray
- 1 (10-inch) low-carb tortilla
- ½ cup fresh baby spinach
- 4 large eggs
- ½ teaspoon Greek seasoning
- ¼ cup whole-milk cottage cheese
- ¼ cup crumbled feta (or shredded mozzarella) cheese

### Directions

1. Preheat oven to 350°F. Halve tomatoes. Chop ham (about ¼ cup). Place broccoli in microwave-safe dish and cover. Microwave on HIGH 1 minute or until thawed; drain and chop coarsely. Coat 9-inch pie pan with spray, press tortilla into pan, and top with spinach.
2. Combine eggs, seasoning, cottage cheese, and feta cheese; whisk until well blended. Pour mixture over spinach, covering evenly. Top with broccoli, tomatoes, and ham. Bake 18–20 minutes until center is set and 160°F. Let stand 10 minutes; slice and serve.

**Chef's Tip:** You can customize your egg bake with your favorite greens, frozen vegetables, and shredded or crumbled cheese.



**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



**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.

# NEW AND EXCITING PROGRAMS



## Spanish Book Club

**When:** First Thursday of the month; April 10, May 1, & June 5

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

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

**Description:** Join us as we read "Mujeres del Alma Mía" and discuss the book's themes, characters, plot, and writing style during our monthly meetings.

## Name That Tune

**When:** April 24, May 14, June 18

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

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

**Description:** Join us for some music trivia and fun with host Elissa Erman playing all of your favorites and oldies.

## Urban Line Dancing

**Description:** Group line dancing with an urban twist.

**Fee:** \$5 Per Class

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

**When:** Fridays,

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

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

**When:** Thursdays,

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



## Senior Fun Day hosted by Mid County Senior Center

**When:** Wednesday, June 11, 2025

**Time:** 10:00 a.m. - 1:30 p.m.

**Fee:** Free

**Where:** John Prince Park, Lake Worth

**Description:** Enjoy a fun-filled day in the park! Activities will include fitness, games, music, vendors, food and more. RSVP by May 12th

## 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.

**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:** Mondays, Wednesdays, & Fridays

**Time:** 1:00 p.m. - 2:00 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  
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 561-323-0341.
- **PBC Food Bank-** Fresh produce distributions are offered monthly at each senior center for registered members. North County: 3rd Friday; Mid County: 4th Friday; West County: 3rd Thursday



# SPECIAL EVENTS



**Special Events Happening at North County Senior Center**

- **PC Rams Computer Club**  
Tuesday, April 8, 2025 from 3:00 p.m. - 4:30 p.m.
- **Love & Friendship**  
Thursday, April 10, 2025 from 11:00 a.m. - 12:00 p.m.
- **Five Wishes**  
Monday, April 21, 2025 from 11:00 a.m. - 12:00 p.m.
- **Live Music**  
Thursday, May 15, 2025 from 10:30 a.m. - 12:00 p.m.
- **Water & Hydration**  
Monday, May 19, 2025 from 11:00 a.m. - 12:00 p.m.
- **Benefits of Laughter**  
Thursday, June 12, 2025 from 11:00 a.m. - 12:00 p.m.
- **Myths and Facts About Hospice Care**  
Monday, June 30, 2025 from 11:00 a.m. - 12:00 p.m.

**Special Events Happening at Mid County Senior Center**

- **Stress Awareness**  
Thursday, April 10, 2025 from 12:30 p.m. - 1:30 p.m.
- **Easter Celebration**  
Monday, April 21, 2025 from 10:00 a.m. - 12:00 p.m.  
Exploring the meaning of Easter and its evolution.
- **Cinco de Mayo Celebration**  
Monday, May 5, 2025 from 10:00 a.m. - 12:00 p.m.
- **Mental Health Awareness Discussion "Emotions"**  
Wednesday, May 14, 2025 from 10:00 a.m. - 11:00 a.m.
- **Mother's Day Celebration**  
Thursday, May 15, 2025 from 10:30 a.m. - 12:00 p.m.
- **American Stroke Awareness**  
Monday, May 19, 2025 from 10:00 a.m. - 11:00 a.m.
- **Father's Day Celebration**  
Friday, June 13, 2025 10:00 a.m. - 12:00 p.m.
- **Juneteenth Celebration**  
Friday, June 20, 2025 10:00 a.m. - 12:00 p.m.
- **Alzheimer's & Brain Health Awareness**  
Monday, June 23, 2025

**Special Events Happening at West County Senior Center**

- **Volunteer Appreciation Week**  
April 20 - 26, 2025
- **Easter Egg Hunt with PBSO & Elder Law with Sunshine Group**  
Friday, April 18th, 2025 from 11:30 a.m. - 1:30 p.m.
- **Mother's Day Brunch with PBSO**  
Friday, May 9, 2025
- **Lawrence E. Will Museum Tour, Lunch & Learn**  
Thursday, May 15, 2025
- **Father's Day Celebration & Dance**  
Friday, June 13, 2025
- **Senior Day at the Park (Marina)**  
Monday, June 30, 2025
- **Raising Cane Tour & Luncheon**  
TBD June 2025
- **Tri - City Senior Prom**  
TBD June 2025

## North County Senior Center

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



Trivia with Twins at NCSC!

### 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



### Cowboys & Cowgirls Country Celebration at North County

**When:** Friday, May 30, 2025

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

**Fee:** \$20

**Description:** Howdy Y'all! Join us for an unforgettable Country Western themed celebration to kick off the summer season featuring live Country music, light refreshments and just a good ol' time. Dress to impress! For more information, please call (561) 694-5435.

This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



## Special Events & Community Outings

### Cox Science Center and Aquarium\*

**When:** Wednesday, April 9, 2025

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

**Where:** Cox Science Museum

**Fee:** \$15.00

**Description:** Explore the Science Center and Aquarium, interact with over 80 educational exhibits, learn from engaging guest presenters, and view a planetarium show.



### Senior Golf Lessons\*

**When:** 2nd Tuesday, monthly,  
April 8, May 13, June 10

**Time:** 10:15 a.m. - 12:00 p.m.

**Where:** The First Tee, Dyer Park

**Description:** Learn basic golf skills with the assistance of PGA trained golf pros at the First Tee. All equipment will be provided, no experience needed.



### Veteran's Golf

**When:** Wednesdays & Fridays

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

**Where:** First Tee - Dyer Park

**Description:** Free golf classes for Veterans available weekly.

**Contact:** Devin Shaw at [shawdevin1@gmail.com](mailto:shawdevin1@gmail.com) or (334) 733-4749 to attend.

### Cooking Demonstration\*

**When:** Tuesday, April 29, 2025

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

**Where:** PBC Food Bank  
Community Kitchen

**Description:** Seniors will get to watch as the PBC Food Bank Community Kitchen chef prepares select recipes and taste the creations and bring home the recipes!

### Riverbend Park Nature Walk\*

**When:** Tuesday, June 24, 2025

**Time:** 9:30 a.m. - 11:00 a.m.

**Where:** Riverbend Park, Jupiter

**Description:** Enjoy a guided nature walk through Riverbend Park as you surround yourself with the beauty of old Florida along the Loxahatchee River.

We are excited to announce that we will be offering more community outings each month. 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.

\*Pre-registration is required for all community outings. Contact Wil Belisle at (561) 694-5435. Limited transportation is provided



**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.

**Wii Open Play**

**When:** Monday - Friday,  
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.

**Bible Study**

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



**Cornhole**

**When:** 4th Thursday, Monthly;  
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.

**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.

**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.

**Learn to Play Mah Jong**

**When:** Wednesdays,  
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.

**Wii Bowling**

**When:** Thursdays,  
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!



**Ping Pong Tuesday**

**When:** Tuesdays,  
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,  
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.



**Chair Yoga**

**When:** Fridays,  
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.

**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.

**Wood Burning, Carving & Painting**

**When:** Wednesdays,  
12:30 p.m. - 4:00 p.m.  
**Description:** Learn the art of wood burning and more!

**Gardening with Olimpia**

**When:** Thursdays,  
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,  
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  
10:30 a.m. - 12:00 p.m.  
**Description:** Celebrate your birthday together at our Monthly Birthday Bingo!

**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.

**Palm Beach Stamp Club**

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

**Bible Study  
(Spanish/ English)**

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

**Friday Flicks**

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

**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 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.



*MCSC Gardening Group visiting Mounts Botanical Gardens*



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



## Community Outings & Special Events

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

### 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

### Green Cay Nature Center\*

**When:** Friday, April 11, 2025  
10:00 a.m. - 12:00 p.m.

**Where:** 12800 Hagen Ranch  
Rd, Boynton Beach, FL 33437

**Cost:** Free

**Description:** See various  
species of birds, mammals,  
reptiles, amphibians, insects,  
and fishes while you take a self  
guided boardwalk tour!

### Easter Sip & Paint at Mangonia Community Center\*

**When:** April 17, 2025  
10:00 a.m. - 12:00 p.m.

**Where:** 1755 E. Tiffany Dr,  
West Palm Beach, FL 33407

**Cost:** Free

**Description:** Socialize with new  
friends during this creative  
outing inspired by Easter at the  
Mangonia Community Center.

### Cooking Demonstration\*

**When:** Tuesday, May 6, 2025  
11:00 a.m. - 1:00 p.m.

**Where:** PBC Food Bank  
Community Kitchen

**Description:** Watch as the PBC  
Food Bank Community Kitchen  
chef prepares select recipes  
and enjoy the taste of these  
creations!

### PBC Road, Bridge & Traffic Department Tour

**When:** June 17, 2025  
10:00 a.m. - 12:00 p.m.

**Description:** As part of  
National Safety Month, we are  
visiting the Road, Bridge, and  
Traffic Department to learn how  
they design roads, construct  
bridges, and create traffic signs  
that keep us safe.



Silver Pride Celebration  
Tuesday, June 3, 2025  
10:00 a.m. - 12:00 p.m.

### Senior Fun Day and Expo\*

**When:** Friday, June 11, 2025  
10:00 a.m. - 1:30 p.m.

**Where:** John Prince Park, Lake  
Worth

**Cost:** Free

**Registration:** Pre-register by  
May 12, 2025

**Description:** Mid County  
Senior Center is inviting all  
seniors, to attend our Senior  
Fun Day at the Park! There will  
be vendors, food, drinks,  
games, and lots of fun!

# West County Senior Center

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



West County Super Bowl Brunch 2025 with PBSO West Detention Center



South Florida Fair 2025



"Storm of 1928"



WPTV Senior Prom

## West County Senior Center Clubs:

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



A Day at the Beach West County Seniors Outdoors



Golden Corral after the South Florida Fair Trip 2025

## 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 and 55 & Plus Club



Black History Month Party  
 Mrs. Etha Jones 90 Years old



West County Super Bowl Brunch 2025 with PBSO West Detention Center

## 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.

### Knitting and Crocheting Class

**When:** Thursdays,  
3:00 p.m. - 4:30 p.m.

### 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.



Seniors Garden at West County Senior Center



### Urban Garden Class

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



West County Garden "Grow Grow"

### Computer Class

**When:** Tuesday & Thursday,  
1:00 p.m. - 2:00 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

### Brightline Trip to Boca Raton\*



**When:** Tuesday, April 22, 2025,  
9:00 a.m. - 5:00 p.m.

**Where:** Round-trip from West Palm Beach to Boca Raton

**Cost:** \$15 Per Senior

**Description:** Welcome Aboard for a Senior Day on the Brightline train and a day filled with fun in downtown Boca Raton.



### Palm Beach Zoo\*

**When:** Monday, May 19, 2025

**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

We sincerely appreciate everyone who joined us for our very first Super Bowl Brunch at the West County Senior Center, hosted alongside PBSO West Detention Center at our Belle Glade Senior Center. Your participation made the event a fantastic success, and we are truly grateful! We can't wait for the next celebration. Mark your calendars and join us for Senior Adventure Day on **May 30, 2025, at the Tory Island Marina!**

\*Limited transportation is provided for community outings with pre-registration. Contact West County Senior Center at (561)996-4808

# 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.

# April 2025

## Congregate Lunch

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



### April 2025 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Shredded BBQ Chicken Northern Beans w/Peppers &amp; Onion Diced Potatoes White Bread Pear Cup</p>	<p>1</p> <p>Pasta Bolognese Confetti Corn Green Beans WG Bread &amp; Margarine Apple</p>	<p>2</p> <p>Chicken Thigh w/ Onion Gravy Scalloped Potatoes Peas &amp; Carrots WG Bread &amp; Margarine Applesauce</p>	<p>3</p> <p>Cobb Pasta Salad Cucumber &amp; Red Onion Creamy Broccoli Salad Whole Wheat Roll</p>	<p>11</p> <p>Teriyaki Meatballs Stir Fry Vegetables Gingered Brown Rice WG Bread &amp; Margarine Apple Juice</p>
<p>2</p> <p>Baked Pasta Casserole Broccoli Butternut Squash Whole Grain Roll</p>	<p>2</p> <p>Thai Ginger Curry Chicken Thigh Green Beans w/ Peppers Brown Rice WG Bread Apple Cherry Juice</p>	<p>9</p> <p>Meatloaf w/ Apple Brown Gravy Cabbage &amp; Carrots Potato Onion Soufflé WG Bread</p>	<p>10</p> <p>Stuffed Pasta in Spinach Afredo Sauce Glazed Carrots Yellow Squash WG Bread Peanuts Blended Juice</p>	<p>18</p> <p>Cheeseburger Country Vegetable Medley Diced Sweet Potatoes w/Onion Hamburger Bun Apple Juice</p>
<p>3</p> <p>Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit</p>	<p>22</p> <p>Chicken Parm Casserole Butternut Squash Confetti Corn WG Roll &amp; Margarine Apple</p>	<p>23</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans WG Roll &amp; Marg. Graham Crackers Apple Juice</p>	<p>24</p> <p>Sweet &amp; Sour Chicken Thigh Broccoli Yellow Rice w/ Vegetables WG Roll &amp; Marg. Graham Crackers</p>	<p>25</p> <p>Swedish Meatballs Peas &amp; Carrots Parslied Mashed Potatoes WG Bread Blended Juice</p>
<p>4</p> <p>Grilled Chicken Patty w/ Southwest Sauce Yellow Squash w/ Onions Black Beans &amp; Rice WG Bread &amp; Margarine Blended Juice</p>	<p>28</p> <p>Hamburger Country Vegetable Medley Diced Potatoes Hamburger Bun Apple Juice</p>	<p>30</p> <p>Krab Salad Sandwich Peas &amp; Cheese Salad Three Bean Salad WG Bread</p>	<p>29</p> <p>Each congregate meal is served with 1% low fat milk. All meals served provide a minimum of one third of important nutrients recommended daily for senior good health by the Food &amp; Nutrition Board of the National Academy of Sciences.</p>	

# May 2025



## Congregate Lunch

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



# May 2025 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b>					
Cycle Week					
4	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	5	6	7	8	9
	Shredded BBQ Chicken Northern Beans w/Peppers & Onion Diced Potatoes White Bread 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
2	12	13	14	15	16
	Baked Pasta Casserole Broccoli Butternut Squash Whole Grain Roll	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 w/Onion Hamburger Bun Apple Juice
3	19	20	21	22	23
	Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit	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	Swedish Meatballs Peas & Carrots Parsiled Mashed Potatoes WG Bread Blended Juice
4	26	27	28	29	30
	CLOSED	Hamburger Country Vegetable Medley Diced Potatoes Hamburger Bun Apple Juice	Krab Salad Sandwich Peas & Cheese Salad Three Bean Salad WG Bread	Chicken Thigh w/ Gravy Parsiled Carrots Garlic Mashed Potatoes WG Bread & Margarine Raisins	Meatballs in Marinara Brussels Sprouts Pasta WG Bread & Margarine Fruit Cup





# June 2025

## Congregate Lunch

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Shredded BBQ Chicken Northern Beans w/Peppers & Onion Diced Potatoes White Bread Pear Cup	Pasta Bolognese Contetti 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
1	Baked Pasta Casserole Broccoli Butternut Squash Whole Grain Roll	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 w/Onion Hamburger Bun Apple Juice
3	Three Bean Beef Chili Carrots Coins Brown Rice WG Roll Mixed Fruit	Chicken Parm Casserole Butternut Squash Contetti Corn WG Roll & Margarine Apple	Macaroni & Cheese Stewed Tomatoes Green Beans WG Roll & Marg. Graham Crackers Apple Juice		Swedish Meatballs Peas & Carrots Parsiled Mashed Potatoes WG Bread Blended Juice
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	Krab Salad Sandwich Peas & Cheese Salad Three Bean Salad WG Bread	Chicken Thigh w/ Gravy Parsiled Carrot Garlic Mashed Potatoes WG Bread & Margarine Raisins	Meatballs in Marinara Brussels Sprouts Pasta WG Bread & Margarine Fruit Cup
30	Shredded BBQ Chicken Northern Beans Diced Potatoes White Bread Pear Cup				
1				<div style="border: 1px solid black; padding: 5px;">                     Each congregated 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 &amp; Nutrition Board of the National Academy of Sciences.                 </div>	



# DIVISION OF SENIOR & 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.

### 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](mailto: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](mailto: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](http://PBCGOV.COM/COMMUNITYSERVICES/SENIORSERVICES)



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

**County Administrator**

Verdenia C. Baker