

# NEWSLETTER

## March 2026

HAPPY  
*St. Patrick's day*





## In This Edition

Center Info.....	2
Editors Desk.....	3
Upcoming Events .....	4
Senior Calendar.....	5
Life in our Community...	6
Around Our Center .....	7
Birthdays .....	8
A Poem to Share .....	9
Noticeboard .....	10
Laughing Matters .....	11
Spotlight .....	12
St. Patrick's Anagram ...	13
Coloring Sheet.....	14
Resources .....	15

### 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 basis through calendar year. 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.

### 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 Members' and Friends!

Welcome to March - a month that carries with it a sense of renewal, reflection, and a bit of sparkle from Irish tradition.

This month, many people around the world think fondly of Saint Patrick, whose story has inspired centuries of folklore, music, and symbols of hope.

March invites us to celebrate heritage, kindness, and the simple joy of sharing stories that have traveled through generations.

May this month bring you smiles, warm memories, and a little extra luck along the way.



*Consuelo Lewis, Recreation Leader*

## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

## Quote of the Day

May your blessings  
outnumber the shamrocks  
that grow,  
and may trouble avoid  
you wherever you go.

- **Traditional Irish Blessing**

# Upcoming Events

## Field Trip – Grocery Shopping Walmart (Free)

5555 W. Atlantic Blvd. Margate, FL 33063

March 6; 11:30am (954) 975-8682

## Field Trip-Happi Farm (Free)

10251 Orange Dr. Davie, FL 33328

March 13; 11:15am (954) 629-8133

## Field Trip-Senior Games McTyre Park (Free)

3501 SW 56<sup>th</sup> Ave. West Park FL, 33023

March 20; 9:00am (954) 998-9745 (must sign-up for an event)

## Field Trip-Manatee Lagoon/Buds Chicken & Seafood (Self-pay for lunch)

6000 N. Flagler Dr., West Palm Beach, FL 33407

March 27; 9:45am (561) 626-2833



# Regular Events

Body Movin! every Tuesday & Thursday 9:45am

Bro. County Property Appraiser's 1<sup>st</sup> Thursday monthly 9:00am

Chair Fitness 1<sup>st</sup> & 3<sup>rd</sup> Friday 9:30am

Choir Rehearsal Every Wed. 9:30am

Coffee & Conversation every Tuesday & Thursday 9a-10a

Crochet Class every Tuesday & Thursday 11:00am

Flipany-Senior Nutrition Class 2<sup>nd</sup> Monday 11:00am

Supervisor of Elections 1<sup>st</sup> Tuesday monthly 9:00am

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

Praise & Sing-a-Long 1<sup>st</sup> & 3<sup>rd</sup> Monday 10:00am

Tina's Giving  4<sup>th</sup> Wednesday monthly 11:30am

Yoga 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 11:30am

Zumba 2<sup>nd</sup> Friday 10:00am

## Building Improvements

\*Pavilion proposed FY 25-(CI)

\*Water fountain and benches added to walk path area

\*Additional garbage cans placed in parking lot & around the building

\*Looking into adding speed bumps in parking lot

\*As of October 1<sup>st</sup>, 2025 Weekend

Meals are for Pompano Beach

Residents Only

# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<b>Early Bird</b> 2 <b>BINGO 9:30a-10a</b> <b>Praise &amp; Sing Along</b> 10a-11:30a (GR)	<b>Body Movin!</b> 3 9:45a (MH)  Cano Health Center Bingo/Name that Tune 10a-11a (MH)	<b>Haircuts</b> 4 9:45a (SO)  <b>Choir</b> <b>Rehearsal</b> 9:30a-11:00a (CR)  <b>Yoga</b> 11:30am (CR)	Broward 5 County Property Appraiser 9a-11a (LA)  <b>Body Movin!</b> 9:45a (MH)	<b>Chair Fitness</b> 6 9:30a-10:30a (CR)  <b>Field Trip</b> Walmart Supercenter 11:30a-2p (60)  Retro Night @ Herb Skolnick 5:30p	Breakfast w/ 7 Commissioner Perkins 8a-10a Ali Cultural Arts Center  Nana's Closet 7a @ E. Pat Larkins Center
Soulful 8 Sundays 6pm Ali Cultural Arts Center (\$10.00 on Eventbrite)  International Women's Day	<b>Learn a New</b> 9 <b>LINE DANCE</b> 10:00a-11:00a (CR)  Nutrition Education by Flipany-11a-12p	<b>Body Movin!</b> 10 9:45a (MH)  Rock Road Historical Group 10a-12p (MH)	<b>Choir</b> <b>Rehearsal</b> 11 9:30a-11:00a (CR)  Poetry & Storytelling Series 11:30a-12:30p (CR)	<b>Body Movin!</b> 12 9:45a (MH)  All in One Health Insurance Agency 10a-11a (MH)	<b>Zumba</b> 13 10:00am (CR)  <b>Field Trip</b> Happi Farm Petting Zoo & Horse Back Riding 11:15a-2:30p (60)	14
15	<b>Early Bird</b> 16 <b>BINGO 9:30a-10a</b> <b>Praise &amp; Sing Along Retreat</b> 10a-12:30p (CR)	St Patrick's 17 Day <b>Body Movin!</b> 9:45a (MH)  <b>Haircuts</b> 9:45a (SO)  Small Biz Tech Workshop (40) 11a-1p (CR)	<b>Choir</b> <b>Rehearsal</b> 18 9:30a-11:00a (CR)  <b>Arts &amp; Crafts</b> 12p-1p	<b>Body Movin!</b> 19 9:45a (MH)  Caring Insurance 10a-11a (MH)  St Patrick's Day Recognition - Wear Green	<b>Chair</b> 20 <b>Fitness</b> 9:30a-10:30a (CR)  <b>Field Trip</b> Senior Games McTyre Park 9a-2p (40) <b>Must participate</b>	21
22	<b>BINGO</b> 23 Sponsored by I & B Medical 10a-11a (MH)  Nutrition Education by Flipany-11a-12p	<b>Birthday</b> <b>Celebration Potluck</b> 24 11:30am-1:00pm THEME: March Madness College Basketball T-shirt	<b>Choir</b> <b>Rehearsal</b> 25 9:30a-11:00a (CR)  Tina's Giving  11:30am (MH)  <b>Yoga</b> 11:30am (CR)	<b>Body Movin!</b> 26 9:45a (MH)  Your Kidney's & You Workshop presented by Urban League of Broward County 10a-11a (MH)	<b>Field Trip</b> 27 Manatee Lagoon/Buds Chicken & Seafood 9:45a-2:30p (60)	28
29	<b>Early Bird</b> 30 <b>BINGO 9:30a-10:30a</b>	<b>Body Movin!</b> 31 9:45a (MH)	<b>Grid:</b> (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (LA)=Lobby Area <b>Schedule subject to change due to weather, programing needs, or scheduling conflicts</b>			

# Life in Our Community

## Cano Health Center

Cano Health brought the excitement as they sponsored Bingo and Name That Tune for our seniors! The room was full of smiles, friendly competition, and unforgettable moments.



## Chen Medical Center

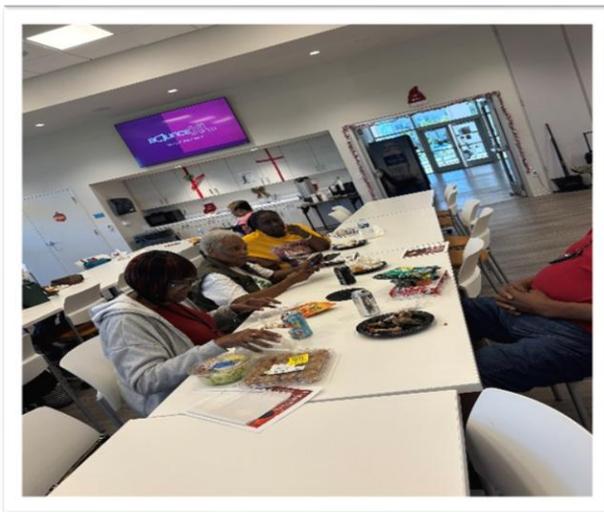
What a fantastic day with Chen Medical and their partnering company! From trivia to bingo to "Name That Tune," the fun never stopped. The seniors were thrilled and brought amazing energy to every game!

## Humana Health Plan

Dionne from Humana Health Plans strikes a pose while showing off the delicious pizza she generously donated for our seniors' Pizza Party and celebration. Thank you for spreading the love and making the day extra special!



# Around Our Center

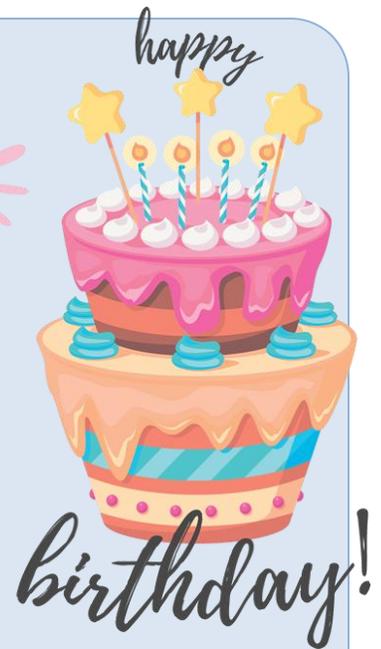


# March Birthdays

In March, we celebrate birthdays with:

**Catherine Morgan 16<sup>th</sup>**  
**John Sims 24<sup>th</sup>**  
**Benjamin Yisreal 22<sup>nd</sup>**  
**Melba Blue 26<sup>th</sup>**  
**Barbara Cassel 31<sup>st</sup>**  
**John Salter 6<sup>th</sup>**  
**Marie Bowers 16<sup>th</sup>**  
**Willie Murphy 27<sup>th</sup>**  
**Mary Summers 11<sup>th</sup>**  
**Norman Schrier 15<sup>th</sup>**  
**Earl Waller 18<sup>th</sup>**  
**Elzie Fuller 20<sup>th</sup>**  
**Eddie Derico 11<sup>th</sup>**  
**Quenton Thompson 7<sup>th</sup>**

**Esther Hawthorne 4<sup>th</sup>**  
**Adrienne Black 6<sup>th</sup>**  
**Audere Sheppard 2<sup>nd</sup>**  
**Rita Hope 2<sup>nd</sup>**  
**Kristal Wells 28<sup>th</sup>**  
**Judith Peters 12<sup>th</sup>**  
**Sharon Hussein 13<sup>th</sup>**  
**Cheryl Jakab 8<sup>th</sup>**  
**Robert Berry 11<sup>th</sup>**  
**Deidre Wiggins 13<sup>th</sup>**  
**Pearl Jordan 26<sup>th</sup>**  
**Penny Mitchell 1<sup>st</sup>**  
**Carolyn Thompson 25<sup>th</sup>**



Please join us in the Main Hall to celebrate!

## March Trivia

- Saint Patrick was not actually Irish - he was born in Britain.
- There are no snakes in Ireland, making the famous “snake legend” a symbolic story rather than a literal one.
- Green was not always associated with St. Patrick - blue was once the traditional color!
- Leprechauns come from old Irish folklore and were originally known as shoemakers.
- The shamrock is a three-leaf clover; a four-leaf clover is rare and considered extra lucky.
- St. Patrick’s Day is celebrated in more countries than any other national cultural day.

### Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

### Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

### Historical Events in March: The Rubik’s Cube

In March 1974, Ernő Rubik invented the Rubik’s Cube, a simple-looking puzzle that went on to challenge and delight millions of minds around the world.

# A Poem to Share

## Blessing of the Day

May peace be gently spoken  
In every word you say,  
May kindness find you early  
And stay with you all day.

May laughter light your footsteps,  
May love be close at hand,  
May comfort warm your evenings  
Like footprints in the sand.

And when the day is ending  
And stars begin to start,  
May gratitude be resting  
Softly in your heart.

# Noticeboard



## NEW MEMBERS

---

A very warm welcome to:

- **Tesy Mohan**
- **Susie Hawthorne**
- **Yvonne Berry**
- **Robert Berry**
- **Ella Mae George**

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.

## 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.**

## HERE'S TO THE WOMEN!

---

Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our members so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today! March 8, 2026

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

## OUT AND ABOUT

---

We are fortunate enough to have access to transportation that we use to take Field Trips. Unfortunately, we can't always take every member on each outing, simply because of space. We do our very best to rotate the members who go!

Remember, if you're interested in any field trips, sign up as quickly as possible. On the trip day, be sure you are ready to go with **closed toe shoes** when the trip is set to depart so that we can stay on time with our adventures.

See us with any questions!

# Laughing Matters



## The Camping Trip

This is an old one, and not mine; I think it's won a few awards.

Sherlock Holmes and Dr. John Watson went on a camping trip. After sharing a good meal and a bottle of Petrie wine, they retire to their tent for the night.

At about 3 AM, Holmes nudges Watson and asks, "Watson, look up into the sky and tell me what you see?"

Watson said, "I see millions of stars."

Holmes asks, "And, what does that tell you?"

Watson replies, "Astronomically, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Theologically, it tells me that God is great and we are small and insignificant. Horologically, it tells me that it's about 3 AM. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?"

Holmes retorts, "Someone stole our tent."

## The Bar

An Englishman, an Irishman and a Scotsman are in a bar together, each drinking a pint of Guinness. Suddenly a fly lands in the Englishman's beer, and he pushes it away in disgust and asks the bartender for another. Another fly lands in the Scot's beer, and he nonchalantly fishes it out and continues drinking. A third fly lands in the Irishman's beer, and he angrily picks up the fly by its wings, holds it over his beer, and yells "SPIT IT OUT! SPIT IT OUT YA BASTARD!"

## The Grasshopper

A grasshopper walks into a bar and the bartender says "Hey! We have a drink named after you!" The grasshopper looks up, somewhat bewildered, and says "You have a drink named Steve?"

# Spotlight



## Game Room Crew

Just a few members from our **Game Room Crew** celebrating Black History Month all February long!

They proudly wore graphic t-shirts, afro-wigs, Kente Stole African Pattern Kufi Hat sets, and turbans to show their spirit, culture, and pride. We love seeing our members come together to honor history, heritage, and community in such a beautiful way!



## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____



[www.Coloringjoy.org](http://www.Coloringjoy.org)

## **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](http://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 (20). 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 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**

---

2<sup>nd</sup> Chance- Birth Certificate & ID Program (954) 763-5999

AARP- [www.aarp.org](http://www.aarp.org) or <https://myaarpfoundation.org>

Area Agency on Aging of Broward County- (954)-745-9567 or (954) 745-9779 or [www.adrcbroward.org](http://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](mailto:ababb@carepatrol.com) Senior Care Solutions

Florida SHINE 954 745-9567 x 10255

Fraud-Federal Trade Commission 877-382-4357 [reportfraud.ftc.gov](http://reportfraud.ftc.gov)

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>

If you have been Victimized - Seniors' vs Crime- 1-800-203-3099 [www.seniorsvscrime.com](http://www.seniorsvscrime.com)

Touchline Broward-Dial 211, (954) 640-5800, or Text 898211 [www.211-broward.org](http://www.211-broward.org)

Home Delivered Meals- (954) 745-9779 [meals@adrcbroward.org](mailto:meals@adrcbroward.org)

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

