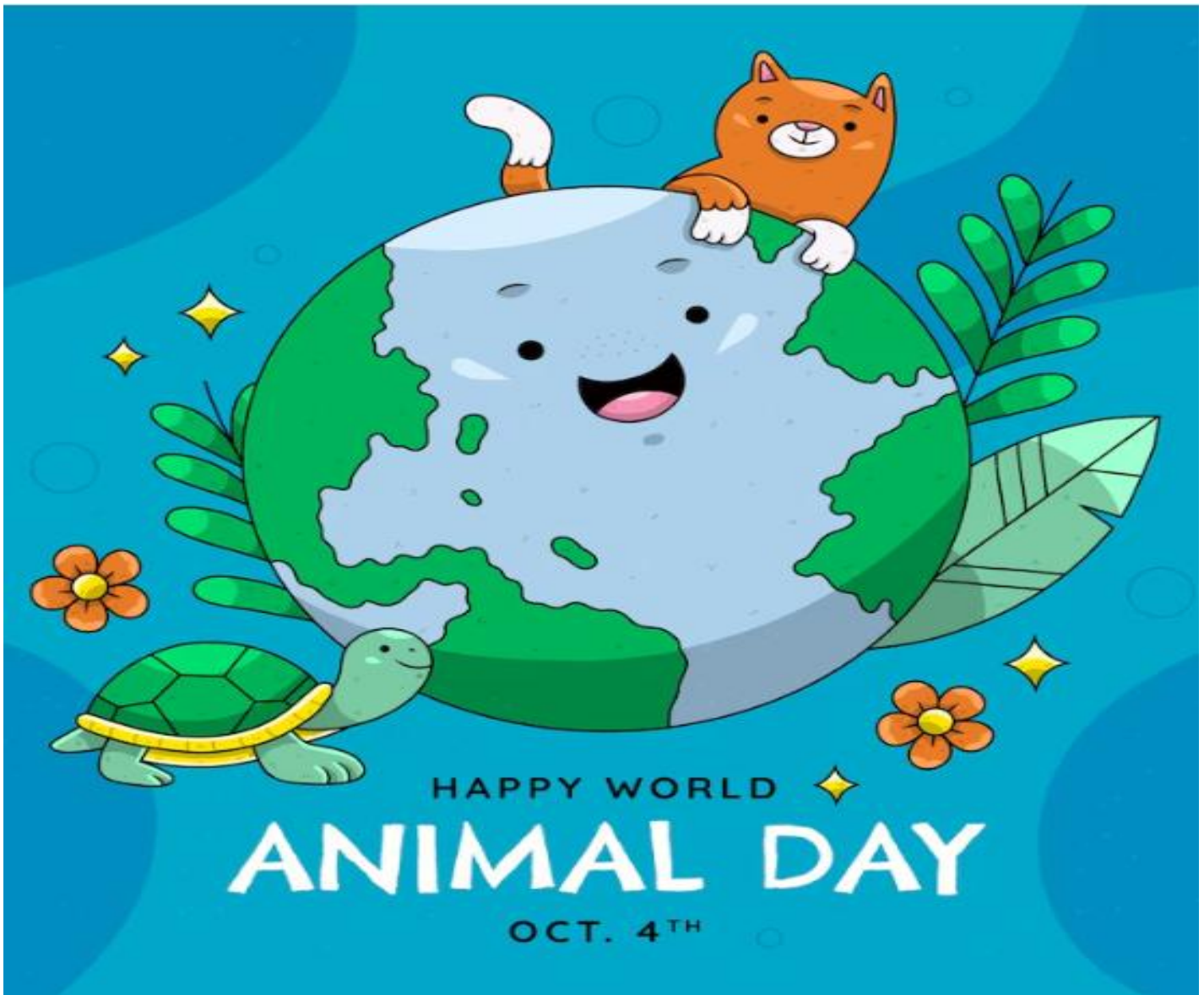


POMPANO BEACH SENIOR ACTIVITY CENTER NEWSLETTER

October 2026





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The Senior Activity Center

The Senior Center provides activities to individuals 55 years of age and older to improve their quality of life, promote independence, and encourage their involvement with peers and the community. Services include, but not limited to, health education and training, recreation, nutrition, and volunteer opportunities. The center is open Monday through Friday from 9:00 AM to 4:00 PM. (954) 786-7840

Membership Information

Membership is open to Pompano Beach residents only on an annual calendar year basis. Membership is free for eligible seniors. Must provide DL or State Issued ID and Cable, Water, or Electric Bill, Voter's Registration, Yearly Lease Agreement. For membership or eligibility inquiries, please contact the front desk at (954) 786-7840. **There will be a \$5.00 fee for lost/replacement fobs.**

Lunch

Lunch is provided daily from 11:00 AM-12:00 PM by Flipany to senior members age 60 and older.

Flipany provides healthy and well-balanced meals, consisting of a protein, a carbohydrate, a fruit and/or vegetable, and milk. Lunch is served on a first come first serve basis.

A **separate registration** is required. Register with Flipany, on-site Administrator (Ms. Denise). Monthly Nutritional Educational classes are required.

Transportation

Transportation is provided by Parks & Recreation to and from the Senior Activity Center for members who are Pompano Beach residents with **no other** means of transportation. If you have no other means of transportation, please ask to be put on the waiting list at the front desk. For those who are on the pickup list, please be advised that failure to notify us if you will not need transportation **three consecutive times** will result in your you being removed. We strongly advise all of our members to take advantage of the Broward County TOPS program who will provide transportation to doctor's appointments, grocery stores and much more. **TOPS** (954) 357-8400 or 1 (866) 357 8400. Applications are available at the front desk.

Editor's Desk

Hello Member's, Families and Friends!

Welcome to October's edition of our newsletter. October celebrates many things that enrich our lives - music, animals, libraries and curiosity. International Music Day reminds us how a favorite melody can lift our spirits and bring treasured memories to life, while World Animal Day celebrates the animals that bring companionship, fascination and joy to our world.



It's also a wonderful month to appreciate libraries, where books open doors to discovery and new ideas. Curious Events Day encourages us to explore the unusual and keep asking, "I wonder why?"

May October bring you good music, enjoyable stories, happy memories and plenty of reasons to stay curious.

With warm regards,

Consuelo Lewis, Recreation Leader

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*The important thing is
not to stop questioning.
Curiosity has its own
reason for existing.*

~ Albert Einstein

Upcoming Events

Field Trip-Shopping Walmart

1199 S. Federal Hwy., Pompano Beach, 33062
October 2; 11:30am-2:30pm (954) 781-4995

Field Trip- AMF Margate Lanes (\$10 in advance)

2020 State Road 7, Margate, 33063
October 14; 10:30am-2:00pm (954) 972-4400

Field Trip- Movies @ Paragon Theaters

770 Riverside Drive, Coral Springs, 33071
October 20; 11:30am-2:30pm (954) 796-4465

Field Trip-Town Center Mall @ Boca Raton

6000 Glades Road, Boca Raton, 33431
October 23; 9:00am-1:30pm (954) 357-7080

Field Trip-Jack's Old Fashion Hamburger House

591 S. Cypress Road, Pompano Beach, 33060
October 29th; 10:00am-1:00pm (954) 942-2844

Regular Events

Birthday Celebration -monthly 11:00am

Body Movin! every Tuesday & Thursday 9:45am

Bro. County Property Appraiser's 1st Thursday monthly 9:00am

Bro. County Tax Collector Office 2nd Tuesday monthly 9:00am

Choir Rehearsal 1st & 3rd Wednesday

Crochet Class every Tuesday & Thursday 11:00am

Flipany-Nutritional Education Class 2nd Monday 11:00am

Supervisor of Elections 1st Tuesday monthly 9:00am

Haircut/Eyebrow Arch 1st Wednesday & 3rd Tuesday 9:45am

Praise & Sing-a-Long 1st & 3rd Monday 10:00am-11:30am

Tina's Giving ❤️ last Wednesday monthly 11:30am

Yoga 1st & 3rd Wednesday 11:30am

Zumba 2nd & 4th Wednesday 10:00am



Building Improvements

*Pavilion & Building Expansion
proposed FY 27-(CIP)

*Possible greenery and pictures
added to main hall once
expansion is complete

*Water fountain added to Walk
Path area

*Looking into adding speed bumps
and stop signs in parking lot

*As of October 1st, 2025 Weekend,
Meals are for Pompano Beach
Residents Only

Murder Mystery Dinner Train

5-course meal and fun guess who
done it mystery train ride. If
interested please let me know.
Tickets will run about **\$115**. (Self-
pay)



October 2026

FIELD TRIP SIGN-UPS WILL OPEN ON THE 1ST MONTHLY 12:00 PM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Grid: (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (LA)=Lobby Area

Time on calendar is leave time

Schedule subject to change due to weather,

programming needs, or scheduling conflicts

Broward 1
County Property
Appraiser 9a
(LA)

Body Movin!
(MH) 9:45a

Day of the
Elderly

Field Trip (30) 2
Walmart:
Shopping
11:30a-2:30p S.
Federal Hwy

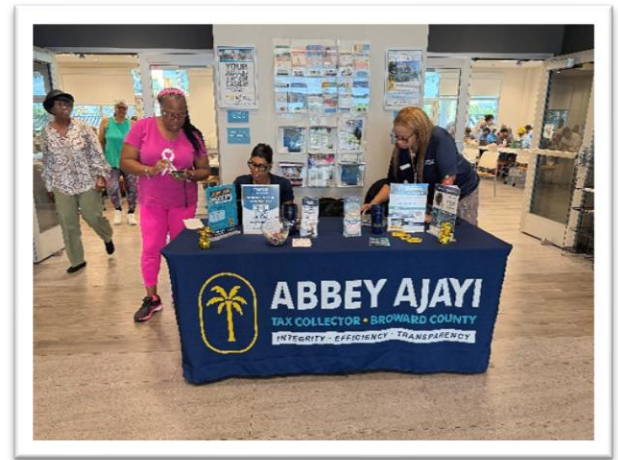
Breakfast w/ 3
Commissioner
Perkins (Free)
8:00am-Ali
Cultural Arts

4	Praise & Sing 5 Along 10a- 11:30a (CR) BINGO Sponsored by Reliance Health Plans 12p-1p (MH)	Supervisor of 6 Elections 9a (LA) Body Movin! (MH) 9:45a Medicare 2027 - hosted by RMP 10am-11am (MH)	Choir 7 Rehearsal 9:30a- 11a (CR) Haircuts 9:45am (SO) Senior Breakfast & Bingo by Mrs. P. Thurston 10am (MH) Yoga 11:30a- 12p (CR)	Body Movin! 8 (MH) 9:45a Chris Harvey Insurance Solutions presents Medicare 101- 10am-11am (MH)	9 BINGO 10a-11a	Green 10 Market 50 W. Atlantic Blvd 9a- 1p
Soulful 11 Sundays 6pm Ali Cultural Arts Center (\$15.00 on Eventbrite)	Columbus 12 Day SAC CLOSED HOLIDAY CLOSED	Broward 13 County Tax Office 9a (LA) Body Movin! (MH) 9:45a Humana presents Senior Assistance 12pm-1pm (MH)	Zumba 10a- 14 10:30a (CR) Field Trip: (30) Bowling: AMF Margate Lanes 10:30a-2p (\$10)	Body Movin! 15 (MH) 9:45a Caring Insurance & Fin. Presents 10am-11am (MH)	Chen 16 Medical presents Medicare 101- 10am-11a (MH) Breast Cancer Awareness Day (WEAR PINK) 	17
Early voting 18 begins through November 1	Praise & 19 Sing Along 10a-11:30a (CR) Flipany- Nutritional 11a- 12p (MH)	Body Movin! 20 (MH) 9:45a Haircuts 9:45am (SO) Field Trip (30) Movie-Paragon Coral Springs 11:30a-2:30p (\$6)	Choir 21 Rehearsal 9:30a- 11a (CR) Yoga 11:30a- 12p (CR) National Check Your Meds Day	Body Movin! 22 (MH) 9:45a Music Bingo - Chriss Harvey 10am (MH) Birthday Celebration 11:00am- Theme 	Field Trip 23 (30) Boca Raton Mall 11:30a-3:00p	Green 24 Market 50 W. Atlantic Blvd 9a- 1p
25	Cell Phone 26 Tech Class: hosted by David Miller (25) 10a- 11a (CR)	Body Movin! 27 (MH) 9:45a "Physical Therapy vs Exercise" by PR2U10am- 11am (MH)	Zumba 10a- 28 10:30a (CR) Tina's Giving  11:30a (MH) 1st Responders Day- Coffee & Donuts	Body Movin! 29 (MH) 9:45a Field Trip (30) Jack's Old Fashion Hamburgers 10a-1:30p	Senior Trunk 30 or Treat 10am- 1pm-Sign Up to Decorate your trunk. Fill it with lots of Treats	Happy 31 Halloween 

Month in Review

Abby Ajayi Tax Collector

A big thank you to the **Office of Broward County Tax Collector Abby Ajayi** for visiting the center monthly and for sharing the valuable services available to our senior community. We appreciate your team for taking time out of your busy schedules to educate and support our members.



Reliance Medicare Helpline

The seniors warmly welcomed Reliance Medicare Helpline along with Chen Senior Medical Center for a fun game of **BINGO**. A special thank you to **Kimberly**. We appreciate your time, expertise, and commitment to our community!



Caring Insurance & Financial Services

Thank you to **Doris** of Caring Insurance & Financial Services for spending time with our seniors. She hosted a fun game of bingo while sharing a preview of upcoming Medicare changes for the new year. Our seniors enjoyed the games, learned valuable information and had a wonderful time.



Month in Review



Bowling



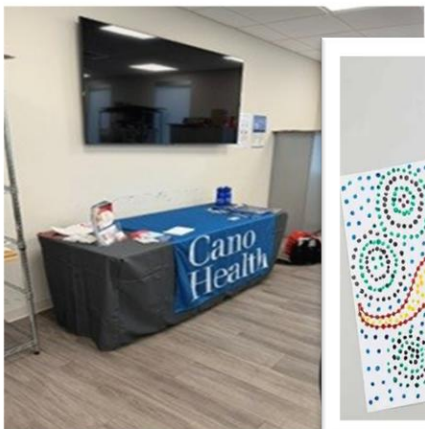
Bowling



Karaoke



Karaoke



Cano Health-Sponsor's Dot Art



Empowering Seniors Resource Fair 2026

October Birthdays

In October, we celebrate birthdays with:

Jeanette Copeland 12th

Lela Coley 16th

Gertrude Kendrick 9th

William Mack 30th

Georgia Adams 20th

Mary Jefferson 18th

Mae Youngblood 5th

Essie Carroll 31st

Rosa Bray 9th

Bettyesue Kornfeind 18th

Ronald Robinson 27th

Peggy Carter 3rd

Doris Simon 3rd

Rhonda Jefferson 16th

William Richie 17th

Tamera Edwards 15th

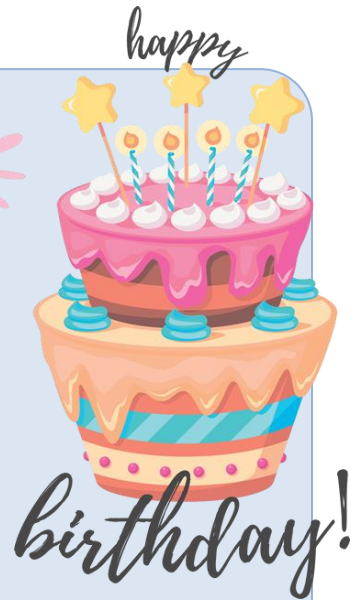
Eartha Brown 25th

Willie Simmons 25th

Maria Rios 20th

Jane Short 22nd

Davina "Pinky" Duncan 10th



Please join us in the main hall to celebrate!

😊 World Smile Day

- Elephants can recognize themselves in a mirror.
- Octopuses have three hearts and blue blood.
- Giraffes have the same number of neck bones as humans - seven!
- Dolphins use unique whistles to identify one another.
- Owls can turn their heads up to 270 degrees.
- A group of hedgehogs is called an array.
- Goats have rectangular pupils, giving them a wide field of vision.

Libra (Sep 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Oct 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

October Spotlight: **The Phonograph**

In October 1877, Thomas Edison invented the phonograph, one of the first machines able to record and play back sound. This remarkable invention helped pave the way for records, tapes, CDs and the digital music we enjoy today. Music may have changed how we listen, but its wonderful ability to bring back memories remains the same.

WOW!

Poem to Share

Leisure

By W. H. Davies

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

Noticeboard



NEW MEMBERS

A very warm welcome to:

- Nick Caraganis
- Karen Haworth
- Leroy Warren
- Willie Mack
- Dorothy Keys
- Elizabeth Gronager
- Michael Holland
- Yvonne Gibbons
- Loretta Lewis
- Miriam Gomez Campo
- Christine Kelly
- Zora Edwards

We hope that you enjoy your time here!

CONTINUOUS IMPROVEMENT

Members are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There is a **Suggestion Box** and cards available in the LOBBY. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to DO GOOD and the BEST we possibly can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to members and staff are most welcome.

Please hand in your submission to reception, or email to Consuelo.lewis@copbfl.com.

Thank you!

DONATION WISHLIST

Please help support the senior center by donating the following items on our Wishlist: **Bingo prizes, yarn, crochet needles, crafting supplies, beads for jewelry making, bottled water, coffee supplies, pool noodles and artificial flowers for centerpiece making.**

Laughing Matters



The Husband's Friend

The doorbell rings, and a woman just out of the shower answers wearing only a towel. Her husband's friend Bob is at the door.

He says "I'll give you \$500 to drop that towel right now".

She thinks about it, then drops the towel. Bob hands her \$500.

Later that day her husband says "Hey, did Bob come by today?"

She nervously replies "Yes....?"

Her husband says "Did he give you the \$500 he owes me?"

The Sports Teacher

A woman got a job as a sports teacher for a group of 16-year-old boys.

She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

'Yes.' he says.

You can go and play with the other kids you know' she says.

'No, it's probably best I stay here.' he says.

'Why's that honey?' she asks.

The boy looks at her incredulously and says,

"Because I'm the Goalie!"

Same Crowd

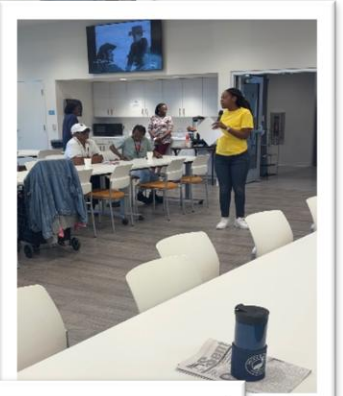
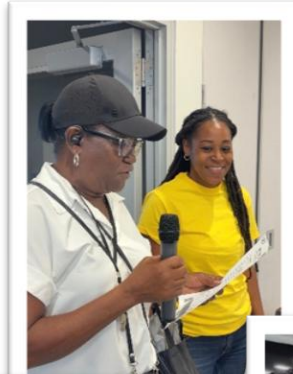
A parrot went to a bar and looked at the crowd of people; that Sunday he went to church and looked around and said "**same crowd; same crowd**"!

Shopping

A lady would go shopping in a store and every time she would go in the owner's parrot would say to her "You are so ugly". She would go other times and the parrot would tell her every time, "You are so ugly". So, the lady told the owner of the store, every time I come into the store your parrot would tell me I'm ugly. The store owner told the lady he was so sorry and it will never happen again. The next time the lady came into the store; the lady looked at the parrot and the parrot said, "**YOU ALREADY KNOW**"!

The Spotlight

Lesane Project “Lemonade” Workshop



Our seniors enjoyed a fun & inspiring workshop filled with creativity, conversation, & connection. Members played games, shared stories and reflected on the question, “If life gives you lemons, how would you make your lemonade?” To wrap up the workshop, seniors worked together to make fresh-squeezed lemonade using real lemons. It was a refreshing time!

Word Search

UNUSUAL CREATURES



S	Q	C	A	X	I	N	B	N	U	M	B	A	T
T	B	V	R	M	D	A	C	T	O	Y	Q	D	L
I	L	D	M	A	A	T	A	N	C	J	U	K	E
W	O	M	A	R	X	T	I	A	E	T	O	O	M
A	B	A	D	M	O	E	M	R	L	A	K	M	U
N	F	N	I	O	L	R	A	W	O	P	K	O	R
G	I	A	L	S	O	J	N	H	T	I	A	D	P
L	S	T	L	E	T	A	V	A	B	R	F	O	A
E	H	E	O	T	L	C	T	L	H	F	H	D	N
R	L	E	A	J	J	K	X	B	C	E	I	R	G
F	T	H	O	R	N	Y	D	E	V	I	L	A	O
I	K	X	Z	K	A	K	A	P	O	J	T	G	L
S	S	E	A	A	N	G	E	L	L	H	I	O	I
H	L	E	M	M	I	N	G	F	C	P	Q	N	N

Pangolin
Blobfish
Numbat
Quokka
Axolotl

Komodo Dragon
Natterjack
Manatee
Thorny Devil
Anglerfish

Marmoset
Tapir
Lemur
Lemming
Narwhal

Ocelot
Armadillo
Kakapo
Sea Angel
Caiman

FALL VIBES



INFORMATION & RESOURCES

HAVING TROUBLE PAYING YOUR ELECTRIC BILL?

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) offers qualified families an opportunity to apply online for financial assistance for electric bill payments. The program is supported by the U.S. Department of Health and Human Services, funded in Broward County by the State of Florida, and administered by the Family Success Administration Division's Community Action Agency, an agency of the Broward County Commission. Visit Broward.org under Family Success Administration Division or ADRC Helpline at (954) 745-9779

VOLUNTEER OPPORTUNITIES

A volunteer is an individual who, of their own free will, contributes talents, time, and service to a city program without compensation. If you are interested in becoming a City of Pompano Beach volunteer, please contact the Human Resources department (954) 786-4626. We are grateful for the contributions that our volunteers have and continue to make to the City of Pompano Beach.

AFFORDABLE HOUSING PROGRAMS

Broward Homeless Helpline (954) 563-4357

Broward Housing Solutions <https://browardhousingsolutions.org/programs/affordablehousing-program/>

Community Faith Outreach Ministries Inc. (561) 596-2117

Center for Independent Living of Broward (954) 722-6400

Retirement Housing Foundation <https://rhf.org/affordable-housing-for-older-adults/>

Catholic Housing Management <https://www.catholichousing.com> or call (305) 757-2824

Housing Authority of Pompano Beach <http://www.hapb.org> or call (954) 785-7200

SENIOR SERVICES

2nd Chance- Birth Certificate & ID Program (954) 763-5999

AARP- www.aarp.org or <https://myaarpfoundation.org>

AAA of Broward County/FL Shine- (954)-745-9567 or (954) 745-9779 www.adrcbroward.org

Arthur Health-Mental Health (754) 202-2655

Care Patrol (561) 270-5727 or ababb@carepatrol.com Senior Care Solutions

Crisis Intervention & Support Division 954-357-6748

Elder Abuse Hotline (800) 962-2873

Elderly and Veterans Services (954) 357-6622

Family Success Administration (954) 357-6367

Fraud-Federal Trade Commission 877-382-4357 reportfraud.ftc.gov

Home Delivered Meals- (954) 745-9779 meals@adrcbroward.org

Housing Options, Solutions, and Support Division 954-563-4357

Lifeline Program-Free Government Assisted Phones- Call 211 or (954) 563-4357

Medicaid, Food Assistance (SNAP) and Temporary Cash Assist. (TCA) <https://myaccess.myflfamilies.com>

Papa-Companion Care for Older Adults (954) 641-8963 papa.com/local

South Florida Hunger Coalition 786-836-2775 or 954-829-1014

Touchline Broward-Dial 211, (954) 640-5800, or Text 898211 www.211-broward.org

Victimized - Seniors' vs Crime- 1-800-203-3099 www.seniorsvscrime.com



RETAIL STORES WITH DISCOUNTS FOR SENIORS



SENIOR SAVINGS THAT ADD UP!



STORE	DISCOUNT	DETAILS	AGE	DAY / TIME
AARP	10% OFF	AARP members save 10% on eligible items online and in-store.	50+ (AARP member)	Any day
DOLLAR GENERAL	5% OFF	5% off your entire purchase on presentation of ID.	55+	Every Tuesday
Goodwill	30% OFF	30% off your entire purchase on presentation of ID.	55+	Every Monday
KOHL'S	15% OFF	15% off most purchases in-store.	60+	Every Wednesday
★ macy's	10% OFF	10% off all day, every day in-store.	55+	Any day
TUESDAY MORNING	10% OFF	10% off your entire purchase on presentation of ID.	55+	Every Tuesday
ROSS DRESS FOR LESS	10% OFF	10% off every first Tuesday of the month.	55+	1st Tuesday of each month
JOANN	15% OFF	15% off your total purchase in-store and online.	55+	Any day (online code: SENIOR)
belk	15% OFF	15% off almost everything in-store.	55+	1st Tuesday of each month
HOBBY LOBBY	10% OFF	10% off your entire purchase.	55+	Every day
BARNES & NOBLE	10% OFF	10% off most purchases in-store.	55+	Every Tuesday
ACE Hardware	10% OFF	10% off most items in-store.	55+	Every day
Walgreens	20% OFF	20% off Walgreens brand health & wellness products.	55+	1st Tuesday of each month
♥ CVS pharmacy	20% OFF	20% off CVS Health brand products.	55+	1st Wednesday of each month
RITE AID	20% OFF	20% off eligible regular price items.	55+	1st Wednesday of each month
BIG LOTS	10% OFF	10% off your entire purchase on presentation of ID.	55+	Every Tuesday
TSC TRACTOR SUPPLY CO	10% OFF	10% off in-store purchases.	60+	Every Wednesday

MORE WAYS TO SAVE

- ✓ Always ask! Many stores offer unadvertised discounts.
- ✓ Carry ID – Some stores require proof of age.
- ✓ Check store apps & websites for special offers.
- ✓ Stack with coupons & cashback for extra savings!



REMEMBER

A little savings today
can make a big difference
tomorrow!

YOU EARNED IT!



SAVE MONEY. ENJOY LIFE.

You've earned it!

