

SENIOR ACTIVITY CENTER NEWSLETTER

August 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!

August is filled with opportunities to learn, celebrate, and connect. This month, we shine a spotlight on Indigenous Peoples and the rich cultural traditions, knowledge, and stories they have shared across

generations. August also brings a variety of lighthearted observances, including International Beer Day, Left-Handers Day, and International Dog Day - each offering a fun reminder of the many things that bring people together.

As we reflect on history, culture, kindness, and community, we hope this month's newsletter provides a little inspiration, a few smiles, and something new to discover.

Warm regards,

Consuelo Lewis, Recreation Leader



August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

We do not inherit the Earth from our ancestors; we borrow it from our children.

- Indigenous Proverb

Upcoming Events

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

Field Trip-Coral Ridge Mall (Free)

3200 N. Federal Hwy., Fort Lauderdale, 33306
August 4; 11:30am-3:00pm (954) 537-2700

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

2020 State Road 7, Margate, 33063
August 12; 10:30am-2:00pm (954) 972-4400

Field Trip- World Thrift (Cash Only)

2425 N. Dixie Highway, Lake Worth, 33460
August 21; 10:00am-3:30pm (561) 588-4050

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

770 Riverside Drive, Coral Springs, 33071
August 25th; 11:30am-2:30pm (954) 796-4465

Pompano Beach Family Dental- Cancer Screening

August 25th; 10am-12pm (954) 796-4465 (40)



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

Murder Mystery Dinner Train

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



Regular Events

Birthday Celebration -monthly 11:30am

Body Movin! every Tuesday & Thursday 9:45am

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

Bro. County Tax Office 2nd Tuesday monthly 9:30am

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

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

August 2026

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

Breakfast w/ 1
Commissioner
Perkins (Free)
8:00am-Ali
Cultural Arts

Forgiveness Day 2	Praise & Sing Along 3 10a-11:30a (CR) Choir Rehearsal 11:30a-1p (CR)	Supervisor of Elections 9a (LA) Body Movin! (MH) 9:45a Field Trip (40) Coral Ridge Mall 11:30a-3p	Tai Chi 9:30a-10:30a (CR) Haircuts 9:45am (SO) Yoga 11:30a (CR)	Broward County Property Appraiser 9a (LA) Body Movin! (MH) 9:45a Senior Fun Day 10a-1p	Tai Chi 9:30a-10:30a (CR) Arts & Craft 11:30a-1:00p (CR) Adopt a Grandparent Fashion Show	Green Market 8 50 W. Atlantic Blvd 9a-1p
Soulful Sundays 6pm Ali Cultural Arts Center (featuring The Derek Mack Band) (\$10.00 on Eventbrite) 9	Flipany-Nutritional 11a-12p (MH) 10	Body Movin! (MH) 9:45a 11 Broward County Tax Office 9:30a-12:30p (LA)	Choir Rehearsal 9:30a- 10:30a (CR) Field Trip (30) Bowling: AMF Margate Lanes 10:30a-2:00p (\$10) 12	Body Movin! (MH) 9:45a 13 Emergency Management-Storm Stories & Preparedness 10a-11a (MH)	Arts & Craft 11:30a-1:00p (CR) Adopt a Grandparent Comedy Show the Hive Black Box 353 MLK Blvd 7:30 PM 14	Adopt A Grandparent Fashion Show (Free) Pompano Beach Library 50 W. Atlantic Blvd 10:45a 15
16	Praise & Sing Along 17 10a-11:30a (CR) Fire Rescue (30) Prevention Education CPR Hands Only Class 1p-2p Free (CR)	Body Movin! (MH) 9:45a 18 Haircuts 9:45am (SO)	Choir Rehearsal 9:30a- 11:30a (CR) Yoga 11:30a (CR) 19	Body Movin! (MH) 9:45a 20 "Urology Problems, What's the Cure" by Public Relations 2 You 10am-11am (MH)	Field Trip (45) 21 World Thrift 10:30a-2:00p (cash only)	Green Market 50 W. Atlantic Blvd 9a-1p 22 Fire Rescue 100 CELEBRATION 10a-2p Sample McDougald House (Free)
23	Flipany-Nutritional 11a-12p (MH) 24	Body Movin! (MH) 9:45a 25 Field Trip (45) Movie-Mutiny Coral Springs 11:30a-2:30p (\$6)	Choir Rehearsal 9:30a- 11:30a (CR) 26 Pompano (40) Beach Family Dental- Cancer Screening 10a-12p (SO)	Body Movin! (MH) 9:45a 27 Birthday Celebration 11:30a Theme: Back to School (Wear high school T-Shirt)	Historic "I Have a Dream" speech addressed 1963 28 Tina's Giving 11:30a (MH) ❤️	29
30	National Day of Malaysia 31	Schedule subject to change due to weather, programming needs, or scheduling conflicts				

Month in Review

Piccadilly Luncheon-Hollywood FL

Just a couple of photos of the seniors enjoying lunch at one of our favorite lunch spots.



Bowling at AMF Margate

What a wonderful surprise at our monthly bowling field trip! This caption keeps the focus on the special intergenerational moment while celebrating our partnership with Queens Little Angels Daycare. Ms. Betty and her Great-granddaughter.

Partnered Karaoke!

Our Senior Activity Center proudly hosts monthly activities sponsored by a variety of medical partners & insurance brokers. Last month was sponsored by **Cano Health** along with **Your Family 1st**. Thanks to their generous support, our seniors enjoy exciting games and crafts along with wonderful gifts and prizes.



Month in Review



Arts & Craft Dot Pictures sponsored by Cano



Bowling- Fun at AMF Bowling Margate



Karaoke- sponsored by Your Family 1st



Karaoke- sponsored by Your Family 1st



Seminole Hard Rock Casino Field Trip



Jelly Fish Museum-Pompano Beach
Our seniors enjoyed a wonderful visit.
Pictured in front of one of the museum's jellyfish exhibits.

August Birthdays

In August, we celebrate birthdays with:

Clementine McLamore 29th

Daisy Josey 22nd

Barbara Norris 8th

Carolyn Rhone 2nd

Mozelle Sheppard 27th

Shirlyn McIver 15th

Leah Lester 18th

Brenda Baker 23rd

Fredrick Lyas 29th

Merlene Simpson 18th

Mary Edwards 11th

Lonnise Baldwin 11th

Dale Sheppard 20th

Qing Koch 27th

Joe Davis 9th

Veronica Griffin 24th

Please join us in the main hall to celebrate!



Remember When?

A few things many of us grew up with that younger generations may never experience:

- Writing letters by hand and waiting days for a reply.
- Using a paper map to find your way on a trip
- Looking up phone numbers in a directory.
- Taking photos without knowing how they turned out until the film was developed.
- Gathering around the radio for news and entertainment.

Technology has changed dramatically over the years, but the memories - and the stories - remain priceless.

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

August in History: I Have a Dream

On August 28, 1963, Martin Luther King Jr. delivered his historic "I Have a Dream" speech during the March on Washington in Washington, D.C. Speaking before a crowd of more than 250,000 people, he shared a powerful vision of equality, justice, and hope. The speech remains one of the most influential and memorable addresses in modern history.

A Poem to Share

Keep a-Goin'

By Frank L. Stanton

If you strike a thorn or rose,
Keep a-goin'!
If it hails, or if it snows,
Keep a-goin'!
'Tain't no use to sit and whine
When the fish ain't on your line;
Bait your hook and keep on tryin'—
Keep a-goin'!

When the weather kills your crop,
Keep a-goin'!
When you tumble from the top,
Keep a-goin'!
S'pose you're out o' every dime,
Gittin' broke ain't any crime;
Tell the world you're feelin' prime—
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring;
When you feel like sighin', sing—
Keep a-goin'!

Noticeboard



NEW MEMBERS

A very warm welcome to:

- **Kim Adams**
- **Larry McRae**
- **Diane Battle**
- **Jane Short**
- **Angela Dawson**

We hope that you enjoy your time here!

IN MEMORIAM

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

- **Mrs. Emily Hall**

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 Lost Contact Lens

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

The Doorbell

A priest is walking down the street one day when he notices a very small boy trying to press the doorbell on a house across the street.

However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the priest walks across the street to the little boy and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a solid ring.

Crouching down to the child's level, the priest smiles benevolently and asks, "And now what, my little man?"

To which the boy replies, "Now we run!"

Jonah and the Whale

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though a whale is a very large mammal, its throat is very small.

The little girl stated that Jonah was swallowed by a whale. The teacher reiterated that a whale could not swallow a human, it was impossible.

The little girl said, "When I get to heaven, I will ask Jonah."

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him!"

Spotlight-Senior Savings



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!



Word Search

INDIGENOUS PEOPLES OF THE WORLD



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

Maori
Ainu
Cherokee
Ojibwe
Guarani
Haida

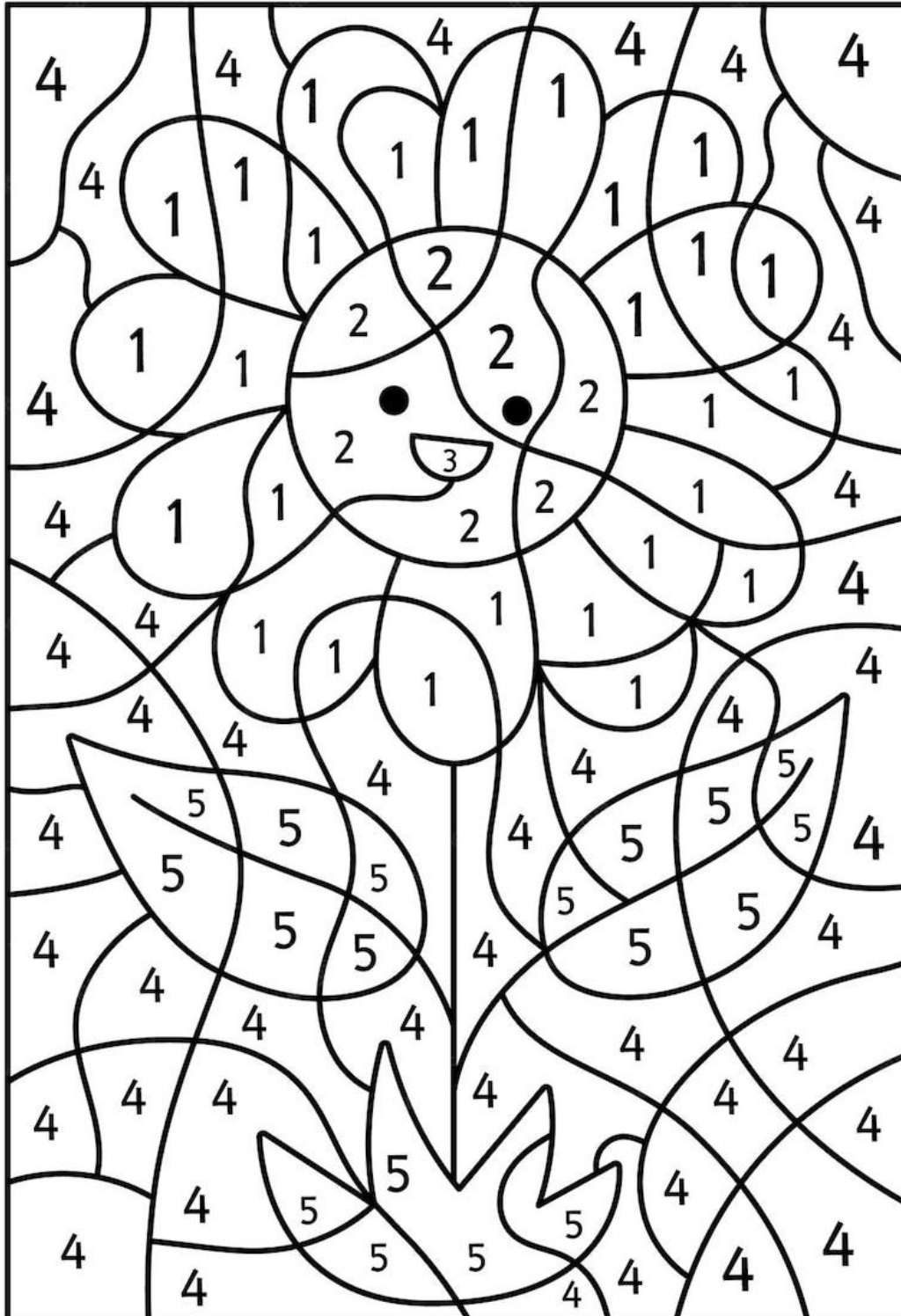
Inuit
Maya
Hopi
Tlingit
San
Mohawk

Sami
Mapuche
Apache
Quechua
Dayak
Seminole

Aboriginal
Navajo
Cree
Aymara
Yanomami
Torres Strait



COLOR BY NUMBER



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

