



Plantation  
the grass is greener®

# The Seasoned Senior



PLANTATION  
Parks & Recreation  
Where Community and Fun Become One!

For the young at heart 55+

October | November | December 2023



## Plantation Senior Division

The Recreation Services Supervisor, Marsha Fertil, and Recreation Services Managers, Tierra Hampton and Arielle Cuevas are available to assist our seniors

You can reach Marsha Fertil at the Jim Ward Community Center at 954-585-2345 or email: [mfertil@plantation.org](mailto:mfertil@plantation.org)

For Jim Ward Community Center and  
For all other inquiries, please call  
(954) 585-2344

# WEEKLY FITNESS SCHEDULE

*Athletic attire required (including sneakers) for classes*

■ Plantation Community Center    ■ Central Park    ■ Jim Ward

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CENTRAL PARK 954-452-2510</b> <i>Fees apply. See below.</i>					
High/Low Aerobics w/ Body Sculpt 9:30am-10:30am	Low Impact Aerobics 8:15am-9:15am	High/Low Aerobics w/ Body Sculpt 9:30am-10:30am	Low Impact Aerobics 8:15am-9:15am Zumba for All 9:30am-10:30am		
<b>PLANTATION COMMUNITY CENTER 954-797-2180</b> <i>Free for Silver Sneakers members or pay fee to participate.</i>					
Senior Circuit 9:00am-10:00am	Dance Fit 9:00am-10:00am	Yoga Stretch 9:00am-10:00am	Senior Chair Exercise 9:00am-10:00am		
<b>JIM WARD COMMUNITY CENTER 954-585-2344</b> <i>Fees apply. See below.</i>					
Ageless Grace 11:00am-12:00pm	Gentle Aerobics 9:30am-10:30am		Gentle Aerobics 9:30am-10:30am	JoyDanz 10:30am-11:30am	Ageless Grace 11:00am-12:00pm

## Weight Room Fees:

### RESIDENT:

ID Cards .....	\$3.00
Daily Resident.....	\$5.00
Daily Non-Resident....	\$8.00
Monthly.....	\$10.00

## Aerobics Class Fees

ID Cards .....	\$3.00
Daily Resident.....	\$1.00
Daily Non-Resident....	\$5.00
Annual Resident.....	\$25.00
Annual Non-Res.....	\$50.00



17 beautiful Pickleball courts are available for use at Central Park!

All levels are welcome including beginners. For more info call the Veltri Tennis Center at 954-513-3540

Ages  
55+

# SENIOR AEROBICS



**Effective Sunday, October 1st, 2023  
all Senior Aerobic classes will move to  
a yearly membership.**

**The Senior Aerobics Membership allows use at  
Central Park Multipurpose Building, Jim Ward  
Community Center, and Plantation Community  
Center Senior Aerobic Classes.**

## RESIDENT

\$25 per year

**or**

\$1 per visit

## NON-RESIDENT

\$50 per year

**or**

\$5 per visit

*Membership is valid for 12 months from the date of purchase  
Membership is non-refundable*





# OPENING SOON!

## Premier Gold Coast Senior Living

The Palms at Plantation has been purposefully designed to enhance the health and wellness of our residents — and as a place to live joyfully with curated lifestyle offerings and holistic wellness programming at the heart of the community.

**Every last detail of The Palms is being created to welcome you and your loved ones:**

- All-day dining featuring delicious, chef-prepared menus with a farm-to-table approach.
- A vibrant activities calendar with social events, education, entertainment and outings.
- Innovative amenities including a fitness center, indoor and outdoor gathering spaces, community gardens, art studios and more.
- Luxurious apartments blending contemporary elegance with experienced care.



**The excitement is building!**

Call us at **754-336-4409** to learn more.

Information Center | 923 S. State Road 7 | Plantation, FL 33317  
 Community Address | 1019 South SR 7 | Plantation, FL 33317  
[ThePalmsAtPlantation.com](http://ThePalmsAtPlantation.com) | ASSISTED LIVING | MEMORY CARE

ASSISTED LIVING | MEMORY CARE

License Pending 

## MEET THE TEAM



**Marsha Fertil, CPRP**  
**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 have fun and build new memories.



**Tierro Hampton**  
**Recreation Services Manager**

Tierro has been with the City of Plantation, Parks and Recreation department for over 10 years. Moreover, Tierro has a Master's in Business and Leadership Management and her drive is to build a healthier community one day at a time.



**Arielle Cuevas**  
**Recreation Services Manager**

Arielle has been with the City of Plantation since 2018. She is currently a student at Florida Atlantic University pursuing her Bachelor's Degree. Arielle is very excited to join the Jim Ward team!

# FREE WEEKLY EVENTS FOR SENIORS 55+

Sponsored by:



## Senior Game Time



Mondays and Thursdays

1:30 PM - 4:30 PM

Learn new games or  
play classic ones

Bring your pals and make  
new friends

Games and light refreshments  
provided



Jim Ward Community Center  
301 NW 46th Ave,  
Plantation FL 33317  
954-585-2344

 @PlantationParks



## Your Health is our Top Priority



### Experts in aging well

MyCare doctors have been serving your community for decades, and focus on meeting the unique needs of adults 65+ years old.



### Your care, your way

We're here to treat you wherever you are - we're here where you need us, when you need us.



### Preventative focus

Prevention is at the core of our philosophy. The best way to keep you healthy is by taking preventive measures before problems arise. We help identify risks and partner with you in managing your chronic conditions to keep you feeling well.

 Several locations for your convenience  
**Call us at 954-466-7998**

Schedule your VIP tour of one of our offices today and receive a complimentary gift!



# FREE WEEKLY EVENTS FOR SENIORS 55+

Ages 55+

Sponsored by:



**Wednesdays**  
2:00 PM – 3:00 PM

Jim Ward Community Center  
301 NW 46th Ave,  
Plantation FL 33317  
954-585-2344



## Looking for Medicare or dual-eligible options?

Call me today:

**Emanuelly Cabrera**

Licensed CarePlus Sales Agent

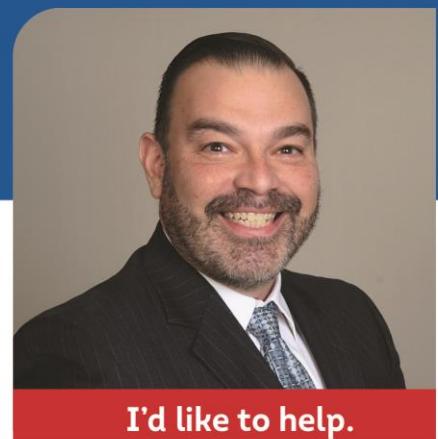
**954-439-8719**

(TTY: 711)

[ECabrera4@careplus-hp.com](mailto:ECabrera4@careplus-hp.com)



[CarePlusHealthPlans.com](http://CarePlusHealthPlans.com)



I'd like to help.

CarePlus offers  
Medicare Advantage plans  
including Dual Eligible  
Special Needs Plans  
(D-SNPs).

## SMALL GROUP TRIPS FOR SENIORS 55+

### 55+ Senior BUS TRIPS

Space is limited  
Price per trip:  
**\$5**

PRE-  
REGISTRATION  
REQUIRED

#### Perfect Choice Nursery & Pembroke Gardens

Registration opens 9/18  
**Thursday, October 5th**  
Bus leaves at: 10:30 am  
Bus returns at: 3:00 pm

#### Dolphin Mall

Registration opens 12/1  
**Friday, December 15th**  
Bus leaves at: 10:00 am  
Bus returns at: 4:00 pm

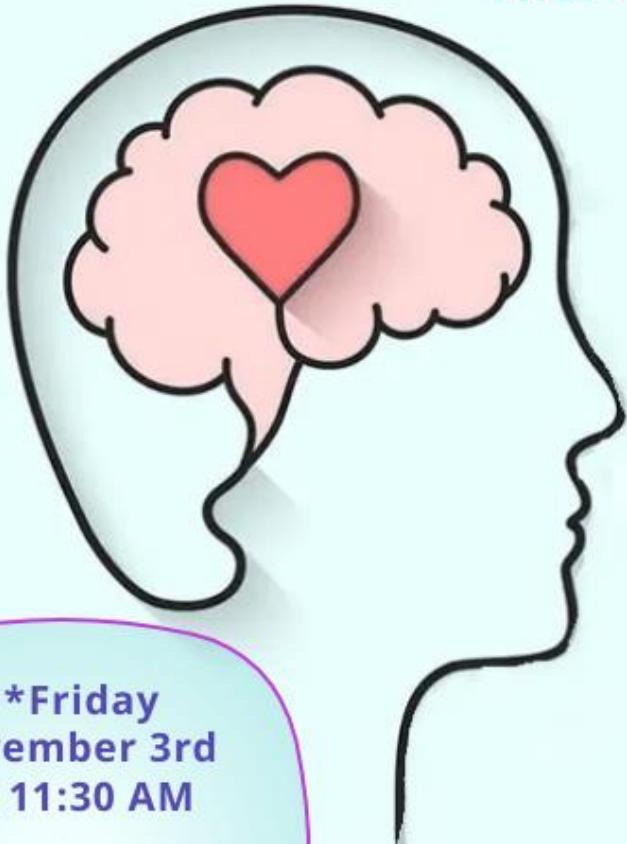
Bus leaves from  
**Jim Ward Community Center**  
**301 NW 46th Ave**  
**Plantation, FL 33317**  
**954-585-2344**



# FREE SEMINARS FOR SENIORS 55+

## Senior Mind-Full Conversations

FREE 55+



**Friday**  
**October 6th**  
**at 11:30 AM**  
**Topic of the Day:**

**Nutrition**

**Presented by:**  
Feeding  
South Florida

**\*\*Friday**  
**November 3rd**  
**at 11:30 AM**

**Topic of the Day:**  
**Memory Loss**

**Presented by:**  
Baptist Health

**Friday**  
**December 1st**  
**at 11:30 AM**

**Topic of the Day:**  
**Fire Safety**  
**Presented by:**  
Plantation Fire  
Department



\*\*Memory Loss seminar requires  
pre-registration. Seminar may be subject  
to cancellation if minimum attendance is  
not met

**Light refreshments will be served**  
**Jim Ward Community Center**

301 NW 46th Ave  
Plantation, FL 33317

FOR MORE INFORMATION CALL: (954) 585-2344

Turning 65?

# Turning 65 and have Medicare questions? Come inside to learn more today.

Call for personalized help

**Scott Dick**

**(954) 328-7220 (TTY: 711)**

8:00 AM - 6:00 PM ET, Mon. - Fri.

A licensed agent will answer your call.

[dicks@aetna.com](mailto:dicks@aetna.com)



\*These providers and/or pharmacies will be a provider in our Medicare Advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

# ROCK THE PARK

LIVE MUSIC  
AND  
FOOD TRUCKS

Food trucks open at 6 PM  
Concert starts at 7PM

NEW LOCATION!

Pine Island Park  
320 S Pine Island Rd.  
Plantation FL, 33324

The City of Plantation and Baptist Health presents:

November 3rd  
Private Stock  
*Ultimate Rock Star Tribute Band*

December 1st  
Jaded  
*A tribute to Aerosmith*

January 5th  
Completely Unchained  
*A tribute to Van Halen*

February 3rd  
Brass Evolution  
*Covering Chicago, Earth Wind and Fire  
and other popular horn bands of the 70s and 80s*

March 1st  
GDR  
*A tribute to the  
Greatest Decade of Rock*

April 6th  
The VTB Band  
*The Best of Dance, Classic Rock,  
Motown & More*

May 3rd  
Private Stock  
*Rock Star Tribute Band*



# Senior Book Club

Space is limited!

55+

Price per month:

Residents: \$5.00

Non-Residents: \$15.00

PRE-REGISTRATION  
REQUIRED

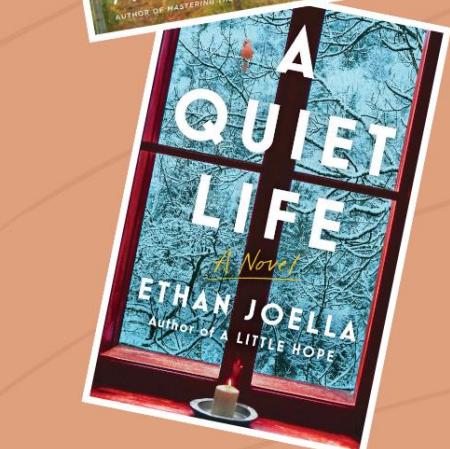
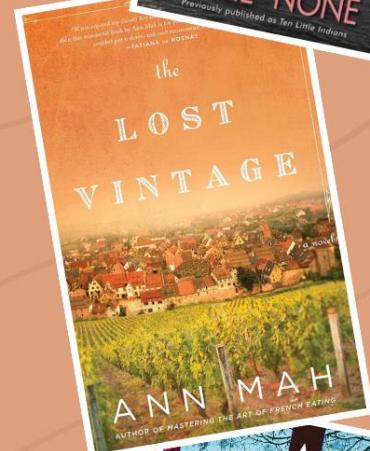
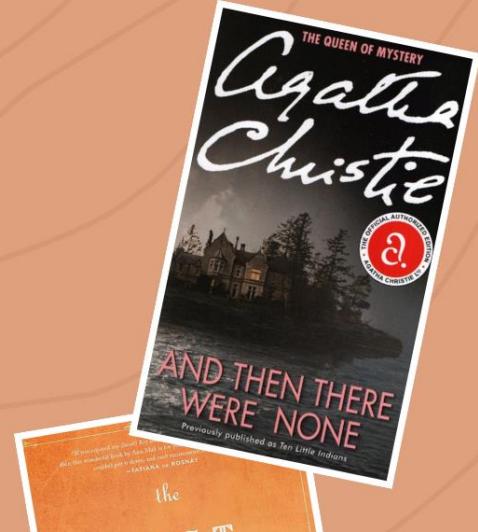
## And Then There Were None

By: Agatha Christie

Registration opens 10/6

**Meeting November 17th @ 11:30 AM**

Seven guests, a newly hired secretary, and two staff are gathered at a manor house on an isolated island by an unknown absentee host and are killed off one by one. They work together to determine who the killer is before it's too late.



## The Lost Vintage

By: Ann Mah

Registration opens 11/3

**Meeting December 8th @ 11:30 AM**

Kate returns to her family's ancestral vineyard in Burgundy and unexpectedly uncovers a lost diary, an unknown relative, and a secret her family has been keeping since World War II.

## A Quiet Life

By Ethan Joella

Registration opens 12/1

**Meeting January 12th @ 11:30 AM**

Set in a close-knit Pennsylvania suburb in the grip of winter. A Quiet Life follows three people grappling with loss and finding a tender wisdom in their grief.



**Jim Ward Community Center**

301 NW 46th Ave, Plantation FL 33317

954-585-2344

# Senior Special Events

sponsored by:



55+

aetna

FALL/WINTER 2023

Free

THURSDAY  
11/2

## EDUCATIONAL MEDICARE WORKSHOP & ICE CREAM TRUCK

Learn more about Medicare and  
enjoy a sweet treat!



THURSDAY  
11/16

## HARVEST FESTIVAL

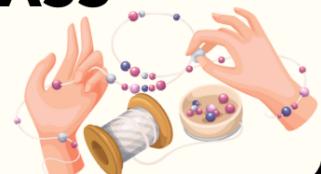
Celebrate the fall season during this  
lunch and learn.



MONDAY  
12/4

## JEWELRY MAKING CLASS

Create a beautiful jewelry piece for  
yourself or as a holiday gift.



Jim Ward Community Center

301 NW 46th Ave

Plantation Fl, 33317

For more info call 954-585-2344



# TAI CHI FOR ARTHRITIS

*The Arthritis Foundation Tai Chi Program is a one hour class offered twice a week for six weeks. It has been proven to improve movement, balance, strength, flexibility, and relaxation. Other benefits associated with this program include a decrease in pain and falls.*

**Mondays & Wednesdays**  
**1:00 PM - 2:00 PM**  
**Oct. 16 - Nov. 22**  
**Jim Ward Community Center**  
**301 NW 46th Avenue • Plantation • 33317**



Improves movement and balance



Improves strength and flexibility



Shown to decrease pain and falls



**Registration Required!**

**Please Call: 954-585-2344**  
**Registration Opens October 2<sup>nd</sup>**



**PLANTATION**  
Parks & Recreation  
Where Community and Fun Become One!

**FREE**

**55+**

# ★ SENIOR SPOOKTACULAR GAME SHOW

★ Prepare for a frightfully fantastic afternoon of  
Halloween-themed trivia, fun treats, and more!

Thursday, October 26th  
2 PM - 4 PM

Jim Ward Community Center  
301 NW 46th Ave,  
Plantation FL 33317  
954-585-2344

**TREATS**

**COSTUME  
CONTEST**

**PRIZES**

Pre-registration recommended.  
Registration opens October 12th.





# Senior Jazz Brunch

ENJOY A TASTY BUFFET STYLE  
BRUNCH WHILE LISTENING TO  
WONDERFUL LIVE MUSIC

NOVEMBER  
THURSDAY | 09 | 11AM - 1PM  
2023

**\$15**

PLANTATION PRESERVE  
GOLF COURSE & CLUB  
7050 W BROWARD BLVD,  
PLANTATION, FL 33317

**Pre- registration required**

Registration Opens October 23rd  
Registration Closes November 6th

**For more information  
call 954-585-2344**



Senior Trip 55+

# FUNNY GIRL

at the Broward Center for Performing Arts

**Friday, November 17th**

**Bus Departs at 7:00 PM**

**Bus Returns at 11:30 PM**

**Bus Departs from Jim Ward Community Center**

**301 NW 46th Avenue, Plantation, FL 33317**

**\$45 Per Person**

**Registration opens October 29th**

**Registration closes November 13th**



For more information, please call 954-585-2344





SENIOR TRIP

# 55<sup>th</sup> Delray Yuletide Street Fair

Enjoy a night of holiday festivities including musical performances, vendors, and a walk through the famous 100-foot Christmas Tree.

**Cost - \$5**

**TUESDAY, NOVEMBER 28TH**

**BUS LEAVES - 5:00 PM**

**BUS RETURNS - 9:00 PM**

Bus leaves from  
Jim Ward Community Center  
301 NW 46th Ave,  
Plantation, FL 33317

Space is limited. Pre-registration required.  
Registration opens November 13th

**FOR MORE INFO CALL  
954-585-2344**

Seniors 55+

\$55

Hop on Hop off Tour  
included



Jan. 19, 2024

Pre-Registration Required

# KEY WEST

Key West is worth visiting! It is a tropical island that offers a unique blend of history, culture, scenic beauty, and outdoor activities.

BUS DEPARTS @ 6AM  
BUS RETURNS @ 10PM

Bus departs from:

Jim Ward Community Center  
301 NW 46 Ave, Plantation, FL 33317  
For more info: 954-585-2344

REGISTRATION BEGINS 12/11 AND CLOSES 1/12.



PLANTATION  
Parks & Recreation



@PlantationParks

# UPCOMING PARKS AND RECREATION EVENTS

## Reoccurring Events

Wednesdays - **Hump Day Food Trucks** Volunteer Park 5 PM – 9 PM

Wednesdays - **Teen Hang Time** – Jim Ward 3 PM – 6 PM

Thursdays – **Table Tennis Nights** Central Park 6 PM – 8 PM

Saturdays - **Farmers Market** Volunteer Park 8 AM – 2 PM

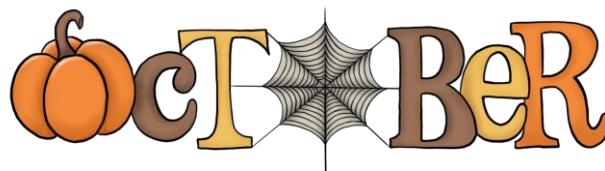
Saturdays - **Yoga in the Park** 9 AM – 10 AM

\*1st, 2nd, 5th Saturday: **Liberty Tree Park**

\*3rd Saturday: **Volunteer Park**

\*4th Saturday: **Jim Ward Park**

3<sup>rd</sup> Sunday – **Sound Healing** **Liberty Tree Park** 9 AM-10 AM



Thursday, October 5<sup>th</sup>

**Senior Trip to Perfect Choice Nursery  
and Pembroke Gardens**

**Bus leaves from Jim Ward Community Center**  
10:30 AM – 3 PM

Tuesday, October 24<sup>th</sup>

**Kid's Day Off (K-5)**

**Jim Ward Community Center**  
7:30 AM – 6 PM

Saturday, October 14<sup>th</sup>

**Community Garage Sale**  
**Volunteer Park**  
7 AM - 12 PM

Thursday, October 26<sup>th</sup>

**Senior Spooktacular Game Show**  
**Jim Ward Community Center**  
2 PM– 4 PM

Saturday, October 21<sup>st</sup>

**Family Fall Festival**  
**Volunteer Park**  
10 AM – 2 PM

Monday, October 30<sup>th</sup>

**Winter Class Registration begins**

Tuesday, October 31<sup>st</sup>

**Trunk or Treat**  
**Pine Island Park**  
6 PM – 8 PM

## UPCOMING PARKS AND RECREATION EVENTS



Friday, November 3<sup>rd</sup>

**Rock the Park featuring Private Stock  
Ultimate Rock Star Tribute Band**

**Pine Island Park**

**7 PM – 10 PM**

Tuesday, November 7<sup>th</sup>

**Kid's Day Off (K-5)**

**Plantation Community Center**

**7:30 AM – 6 PM**

Thursday, November 9<sup>th</sup>

**Senior Jazz Brunch**

**Plantation Preserve**

**11 AM - 1 PM**

Saturday, November 11<sup>th</sup>

**Veteran's Day Service**

**Veteran's Park**

**9:30 AM**

Friday, November 17<sup>th</sup>

**Movies in the Park –**

**The Super Mario Bros. Movie**

**Volunteer Park**

**Gates open at 6 PM**

Friday, November 17<sup>th</sup>

**Senior Trip – Funny Girl Musical**

**Bus leaves from Jim Ward Community Center**

**7 PM – 11:30 PM**

Saturday, November 18<sup>th</sup>

**Holiday Parade**

**Starts at 46<sup>th</sup> and Broward and ends at City Hall  
9 AM**

Friday, November 28<sup>th</sup>

**Senior Trip – Delray Yuletide Street Fair**

**Bus leaves from Jim Ward Community Center**

**5 PM – 9 PM**



Friday, December 1<sup>st</sup>

**Rock the Park featuring Jaded  
A tribute to Aerosmith**

**Pine Island Park**

**7 PM – 10 PM**

Saturday, December 2<sup>nd</sup>

**Light Up City Hall**

**City Hall**

**5 PM – 9 PM**

Saturday, December 9<sup>th</sup>

**Breakfast with Santa**

**Volunteer Park**

**9 AM – 11 AM**

Saturday, December 9<sup>th</sup>

**Plantation Boat Parade**

**Pop Travers Park**

**7:00 PM**

Sunday, December 24<sup>th</sup>

**Santa's Visit**

English / Se Habla Espanol / Nou Pale Kreyòl

## THE LEGAL CONNECTION

- PERSONAL INJURY
- SLIP & FALL
- PROBATE
- WILLS & TRUSTS
- FAMILY/CHILD SUPPORT
- CRIMINAL DEFENSE



 1-888-TLC-FIRM



MULTIPLE OFFICES:

- ORLANDO, FL
- DEERFIELD BEACH, FL
- WEST PALM BEACH, FL
- FORT PIERCE, FL





## JIM WARD COMMUNITY CENTER

301 NW 46<sup>th</sup> Ave, Plantation FL 33317

1<sup>st</sup> Showing

**10:30 AM**

2<sup>nd</sup> Showing

**6:00PM**

Fresh popped popcorn will be served

*October*



### Past Lives

October 3<sup>rd</sup>

Rated: PG-13

Drama | Romance

Runtime: 1hr 45 min

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life.



### You Hurt

### My Feelings

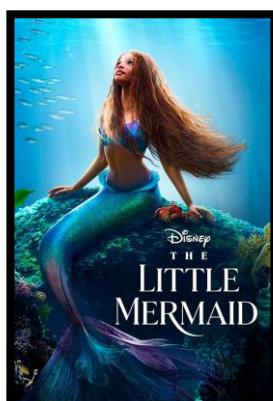
October 17<sup>th</sup>

Rated: R

Comedy | Drama

Runtime: 1hr 33 min

A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince.



### The Little Mermaid (2023)

October 10th

Rated: PG

Adventure | Fantasy

Runtime: 2hr 15 min

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.

### Indiana Jones and the

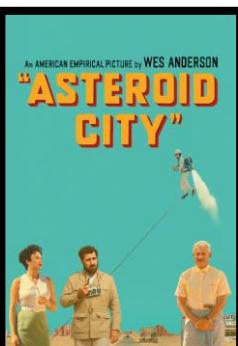
### Dial of Destiny

October 24<sup>th</sup>

Rated: PG-13

Adventure

Runtime: 2hr 34min



### Asteroid City (no second showing)

October 31<sup>st</sup>

Rated: PG-13

Drama | Comedy

Runtime: 1hr 45min

World-changing events spectacularly disrupt the itinerary of a Junior Stargazer/Space Cadet convention in an American desert town circa 1955.



## JIM WARD COMMUNITY CENTER

301 NW 46<sup>th</sup> Ave, Plantation FL 33317

1<sup>st</sup> Showing

**10:30 AM**

2<sup>nd</sup> Showing

**6:00PM**

Fresh popped popcorn will be served

November

*No movies on November 7<sup>th</sup>*



### Are You There God? It's Me, Margaret

November 14<sup>th</sup>

Rated: PG-13

Drama | Comedy

Runtime: 1hr 46min

Eleven-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia, who's coming to terms with finding happiness in the next phase of her life.

Barbie suffers a crisis that leads her to question her world and her existence.



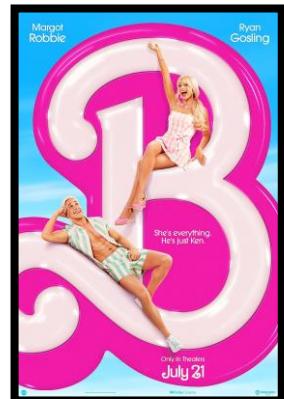
### Barbie

November 21<sup>st</sup>

Rated: PG-13

Fantasy | Comedy

Runtime: 1hr 54min



### Oppenheimer (2<sup>nd</sup> showing will start at 5 PM)

November 28<sup>th</sup>

Rated: R

Comedy

Runtime: 3hr



During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.



## JIM WARD COMMUNITY CENTER

301 NW 46<sup>th</sup> Ave, Plantation FL 33317

1<sup>st</sup> Showing

**10:30 AM**

2<sup>nd</sup> Showing

**6:00PM**

Fresh popped popcorn will be served

December

**No movies December 26<sup>th</sup>**

Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns.

### My Big Fat Greek Wedding 3

December 5<sup>th</sup>

Rated: PG-13

Comedy

Runtime: 1hr 31min



### Somewhere in Queens

December 12<sup>th</sup>

Rated: R

Comedy | Romance

Runtime: 1hr 46min

Leo and Angela Russo live a blue-collar life, surrounded by the big personalities of their overbearing Italian-American family. When their son's chance at a life-changing basketball scholarship is jeopardized, Leo risks everything to help him, but may tear the family apart trying to make it happen.



### Candy Cane Lane

December 19<sup>th</sup>

Rated: PG

Comedy | Fantasy

Runtime:



A man is determined to win the neighborhood's annual Christmas decorating contest. After making a pact with an elf to help him win, the elf casts a spell bringing the 12 days of Christmas to life and unexpectedly bringing chaos to town.

# Check out my new plan!

I signed up for a Devoted Health Medicare Advantage plan.  
Here's why:

- Monthly plan premiums **starting at \$0**
- FREE dental** that covers dentures, crowns, and root canals
- \$0 copay** for primary care visits
- Money** to spend on items like vitamins and toothpaste
- Money** to spend on eyeglasses or contacts
- \$0 copay** for labs at doctor offices
- Guides** based right here in the U.S.

“

**When I started using Devoted, it was mind blowing.**

With my last insurance, my medicine cost me \$350.  
Being with Devoted, my copay is \$15.

— OPRA, REAL DEVOTED HEALTH MEMBER



**The best part? My agent helped me with the whole process. Call Andy G Adelson to learn more**

**954-661-9596**

For more information, please visit or call our facilities.

**Jim Ward Community Center**

301 NW 46<sup>th</sup> Avenue

954-585-2344

**Central Park Multipurpose Building**

9151 NW 2<sup>nd</sup> Street

954-452-2510

**Plantation Community Center**

5555 Palm Tree Road

954-797-2180

**Volunteer Park**

12050 W. Sunrise Boulevard

954-452-2558



**PLANTATION**  
Parks & Recreation

Follow us on social media



@PlantationParks

## *Thank you to our Sponsors*



For sponsorship opportunities contact Marsha Fertil at [mfertil@plantation.org](mailto:mfertil@plantation.org) or 954-585-2345

Want to stay up to date with Senior Division news and events? Join our e-mail list!

Name: \_\_\_\_\_

Email: \_\_\_\_\_



Or send an email to [seniors@plantation.org](mailto:seniors@plantation.org)  
to receive the Seasoned Senior newsletter via email  
or send suggestions for senior trips and specials events.