



The Seasoned Senior Newsletter

for the young at heart 55+

December 2016

Items of special interest

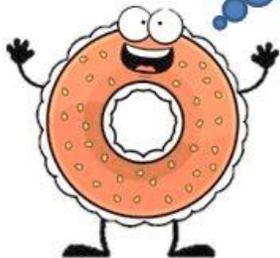
- *A Mouse's Holiday Show:* Dec. 4
- *Sr. Movie, Holiday Inn:* Dec. 7
- *Donuts and Dominos:* Dec. 15
- *Bagels and Bunco:* Dec. 28
- *Mah Jongg Tile Game:* Mon & Tues

More about us

Senior Programing Facilities Manager **Jack Takacs** is joined by **Tasha Prince, Jeff Gouge, Patiya Archer** and **Jeff Dixon** to encourage everyone to “stay active and enjoy life!”

You can reach Jack and his team at the Jim Ward Community Center by calling 954-585-2345 or via email: jtakacs@plantation.org.

**FOOD!
TALK!
DICE!**



**Bagels
&
Bunco!**

Wednesday, December 28th

9:00 - 11:00 am

Deicke Auditorium, 5701 Cypress Road

For more information
call (954) 797-2199

The City of Plantation is offering so much fun and excitement to all senior citizens within our community. We invite you and your friends each month to join in our activities, trips, exercise classes and educational opportunities.

Stay healthy in our fully-equipped fitness centers, aerobics classes, walking clubs and healthy living courses. You might want to take a splash in our water aerobics classes at the Aquatics Complex or enjoy a social outing with friends for games, theme dances or group field trips.

If you missed out on all the *spooktacular* fun at our October Halloween Boo-Bash, below are some highlights. And we are just getting started!





December Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Aerobics 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	2 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park	3 Pickleball, 8-10am, Central Park Roller Rink 4
5 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Mah Jongg Madness 1-4pm, Deicke Aud.	6 Gentle Aerobics 9-10am Jim Ward Sr. Aerobics 8-9am Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Mah Jongg Madness 1-4pm, Deicke Aud.	7 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Sr Movie: <i>Holiday Inn</i> 12-2pm, Deicke Aud	8 Gentle Aerobics 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	9 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park	10 Pickleball, 8-10am, Central Park Roller Rink 4
12 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Mah Jongg Madness 1-4pm, Deicke Aud	13 Gentle Aerobics 9-10am Jim Ward Sr. Aerobics 8-9am Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Mah Jongg Madness 1-4pm, Deicke Aud.	14 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	15 Gentle Aerobics 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Donuts and Dominos 9am-11am Deicke Aud	16 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park	17 Pickleball, 8-10am, Central Park Roller Rink 4
19 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Senior Club of Plantation, 10am-2pm Mah Jongg Madness 1-4pm, Deicke Aud.	20 Gentle Aerobics 9-10am Jim Ward Sr. Aerobics 8-9am Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Mah Jongg Madness 1-4pm, Deicke Aud	21 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	22 Gentle Aerobics 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	23 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park	24 Pickleball, 8-10am, Central Park Roller Rink 4
26 CITY HOLIDAY FACILITIES CLOSED NO CLASSES	27 Gentle Aerobics 9-10am Jim Ward Sr. Aerobics 8-9am Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Mah Jongg Madness 1-4pm, Deicke Aud	28 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4 Bagels and Bunco 9am-11am Deicke Aud.	29 Gentle Aerobics 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park Pickleball, 8-10am, Central Park Roller Rink 4	30 Sr. Functional Fitness 9-10am, Jim Ward Sr. Aerobics 8-9am, Central Park	31 Pickleball, 8-10am, Central Park Roller Rink 4

(No classes on Sundays)

Wellness Classes

SENIOR AEROBICS BREAKFAST CLUB – CP

Move to the tunes of the 40's and 50's! Perfect for the mature active adult. Recommended for seniors, but anyone who enjoys a lighter workout is welcome. Senior citizens receive a discount; general prices for aerobics classes apply for all other age groups. For more information call 954-452-2510.

	RESIDENT*	NON-RESIDENT*
Daily	\$6.50	\$8
Senior – 8 Visits	\$17	\$29

*Includes registration fee

SENIOR GENTLE AEROBICS – JW AGES 62 & UP

Free classes for Plantation residents only. This program gently builds strength, improves balance and will help alleviate stiff joints. A complete overall gentle aerobics class using both steps and light weights. For more information call 954-585-2344. FREE for Plantation residents only – Proof of residency required.

SENIOR FUNCTIONAL FITNESS – JW AGES 62 & UP

Free classes for Plantation residents only. A more advanced program to tone and strengthen your entire body. Combination of stretching, weights and steps, a higher impact aerobics class will challenge you in a safe manner. For more information call 954-585-2344. Continuous. FREE for Plantation residents only – Proof of residency required.

WALKING CLUB – CP & VP

Meet new people and stay healthy at the same time. Come join your fellow walkers for this free activity. Non-structured walks will take place in the lake area at Central Park. Distance maps will be posted so you can track your progress. It's easy to join. Simply fill out a registration form at Central Park's front desk. Once you are registered, your name will appear on a weekly sheet. Just post your mileage and we will keep track for you. SENIORS WELCOME – FREE

Mon – Fri	Dawn to 9:00 pm	CP
Sat	Dawn to dusk	CP
Tue – Sun	8am to dusk	VP

FITNESS ROOM – CP & JW AGES 18 & UP

Exercise in our fitness centers. Walking treadmills, weight machines, exercise bikes and elliptical trainers are available. Call 954-452-2510 or 954-585-2344. SENIORS WELCOME.

	Resident	Non-Resident
Daily	\$5	\$7
3 Month	\$40	\$80
6 Month	\$75	\$150
Year	\$100	\$200

PICKLEBALL

AGES 16 & UP

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis played on a badminton sized court with special pickleball paddles. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and ball allow the game to be accessible to people of all abilities, while still allowing more competitive players to be challenged. The courts are located on the converted east roller hockey rink #4 at Central Park.

YOGA – CP & VP

ADULTS

Decrease stress, tone muscle, improve posture, circulation and concentration. Increases awareness, flexibility and cardio health. Minimum enrollment 8. Instructor: Beth Budnick 954-255-7508. SENIORS WELCOME

Resident	\$82/10 weeks*
Non-Resident	\$92/10 weeks*

*plus \$5 registration fee and \$5 insurance fee

ADULT BEGINNER SWIM LESSONS

Designed for adults who want to conquer a fear of water and learn to swim. Total of 6 classes. SENIORS WELCOME.

Oct 1 – 16	Sat/Sun	9:00 am – 9:35 am
Oct 29 – Nov 13	Sat/Sun	9:00 am – 9:35 am
Resident \$62	Non-Resident \$72	

WATER AEROBICS

AGES 18 & UP

Water exercise classes offer a total body workout to improve muscle strength, flexibility and provide an efficient cardiovascular workout. No swimming skills are needed for these classes. Classes geared for beginner through advanced. USWFA Certified Instructor. Price includes \$5 registration fee. SENIORS WELCOME. One FREE introductory class. Ongoing. Class schedules and fees are subject to change.

MWF 11:00 am – 11:50 am

	RESIDENT	NON-RESIDENT
1 class	\$14	\$15
4 classes	\$48	\$51
8 classes	\$67	\$74
12 classes	\$76	\$86

PRIVATE SWIM LESSONS

ALL AGES

One-on-one swim lessons taught by American Red Cross certified Water Safety Instructors (WSIs). Three years of age through adults, all levels. Package consists of 6 lessons. Call 954-663-6518. SENIORS WELCOME. BY APPOINTMENT.

Resident \$175 Non-Resident \$185

Things to do ...

GRAB A DONUT & DOMINO!

Are you a dominos player?

Come join us for some free donuts and connect with competitive friends in a match of your favorite tile game, DOMINOS!!!



It All Starts...

Thursday, December 15, 9:00 am
Deicke Auditorium, 5701 Cypress Road
For more information
call (954) 797-2199

Frank Veltri Tennis Center

Located at 9101 NW 2nd Street in Plantation Central Park. Hours of operation are Mon-Fri 8:00 am-9:00 pm and Sat & Sun 8:00 am-5:00 pm. For more information, visit plantationtennis.org or call 954-513-3540.

Also, the tennis center plays host to the Plantation Adaptive Tennis Program. Wheelchair tennis clinics take place on the 1st & 3rd Thursdays of each month from 6:30 pm-9:00 pm.

Helen B. Hoffman Plantation Library

Located at 501 N. Fig Tree Lane, next to the Plantation Historical Museum. Hours of operation are Mon 12:00 pm-9:00 pm, Tues-Thurs 10:00 am-9:00 pm, Friday 12:00 pm-7:00 pm & Sat 10:00 am-5:00 pm. For more information, visit Plantation.org or call 954-797-2140.

In addition to book sales and leisure reading, the library hosts many events for the community. Open play chess is held on Fridays 5:00 pm-7:00 pm. On the 1st Wednesday of each month at 7:00 pm, a non-fiction reading group meets for discussion and on Tuesdays from 10:00 am-1:00 pm, adult coloring is available with supplies included.

Mah Jongg Madness!



When: Mondays & Tuesdays
1:00 pm - 4:00 pm

Where: Deicke Auditorium
5701 Cypress Road

All Seniors Welcome
For more information
call (954) 797-2199

Riddle Corner

Q: What did the tree wear to the pool?

A: Swim trunks

Q: Why did the sheriff arrest the chicken?

A: It used *fowl* language

Q: What do you call a man whose father was a cannon?

A: A "son of a gun"

Q: Why did the jelly roll?

A: It saw the apple turn-over

For more information please visit our facilities.

Deicke Auditorium
5701 Cypress Road
954-797-2199

Jim Ward Community Center
301 NW 46th Avenue
954-585-2344

Central Park Multipurpose Building
9151 NW 2nd Street
954-452-2510
Volunteer Park
12050 W. Sunrise Boulevard
954-452-2558

Plantation.org