

SENIOR ACTIVITY CENTER NEWSLETTER

September 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)

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 September! This month celebrates music, friendship, peace, gratitude, and global connections. Classical Music Month invites us to enjoy timeless melodies, while Oktoberfest brings a spirit of music, tradition, and cheerful togetherness.

We also recognize the International Day of Peace, World Gratitude Day, and World Maritime Day, reminding us of the importance of kindness, appreciation, and the connections that bring people together across the world.

May September be filled with music, laughter, and plenty of moments to appreciate.

Warm wishes,

Consuelo Lewis, Recreation Leader



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

*Gratitude
turns what we
have into
enough.*

Upcoming Events

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

Field Trip-Flu Shots & Shopping (Bring ID & Insurance Card)

Walmart 1199 S. Federal Hwy., Pompano Beach, 33062
September 4; 11:30am-2:30pm (954) 781-4995

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

2020 State Road 7, Margate, 33063
September 9; 10:30am-2:00pm (954) 972-4400

Field Trip- Shopping & Lunch @Coral Square Mall

9469 W. Atlantic Blvd., Coral Springs, 33071
September 18; 11:00am-3:00pm (954) 755-5550

Field Trip-Seniors Resource Fair (Free)

2501 Franklin Drive, Ft. Lauderdale, 33311
September 24th; 9:00am-1:30pm (954) 357-7080

Field Trip-Catfish Dewey's (Self Pay) September 29th; 10:30am-1:30pm (954) 566-5333



Regular Events

Birthday Celebration -monthly 11:00am

Body Movin! every Tuesday & Thursday 9:45am

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

Choir Rehearsal weekly

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

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

If interested please let me know.
Tickets will run between \$160-
\$170 depending on motorcoach
transportation. (Self-pay)



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

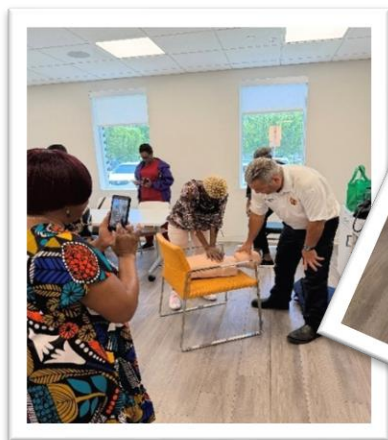
September 2026

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		Supervisor of Elections 9a (LA) 1 Body Movin! (MH) 9:45a	Choir Rehearsal 9:30a- 11a (CR) 2 Haircuts 9:45am (SO) Yoga 11:30a-12p (GR)	Broward County Property Appraiser 9a (LA) 3 Body Movin! (MH) 9:45a	Field Trip (30) 4 Walmart: Flu Shot & Shopping 11:30a-2:30p S. Federal Hwy	Breakfast w/ Commissioner Perkins (Free) 8:00am-Ali Cultural Arts 5
	6 Labor Day 7 SAC CLOSED HOLIDAY CLOSED	Body Movin! (MH) 9:45a 8 Broward County Tax Office 9a (LA) Medicare 101 Your Family 1st 10a-11a (MH)	Zumba 10a-10:30a (CR) 9 Field Trip: (30) Bowling: AMF Margate Lanes 10:30a-2p (\$10)	Body Movin! (MH) 9:45a 10 Chris Harvey Ins. Solutions Free Phones 10a-11a (LA)	Choir Rehearsal 9:30a- 11a (CR) 11 Fish Fry 11a-1p	Green Market 50 W. Atlantic Blvd 9a-1p 12 Unsung Heroes Ceremony 10a-12p E. Pat Larkins
	13 Grandparents Day! Soulful Sundays 6pm Ali Cultural Arts Center (\$10.00 on Eventbrite)	Praise & Sing Along 10a-11:30a (CR) 14 BINGO-Sponsored by Chen Medical Center 10a-11a (MH) Flipany-Nutritional 11a-12p (MH)	Body Movin! (MH) 9:45a 15 Haircuts 9:45am (SO) Protecting Yourself from Scams hosted by Urban League of Bro. County 10a-11a (MH)	Choir Rehearsal 9:30a- 11a (CR) 16 Yoga 11:30a-12p (CR) Diamond Painting Sponsored by Cano Health Medical Center 12p-1p (CR)	Body Movin! (MH) 9:45a 17 Caring Insurance Presentation 10am-11am (MH)	BINGO 18 9:30a-10:30a Field Trip (30) Coral Square Mall 11a-3:00p
	Intergalactic Bead Show-Pat Larkins 10a-4p 20	Praise & Sing Along 10a-11:30a (GR) 21 BINGO Sponsored by Reliance Health Plans 12p-1p (MH)	Autumn Body Movin! (MH) 9:45a 22 BINGO-Sponsored by Humana 12p-1p (MH)	Zumba 10a-10:30a (CR) 23 Choir Rehearsal 10:30a- 11:30a (CR)	Body Movin! (MH) 9:45a 24 Field Trip: (30) Empowering Seniors Resource Fair 9a-1:30p Franklin Park	Birthday Celebration  25 Potluck 11:00am Wear Teal or Purple  Suicide Prevention
	27 Cell Phone Tech Class: (25) 10a-11a (CR)	Body Movin! (MH) 9:45a 28 Field Trip (30) Catfish Dewey's (Self-pay) 10:30a-1:30p	Choir Rehearsal 9:30a- 11a (CR) 29 Tina's Giving  11:30a (MH) 30	Schedule subject to change due to weather, programming needs, or scheduling conflicts		

Our Happenings

Emergency Management Team

The seniors warmly welcomed the Emergency Management Team for an informative presentation on **Storm Stories & Preparedness**. A special thank you to **Kimberly** and **Crystal** for sharing valuable information and updates to help us prepare for the **2026 hurricane season**. We appreciate your time, expertise, and commitment to keeping our community safe!



Pompano Beach Fire Department

Take a look at a few photos from our **Hands-Only CPR** class presented by the **Pompano Beach Fire Department** for our senior members. Our seniors enjoyed this informative and engaging training, learning life-saving skills that could make a difference in an emergency. Thank you to the Pompano Beach Fire Department for taking the time to educate and empower our senior community. It was a thoughtful and meaningful event that everyone truly appreciated!

Everyone Has Purpose

Our sincere thanks to **No Limits Foundation, Inc.** for presenting a wonderful five-week arts and crafts program for our seniors! The series concluded with a fun-filled fashion show, where participants proudly showcased their creativity and unique styles using the projects they created throughout the program. It was a fantastic celebration of talent, confidence, and self-expression. Thank you for making such a positive impact on our senior community!



More Happenings



September Birthdays

In September, we celebrate birthdays with:

Izell Williams 30th
Catherine Williams 13th
Idella Cohen 22nd
Nathaniel Spikes 25th
Leosa Forgue 14th
Roger Wells 16th
Connie Owens 17th
Claudia Mello 11th
Delois Rozier 13th
Dianne Smith 28th
Linda Wells 16th
Angela Dawson 9th

Kirk Patrick 24th
Fay Green 21st
Marie Davis 12th
Marie Martin 16th
Debra Johnson 12th
Mildred Hughes 23rd
Bridget Boyd 30th
Gail Stone 1st
Shirley McFarley 20th
Tabatha Clark 4th
Kyllan White 20th
Carolyn Hickson 5th

Please join us in the main hall to celebrate!



Gratitude Trivia

- Beethoven continued to compose music even after losing much of his hearing.
- A standard piano has 88 keys — 52 white and 36 black.
- The violin has four strings: G, D, A, and E.
- Mozart began composing music when he was just five years old.
- The word “piano” is short for “pianoforte,” meaning soft and loud.
- A full-size concert harp has 47 strings and seven pedals.
- An orchestra can include more than 100 musicians.

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

Month Spotlight: **The Magic of Recorded Music**

In 1877, Thomas Edison demonstrated the phonograph, changing the way the world enjoyed music. From records and cassettes to CDs and digital music, listening has come a long way. Music's magic remains timeless. A familiar melody can bring back treasured memories and transport us to another time in just a few notes.

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



MEMBER APPRECIATION

Thank you for making our center a warm, welcoming, and vibrant place through your participation, kindness, and friendship. Whether you attend daily, volunteer your time, or join us for special events and trips, you help make our center stronger. We appreciate you and look forward to creating many more wonderful memories together!

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.**

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



A mother visits her son for dinner at his apartment, where he shares space with a young woman. During the meal, she can't help but notice how pretty his roommate is. She has long been suspicious of a relationship between the two and this has only made her more curious.

During the meal, she can't help but notice how attractive and comfortable the two seem together. Reading his mother's thoughts, her son volunteers, "I know what you must be thinking, but I assure you, we are just roommates."

A few days after the visit, the roommate says to the son, "Ever since your mom came over, I can't find the silver plate. Do you think she might have taken it?"

"I doubt it," he replies, "but I'll ask her - just in case."

He writes:

Dear Mom,

I'm not saying you did take the silver plate, and I'm not saying you didn't, but the fact is, it's been missing ever since you visited for dinner.

Love,

Your Son

A few days later, he gets her reply:

Dear Son,

I'm not saying you are sleeping with your roommate, and I'm not saying you aren't, but the fact is - if she'd been sleeping in her own bed, she would've found the silver plate under her pillow.

Love,

Mom

One-Liners

What's the most expensive fish called? *A goldfish.*

What's an alligator in a vest called? *An investi-gator.*

When a lemon is sick, what do you do? *Give it lemon-aid.*

The Show-Spotlight



Adopt A Grandparent Fashion Show

On Saturday, August 15, participants proudly showcased their creativity and unique styles using the projects they created throughout the Art & Crafts 5-week series.

Word Search

CLASSICAL MUSIC



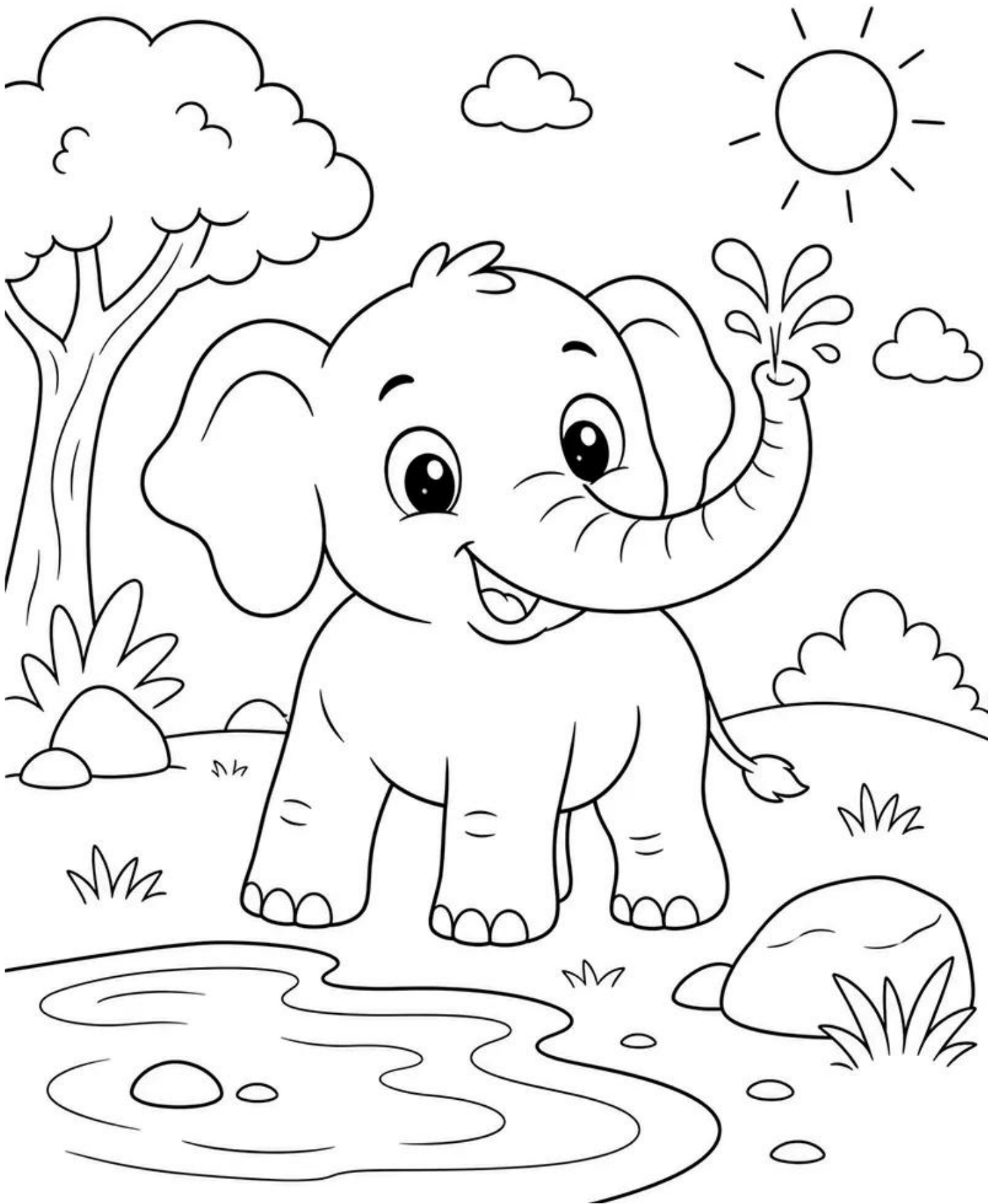
F	A	C	F	O	Q	H	A	R	P	P	V	N	U
S	D	M	L	A	D	H	K	V	I	O	L	I	N
T	A	K	E	A	N	A	H	V	F	A	W	W	T
E	G	A	Q	L	R	F	B	H	J	F	H	J	I
M	I	M	D	K	O	I	A	E	H	R	Z	K	M
P	O	T	F	U	B	D	N	R	B	E	C	F	P
O	M	O	Z	A	R	T	Y	E	E	N	O	Q	A
B	E	E	T	H	O	V	E	N	T	C	N	U	N
V	I	V	A	L	D	I	O	F	P	H	C	A	I
E	N	S	E	M	B	L	E	O	I	H	E	R	W
K	H	K	L	A	R	G	O	R	A	O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

Violin
Flute
Adagio
Quartet
French Horn

Timpani
Clarinet
Fanfare
Beethoven
Concerto

Piano
Tempo
Ensemble
Vivaldi
Melody

Cello
Forte
Largo
Harp
Mozart



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



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!

