



For the young at heart 55+

July | August | September 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 8:15am-9:15am Zumba for All 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
Ageless Grace is also available at the Helen B. Hoffman Plantation Library on the 1st and 3rd Tuesdays of the month at 2 PM					

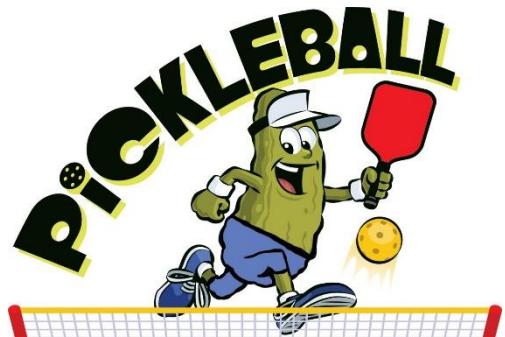
Weight Room Fees:

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

Ages 55+

Sponsored by:

CarePlus
HEALTH PLANS



Wednesdays
2:00 PM – 3:00 PM

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



MEET THE PLANTATION SENIOR DIVISION TEAM



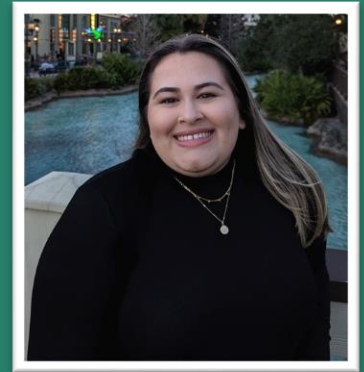
Marsha Fertil, CPRP
Recreation Services Supervisor

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+

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.



THE
PALMS

AT PLANTATION

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



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** Jim Ward 9 AM – 10 AM

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



Thursday, July 4th

Independence Day Parade

Starts at 46th and Broward and ends at City Hall
9 AM

Independence Day Celebration

Central Park

Gates open at 6 PM

Friday, July 12th

Daddy Daughter Dance

Volunteer Park

7 PM – 9:30 PM

Saturday, July 20th

Back to School BBQ

Jim Ward Community Center

11 AM-1 PM

10 am



Tuesday, August 6th

National Night Out

Pine Island Park

5 PM – 9 PM

Friday, August 2nd

Mother Son Dance

Volunteer Park

7 PM - 9:30 PM

Saturday, August 24th

Senior Trip – Yellow Green Farmer's

Monday, August 26th

Fall Classes Begin

Holiday Hours

Independence Day, Thursday, July 4th | **Closed**

UPCOMING PARKS AND RECREATION EVENTS

SEPTEMBER

Saturday, September 7th

Grandparent's Day Celebration

Plantation Community Center

6 PM - 8 PM

Saturday, September 14th

Seafood Festival

Pine Island Park

12 PM – 9 PM

Thursday, September 19th

Senior Trip – Top Golf

Bus leaves from Jim Ward Community Center

11 AM – 3 PM

Saturday, September 21st

Volunteer Orientation

Plantation Community Center

9 AM

Thursday, September 26th

Senior Hearth Health Luncheon

Jim Ward Community Center

11 AM – 1 PM

Holiday Hours

Labor Day, Monday, September 2nd | 8 AM – 2 PM

The Magic of Grandparents

Plantation Community Center
5555 PALM TREE ROAD, PLANTATION, FL 33317

A grandparents love is
magical and deep, filled
with memories to
always keep!

SATURDAY, SEPTEMBER 7TH

10:00am - 12:00pm

\$12 per
person
Ages 3 and up

Featuring a
fun magic
show and
lunch!

*Pre-registration is
required, and only
registered
participants may
attend*

Registration opens Friday, August 9th!

FOR MORE INFORMATION, PLEASE CALL (954) 797-2180



PLANTATION
Seafood & Music
PRESENTED BY *Every Wear Events* LLC FESTIVAL

Kids 8 &
under
FREE

Pine Island Park

320 S. Pine Island Road
Plantation, FL 33324

September 14
12pm - 9pm

***Catch
the Beats!***



LIVE MUSIC



**CLASSIC CAR
SHOW**



**COUNTLESS
DELICIOUS EATS**



**MANY UNIQUE
CRAFT VENDORS**



**BOUNCE
HOUSES**



PETTING ZOO



**Southern
Blood**



Smokin'



**Forever
Foreigner**



HairDaze



SCAN HERE



THE GREEK



www.plantationseafoodfestival.com

PLANTATION
Parks & Recreation

July

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



I.S.S.

July 2nd

Rated: R

Sci-Fi | Thriller

Runtime: 1hr 35 min

Tensions flare in the near future aboard the International Space Station as a conflict breaks out on Earth. Reeling, the U.S. and Russian astronauts receive orders from the ground: take control of the station by any means necessary.

Accidental Texan

July 9th

Rated: PG-13

Comedy | Drama

Runtime: 1hr 44 min

Stranded in Buffalo Gap, Texas, fledgling actor Erwin meets Merle, a veteran oil driller who's about to lose everything he owns. In desperate straits, Merle asks him to pose as his landman to fool the police and a corrupt oil company owner.



Arthur the King

July 16th

Rated: PG-13

Drama | Action

Runtime: 1hr 47min

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

Dealing with Dad

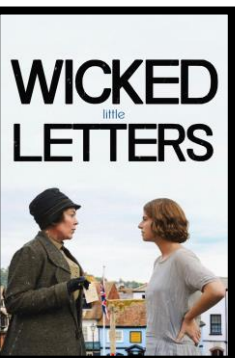
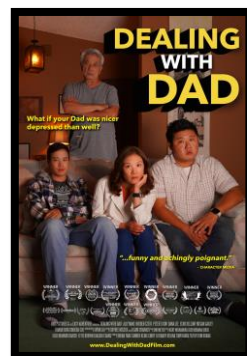
July 23rd

Rated: Unrated

Drama

Runtime: 1hr 46min

Margaret reluctantly goes back to her hometown with her brothers to deal with the sudden depression of their dad



Wicked Little Letters

July 30th

Rated: R

Drama | Comedy

Runtime: 1hr 40min

When residents begin to receive wicked letters full of hilarious profanities, Rose is charged with the crime. However, as the town's women investigate, they suspect that something is amiss, and that Rose may not be the culprit after all.

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

August



Cash Out

August 6th

Rated: R

Action

Runtime: 1hr 32min

Professional thief Mason attempts his biggest heist with his brother. When it goes wrong, they're trapped inside surrounded by law enforcement. Tension rises as Mason negotiates with his ex-lover, the lead negotiator

Five Blind Dates

August 13th

Rated: Unrated

Comedy | Romance

Runtime: 1hr 23min

Lia, a tea shop owner, is gifted a prophecy that says she will meet her soul mate in five dates and he will help her save her grandmother's tea shop



Sweet Dreams

August 20th

Rated: Unrated

Comedy | Drama

Runtime: 1hr 35mins

Follows Morris, who must coach a misfit softball team of his fellow housemates during his mandatory stay at Sweet Dreams sober living in order to get his life back on track.

Downton Owl

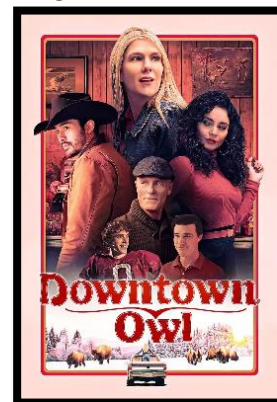
August 27th

Rated: R

Drama

Runtime: 1hr 31min

In Owl, North Dakota, the lives of isolated residents, are upended by a whiteout blizzard in 1983.



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

September



The Other Zoey

September 3rd

Rated: PG-13

Comedy | Romance

Runtime: 1hr 31min

Zoey Miller, a super smart computer nerd who is uninterested in romantic love, has her life turned upside down when Zack, the school's soccer star, gets amnesia and mistakes Zoey for his girlfriend.

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

The Long Game

September 10

Rated: PG-13

Historical | Drama

Runtime: 1hr 52mins



Back to Black

September 17th

Rated: R

Biopic

Runtime: 2hr 2min

The life and music of Amy Winehouse, through the journey of adolescence to adulthood and the creation of one of the best-selling albums of our time.



Mothers' Instinct

September 24th

PG-13

Thriller | Drama

Runtime: 1hr 34min

Alice and Celine live a traditional lifestyle with successful husbands and sons of the same age. Life's perfect harmony is suddenly shattered after a tragic accident. Guilt, suspicion and paranoia combine to unravel their sisterly bond.



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



Follow us on social media



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.

