For the young at heart 55+

October – November – December

Announcements

We are now implementing deadlines for all trips & events. We strongly recommend registering before the deadlines of each event in order to reserve your spot. Participants can only register themselves. You are no longer able to register guests.

The Recreation Services Supervisor, Marsha Fertil and Recreation Services Managers, Tasha Prince and Luz Reyes are available to assist our seniors with class details & upcoming events.

You can reach Marsha Fertil at the Jim Ward Community Center via email: mfertil@plantation.org

For all other inquiries, please call the Jim Ward Community Center at (954) 585-2344 or Deicke Auditorium at (954) 797-2199
# Weekly Fitness Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Aerobics</td>
<td>Senior Aerobics</td>
<td>Senior Aerobics</td>
<td>Senior Aerobics</td>
<td>Senior Aerobics</td>
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<tr>
<td>Functional Fitness</td>
<td>Gentle Aerobics</td>
<td>Yoga Stretch</td>
<td>Gentle Aerobics</td>
<td>Yoga/Aerobics</td>
</tr>
<tr>
<td>9:30am-10:30am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>Strength &amp; Balancing 1</td>
<td>Dance Fit</td>
<td>Cardio Dance</td>
<td>Senior Flex Chair</td>
<td>Functional Fitness</td>
</tr>
<tr>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>10:00am-11:00am</td>
<td>9:00am-10:00am</td>
<td>9:00 am-10:00 am</td>
</tr>
<tr>
<td>Silver Sneakers</td>
<td>*Silver Sneakers Tai</td>
<td>Ageless Grace</td>
<td>Silver Sneakers</td>
<td>Line Dancing</td>
</tr>
<tr>
<td>Tai Chi Level 1</td>
<td>Chi Tai Chi Level 1</td>
<td>11:00am-12:00pm</td>
<td>Tai Chi Level 1</td>
<td>11:00am-12:00pm</td>
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<tr>
<td>1:00pm-2:00pm</td>
<td>10:30am-11:30am</td>
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<td>1:00pm-2:00pm</td>
<td>11:00am-12:00pm</td>
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**Interested in working out? Sign up for a gym membership at one of our 3 facilities!**

**Weight Room Fees**

<table>
<thead>
<tr>
<th><strong>RESIDENT</strong></th>
<th><strong>NON-RESIDENT</strong></th>
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<tbody>
<tr>
<td>ID Cards ...........</td>
<td>ID Cards ...........</td>
</tr>
<tr>
<td>$3.00</td>
<td>$5.00</td>
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<tr>
<td>Daily ...............</td>
<td>Daily ...............</td>
</tr>
<tr>
<td>$5.05</td>
<td>$7.06</td>
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<tr>
<td>3 Months ...........</td>
<td>3 Months ...........</td>
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<tr>
<td>$42.80</td>
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<td>6 months ...........</td>
<td>6 months ...........</td>
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<tr>
<td>$80.25</td>
<td>$160.50</td>
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<tr>
<td>1 year .............</td>
<td>1 year .............</td>
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<tr>
<td>$107.00</td>
<td>$214.00</td>
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**START TODAY**

Ages 18 & up

*Shirt and Sneakers are REQUIRED! NO JEANS*

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**Day** | **Class /Instructor**
---|---
Monday | Functional Fitness
      | Patty
Tuesday | Gentle Aerobics
       | Connie
Wednesday | Ageless Grace
          | Tracey
Thursday | Gentle Aerobics
         | Connie
Friday | Functional Fitness
      | Tracey

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Follow us on social media:
Interested in being more involved in Senior Division? Join us for upcoming Plantation Conversions: Senior Advisory Meetings. For more information to come in the January editions of the Seasoned Senior

Join us for Bingo every Thursday at 2PM
Located at Jim Ward Community Center
1st & 3rd Week sponsored by Humana
2nd, 4th & 5th Week sponsored by the City of Plantation

Themed Bingo
October 24th – Fall Fling
November 21st – Refer a friend
Whoever brings the most friends gets an extra prize
December 19th – Holiday Bingo*
* Will be part of the Jolly Holiday Luncheon

New Bingo Session
every Tuesday at 2PM
beginning November 5th
at Volunteer Park
sponsored by Cynthia Meacham Insurance
Chicken with Sautéed Onions, Apples and Rosemary
Healthy, easy and delicious! One-Pan Sautéed Chicken is quick to prep and cook - less than 20 minutes - make for a perfect weeknight meal!

Tips:
*Using a single pot, skillet or baking dish, you’ll spend less time on clean-up and more time enjoying dinner with family!
*Use herbs and spices to enhance food flavors, and your health. Rosemary is a powerful herb and can easily overwhelm a dish if you use too much. It’s best to start with the minimum called for in a recipe and work your way up to taste.
*Fuji, Gala, Honeycrisp or Rome apples work well in this recipe.

Ingredients:
½ tablespoon unsalted butter
½ tablespoon extra-virgin olive oil
1 small sweet onion, thinly sliced (about 1 cup)
2 small red apples, sliced*
1 ½ pounds boneless, skinless chicken breasts, cut into 1-inch strips
1 tablespoon fresh rosemary, finely chopped, divided
¼ teaspoon salt
¼ teaspoon black pepper
2 tablespoons apple cider vinegar

Directions:
1. Heat butter and oil in a large sauté pan over medium-high heat.
2. Add onion and apple slices and sauté for 3-4 minutes (depends on the thickness), until softened, and slightly browned.
3. Meanwhile, season the chicken strips with 2 teaspoons of rosemary, salt and black pepper.
4. Push the onion and apple slices to the sides of the pan and add chicken breast strips to the middle. Brown on both sides, about 5-6 minutes total. (If your pan is too crowded, do this in batches – or remove the onions and apples – so you can properly brown the chicken.
5. Add apple cider vinegar and the onions and apples (if you removed them) and remaining teaspoon of rosemary. Cover the pan, reduce the heat to medium and cook until chicken is cooked through, ~3 minutes more.
6. Serve chicken and apples with extra pan juices and enjoy!

Nutritionals:
Makes 4 servings (~4 oz yield after cooking)
Per serving: 245 calories, 5g fat, 1g saturated fat, 9g carbs, 220mg sodium, 39g protein

About Amy Kimberlain
Amy Kimberlain is a registered dietitian and certified diabetes educator with Community Health at Baptist Health South Florida. She has 20 years of experience in nutrition and dietetics. Active in the community, Amy has contributed her expertise to various public health initiatives, including childhood obesity, diabetes and family health. Amy earned Bachelor of Arts degrees in nutrition and Spanish from Florida State University. She is also an avid runner and registered yoga teacher.
Senior Cinema
Free Movie Showing Every Wednesday and Thursday

1st Showing - Wednesday
Location: Deicke Auditorium
5701 Cypress Road
Plantation, FL 33317
954-797-2199

Time: 10:00 AM start time
Fresh Popped Popcorn will be served

2nd Showing - Thursday
Location: Volunteer Park
12050 W Sunrise Blvd
Plantation, FL 33317
954-585-2558

Time: 10:00 AM start time
Fresh Popped Popcorn will be served

December Movies

The Art of Racing in the Rain
December 4th and 5th
Rated: PG
Drama
Runtime: 1hr 49min
Through his bond with his owner, aspiring Formula One race car driver Denny, and golden retriever Enzo learn that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

Downton Abbey
December 11th and 12th
Rated: PG
Drama
Runtime: 2hr 2min
Excitement is high at Downton Abbey when the Crawley family learns that King George V and Queen Mary are coming to visit. But trouble soon arises when Mrs. Patmore, Daisy and the rest of the servants learn that the king and queen travel with their own chefs and attendants -- setting the stage for an impromptu scheme and other shenanigans.

Just Getting Started
December 18th and 19th
Rated: PG-13
Comedy
Runtime: 1hr 31min
Duke Diver is living the high life as the freewheeling manager of a luxurious resort in Palm Springs, Calif. He soon faces competition from Leo, a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him.

Movies will not be shown on December 25th and 26th
Happy Holidays!
JOIN US FOR THE

JOLLY HOLIDAY

SENIOR LUNCHEON

FREE

MUSIC | BINGO | RAFFLES

Jim Ward Community Center
301 NW 48th Ave
Plantation, Fl 33317
December 19th, 2019
12 PM-2 PM
Register by December 16th
For more information call 954-585-2344
Dancing the night away at the 2019 Senior Prom
Tai-Chi Quan continues with new class dates & time.
Level 1 – 1:00pm-2:00pm
Monday & Wednesday

Level 2 – 1:00pm-2:00pm
Tuesday & Thursday
Location: Jim Ward Community Center

Line Dancing Class
Every Friday
Time: 11:00am-12:00pm
Location: Jim Ward Community Center

Cardio Dance
Every Wednesday
Time: 10:00am-11:00am
Location: Jim Ward Community Center

For sponsorship opportunities contact Marsha Fertil at mfertil@plantation.org or 954-585-2345