

For the young at heart 55+

April | May | June 2024



Plantation Senior Division



The Recreation Services Supervisor, Marsha Fertil, and Recreation Services Managers, Tierro Hampton and Arielle Riel 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

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
CENTRAL PARK 954-452-2510 <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 Zumba for All 8:15am-9:15am 9:30am-10:30am		
PLANTATION COMMUNITY CENTER 954-797-2180 <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		
JIM WARD COMMUNITY CENTER 954-585-2344 <i>Fees apply. See below.</i> <i>*Free for Silver Sneaker Members</i>					
*Ageless Grace 11:00am-12:00pm	Gentle Aerobics 9:30am-10:30am	Gentle Aerobics 9:30am-10:30am	Gentle Aerobics 9:30am-10:30am	*JoyDanz 10:30am-11:30am	*Ageless Grace 11:00am-12:00pm
<i>Ageless Grace is also available at the Helen B. Hoffman Plantation Library on the 1st and 3rd Tuesdays of the month at 2 PM</i>					

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



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



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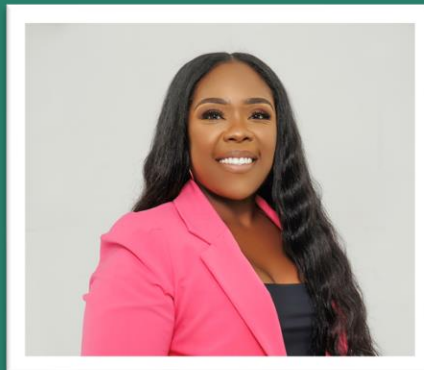
9215 West Broward Blvd. | Plantation, FL 33324

MEET THE PLANTATION SENIOR DIVISION TEAM



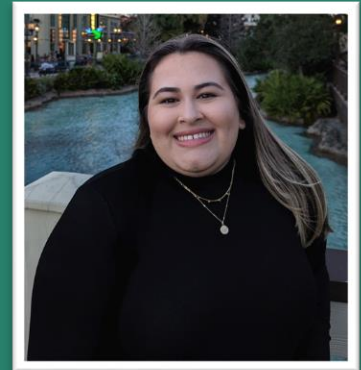
Marsha Fertil, CPRP
Recreation Services Supervisor

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 Riel
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+



Ages 55+

Sponsored by:



CarePlus
HEALTH PLANS

Senior Bingo

Wednesdays
2:00 PM - 3:00 PM

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

Fun
Prizes
snacks



@PlantationParks

PLANTATION
Parks & Recreation

Thank you to our sponsor



FREE WEEKLY EVENTS FOR SENIORS 55+

Sponsored by:



Senior Game Time

Ages 55+



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



NOW OPEN!

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.



Let us show you what sets us apart.

Call **754-336-4409** to schedule a tour and learn about limited-time savings and benefits through our Founder's Club.

1019 South SR 7 | Plantation, FL 33317 | ThePalmsAtPlantation.com

ASSISTED LIVING | MEMORY CARE

License Pending



Presented by Comfort Keepers

WELLNESS WITHOUT BORDERS

Exploring Traditions Around the World

**Thursdays
April 4th - June 27th
11 am - 1pm**

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

This 9-week series offers a fantastic opportunity to celebrate global diversity, promote healthy living, and strengthen community ties. It emphasizes the idea that wellness transcends borders and that there's so much to learn from the world's various cultures. This journey will inspire participants to incorporate new, healthy practices into their lives, promoting both physical health and mental well-being.

Each session will include different activities such as fitness instruction, arts and crafts, mindfulness sessions, and cooking demonstrations.

Registration is recommended.



**FREE
55+**



PLANTATION Parks & Recreation

Where Community and Fun Become One!

Wellness Without Borders Schedule

Date	Theme
April 4th	Global Wellness
April 18th	Mediterranean Marvels Greece and Italy
May 2nd	Art of Japanese Living
May 16th	Indian Ayurvedic Principles
May 30th	Scandinavian Living
June 6th	Brazilian Vitality
June 13th	Ethiopian Traditions
June 20th	Middle Eastern Mystique
June 27th	A World of Wellness

Participants are not required to attend every session, but there will be an incentive for those who do.



55+

Senior Trip to



62nd
ANNUAL

Delray
Affair

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

Friday, April 12th

\$5 per person

Space is limited

Registration opens April 1st

Registration available online and at all Plantation Recreation Centers

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

Departure time: 9:30 AM | Return Time: 4:00 PM

   @PlantationParks



PLANTATION
Parks & Recreation
Where Community and Fun Become One!



SENIOR TRIP TO

Norton Museum

Enjoy an afternoon at the Museum following lunch and shopping on Clematis Street.

Thursday, April 25
\$10 per person

Space is limited.

Registration opens April 15th.

Registration available online and at all Plantation Recreation Centers.

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

Departure time: 9:30 AM

Return Time: 4:00 PM

For more information, call 954-585-2344

   @PlantationParks





Pre-Registration is required!

55+



Enjoy a tropical night of live music, dinner, and dancing!

Registration available online and at all Plantation Recreation Centers.
Registration opens April 25th

\$15 Per Person

 **Thursday, May 16th** 
from 5:00 PM - 7:00 PM



Jim Ward Community Center

301 NW 46th Avenue
Plantation, FL 33317



PLANTATION
Parks & Recreation

For more information,
please call us at 954-585-2344



Senior Book Club



PLANTATION
Parks & Recreation

Where Community and Fun Become One!

Space is limited!

55+

Price per quarter:

Residents: \$5.00

Non-Residents: \$15.00

Book is Included!

**PRE-REGISTRATION
REQUIRED**

Book of the Quarter

Registration opens April 1st

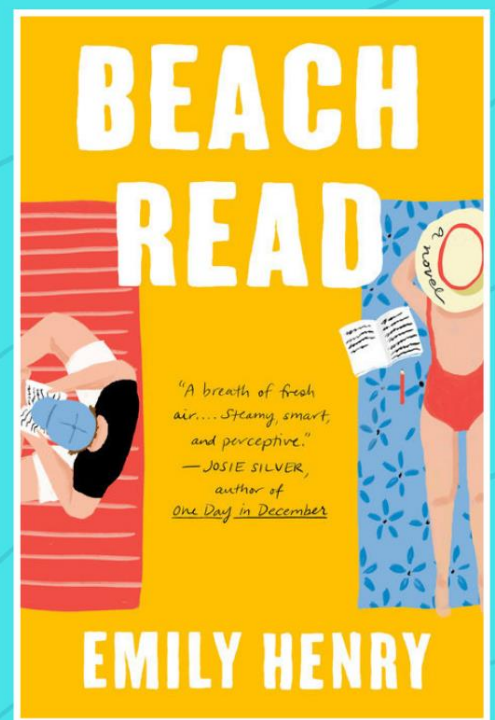
Beach Read
By: Emily Henry

Meeting April 19th @ 11:30 AM

Augustus Everett is an acclaimed author of literary fiction. January Andrews writes bestselling romance. When she pens a happily ever after, he kills off his entire cast. They're polar opposites.

In fact, the only thing they have in common is that for the next three months, they're living in neighboring beach houses, broke, and bogged down with writer's block.

Until, one hazy evening, one thing leads to another and they strike a deal designed to force them out of their creative ruts: Augustus will spend the summer writing something happy, and January will pen the next Great American Novel.



Jim Ward Community Center

301 NW 46th Ave, Plantation FL 33317

954-585-2344



NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 29th
11 am - 1 pm

- **Fitness Classes**
- **Nutrition Seminar**
- **Refreshments and raffles**

Jim Ward Community Center
301 NW 46th Ave.
Plantation FL 33317

Presented by:



For more info call 954-585-2345

   @PlantationParks

TAKE CARE TUESDAYS

Helen B. Hoffman Plantation Library
501 N. Fig Tree Lane
Plantation, FL 33317
954-797-2140

AGELESS GRACE



Ageless Grace consists of 21 tools which address all aspects of healthy aging -working the Body organically to stimulate all 5 functions of the Brain. It is done in a chair because working in a seated position, works the core and stimulates the brain, other organs and systems in a way that standing doesn't. 1st and 3rd Tuesdays at 2 pm.

MINDFUL COLORING FOR ADULTS

Coloring utilizes areas of the brain that enhance focus and concentration and nurture attention. Mindful coloring is a purposeful act of paying attention to what we are doing in the present moment and may lower stress and increase creativity and relaxation. Supplies provided. 2nd Tuesday of each month from 11 am to noon.



BYOB CLUB



Love to talk about books, but don't want to read an assigned title? Come and share 2-3 your current favorite reads and listen to others' recommendations. Mingle with other readers and grow your reading list! 4th Tuesday of each month from 11am to noon.

MEMORY KEEPERS SUPPORT NETWORK

For caregivers of Dementia/Alzheimer's patients - navigating the challenges and joys of caring for someone with Dementia, practical advice and emotional support. First meeting March 19th at 6pm. Dondi Hopkins 954-614-5460



sponsored by Friends of the Library



Memory Keepers Support Network

For caregivers of Dementia/Alzheimer's patients

Tuesday, March 19th at 6pm

Helen B. Hoffman Plantation Library

501 N. Fig Tree Lane

Plantation, FL 33317

Contact: Dondi Hopkins 954-614-5460

Are you caring for a loved one with Dementia?

You are not alone . . . join us for our caregiver support group designed specifically for individuals like you who are navigating the challenges and joys of caring for someone with Dementia.

What to expect:

- Understand that you are not alone
- Compassion and time to share how you are handling daily life
- Practical advice
- Emotional support
- Friends who become family

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*
- 3rd Sunday – **Sound Healing Liberty Tree Park** 9 AM-10 AM

April

Saturday, April 6th
Community Garage Sale
Volunteer Park
 7:00 AM – 12:00 PM

Saturday, April 6th
Candyland Express
Plantation Community Center
 10 AM

Saturday, April 6th
Rock the Park feat. The VTB Band
The Best of Dance, Classic Rock, Motown and More
Pine Island Park
 Gates open at 6 PM

Wednesday, April 10th
Kid's Day Off
 Grades K-5
Volunteer Park Community Center

Friday, April 12th
Senior Trip to the Delray Affair
Bus leaves from Jim Ward Community Center
 9:30 AM – 4:00 PM

Saturday, April 20th
Earth Day
Volunteer Park
 ??



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We're committed to helping you find the right solution for now – and the future. Our compassionate care advisors are locally based and will provide you with the information and resources you need to understand your options.

We'll work closely with you and your family to ensure you find the best solution.

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- ☑ Personal & Adult Care Homes
- ☑ Assisted Living Homes & Communities
- ☑ Alzheimer's & Memory Care Communities
- ☑ Skilled Nursing Care



Alex Escobar
SENIOR CARE ADVISOR & OWNER

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 aescobar@assistedlivinglocators.com

UPCOMING PARKS AND RECREATION EVENTS

May

Saturday, May 2nd and Sunday May 3rd

Plant Affair
Volunteer Park
9 AM – 4 PM

Friday May 3rd

Rock the Park feat. Private Stock
Rock Star Tribute Band
Pine Island Park
Gates open at 6 PM

Saturday, May 11th

Mother's Day Celebration
Plantation Community Center
10 AM – 12 PM

Monday, May 13th

Summer Class Registration Opens

Thursday, March 16th

Senior Prom
Jim Ward Community Center
5:00 PM – 7:00 PM

Saturday, May 18th

Kids to Park Day
Semionle Park
10 AM – 1 PM

Monday, May 27th

Memorial Day Service
Veteran's Park
9:30 AM

Thursday, May 29th

National Senior Health and Fitness Day
Jim Ward Community Center
11 AM – 1 PM

Tuesday, May 28th

Summer Class Session Begins

June

Friday, June 14th

Father's Day Celebration
Plantation Community Center
6 PM - 8 PM



English / Se Habla Espanol / Nou Pale Kreyòl

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1-888-TLC-FIRM

Holiday Hours

Memorial Day, Monday, May 27th | 8 AM – 2 PM
Juneteenth, Wednesday, June 19th | 8 AM – 2 PM

JIM WARD COMMUNITY CENTER

301 NW 46th Ave, Plantation FL 33317

1st Showing

10:30 AM

2nd Showing

6:00PM

Fresh popped popcorn will be served

April



The Iron Claw

April 2nd

Rated: R

Biopic | Drama

Runtime: 2hr 12 min

The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s.

Anyone But You

April 9th

Rated: R

Comedy | Romance

Runtime: 1hr 43 min



Despite having an amazing first date, Bea and Ben's initial attraction quickly turns sour. When they unexpectedly find themselves at a destination wedding in Australia, the pair pretend to be the perfect couple to keep up appearances.



Argylle

April 16th

Rated: PG-13

Comedy | Action

Runtime: 2hr 19min

A reclusive author who writes espionage novels about a secret agent and a global spy syndicate realizes the plot of the new book she's writing starts to mirror real-world events, in real time..

Float

April 23rd

Rated: Drama | Romance

Runtime: 2hr 9min

After she nearly drowns, a young woman unexpectedly falls for the small-town lifeguard who rescued her



The Boys in the Boat

April 30th

Rated: PG-13

Drama | Biopic

Runtime: 2hr 3min

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.



JIM WARD COMMUNITY CENTER

301 NW 46th Ave, Plantation FL 33317

1st Showing

10:30 AM

2nd Showing

6:00PM

Fresh popped popcorn will be served

may



Upgraded

May 7th

Rated: R

Comedy | Romance

Runtime: 1hr 44min

An aspiring art intern is invited on a last-minute work trip to London, where she meets a handsome stranger.

Sylvia is a social worker who leads a simple and structured life. This is blown open when Saul follows her home from their high school reunion. Their surprise encounter will profoundly impact both of them as they open the door to the past.

Memory

May 14th

Rated: R

Drama

Runtime: 1hr 39min



Marlowe

May 21st

Rated: R

Mystery | Thriller

Runtime: 1hr 49mins

In late 1930s Bay City, a brooding, down on his luck detective is hired to find the ex-lover of a glamorous heiress.

Waitress the Musical

May 28th

Unrated

Musical

Runtime: 2hr 24min

Jenna Hunterson is a waitress and expert pie maker stuck in a small town and a loveless marriage. When a baking contest offers her a chance at escape, Jenna fights to reclaim part of herself.



JIM WARD COMMUNITY CENTER

301 NW 46th Ave, Plantation FL 33317

1st Showing

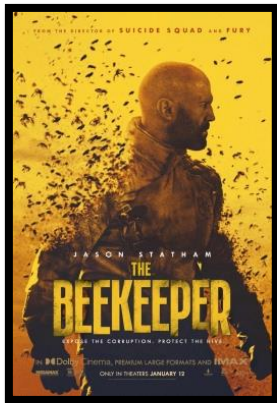
10:30 AM

2nd Showing

6:00PM

Fresh popped popcorn will be served

June



The Beekeeper

June 4th

Rated: R

Action | Thriller

Runtime: 1hr 45min

One man's brutal campaign for vengeance takes on national stakes after it's revealed he's a former operative of a powerful and clandestine organization known as Beekeepers.

Bob Marley: One Love

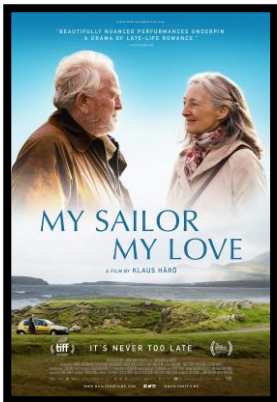
June 11th

Rated: PG-13

Biopic | Drama

Runtime: 1hr 47mins

Jamaican singer-songwriter Bob Marley overcomes adversity to become the most famous reggae musician in the world.



My Sailor, My Love

June 18th

Rated: PG-13

Drama

Runtime: 1hr 43min

A retired sea captain and his daughter must reassess their strained relationship after he begins a new romance with a widowed housekeeper.

Cabrini

June 25th

PG-13

Drama

Runtime: 2hr 25min

Francesca Cabrini, an Italian immigrant arrives in New York City in 1889 and is greeted by disease, crime, and impoverished children. Cabrini sets off on a daring mission to convince the hostile mayor to secure housing and healthcare for society's most vulnerable



For more information, please visit or call our facilities.

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

Central Park Multipurpose Building
9151 NW 2nd 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

Where Community and Fun Become One!

Follow us on social media



@PlantationParks

Thank you to our Sponsors



THE LEGAL CONNECTION
A LAW FIRM LLC

For sponsorship opportunities contact Marsha Fertil at 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
to receive the Seasoned Senior newsletter via email
or send suggestions for senior trips and specials events.