



The Seasoned Senior

For the young at heart 55+

March - April 2020



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

■ Plantation Community Center
 ■ Central Park
 ■ Jim Ward

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Aerobics 8:00am-9:00am CP – Cost	Senior Aerobics 8:00am-9:00am CP - Cost	Senior Aerobics 8:00am-9:00am CP - Cost	Senior Aerobics 8:00am-9:00am CP - Cost	Senior Aerobics 8:00am-9:00am CP – Cost
*Functional Fitness 9:30am-10:30am *Free	*Gentle Aerobics 9:00am-10:00am *Free	**Yoga Stretch 9:00am-10:00am	*Gentle Aerobics 9:00am-10:00am *Free	**Yoga/Aerobics 9:00am-10:00am
**Strength & Balancing 1 9:00am-10:00am	**Dance Fit 9:00am-10:00am	Cardio Dance 9:30am-10:30am JW - Free	**Senior Flex Chair 9:00am-10:00am	*Functional Fitness 8:45 am-9:45 am JW - *Free
	***Silver Sneakers Tai Chi 10:30am-11:30am	*Ageless Grace 11:00am-12:00pm	***Silver Sneakers Tai Chi 10:30am-11:30am	Line Dancing 11:00am-12:00pm Free
	Tai Chi 1:00pm-2:00pm			

*Must be a Plantation Resident to participate
 **Free for Silver Sneakers members or pay fee to participate
 ***Must have Silver Sneakers to participate

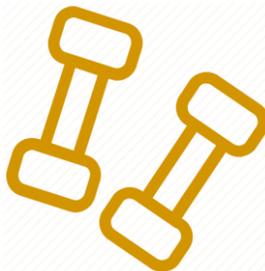
Weight Room Fees:

RESIDENT:

ID Cards	\$3.00
Daily.....	\$5.00
3 Months.....	\$42.80
6 Months.....	\$80.25
1 Year.....	\$107.00

NON-RESIDENT:

ID Cards	\$5.00
Daily.....	\$7.00
3 Months.....	\$85.60
6 Months.....	\$160.50
1 Year.....	\$214.00



Courts Open:
Mornings
Sunday - Saturday
8:00am - 3:00pm



Evenings
Monday - Friday
6:00pm - 10:00pm

Everyone is invited.
All levels are welcome, including beginners.
For more information visit the courts
at the hours above.

Plantation Central Park
 9151 NW 2nd Street
 Plantation, FL 33324

PICKLEBALL

Mahjong Madness!



Every Wednesday at 1 PM
Deicke Auditorium Boardroom

Join us for Bingo every
Thursday at 2PM
Located at Jim Ward
Community Center

1st & 3rd Week

sponsored by
Cynthia Meacham
Insurance

2nd & 4th Week

sponsored by
 **Chen Senior
Medical Center**
A CHENMED COMPANY

5th Week

City of Plantation



- ★ Do You Have Questions about Your Medicare?
- ★ Would You Like To Reduce Your Prescription Drug Cost?
- ★ Save Money When You Go to The Doctor and Hospital?
- ★ Looking for Comprehensive Dental, Vision and Hearing Benefits?
- ★ I represent all the top insurance carriers - call me to learn about your options!

**Cynthia
Meacham**

Call me to take the
mystery out of Medicare!

Medicare Consultant

(954) 802-0738

UPCOMING EVENTS

Shape the future for every generation.

Responses to the 2020 Census will influence funding in your community for services that help every generation—from newborn babies to the oldest among us. Count everyone in your home to benefit you, your children, and future generations.

For more information, visit:
2020CENSUS.GOV

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Shape
your future
START HERE >



For more information go to www.plantation.org/census2020

FIRST FRIDAY OF THE MONTH (November - April)

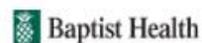
ROCK THE PARK



FREE CONCERT SERIES

March 6th
Valerie Tyson Band
R&B / Soul

April 3rd
Across the Universe
Beatles Tribute Band



THE CITY OF PLANTATION'S PARKS & RECREATION SENIOR DIVISION PRESENTS:



SENIOR EXPO



Health Screenings



Seminars



**Giveaways, Prizes
& Raffles**

TUESDAY, MARCH 24
9 A.M. - 12 P.M.
VOLUNTEER PARK
12050 W. SUNRISE BLVD

FREE EVENT!

Professionals will be on hand to answer medical, financial, retirement and recreational questions.

Light refreshments will be served.
For more information call (954) 585-2344

   @PlantationParks | www.plantation.org



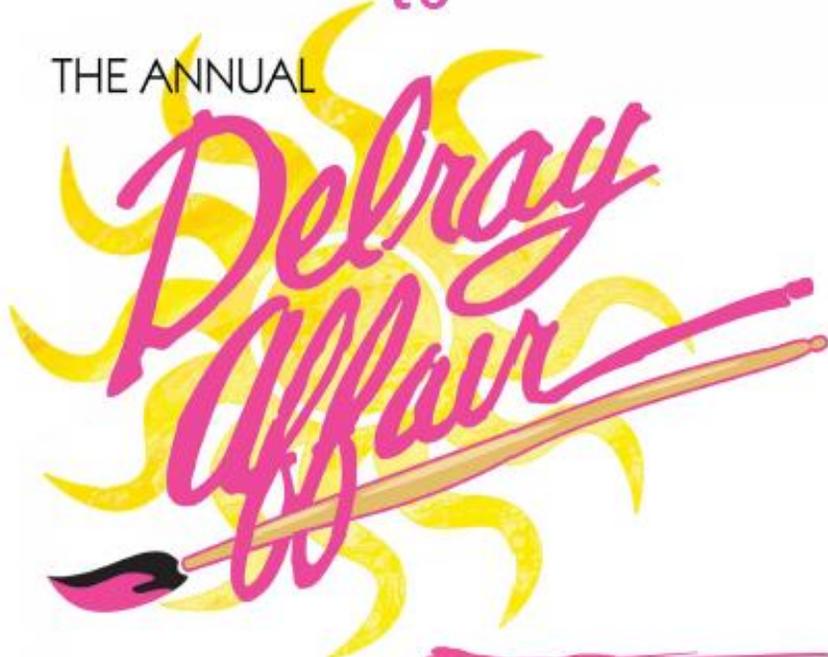
Sponsored by The GFWC Plantation Woman's Club



Senior Field Trip

to

THE ANNUAL



Delray Affair

DOWNTOWN DELRAY BEACH

Enjoy the largest arts & craft festival in South Florida while strolling down the tree-lined streets of downtown Delray Beach.

Friday, April 3rd

Cost \$5

Space is limited

Bus leaves from Deicke Auditorium at 9:30 AM

Bus returns at 3:30 PM

5701 CYPRESS RD.

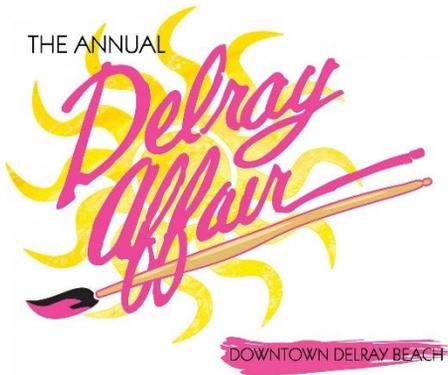
PLANTATION FL 33317

For more information call

954-585-2344 or 954-797-2199



WHAT TO KNOW FOR THE SENIOR TRIPS



In 2020, the Greater Delray Beach Chamber of Commerce celebrates the 58th year of the Delray Affair. The Delray Affair is the largest arts & craft festival in the Southeast United States. The free event takes place along the palm tree lined downtown streets of Delray Beach and stretches 13 city blocks from the Intracoastal to NW 2nd. The Delray Affair has received numerous awards for its 'eclectic' mixture of fine art, great crafts and funky products from around the world. Last year, artists and crafters from 30 states and twelve countries exhibited at the Delray Affair.

The cost is \$5 (9:30 AM-3:30PM)

Suggested items for this adventure:

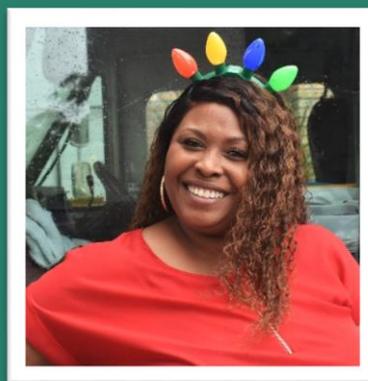
- **Money for lunch or a packed lunch**
- Sunglasses
- Essential medication
- Comfortable clothing
- Comfy shoes
- Hat
- Bug Spray/Sun Screen
- Phone or Camera
- Hand Sanitizer

MEET THE TEAM



Marsha Fertil
Recreation Services Supervisor

Marsha has worked with the City of Plantation in several capacities since 2011. She received her Bachelor's in Social Work from Florida Atlantic University. Marsha looks forward to helping the Senior Division flourish in the new year.



Frantasha Prince
Recreation Services Manager

Tasha has been with the City of Plantation since 2005. She has worked in the Senior Division for the past 3 years. Her goal is to advocate for the Seniors in Plantation to help promote and ensure a active and healthy lifestyle.



Luz Reyes
Recreation Services Manager

Luz is an economist born in Colombia. She brought her skills to the City of Plantation 4 years ago. Recently promoted to Recreational Services Manager, she looks forward to making an impact in her community. For Luz, it truly starts in parks!

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
954-452-2558

Time: 10:00 AM start time

Fresh Popped Popcorn will be served



Parasite (Oscar Winner for Best Motion Picture)

March 4th and 5th

Rated: R

Comedy/Crime/ Drama | Runtime: 2hr 12min

A poor family, the Kims, con their way into becoming the servants of a rich family, the Parks. But their easy life gets complicated when their deception is threatened with exposure.

Foreign Language Movie, contains subtitles

March Movies

The Good Liar

March 11th and 12th

Rated: R

Crime/Drama/Mystery

Runtime: 1hr 49min

Con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.



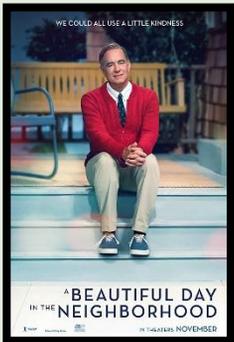
A Beautiful Day in the Neighborhood

March 18th and 19th

Rated: PG

Biography/ Drama | Runtime: 1hr 49 min

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, but Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.



Ford v Ferrari

March 25th and 26th

Rated: PG-13

Biography Drama | Runtime: 2hr 32min

American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.



SENIOR CINEMA

Free Movie Showing Every Wednesday and Thursday

April Movies

Aladdin

April 1st and 2nd

Rated: PG

Action/Adventure | Runtime: 2hr 8min

A kind-hearted street urchin and a power-hungry sorcerer vie for a magic lamp that has the power to make their deepest wishes come true.



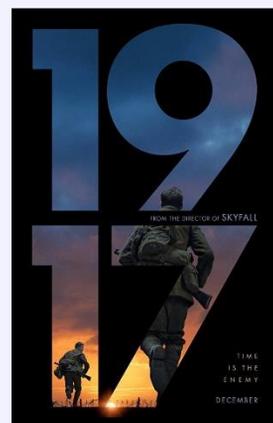
1917

April 8th and 9th

Rated: R

Drama | Runtime: 1hr 59min

April 6th, 1917. As a regiment assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap.



Little Women

April 15th and 16th

Rated: PG

Drama | Runtime: 2hr 15min

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms.



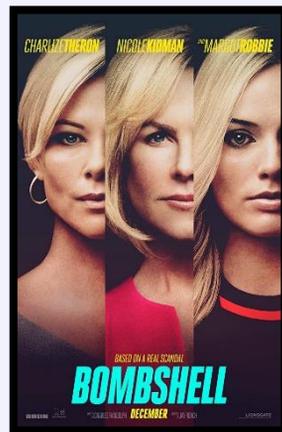
Bombshell

April 22nd and 23rd

Rated: R

Drama | Runtime: 1hr 49 min

The story of three whip-smart, ambitious, strong women who anchored one of America's most powerful news networks – becoming headlines themselves when they risked everything to stand up to the man made them famous.



Dolittle

April 29nd and 30th

Rated: PG

Action/Adventure/Comedy | Runtime: 1hr 41 min

Description

Dr. John Dolittle only companionship comes from an array of exotic animals that he speaks to on a daily basis. But when young Queen Victoria becomes gravely ill, the eccentric doctor and his furry friends embark on an epic adventure to a mythical island to find the cure.





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



Line Dancing Class
Every Friday

Time: 11:00am-12:00pm

Location: Jim Ward Community Center



Free classes provided by



**Baptist Health
South Florida**

Tai-Chi Quan

1:00pm-2:00pm

Tuesday

Location: Jim Ward Community Center

Cardio Dance

Every Wednesday

Time: 9:30 AM-10:30 AM

Location: Jim Ward Community Center

For more information, please visit or call our facilities.

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

Deicke Auditorium
5701 Cypress Road
954-797-2199

Plantation Community Center
5555 Palm Tree Road
954-797-2180

Central Park Multipurpose Building
9151 NW 2nd Street
954-452-2510

Volunteer Park
12050 W. Sunrise Boulevard
954-452-2558

Follow us on social media:



@PLANTATIONPARKS