

SENIOR ACTIVITY CENTER NEWSLETTER May 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.

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's and Friends,

Welcome to May, a month filled with gratitude, reflection, and appreciation.

This month shines a special light on Mother's Day, a time to celebrate the mothers, grandmothers, and caring figures who have given so much love, guidance, and support throughout our lives. Their kindness, patience, and devotion leave lasting impressions that continue to inspire us every day.

May is also a beautiful opportunity to cherish precious memories, honor meaningful relationships, and enjoy the simple joys that bring us together. Whether through shared stories, laughter, or quiet moments of remembrance, this month reminds us of the importance of love, family, and connection.

We hope this newsletter brings you comfort, happiness, and a sense of celebration as we welcome all the meaningful moments May has to offer.

Warm wishes,

Consuelo Lewis, Recreation Leader

May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Quote of the Day

A mother's love is the quiet strength that stays with us forever.

Upcoming Events

Field Trip-I & B Medical (Free)

101 NW 12th Street, Pompano Beach, 33060
May 4; 11:30am-2:00pm (954) 708-1247

Field Trip-Johnny L. Tigner- Conference (Free)

445 SW 2nd Street, Deerfield Beach, 33441
May 6; 9:30am-2:00pm (954) 480-4449 (Option 0)

Field Trip-Movie Paragon Theaters (\$6)

770 Riverside Drive, Coral Springs, 33071
May 12; 11:00am-2:30 (954) 796-4465

Field Trip-Sette Mezzo Ristorante (Self-Pay)

6370 FL-7 (441) Coconut Creek, 33073
May 20; 11:00am-2:30 (954) 531-6362



Regular Events

Body Movin! every Tuesday & Thursday 9:45am

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

Chair Fitness 1st & 3rd Friday 9:30am-10:30am

Choir Rehearsal Every Wed. 9:30am-11:00am

Chat & Coffee twice a month 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

Zumba 2nd Friday 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 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 TUESDAY OF EACH MONTH 12:00 PM

May 2026

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Chair Fitness 1 9:30a (CR) BINGO 12p-1p (MH)	Breakfast w/ 2 Commissioner Perkins 8a-10a Ali Cultural Arts Center
3	Praise & Sing Along 10a-11:30a (GR) Field Trip I & B Medical 11:30a (25)	Supervisor of Elections 9a-1p (LA) Body Movin! (MH) 9:45a BINGO -Cano Health 10am-11am (MH)	5 Haircuts 9:45a (SO) Choir Rehearsal 9:30a-11:00a (CR) Yoga 11:30a (CR) Field Trip Caregiver Conf. 9:30a (25)	6 Broward County Property Appraiser 9a-12p (LA) Body Movin! AAABC Presentation 10a-11p (MH) Jet's Pizza Day 11a-12:30p	7 Zumba 10:00a (CR) Chat & Coffee 9:15a-9:45a (MH) Mother's Day set-up @ Larkins 12 noon	8 Green Market 9 Cultural Area 50 W. Atlantic Blvd 9a-1p Mother's Day Brunch 10am E. Pat Larkins \$10
Mother's Day 10	BINGO - Chen (E) Medical 10am-11am (MH) Flipany-Nutritional Education Class 11a-12p (MH)	11 Body Movin! 12 Humana (D) 10am-11am (MH) Field Trip (60) Movie: The Devil Wears Prada 2- 11a	12 Choir Rehearsal 9:30a-11:00a (CR) A Good Shepherd's Funeral Home 10:30a-11:30a (LA)	13 Body Movin! 14 9:45a (MH) Glass Ratner-Elderly Fraud/Scam Prevention 10a-11a (MH)	15 Chair Fitness 9:30a (CR)	16
17	18 Praise & Sing Along 10a-11:30a (GR)	19 Body Movin! 9:45a (MH) Haircuts 9:45a (SO) Chris Harvey Insurance Solutions 10a-11a (MH)	20 Choir Rehearsal 9:30a-11:00a (CR) Yoga 11:30am (CR) Field Trip-(60) Sette Mezzo Ristorante 11:00a-2:00p	21 Chat & Coffee 9:15a-9:45a (MH) Body Movin! 9:45a (MH) BINGO -Caring Insurance 10a-11a (MH)	22 Word Search Puzzles (Brain Stimulation) 10a-11a	23 Green Market Cultural Area 50 W. Atlantic Blvd 9a-1p
24	25 Memorial Day Parade Pompano Cemetery 9a City Closed Holiday	26 Body Movin! 9:45a (MH) Flipany-Nutritional Education Presentation 11a-12p (MH)	27 Choir Rehearsal 9:30a-11:00a (CR) Tina's Giving 11:30a (MH)	28 Body Movin! 9:45a (MH) Birthday Celebration 11:30a Theme: Floral Print- In honor of our Mothers!	29 11:30a-12:30p In-House BINGO	30 I Count Too! Diabetes Inspirational Summit Cultural Arts Center 50 W. Atlantic Blvd 10:45a-3:30p (FREE) w/lunch
31	<p style="text-align: center;">Schedule subject to change due to weather, programing needs, or scheduling conflicts</p>					

Our Happenings

Partnered BINGO!

Our Senior Activity Center proudly hosts monthly bingo sponsored by a variety of medical partners such as Humana, Cano Health and I & B Medical Assoc. Thanks to their generous support, our seniors enjoy exciting games along with wonderful gifts and prizes.



Field Trip

Our seniors are truly living life to the fullest! They had an amazing time on their recent field trip to **Happi Farm**, where they enjoyed petting exotic animals and some even enjoyed horseback riding.



Flipany Lunch

Ms. Denise proudly displays one of the well-balanced, nutritious hot meals provided daily to our senior members. These meals play an important role in supporting the health and wellness of our seniors, ensuring they receive the nourishment they need each day.



Enjoying Life



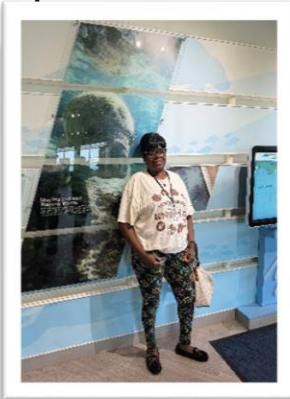
Ms. Shirley holding on to a Leopard Gecko



Fred and Ms. Susie look at the rabbits and guinea pigs housed at Happi Farm



Mr. Ponder checking out Manatee bones as Ms. Kristal looks on and Ms. Gail waits her turn.



Field Trip FRO's – Enjoying some sun while taking a break at Manatee Lagoon.



Arts & Crafts-Personalized Scented Candles



Ice Cream for seniors sponsored by Ms. Penny & Souse Trap

May Birthdays

In May, we celebrate birthdays with:

Daisy Bradley 20th
Aaron Wiggins 24th
Beverly Simmons 18th
Wilfred Hunter 19th
Barbara Vann 2nd
Ophelia Heath 31st
Shirley Goodin 24th
Pamela Owens 12th
Deloris Johnson 1st
Sandra Peart 2nd
Janice Butler 29th

Mary Ann Hunter 12th
Barbara Goodrum 26th
Clarence Morgan 11th



Please join us in the Main Hall to celebrate!

🧐 May Trivia

Mother's Day became an official holiday in 1914, celebrating the love and dedication of mothers.

The first Cannes Film Festival was held in 1946 and continues to celebrate storytelling from around the world.

May's birth flower is the lily of the valley, often associated with sweetness and humility.

Florence Nightingale, the founder of modern nursing, was born on May 12, now celebrated as International Nurses Day.

Taurus (Apr 21 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

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

WOW!

The Lawn Mower

In May 1830, English inventor Edwin Beard Budding signed an agreement to manufacture the first lawn mower. This simple machine made it easier to maintain gardens and green spaces, transforming how people cared for their surroundings.

A Poem to Share

Mother o' Mine

Rudyard Kipling

If I were hanged on the highest hill,
Mother o' mine, O mother o' mine!
I know whose love would follow me still,
Mother o' mine, O mother o' mine!

If I were drowned in the deepest sea,
Mother o' mine, O mother o' mine!
I know whose tears would come down to me,
Mother o' mine, O mother o' mine!

If I were damned of body and soul,
I know whose prayers would make me whole,
Mother o' mine, O mother o' mine!

Noticeboard



NEW MEMBERS

A very warm welcome to:

- **Anthony Newman**
- **Joel Bullard**
- **Shirley Clark**
- **Francis Honore**
- **Paul Macagliotta**

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.

IN MEMORIAM

To the families and friends of our late members—may you be comforted by the knowledge that your loved ones are at peace.

- **Mrs. Geneva Brayboy**
- **Mrs. Mary Jackson**

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



Two Different Answers

A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."

Counting Cats with Johnny

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

Word Search Competition



Look at the heart of our center-our amazing seniors-working hard during the word search competition! They stayed focused and had fun solving those challenging puzzles. We're proud to celebrate our three winners pictured above. Great job to everyone who participated.

Word Search

MOTHER'S DAY



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

Love

Grandmother

Chocolates

Forgive

Help

Role

Cook

Brunch

Roses

Gifts

Model

Mother

Cuddle

Memories

Sunday

Read

Family

Hugs

Kisses

Flowers

Support

Console

Bake

Nurture

Special



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Coloring Pages

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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 (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 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- (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

Florida SHINE 954 745-9567 x 10255

Fraud-Federal Trade Commission 877-382-4357 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

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

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

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



Happy Mother's Day

A celebration of zest, love & everything bright

Saturday, May 9, 2026

10:00 AM

E. Pat Larkins Community Center

520 MLK Blvd

\$10.00 per person

