

Senior Times MAGAZINE



National Senior Center Month



OPERATING HOURS:

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

Administration Offices

810 Datura Street,
Suite 300
West Palm Beach, FL 33401
1-833-CSD-WILL
discover.pbc.gov



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

SENIOR TIMES MAGAZINE

*The official monthly newsletter of the Palm Beach County
Division of Senior & Veteran Services*

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2026 Issue 7



The Senior Times newsletter is a vibrant resource, tailored for seniors, featuring a mix of community events, on and off-site programming opportunities, along with resources for staying active and connected. Readers can also enjoy access to resources within Palm Beach County Senior and Veteran Services and their community partners ensuring they stay informed and inspired.

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BECOME A MEMBER

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

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

STAFF:

Mid County Senior Center

Antoinette "Tina" Austin,
Manager

Diana Holm,
Recreation Specialist III
Jacquelyn "Jacque" Uceda,
Recreation Specialist I

North County Senior Center

Hugo Montenegro,
Manager

Wilfred Belisle,
Recreation Specialist I

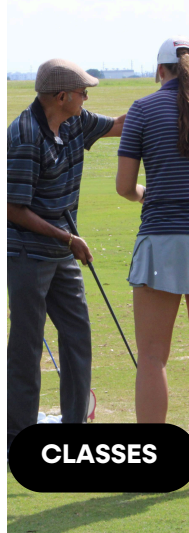
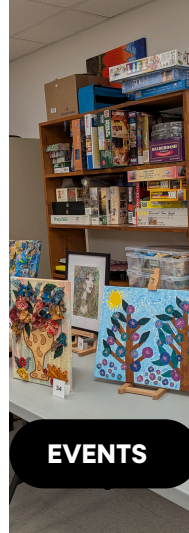
West County Senior Center

Renee Buckle Henry,
Manager

Lisa Wilson,
Program Coordinator



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



Healthy Eating Word Search



- | | | | |
|---------|------------|----------|--------|
| AVOCADO | VEGETABLE | PROTEIN | FRUIT |
| FIBER | WHOLEGRAIN | SEEDS | NUTS |
| LEGUMES | BEANS | VITAMINS | QUINOA |
| OATS | FISH | YOGURT | TOFU |
| SALAD | MINERALS | CHICKEN | WATER |

National Senior Center Month

This month, we're proud to celebrate National Senior Center Month with the national theme, "Happier Birthdays Happen Here," recognizing the important role senior centers play in helping older adults stay active, healthy, and connected.

Throughout the month, we'll enjoy special activities centered around five exciting weekly themes: Week 1 – Together Across Generations, Week 2 – Healthy Living, Week 3 – Give Back, Week 4 – Golden Games, and Week 5 – Celebrate and Connect. Join us as we celebrate friendship, lifelong learning, wellness, and the wonderful community that makes our senior center a place where every day is worth celebrating!

DONATE



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

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

SERVICES & RESOURCES



Voices of Our Community

The North County Senior Center's Crochet Group recently shared their talents and generosity by donating 39 handmade blankets to the West Palm Beach VA. Their thoughtful creations will provide comfort and warmth to local veterans while showcasing the power of creativity, compassion, and community connection. We are incredibly proud to have our Crochet Group representing the Division of Senior and Veteran Services and giving back to the community in such a meaningful way!

Our Programs & Services



Senior Centers
(North, Mid, & West County)



Adult Day Care
(North & Mid County)



Home Delivered Meals &
Congregate Meal Sites



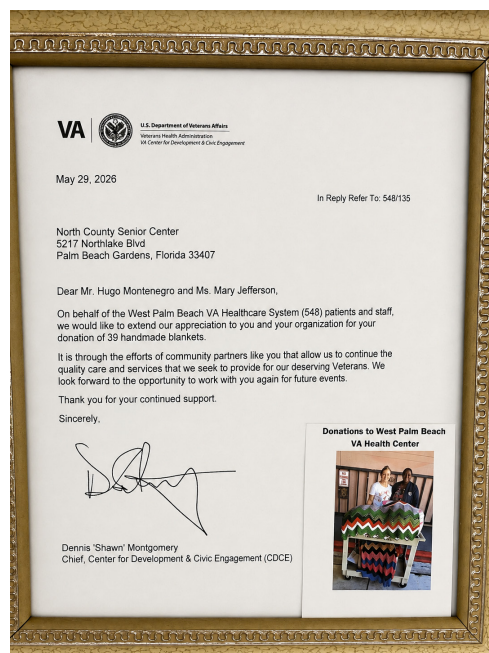
Food Distribution



In-Home Services &
Case Management



Outreach & Linkage to
Veterans' Benefits



CONGREGATE MEAL SITES

FOR SENIORS 60 YEARS OF AGE AND OLDER

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



BELLE GLADE

QUIET WATERS

306 SW 10TH ST
BELLE GLADE, FL 33430
561-996-7040
MONDAY - FRIDAY
LUNCH 12:00 PM

WEST COUNTY SENIOR CENTER

2916 STATE RD #15
BELLE GLADE, FL 33430
561-992-1048
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

LAKE WORTH/ GREENACRES

MID COUNTY SENIOR CENTER

3680 LAKE WORTH RD
LAKE WORTH, FL 33461
561-357-7146
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

GREENACRES COMMUNITY CENTER

501 SWAIN BLVD
GREENACRES, FL 33463
561-642-2090
MONDAY - FRIDAY
LUNCH 12:00 PM

PAHOKEE

PAHOKEE MARINA

190 N LAKE AVE
PAHOKEE, FL 33476
561-924-2972

TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 PM

The approximate cost of each
congregate meal is \$5.50

PALM BEACH GARDENS

NORTH COUNTY SENIOR CENTER

5217 NORTHLAKE BLVD
PALM BEACH GARDENS, FL 33418
561-694-5442

MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

RIVIERA BEACH

LINDSEY DAVIS COMMUNITY CENTER

2409 AVENUE H W
RIVIERA BEACH, FL 33404
561-723-2542
MONDAY - FRIDAY
LUNCH 12:00 PM

ROYAL PALM BEACH

VILLAGE OF ROYAL PALM BEACH RECREATION CENTER

100 SWEET BAY LANE
ROYAL PALM BEACH, FL 33411
561-753-1241
MONDAY - FRIDAY
LUNCH 12:00 PM

SOUTH BAY

TANNER PARK COMMUNITY CENTER

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

WELLINGTON

WELLINGTON COMMUNITY CENTER

12150 FOREST HILL BLVD
WELLINGTON, FL 33414
561-753-2484
MONDAY - FRIDAY
BREAKFAST 8:30 AM
LUNCH 12:00 PM

WEST PALM BEACH

CHABAD OF WEST PALM BEACH

2112 N JOG RD #101
WEST PALM BEACH, FL 33411
561-659-7770
TUESDAY, WEDNESDAY, THURSDAY
LUNCH 12:00 PM

WILLIAMS MULTI CULTURAL CENTER

501 21ST ST
WEST PALM BEACH, FL 33407
561-804-4930
MONDAY, WEDNESDAY, FRIDAY
LUNCH 12:00 PM

WINDSOR PARK APARTMENTS

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

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

September 2026 Congregate Lunch

Palm Beach County Division of
Senior & Veteran Services
561-335-4740

September 2026 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Week					
		1	2	3	4
2		Cheeseburger Peas & Carrots Baked Beans Hamburger Bun	Chicken Thigh in A La King Sauce Black Eyed Peas Corn w/Diced Potatoes Whole Wheat Bread Mixed Fruit Cup	Meatloaf in Tomato Sauce Mashed Potatoes Glazed Carrots WG Bread Apple-Cherry Juice	Honey Orange Glazed Chicken Drumsticks Brussels Sprouts Butternut Squash Whole Wheat Roll Margarine Cup
7	CERRADO	8	9	10	11
3		Pulled Pork Sandwich Stewed Tomatoes Country Vegetable Medley Hamburger Bun Sandwich Cookie Apple	Teriyaki Meatballs Confetti Corn White Rice WG Roll Applesauce	Honey Mustard Chicken Thigh Peas & Carrots Scalloped Potatoes WG Bread	Vegetarian Burrito Rice, Tomatoes & Chives Peppers & Onions Black Bean & Corn Salsa Cheddar Cheese WG Tortilla Blended Juice
14	14	15	16	17	18
4	Chicken Thigh in Gravy Brussels Sprouts Garlic Mashed Potatoes WG Bread & Marg. Blended Juice	Pasta Florentine Casserole Carrot Coins Green Beans w/Peppers WG Roll	Hamburger & Bun Northern Beans Diced Potatoes Graham Crackers Apple-Cherry Juice	Dijon Chicken Salad Cucumber & Onion Salad Greek Chickpea Salad WG Bread Sandwich Cookie Blended Juice	Penne Bolognese Peas & carrots Yellow Corn WG Bread Apple Juice
	21	22	23	24	25
1	Meatballs in Onion Gravy Potato Onion Soufflé Country Veg. Medley Dinner Roll Apple Juice	Sweet & Sour Chicken Thigh Confetti Corn Squash Carrot Medley WG Roll Cherry Cookie	Beef Patty in Brown Gravy Garlic Green Beans Rice Pilaf WG Bread Applesauce	Breaded Chicken Northern Beans w/ Peppers & Onions Cheesy Mashed Potatoes Hamburger Bun Apple-Cherry Juice	Sausage & Bean Casserole Red Cabbage Hot German Potato Salad WG Bread Holiday Dessert
	28	29	30	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.	
2	Mandarin Chicken Patty Sesame Green Beans White Rice Whole Wheat Roll & Marg Citrus Fruit Cup	Cheeseburger Peas & Carrots Baked Beans Hamburger Bun	Chicken Thigh in A La King Sauce Black Eyed Peas Corn w/Diced Potatoes Whole Wheat Bread Mixed Fruit Cup		

\$5.50 Suggested Contribution

Lunch is served Monday - Friday at 12PM

Special Programming

Mid County Senior Center

- National Fall Prevention Lecture by HealthSun
Wednesday, September 9 at 10:30 a.m.
- Financial Literacy Workshop
Thursday, September 10, at 10:30 a.m.
- Medicare 101, Understanding Open Enrollment provided by PR2U
Monday, September 28th at 11:00 a.m.
- Monthly Birthday Celebration by Wellcare
Wednesday, September 30 at 12:30 p.m. - 2:30 p.m.



North County Senior Center

- National Senior Center Month Kickoff Ice Cream Social provided by CarePlus
Tuesday, September 1 at 12:30 p.m.
- National Falls Prevention Week Presentation by Area Agency on Aging Inc. Monday, September 21 at 11:00 a.m.
- National Senior Center Month Live Karaoke by Caring Transitions Friday, September 25 at 12:30 p.m.



West County Senior Center

- Hurricane Annual Prepare Event hosted by Senior Friendly Fitness & PBSO Friday, September 25 from 10:30 a.m. to 1:00 p.m.
- National Senior Center Month Brunch & Learn with Senior Friendly Fitness Thursday, September 11 from 1:00 p.m. - 2:00 p.m.
- Monthly Birthday Celebrations September 24 at 12:00 p.m.
- Tri-City Senior Breakfast with the Mayor
Wednesday, September 30 at 10:00 a.m. - 11:00 a.m.



Mid County Senior Center Calendar

September 2026

Monday Together Across Generations	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game	10A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Bingo 12:30P Sharing w/Care	10A Gardening 10A Faith Study English 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 11A TechWise for Seniors 1P Core and Control- Ball Fitness
7 <u>Healthy Living</u>	8	9	10	11
	Daily Exercise Challenge 9:30A Zumba and Meditation 11A Improv 10A Spanish Culture Memory 11A Safe Meds Presentation 11A Shangai Card Game	Daily Exercise Challenge 10A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Fall Prevention Lecture 12:30P Sharing w/Care	Daily Exercise Challenge 10A Gardening 10A Faith Study 10:30A Financial Literacy Workshop 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	Daily Exercise Challenge 10A Beginners English 10A Crochet 11A TechWise for Seniors 1P Functional Fitness
14 <u>Give Back Week</u>	15	16	17	18
9A Painting 9:30A Zumba 10A Jewelry 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game	10A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 11A Bingo 12:30P Sharing w/Care 10A Volunteer Outing	10A Gardening 10A Faith Study 10A Groove with Karen 12:30 Urban Line Dance \$5 12P Creating "sensory" Books 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 11A Assemble Care Packages 11A TechWise for Seniors 1P Core and Control- Ball Fintess
21 <u>Golden Games</u>	22	23	24	25
9A Painting 10A Jewelry 11A Chess Lessons 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game 11A Game Room Tea Time	10A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 10:30A Bingo 11A Domino Tournament 12:30P Sharing w/Care	10A Gardening 10A Faith Study 10A Deaf & Hard of Hearing Presentation 11A Bingo Fun 12:30 Urban Line Dance \$5 1P Spanish Chorus 1P Quilting	10A Beginners English 10A Crochet 10A Name that Tune 11A TechWise for Seniors 1P Core and Control- Ball Fitness
28 <u>Celebrate & Connect</u>	29	30		
9A Painting 10A Jewelry 11A Medicare 101 12:30P Watercolor Painting 1P Belly Dancing	9:30A Zumba and Meditation 10A Spanish Culture Memory 11A Shangai Card Game 12:30P Bingo Blast with LW Terraces	10A Morning Exercise 10A Intermediate Spanish 10A Spanish General Culture 10:30A Bingo 12:30P Birthday Celebration		

North County Senior Center Calendar

September 2026

Monday Together Across Generations	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	10A Bingo 11A Functional Fitness 11A Crochet 11A & 1P Uno Challenge 12:30P Ice Cream Social 1P Ping Pong 3:30P Computers Q&A	10A Bingo 10A Bridge: Limited Game \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study 11:30A Book Mobile	10A Groove with Karen 11A Functional Fitness 11A Spades 1P Wii Bowling 3:30P Computers Q&A	10A Bingo 10A Bridge: Supervised Play \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 1P Karaoke
7 Healthy Living	8	9	10	11
Happy LABOR DAY	10A Cornhole 11A Functional Fitness 11A Crochet 11A & 1P Uno Challenge 1P Ping Pong 3:30P Computers Q&A	10A Bingo by Papa 11A Morning Exercise 11A Arts & Crafts 11A Faith Study	10A Healthy Living Trivia Game 11A Functional Fitness 11A Fire & Home Safety 11A Spades 1P Wii Bowling 3:30P Computers Q&A	10A Bridge: Supervised Play \$10 10:30A Wellington Green Mall Field Trip 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 1P Karaoke
14 Give Back Week	15	16	17	18
10A Bingo 10A Bridge: Limited Game \$10 11A & 1P Cards and Music 11A Core and Control- Ball Fitness 11A Sp. Faith Study	10A Improv 11A Functional Fitness 11A Crochet 11A & 1P Uno Challenge 1P Ping Pong 3:30P Computers Q&A	9:30A Morning Movie 9:45A Community Greening Volunteer Field Trip 10A Bridge: Limited Game \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study 11:30A Book Mobile 12:30P Disco Party	10A Bingo 11A Functional Fitness 11A Spades 1P Assemble Care Packages 1P Wii Bowling 3:30P Computers Q&A	10A Bingo by Humana 10A Bridge: Supervised Play \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dancing \$5 1P Musical Hats
21 Golden Games	22	23	24	25
10A Bingo 10A Bridge: Limited Game \$10 11A Falls Prevention Education 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study	10A Bingo 11A Functional Fitness 11A Crochet 11A & 1P Uno Challenge 1P Ping Pong 3:30P Computers Q&A	10A Dominoes Tournament 10A Bridge: Limited Game \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study	10A Bingo 11A Functional Fitness 11A Cooking Demonstration by IFAS 11A Spades 1P Wii Bowling 3:30P Computers Q&A	10A Bingo 10A Bridge: Supervised Play \$10 11A Arts & Crafts 11A Crochet 12:30P Urban Line Dance \$5 12:30P Karaoke
28 Celebrate & Connect	29	30		
10A Bingo 10A Bridge: Limited Game \$10 11A Core and Control- Ball Fitness 11A & 1P Cards and Music 11A Sp. Faith Study	10A Bingo 11A Functional Fitness 11A Crochet 11A & 1P Uno Chanellenge 1P Ping Pong 3:30P Computers Q&A	10A Bingo 10A Bridge: Limited Game \$10 11A Morning Exercise 11A Arts & Crafts 11A Faith Study		

West County Senior Center Calendar

September 2026

Monday		Tuesday	Wednesday	Thursday	Friday
Together Across Generations		1	2	3	4
		9A Senior Friendly Fitness 10A Improv 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Card Games	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Wii Games Computer Lab Open until 5pm	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Bowling Game 3P 55+ Club
7	Healthy Living	8	9	10	11
		9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Wii Games 3P 55+ Club 4P Crochet Club *New*	9A Senior Friendly Fitness 9:30A Family Feud 10A Wheel of Fortune 11A Arts & Crafts 1P Library Games 2:30P Wii Games
14	Give Back Week	15	16	17	18
9A Senior Friendly Fitness 11A Assemble Care Packages 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Domino Tournament		9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 10A Arts & Crafts 1P Library Games 2:30P Wii Games 3P 55+ Club	9A Senior Friendly Fitness 10A Arts & Crafts 1P Multiple Games 2:30P Wii Games 3P Domino Games
21	Golden Games	22	23	24	25
9A Senior Friendly Fitness 11A Bingo 10A Arts & Crafts 1P Knitting & Crochet 1:30P Book Club 2:30P Wii Games		9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening	9A Senior Friendly Fitness 2:30P Wii Games 3P 55+ Club 4P Crochet Club *New*	9A Senior Friendly Fitness 9:30A Family Feud 11A Arts & Crafts 2:30P Wii Games Bowling 2P WCSC Book Club with Donna
28	Celebrate & Connect	29	30		
9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P 55+ Club 3P Virtual Chair Yoga		9A Senior Friendly Fitness 9:30A Family Feud 2:30P Wii Games 3P Open Games 4P Computer Class with Terra	9A Senior Friendly Fitness 11A Bingo 12P Food Distribution 1P Choir 2:30P Wii Games 3P Gardening & Library Games		
9					

Community Field Trips

Mid County Senior Center



National Polo Museum and Hall of Fame

When: Monday, September 28

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

Fee: Free

Location: 9011 Lake Worth Road,
Lake Worth, FL 33467

Transportation: Meet at Mid County Senior Center

Description: Enjoy a morning with friends while exploring beautiful exhibits and learning about the history of the sport of Polo.

North County Senior Center

Wellington Green Shopping Mall

When: Wednesday, September 11

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

Fee: Free

Location: Wellington Green 10300 Forest Hill Blvd,
Wellington, FL 33414

Transportation: Meet at North County Senior Center

Description: Shop until your drop, and enjoy lunch at the food court in the Wellington Green Mall.



West County Senior Center

Do you have any ideas for programs or trips that you would like to take with the Senior Center?

Share them with your Recreation Staff:
561-357-7106 or email Dholm2@pbc.gov

CONNECT WITH US

pbcgov.com/communityservices/seniorservices



pbccsd



pbccsd



pbccsd

Mid County Senior Center & Adult Day Care & Veteran Services

3680 Lake Worth Rd.
Palm Springs, FL 33461
(561) 357-7101

North County Senior Center & Adult Day Care & Veteran Services

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

West County Senior Center

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

Veteran Services (Jupiter/Tequesta/ Juno)

6415 W Indiantown Rd.
Jupiter, FL 33451
(561) 964-5459

Veteran Services (South County)

345 S Congress Ave.
Delray Beach, FL 33444
(561)357-7110

Additional Services

1-833-CSD-WILL



Low-Income Home
Energy Assistance
Program (LIHEAP)



Rent/Mortgage Assistance



Outreach & Volunteer
Opportunities



Ride Share Program



Palm Beach County
Board of County Commissioners

Sara Baxter, Mayor

Marci Woodward, Vice Mayor

Maria G. Marino

Gregg K. Weiss

Joel G. Flores

Maria Sachs

Bobby Powell Jr.

County Administrator
Joseph Abruzzo



Elder Helpline
1-800-963-5337

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