

SENIOR ACTIVITY CENTER NEWSLETTER JUNE 2026





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The Senior 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.

Registration is required. Register with Flipany, on-site Administrator (Ms. Denise)

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.

Editor's Desk

Hello Member's, Families and Friends!

Welcome to our June edition, a month filled with harmony, memories, and uplifting melodies.

June is especially special because it celebrates World Music Day, a time when people around the world come together through song, instruments, and rhythm.

Music has a wonderful way of connecting generations, bringing comfort, sparking memories, and lifting spirits. Whether it is a beloved tune from years gone by or a new melody discovered today, music reminds us that joy can always be found in a song.

This month, we celebrate the timeless gift of music and the happiness it brings into our lives.

With warm wishes and joyful reflections,

Consuelo Lewis, Recreation Leader



June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

Quote of the Day

*Where words fail,
music speaks.*

– Hans Christian Anderson

Upcoming Events

Field Trip-Movie Paragon Theaters (\$6 in advance)

770 Riverside Drive, Coral Springs, 33071
June 2; 11:00am-2:30pm (954) 796-4465

Field Trip-Senior Summer Kickoff (Free)

3029 N Federal Hwy, Delray Beach, 33483
June 4; 10:00am-2:30pm (305) 278-0200 Ext: 1140

Field Trip- Coconut Creek Senior Expo (Free)

1100 Lyons Road, Coconut Creek, 33063
June 5; 9:30am-1:00pm (954) 545-6670

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

2020 State Road 7, Margate, 33063
June 17; 10:15am-2:00pm (954) 972-4400

Field Trip-Miami Dolphins Football Game (\$50 in advance) Sunday, September 27 1:00 PM



Regular Events

Body Movin! every Tuesday & Thursday 9:45am

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

Chair Fitness 2nd & 4th Monday 9:30am-10:30am

Choir Rehearsal weekly pending on schedule

Chat & Coffee monthly 9:15a-9:45a

Crochet Class every Tuesday & Thursday 11:00am

Flipany-Nutritional Education Class 2nd & 4th 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

Building Improvements

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

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

*Water fountain and benches 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

FIELD TRIP SIGN-UPS WILL OPEN ON THE 1ST MONDAY OF EACH MONTH 12:00 PM

June 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



	<p>Praise & Sing Along 10a-11:30a (GR)</p> <p>BINGO -Chen Medical 11:30a-12:30p (MH)</p>	<p>Supervisor of Elections 9a (LA)</p> <p>Body Movin! (MH) 9:45a</p> <p>Field Trip (48)</p> <p>Movie: The Breadwinner 11:00a-2:30p (\$6)</p>	<p>Haircuts 9:45a (SO)</p> <p>Choir Rehearsal 9:30a-11:00a (CR)</p> <p>Yoga 11:30a (CR)</p>	<p>Broward County Property Appraiser 9a (LA)</p> <p>Body Movin! (MH) 9:45a</p> <p>Field Trip (25)</p> <p>Senior Summer Kickoff 10a-2:30p</p>	<p>Field Trip (25)</p> <p>Coconut Creek Senior Expo 9:30a-1:00p</p>	<p>Breakfast w/ Commissioner Perkins 8a-10a Ali Cultural Arts Center</p>
7	<p>Chair Fitness 9:30a (CR)</p> <p>Choir Rehearsal 10:30a-11:30a (CR)</p> <p>Flipany-Nutritional 11a-12p (MH)</p>	<p>Body Movin! (MH) 9:45a</p> <p>Karaoke -Cano Health 10am-11am (MH)</p>	<p>Tia Chi 9:30-10:30 (CR)</p> <p>Lungs Workshop presented by Urban League of Broward County 11:30a-12:30p (MH)</p>	<p>Father's Day Luncheon 10am E. Pat Larkins \$10</p>	<p>Tia Chi 9:30a-10:30a (CR)</p> <p>12:00p-1:00p In-House</p> <p>BINGO</p>	13
Soulful Sundays 6pm Ali Cultural Arts Center (\$10.00 on Eventbrite)	<p>Praise & Sing Along 10a-11:30a (GR)</p> <p>I & B Medical 12:00p-1:00p (MH)</p>	<p>Body Movin! (MH) 9:45a</p> <p>Haircuts 9:45a (SO)</p> <p>Humana (D)-10am-11am (MH)</p>	<p>Tia Chi 9:30a-10:30a (CR)</p> <p>Field Trip (30)</p> <p>Bowling: AMF Margate Lanes 10:15a-2:00p (\$10)</p>	<p>Chat & Coffee 9:15a-9:45a (MH)</p> <p>Body Movin! (MH) 9:45a</p>	<p>Juneteenth Freedom Day Closed City Holiday</p> <p>JUNETEENTH Celebrate Freedom JUNE 19</p>	Summer
Father's Day World Music Day	<p>Chair Fitness 9:30a (CR)</p> <p>Choir Rehearsal 10:30a-11:30a (CR)</p> <p>Flipany-Nutritional 11a-12p (MH)</p>	<p>Body Movin! (MH) 9:45a</p> <p>Harvey Insurance Solutions 10a-11a (MH)</p> <p>Trust & Will Info-Attorney 11:30am (MH)</p>	<p>Tia Chi 9:30a-10:30a (CR)</p> <p>Tina's Giving 11:30a (MH)</p> <p>Yoga 11:30a (CR)</p>	<p>Body Movin! 9:45a (MH)</p> <p>Birthday Celebration 11:30a Theme: Hats - In honor of our Fathers!</p>	<p>Tia Chi 9:30a-10:30a (CR)</p> <p>12:00p-1:00p In-House</p> <p>BINGO</p>	27
28	<p>Wimbledon Choir Rehearsal 10:00a-11:00a (CR)</p>	<p>Body Movin! (MH) 9:45a</p> <p>Glass Ratner-Elderly Fraud/Scam Prevention 10a-11a (MH)</p>	<p>Grid: (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (LA)=Lobby Area</p> <p>Schedule subject to change due to weather, programing needs, or scheduling conflicts</p>			

Our Happenings

Community Partner

Harvey Insurance Solutions sponsored a wonderful day for our senior members by providing free government phones along with a one-year service contract. This was a very helpful and appreciated opportunity for seniors to stay connected with family, services and important resources.



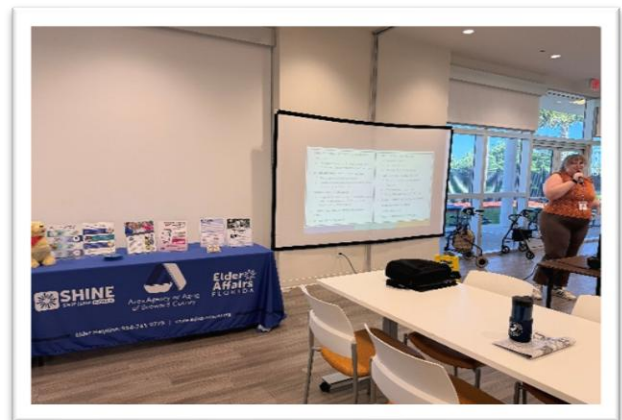
Partnered BINGO!

Our Senior Activity Center proudly hosts monthly bingo sponsored by a variety of medical partners. Last month was sponsored by **I & B Medical Associates**. Thanks to their generous support, our seniors enjoy exciting games along with wonderful gifts and prizes.



Area Agency on Aging of Broward County

Presented valuable information for our seniors regarding programs, resources, and services available within the community. Seniors were also provided with the Elder Helpline number to call if they are ever in need of assistance or supportive services.



Enjoying Life



Taste of Wellness-Seniors were able to enjoy a fun day sponsored by Broward County Parks & Recreation at Franklin Park



Senior Games Walk Race Winners! 1st-Pompano Beach 2nd Miramar and 3rd West Park. Great job to all participants.



Winners! Seniors proudly showed off their trophies, medals, and certificates



Our members were fully engaged during the **Fraud Prevention presentation.**



Staff members from **A Good Shepherd's Funeral Home** presented amazing gifts for wonderful fun filled games of **Bingo.**



Our Senior Program Fish Fry & Fun Day was a huge success! A great time was had by all in attendance.

June Birthdays

In June, we celebrate birthdays with:

Samuel Sneed Sr. 23rd

Jannie Smith 13th

Josephine Bryant 20th

Juanita Adams 25th

Betty Raysor 4th

Pauline Hickson 8th

Lillie Bee 8th

Shirley McCloud 27th

Daryl Fields 28th

Evelyn Destin 23rd

Emma Lester 24th

Joann McDaniels 15th

Emma Davis 23rd

Doris Wilson 28th

Susie Hawthorne 9th

Errin French 12th

Ava Ross 28th

Eve Towns 28th

Stephen Roberson 25th

Beulah Bennett 7th

Gloria Velez Diaz 6th



Please join us in the Main Hall to celebrate!

Music Trivia

- World Music Day began in France in 1982.
- The piano has over 12,000 parts inside it.
- Singing in a group can improve mood and reduce stress.
- The world's oldest known musical instrument is over 40,000 years old.
- Many people can remember song lyrics more easily than shopping lists!

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

WOW!

The Invention of the Phonograph

In June, we celebrate how music reached homes everywhere with the phonograph, invented by Thomas Edison in 1877. It was the first machine to record and replay sound, leading to records, radios, CDs, and today's music streaming. For many, hearing a favorite record spin remains a treasured memory.

Poem to Share

The Sunlight on the Garden

Louis MacNeice

The sunlight on the garden
Hardens and grows cold,
We cannot cage the minute
Within its nets of gold;
When all is told
We cannot beg for pardon.

But where the road runs onwards
And sings into the trees
There will the tramp of living,
The tune of passing bees,
And no one sees
The long wind's griefless laughter.

Yet we can still rejoice there,
Though every day be brief,
For beauty still surrounds us,
Beyond our care and grief,
And leaf with leaf
Makes music in the branches.

Noticeboard



NEW MEMBERS

A very warm welcome to:

- **Sonia DeMoura**
- **Maria Rios**
- **Wanphan Barber**
- **Stephen Barber**
- **Deidra Reid**
- **Lee Jones**
- **Beulah Bennett**
- **Jeffery Cutt**
- **Penny Cutt**
- **Gloria Velez Diaz**
- **DeLisa Thomas**

We hope that you enjoy your time here!

IN PRAYER

To the families and friends of our senior members that are sick and shut in- "Lord of all strength and mercy, we ask for your healing touch upon their body, soul and spirit". May they be comforted in the knowledge that we are praying for them and have peace by the sense of your presence.

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!

Laughing Matters



The Blind Pilots

Two men dressed in pilots' uniforms walk up the aisle of the aircraft. Both are wearing dark glasses, one is using a guide dog, and the other is tapping his way along the aisle with a cane.

Nervous laughter spreads through the cabin, but the men enter the cockpit; the door closes, and the engines start up. The passengers begin glancing nervously around, searching for some kind of a sign that this is just a little practical joke. None is forthcoming.

The plane moves faster and faster down the runway, and the people sitting in the window seats realize they're headed straight for the water at the edge of the airport property. Just as it begins to look as though the plane will plow straight into the water, panicked screams fill the cabin.

At that moment, the plane lifts smoothly into the air. The passengers relax and laugh a little sheepishly, and soon all retreat into their magazines and books, secure in the knowledge that the plane is in good hands.

Meanwhile, in the cockpit, one of the blind pilots turns to the other and says, 'You know, Bob, one of these days, they're gonna scream too late and we're all gonna die' !!

Pub Entry Plan

Two guys were out walking their dogs on a hot day, when they pass by a pub. The first guy says "Let's go in there for a pint." Second guy, says, "They won't let us in with our dogs." First guy: "Sure they will, just follow my lead."

He goes up to the pub, and sure enough the doorman says, "I can't let you in here with that dog." He replies, "Oh, I'm blind and this is my seeing-eye dog." The doorman says, "Ok then, come on in."

The second guy sees this and does the same thing. He goes up to the pub, and the doorman says, "You can't come in here with a dog." He replies, "I'm blind and this is my seeing-eye dog." The doorman responds, "You have a chihuahua for a seeing-eye dog?" The second guy stops for a second, and exclaims, "They gave me a chihuahua?"

Spotlight



Mother's Day Program

Just a few pictures at our Mother's Day program held on last month.

Word Search

MUSICAL INSTRUMENTS



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

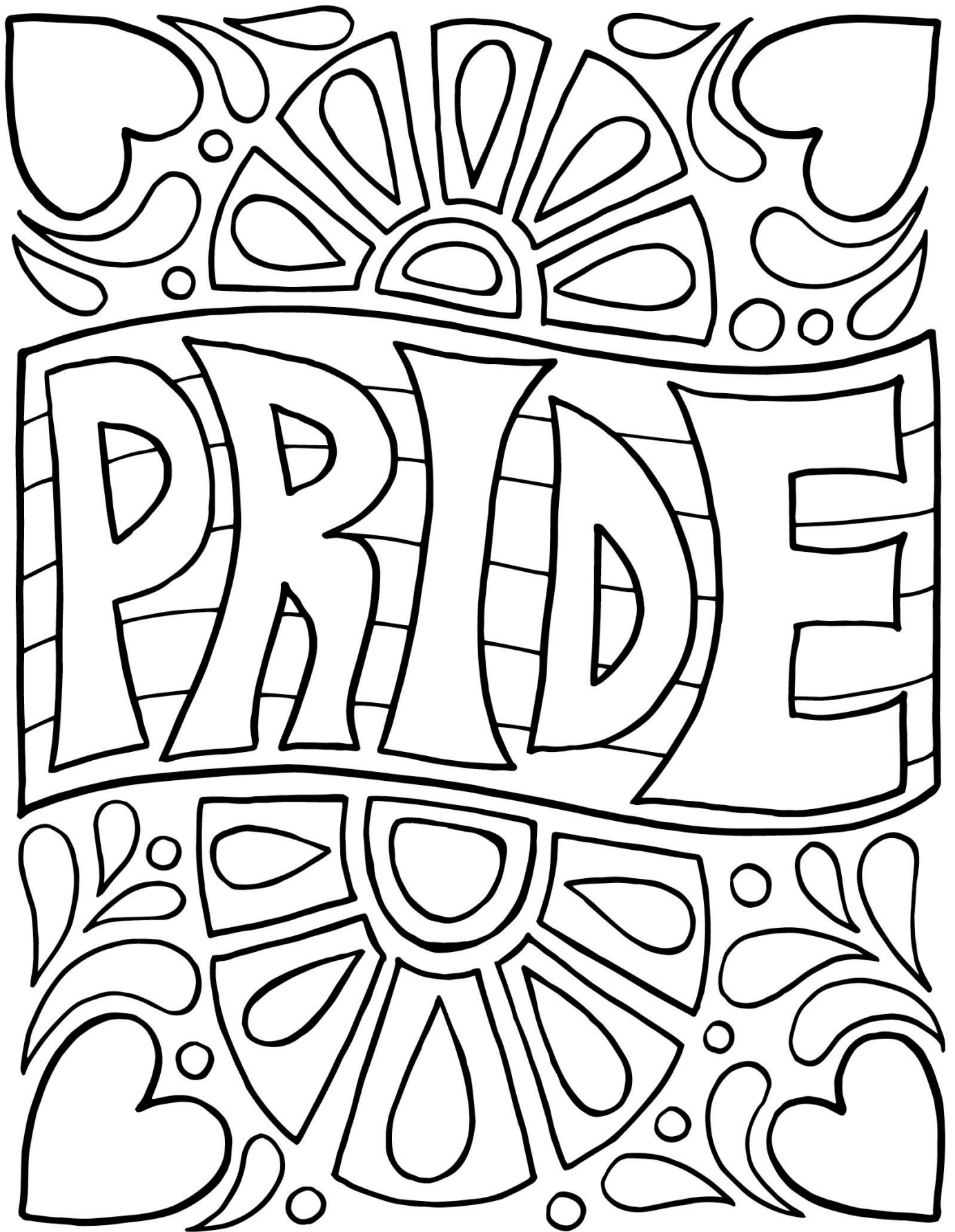
Guitar
Violin
Piano
Clarinet

Drums
Saxophone
Xylophone
French Horn

Viola
Harmonica
Ocarina
Trumpet

Vuvuzela
Ukelele
Accordion
Bugle

Cello
Bagpipes
Flute
Sitar



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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

DOOR-TO-DOOR TRANSPORTATION

Transportation is provided by Parks & Recreation to and from the Senior Activity Center for our members who are Pompano Beach residents with **no other** means of transportation (15). If you have no other means of transportation, please ask to be put on the waiting list at the front desk. 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.

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>

Area Agency on Aging of Broward County/FL Shine- (954)-745-9567 or (954) 745-9779 or www.adrcbroward.org

Arthur Health-Mental Health (754) 202-2655

Broward County Elderly and Veterans (954) 357-6622

BSO Non-Emergency (954) 764-4357

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

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

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

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

YOU'RE INVITED!



Father's Day 2026 Mugs & Mustaches LUNCHEON



THURSDAY, JUNE 11

10AM-2PM | 55+ | \$10/person

E. Pat Larkins Community Center 954-786-4585



PARKS.POMPANOBEACHFL.GOV

**SCAN HERE
FOR MORE
INFORMATION**

