

# **SENIOR ACTIVITY CENTER**

# **NEWSLETTER**

## **April 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 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)

Monthly Nutritional Educational classes are required.

### 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 April! This month has long been associated with renewal, progress, and remarkable moments in history. April has witnessed groundbreaking achievements - from the launch of the first human spaceflight in 1961 to significant milestones in literature, science, and civil rights movements across the globe. It's a month that reminds us how perseverance and curiosity can lead to extraordinary accomplishments.

As we turn the page to a new chapter, let us reflect on the wisdom gained through experience and the joy that comes from sharing stories, laughter, and memories. Each month offers a new opportunity to learn something fascinating and to appreciate how far humanity -and each of us - has come.

Here's to a month filled with discovery, connection, and uplifting moments.

Warmly,

*Consuelo Lewis, Recreation Leader*

## April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**

Birthstone: **Diamond**

Flower: **Daisy & Sweet Pea**

## Quote of the Day

*You are never too old  
to set another goal  
or to dream a new  
dream.*

– C.S. Lewis

# Upcoming Events

## Field Trip-Lunch Madness Buffet (Self-Pay)

299 S. Pompano Pkwy, Pompano Beach, 33069  
April 9; 10:30am (954) 953-7138

## Field Trip-Movie Paragon Theaters (\$6)

770 Riverside Drive, Coral Springs, 33071  
April 14<sup>th</sup> & 28<sup>th</sup>; 11:30am (954) 796-4465

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

3501 SW 56<sup>th</sup> Ave. West Park FL, 33023  
April 17; 9:00am (954) 998-9745 **(must sign-up for an event)**

## Field Trip-A Taste of Wellness (Free)

2501 Franklin Dr., Ft. Lauderdale, FL 33311  
April 30; 9:00am (954) 357-6867



# 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

Chat & Coffee twice a month 9:15a-9:45a

Crochet Class every Tuesday & Thursday 11:00am

Flipany-Nutritional Education Class 2<sup>nd</sup> & 4<sup>th</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

# April 2026

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

**Schedule subject to change due to weather, programing needs, or scheduling conflicts**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			April Fool's Day <b>Haircuts</b> 9:45a (SO) <b>Choir Rehearsal</b> 9:30a-11:00a (CR) <b>Yoga</b> 11:30am (CR)	Broward County Property Appraiser 9a-11a (LA) Body Movin! 9:45a (MH) Tranquility Lifestyle Solutions 10a-11a (MH)	<b>Chair Fitness</b> 9:30am (CR)  11a-1p Sponsored by Patricia Williams	Breakfast w/ Commissioner Perkins 8a-10a Ali Cultural Arts Center
Happy Easter 5	Chat & Coffee 9:15a-9:45a (MH) <b>Praise &amp; Sing Along</b> 10a-11:30a (GR) Line Dance 11:30a	Supervisor of Elections 9a-1p (LA) Body Movin! 9:45a (MH) BINGO-Cano Health 10a-11a (MH)	<b>Choir Rehearsal</b> 9:30a-11:00a (CR) Arts & Crafts (25) Candles 12p-1p (CR)	Body Movin! 9:45a (MH) Field Trip (60) Madness Buffet 10:30a	<b>Zumba</b> 10:00am (CR) Word Search Competition 10a-11a (MH) Line Dance 11:30a	
Soulful Sundays 6pm Ali Cultural Arts Center (\$10.00 on Eventbrite) 12	BINGO-Chen Medical (E) 10a-11a (MH) Flippany- (MH) Nutritional Education Class 11a-12p	Body Movin! 9:45a (MH) Field Trip (60) Movie: You, Me & Tuscany 11:30a \$6	<b>Choir Rehearsal</b> 9:30a-11:00a (CR) <b>Yoga</b> 11:30am (CR)	Chat & Coffee 9:15a-9:45a (MH) Body Movin! 9:45a (MH) BINGO-A Good Sheppard 10a-11a (MH)	Field Trip Senior Games McTyre Park 9a-2p (40)	
	<b>Praise &amp; Sing Along</b> 10a-11:30a (GR) BINGO-Humana (M) 12p-1p (MH)	Body Movin! 9:45a (MH) <b>Haircuts</b> 9:45a (SO) BINGO- I & B Medical 10-11 (MH)	<b>Choir Rehearsal</b> 9:30a-11:00a (CR) Tina's Giving 11:30a (MH)	Body Movin! 9:45a (MH) Broward Health Fall Prevention 10a-11a (MH)	<b>Chair Fitness</b> 9:30am (CR) Field Trip (60) Oakland Park Flea Market-Shopping 11a	Anzac Day 25
	<b>BSO Engagement</b> 10a-11a Flippany- (MH) Nutritional Education Presentation 11a-12p	Body Movin! 9:45a (MH) Field Trip (60) Movie: Michael Jackson 11:30a \$6	<b>Choir Rehearsal</b> 9:30a-11:00a (CR) Flippany- (MH) 11a-11:30a Advisory Birthday Celebration 11:30am Theme: Church T-Shirt	Body Movin! 9:45a (MH) Field Trip A Taste of Wellness-Franklin Park 9a	 Twice Monthly Chat & Coffee 9:15a-9:45a (MH)-This is for all members. To discuss center & ask questions	

# What We've Been Up To

## Field Trip-Senior Expo

Take a look at our senior members who attended the Senior Health & Wellness Expo at the Emma Lou Olson Civic Center! They had a wonderful time receiving great freebies and engaging with vendors, asking questions and learning about their health and wellness options.



## Valentine Day Event

Look at our seniors showing up in style, dressed in their red and white for Valentine's Day! They truly showed out and made this event extra special. Wishing everyone a very Happy Valentine's Day! ❤️

## Delta Sigma Theta Annual Toiletries Donation

We would like to extend a huge thank you to Delta Sigma Theta Inc., for their generous annual donations of toiletries for our senior program members. Their continued support provides essential items that make a meaningful difference in the daily lives of our seniors.



# Life in Our Community



**Arts & Crafts**



**Arts & Crafts**



**Early Morning Bingo**



**Choir Practice**



**Lunch Field Trip @ Rustic Inn**



**Twice weekly Body Movin' exercise**

# April Birthdays

In April, we celebrate birthdays with:

**Mary Jackson 10<sup>th</sup>**  
**Gloria Jakab 8<sup>th</sup>**  
**Brenda Johnson 1<sup>st</sup>**  
**Dorothy Sheppard 8<sup>th</sup>**  
**April Carter 1<sup>st</sup>**  
**Pamela McGarhee 8<sup>th</sup>**  
**Francella Moffaatt 9<sup>th</sup>**  
**Janice Rolle 10<sup>th</sup>**  
**Miriam Felzenszwalbe 17<sup>th</sup>**  
**Clint Henderson 7<sup>th</sup>**  
**Joann Roberts 10<sup>th</sup>**  
**Pamela Levell 27<sup>th</sup>**  
**Ernestine Martin 20<sup>th</sup>**  
**Marilyn Graham 20<sup>th</sup>**

**Phyllis Smith 26<sup>th</sup>**  
**Marian Donnell 22<sup>nd</sup>**  
**Ruth Porter 11<sup>th</sup>**  
**Shirley Clark 7<sup>th</sup>**



Please join us in the Main Hall to celebrate!

## April Trivia

- The RMS Titanic sank on April 15, 1912, during its maiden voyage, becoming one of the most well-known maritime stories in history.
- Leonardo da Vinci, one of history's greatest artists and inventors, was born on April 15, 1452.
- On April 30, 1789, George Washington was inaugurated as the first President of the United States in New York City.
- The famous board game Scrabble was copyrighted in April 1948, bringing generations together through the joy of words.

## Aries (Mar 21 – Apr 20)

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

## Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

## The Invention of the First Practical Washing Machine

In April 1908, Alva J. Fisher introduced the first successful electric washing machine, the "Thor." Before then, laundry required scrub boards, boiling water, and lots of hard work. The Thor transformed daily life by saving time and effort, eventually evolving into the modern machines we use today. It's a reminder that innovation can make life easier.

# A 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 RESIDENTS

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A very warm welcome to:

- **Hassan Shaheed**
- **Bridget Boyd**
- **Camille Watson**

We hope that you enjoy your time here!

## IN PRAYER

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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

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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.**

## CONTINUOUS IMPROVEMENT

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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.

## OUT AND ABOUT

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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 on time when the trip is set to depart so that we can stay on time with our adventures. **Closed toe shoes must be worn for safety.**

See us with any questions!

# Laughing Matters



## The Talking Parrot

A burglar was quietly robbing a house when he heard a voice: "Jesus is watching you."

Then he saw a parrot in a cage and asked: "Did you just talk to me?"

The parrot replied "Yes."

Relieved, the burglar asked: "What's your name?"

The parrot responded, "Clarence".

The burglar said: "That's a stupid name, what idiot named you Clarence?"

The parrot answered, "The same idiot who named the rottweiler Jesus".

## The Preacher's Promise

A preacher said: "If I had all the beer in the world, I'd take it and throw it into the river." And the congregation cried, "Amen!"

He continued: "And if I had all the wine in the world, I'd take it and throw it in the river". And the congregation cried, "Amen!"

"And if I had all the whiskey and rum in the world, I'd take it all and throw it in the river". Again, the congregation cried, "Amen!" The preacher sat down

The deacon then stood up & said: "For our closing hymn, let's turn to page 126 of our hymn books and sing, "We shall drink from that river".

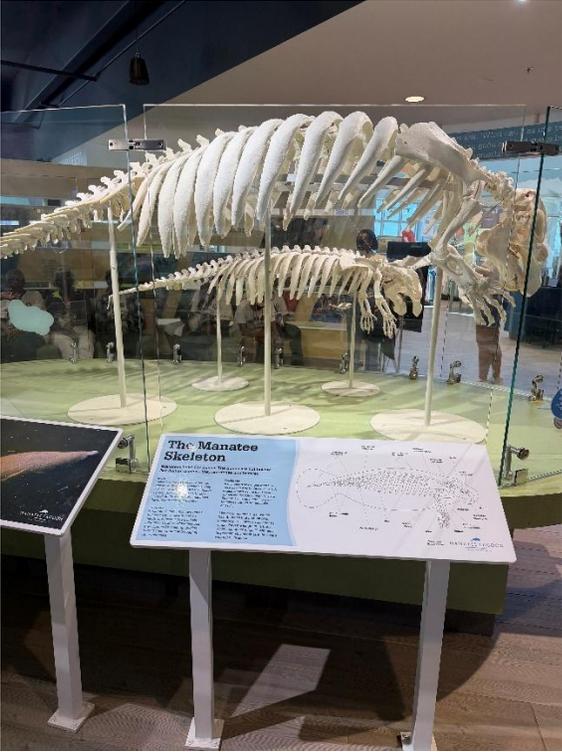
## A Lesson Learned

Finding one of her students making faces at others on the playground, Ms. Smith stopped to gently reprimand the child.

Smiling sweetly, the Sunday school teacher said, "Johnny, when I was a little girl, I was told if that I made ugly faces, it would freeze and I would stay like that."

Little Johnny looked up and replied, "Well, Ms. Smith, you can't say you weren't warned."

# Spotlight

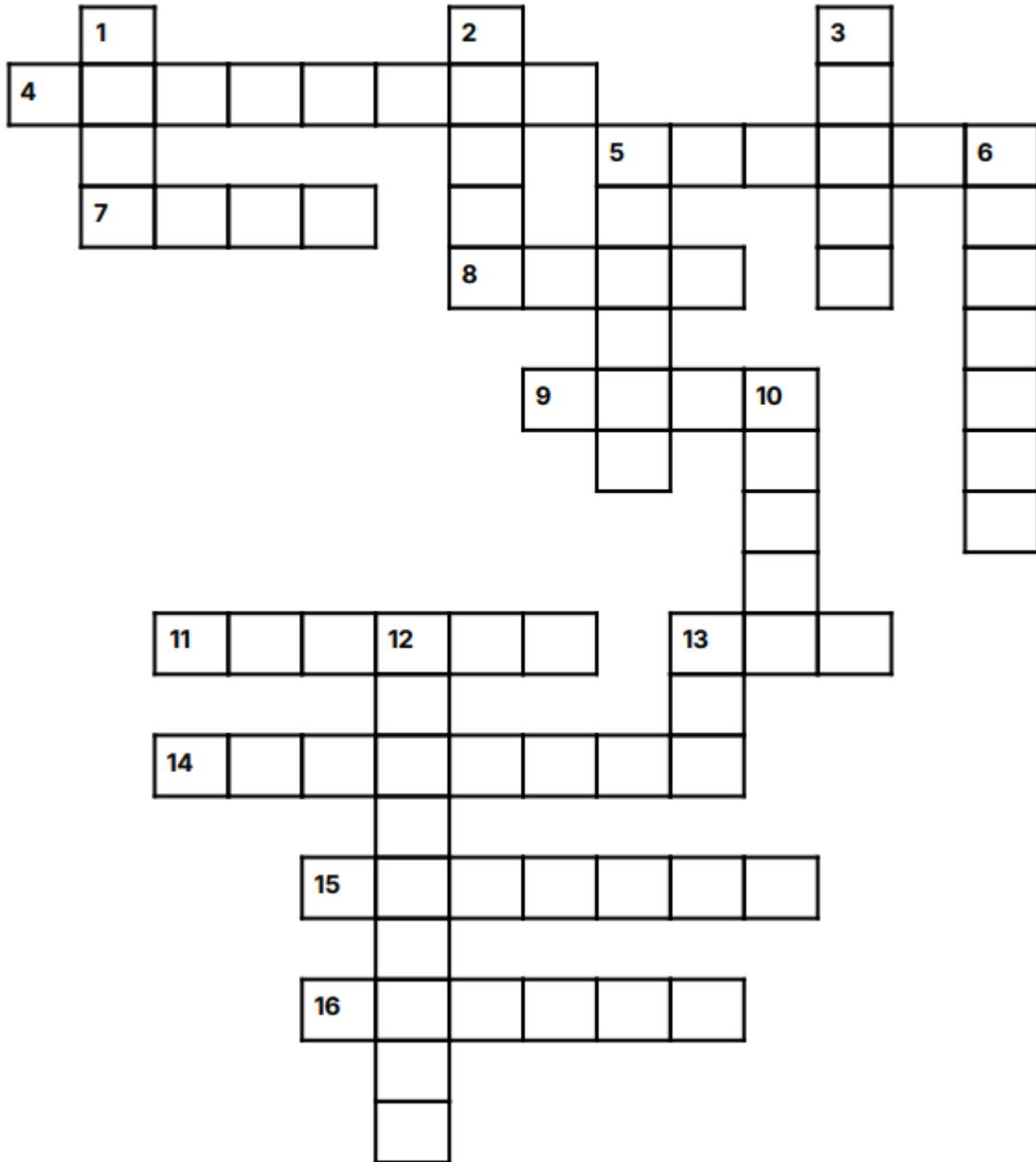


## Manatee Lagoon-Field Trip

Take a look at our men enjoying a fun and educational field trip to Manatee Lagoon!

# Crossword

## EASTER CROSSWORD



Answers are available at the front desk.

## Across

4. Cheerful, yellow spring flower (8)
5. What season is Easter associated with? (6)
7. A hen makes these (4)
8. The search for Easter Eggs (4)
9. A baby sheep (4)
11. The hen's baby (6)
13. Used to color eggs (3)
14. Make eggs look pretty (8)
15. Traditional Easter hats usually tied with ribbons (7)
16. Used to collect Easter eggs (6)

## Down

1. An animal that looks like a rabbit with long ears (4)
2. In the song 'Easter Parade' what avenue do they walk down? (5)
3. In 'Alice in Wonderland' what color is the rabbit with the pocket watch? (5)
5. Easter is always on this day of the week (6)
6. Female star of the film 'Easter Parade'? Judy \_\_\_\_\_ (7)
10. Another word for rabbit (5)
12. Most popular Easter present (9)
13. A female rabbit (3)

APRIL  
SHOWERS  
BRING  
MAY  
flowers

## **INFORMATION & RESOURCES**

### **HAVING TROUBLE PAYING YOUR ELECTRIC BILL?**

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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**

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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**

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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**

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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