



The Seasoned Senior



For the young at heart 55+

October | November | December 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 | *Aerobics 10:30am-11:30am | Aerobics 9:30am-10:30am | | *20/20/20 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 parks throughout the City.

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

Pickleball Court Locations

Central Park

9151 NW 2nd Plantation, FL 33317

Deicke Park

1200 NW 106th Ave, Plantation, FL 33324

Seminole Park

6601 SW 16th St, Plantation, FL 33317

Volunteer Park

12050 W Sunrise Blvd, Plantation, FL 33324

Closure Notice

The Jim Ward Community Center will be closed Monday, December 16th - Sunday, January 5th due to renovations.

Aerobics will be available at Central Park and Plantation Community Center. All other senior activities will be suspended during these dates.

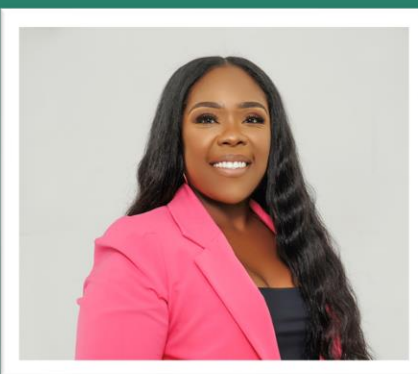
Activities will resume Monday, January 6th

MEET THE PLANTATION SENIOR DIVISION TEAM



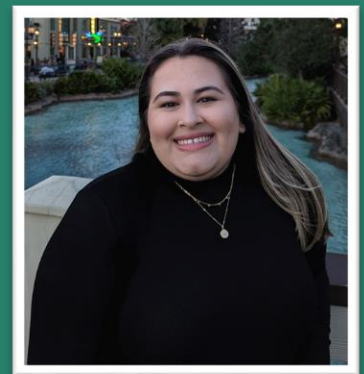
Marsha Fertil, CPRP
Recreation Services Supervisor

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 truly enjoys planning special events and trips for the senior community to enjoy!



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 part of the City of Plantation team since 2018. She is currently completing her senior year at Florida Atlantic University, where she is pursuing a Bachelor's Degree. She loves working at Jim Ward, especially hosting Wednesday Bingo!



FREE WEEKLY EVENTS FOR SENIORS 55+

Ages 55+



Senior Bingo

Wednesdays

2:00 PM - 3:00 PM

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



No Bingo on October 30th, November 27th, December 18th, December 25th and January 1st 2025

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



Ages 55+



No Game Time on November 11th, and 28th, December 16th 19th, 23rd, 26th, 30th and January 2nd



WE WANT

YOUR

FEEDBACK!

Seniors
Ages 55+

Seniors, we want to hear from you!

Please complete our survey to provide your feedback on Senior Division programming.

You can complete the survey by:

asking for a copy at any community center front desk

OR

scanning the QR code below with your cell phone's camera



Senior Book Club



PLANTATION
Parks & Recreation
Where Community and Fun Become One!

Space is limited!

Price per quarter:

Residents: \$5.00

Non-Residents: \$15.00

Book is included!

Registration opens
October 11th!

55+

**PRE-REGISTRATION
REQUIRED**

Book of the Quarter

Before the Coffee Gets Cold

By: Toshikazu Kawaguchi

Meeting
November 15th @ 11:30 AM

In a small back alley in Tokyo, there is a cafe which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.

In *Before the Coffee Gets Cold*, we meet four visitors, each of whom is hoping to make use of the cafe's time-travelling offer in order to: confront the man who left them, receive a letter from their husband whose memory has been taken by Alzheimer's, see their sister one last time, and meet the daughter they never got the chance to know.

But the journey into the past does not come without risks: customers must sit in a particular seat, they cannot leave the cafe, and finally, they must return to the present before the coffee gets cold . . .



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



PLANTATION
Parks & Recreation
Where Community and Fun Become One!

Senior Trip 55+

POMPANO BEACH PIER



Soak up some sun, take a stroll, enjoy a nice lunch or do some shopping all at the beautiful Pompano Beach Pier.

Thursday, October 10th

Bus Departs at 10:00 AM
Bus Returns at 2:00 PM

Bus Departs from Jim Ward Community Center
301 NW 46th Avenue, Plantation, FL 33317

\$5 Per Person

Registration opens September 26th

Registration available online and at all Plantation Recreation Facilities



For more information,
please call 954-585-2344

   **@PlantationParks**





PLANTATION
Parks & Recreation

Where Community and Fun Become One!

55+

Senior Jazz Brunch

Enjoy a tasty buffet style brunch while
listening to live music

Thursday, November 14th

11 AM - 1PM

\$20

Plantation Preserve Golf Course & Club
7050 W Broward Blvd
Plantation, FL 33317

Space is limited. Pre-registration is required

Registration Opens October 30th

*Registration available online and
at all Plantation Recreation Facilities*

For more info call 954-585-2344



   @PlantationParks



PLANTATION
Parks & Recreation

Where Community and Fun Become One!



@PlantationParks

Senior Trip 55+



the
Cher
show

a new musical

Broward Center of Performing Arts

The Cher Show is a jukebox musical that tells the story of the life and career of Cher, using songs that she performed throughout her career.

Tuesday, November 19th

Bus Departs at 7:00 PM

Bus Returns at 11:00 PM

Bus Departs from Jim Ward Community Center

301 NW 46th Avenue, Plantation, FL 33317

\$45 Per Person

Registration opens October 28th

Registration closes November 12th

Registration available online and at all Plantation Recreation Facilities

For more information, please call 954-585-2344



PLANTATION
Parks & Recreation

Where Community and Fun Become One!

55+

JOLLY HOLIDAY



SENIOR SOCIAL

WEAR YOUR FESTIVE ATTIRE AND JOIN US FOR:



Jim Ward Community Center

301 NW 46th Ave, Plantation, FL 33317

Thursday, December 12th, 2024

12 PM-2 PM



@PlantationParks

Registration opens November 21st

Registration available online and at all Plantation Recreation Facilities

For more information call 954-585-2344





PLANTATION
Parks & Recreation
Where Community and Fun Become One!

Senior Trip 55+



Lauderhill Performing Arts Center

Three unlikely friends take control of their office and learn there is nothing they can't do, even in a man's world.

Thursday, January 16th

**Bus Departs at 12:30 PM
Bus Returns at 5:00 PM**

**Bus Departs from Jim Ward Community Center
301 NW 46th Avenue, Plantation, FL 33317**

\$35 Per Person

**Registration opens December 9th
Registration closes January 6th**

Registration available online and at all Plantation Recreation Facilities

For more information, please call 954-585-2344

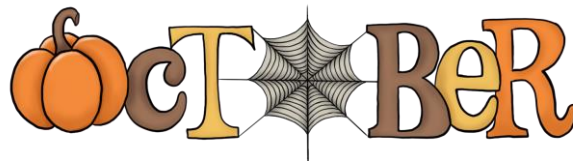
Lunch is included and catered by TooJays!

Lunch order will be taken at time of registration.

UPCOMING PARKS AND RECREATION EVENTS

Reoccurring Events

- Wednesdays – **Hump Day Food Trucks Volunteer Park** 5 PM – 9 PM
Tuesdays and Thursdays – **Teen Hang Time Jim Ward** 3 PM – 5 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 and 4th Saturday: Jim Ward Park*
3rd Sunday – **Sound Healing Jim Ward Park** 9 AM – 10 AM



Thursday, October 3rd

Kid's Day Off (K-5)

Jim Ward Community Center

7:30 AM – 6 PM

Thursday, October 10th

Senior Trip to Pompano Beach Pier

Bus leaves from Jim Ward Community Center

10 AM – 2 PM

Saturday, October 12th

Community Garage Sale

Volunteer Park

7 AM - 12 PM

Monday, October 14th

Kid's Day Off (K-5)

Jim Ward Community Center

7:30 AM – 6 PM

Saturday, October 19th

Family Fall Festival

Volunteer Park

10 AM – 2 PM

Sunday, October 27th

Seminole Park

Pumpkin Carving

1st Session - 11 AM

2nd Session - 12:30 PM

Thursday, October 31st

Trunk or Treat

Pine Island Park

6 PM – 8 PM



UPCOMING PARKS AND RECREATION EVENTS



Friday, November 1st

Rock the Park featuring
The Allman Revival & The Beautiful Loser
Allman Brothers/Bob Segar Tribute
Pine Island Park
7 PM – 10 PM

Tuesday, November 5th

Kid's Day Off (K-5)
Plantation Community Center
7:30 AM – 6 PM

Thursday, November 14th

Senior Jazz Brunch
Plantation Preserve
11 AM - 1 PM

Monday, November 11th

Veteran's Day Service
Veteran's Park
9:30 AM

Friday, November 15th

Movies in the Park –
Twisters
Volunteer Park
Gates open at 6 PM

Tuesday, November 19th

Senior Trip – The Cher Show
Bus leaves from Jim Ward Community Center
7 PM – 11:30 PM

Saturday, November 23rd

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

Friday, December 6th

Rock the Park featuring **The Rock Show Band**
60s, 70s, and 80s Rock
Pine Island Park
7 PM – 10 PM

Saturday, December 7th

Light Up City Hall
City Hall
5 PM – 9 PM

Saturday, December 14th

Breakfast with Santa
Volunteer Park
9 AM – 11 AM

Saturday, December 14th

Plantation Boat Parade & Movie in the Park
Despicable Me 4
Pop Travers Park
6:00 PM

Tuesday, December 24th

Santa's Visit

Tuesday, December 31st

Noon Years Eve Party
Volunteer Park
11 AM – 1 PM

Holiday Hours

Veteran's Day | **Monday, November 11th** | 8 AM – 2 PM
Thanksgiving | **Thursday, November 28th** | Closed
Day After Thanksgiving | **Friday November 29th** | 8 AM – 2 PM
Christmas Eve | **Tuesday December 24th** | 8 AM – 2 PM
Christmas | **Wednesday, December 25th** | Closed
New Years Eve | **Tuesday, December 31st** | 8 AM – 2 PM
New Years Day | **Wednesday, January 1st** | Closed

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

October

Summer Camp

October 1st

Rated: PG-13

Comedy

Runtime: 1hr 35 min

Nora, Ginny, and Mary are three childhood best friends who used to spend every summer at a sleep away camp together. After years, when the opportunity to get back together for a summer camp reunion presents itself, they all seize it.

The Fall Guy

October 8th

Rated: PG-13

Action | Romance

Runtime: 2hr 6min

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job.

Twisters

October 15th

Rated: PG-13

Adventure | Action

Runtime: 2hr 2min

A retired tornado-chaser and meteorologist is persuaded to return to Oklahoma to work with a new team and new technologies.

Fly Me to the Moon

October 22nd

Rated: PG-13

Comedy | Romance

Runtime: 2hr 12min

Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.

Skincare

October 29th

Rated: R

Thriller

Runtime: 1hr 36min

Famed aesthetician Hope Goldman's skincare business faces sabotage when rival Angel Vergara opens a boutique across the street. Aided by friend Jordan, Hope seeks to uncover who's trying to ruin her reputation.



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

November



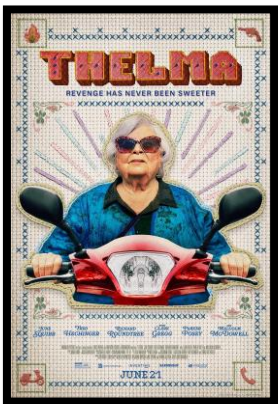
No movies on November 5th

Daddio
November 12th
Rated: R
Drama
Runtime: 1hr 40min



A young ape goes on a journey that will lead him to question everything he's been taught about the past and make choices that will define a future for apes and humans alike.

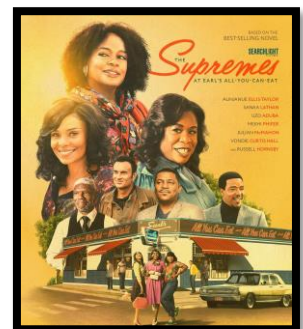
Thelma
November 19th
Rated: PG-13
Action | Comedy
Runtime: 1hr 38mins



When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

The Supremes at Earl's All-You-Can-Eat
November 26th
Rated: PG-13
Drama | Comedy
Runtime: 2hr 4min

Follows a trio of best friends known as "The Supremes" who, together for decades, have weathered everything through marriage and children, happiness and blues.



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

December

The SS American sets sail as two unlikely couples embark on the road to true love aided by a crew of singing sailors, a comic disguise and something more.

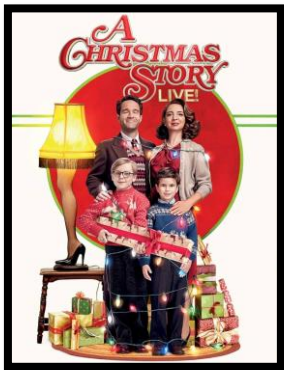
Anything Goes

December 3rd

Unrated

Live Musical

Runtime: 2hr 18mins



A Christmas Story Live!

December 10th

Rated: PG

Musical

Runtime: 1hr 27min

A live musical event inspired by the holiday classic feature & Broadway musical. It follows 9-year-old Ralphie Parker and his unrelenting desire to get his hands on a Red Ryder BB gun for Christmas.

**No movies on
December 17th, 24th and 31st**



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



@PlantationParks

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.

