



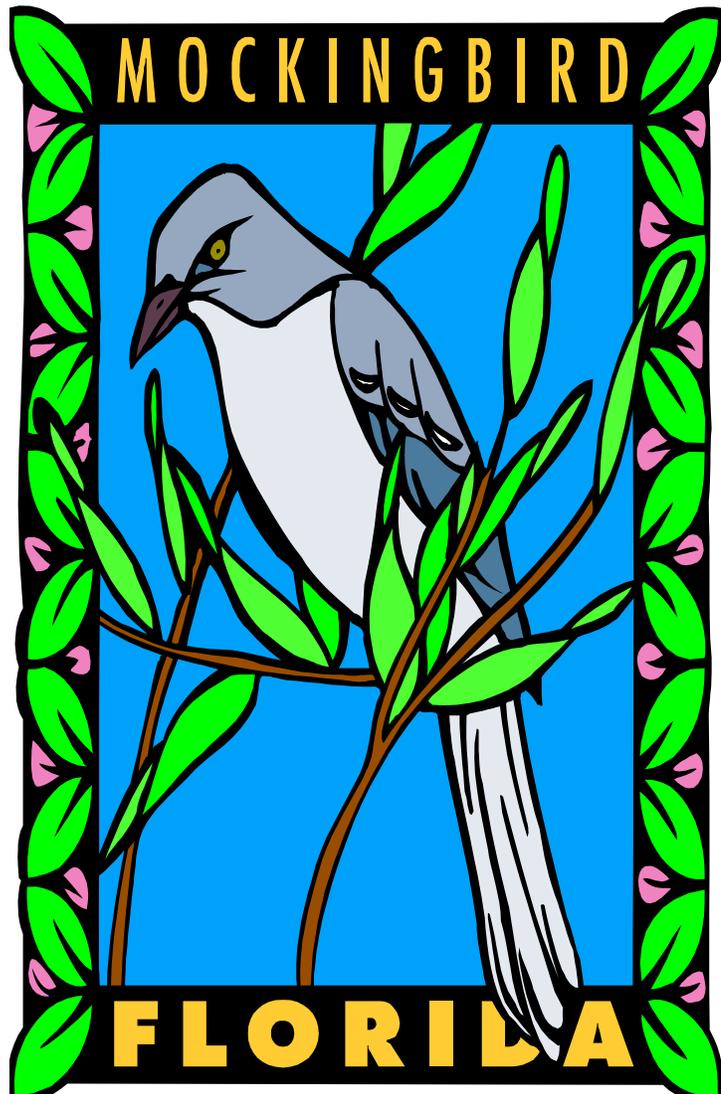
SENIOR CENTER CREEK TALK

Senior Center
1100 Lyons Road
Coconut Creek, FL 33063

Hours of Operation:
Monday through Friday
8:00 AM to 8:00 PM
Saturday
11:00 AM to 4:00 PM

For questions and suggestions
contact: Joy Mastrocola at
954-545-6670 and/or
jmastrocola@coconutcreek.net

DECEMBER 2016



MEMBERSHIP FEES

Coconut Creek Residents:
\$20 a year

Must bring in **3** proofs of
Coconut Creek residency

Non-Residents:
\$30 a year

INSIDE...

- Main Activities
- Field Trip Information
- Calendar of Events



**COCONUT
CREEK**

Open Indoor Pickleball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy. Free for Senior Members.

Mondays & Thursdays

9:00 AM to 1:00 PM

No Pickleball 12/26

Chair Yoga

We will follow Jodi Stolove's *Chair Yoga* DVD. It is stretching and relaxation from the comfort of a chair.



Thursdays

11:00 AM to noon

Senior Expo

Everyone is welcome, but it is geared towards ages 55+

Free admission

Medical screening

Flu Shots

Coffee, tea, prizes, new vendors and more

Friday, Dec. 2

9:30 AM to 12:30 PM

Birthday Celebration

Everyone is invited to come out and celebrate members' birthdays in November and December. We will play games and have birthday cake.

Friday, Dec. 2

1:00 PM to 2:30 PM

Senior Discussion Group

The following dates will have guest speakers.

Dec. 5: Police Talk

Dec. 19: Nova Talk

See Flyer for more info details

Mondays,

Dec. 5 to 19

10:30 AM to noon

Brain and Body Workout

Exercise your body and mind in a chair. Joy will demonstrate the tools from *Ageless Grace*. Techniques are fun and easy. Please wear comfortable workout clothes.

Tues. Dec. 6, 13, 27

Wed Dec. 21

10:30 AM to Noon

Senior Meeting

Come out with suggestions and anything you want to discuss. This meeting will include senior members, Joy, and Enrique.

Tuesdays, Dec. 6

1:00 PM to 2:00 PM

Fashion Show

Dress up in your fanciest attire or participate as the audience. Participants will do a fashion walk and talk about the outfit they are wearing. First place will win a prize.

Wed, December 7

1:00 PM to 3:00 PM

Tech 101

North Broward Prep students will be paired with a member to go over any questions about laptops, smartphones, and tablets. Please make sure your devices are fully charged. Must sign-up in advance.

Saturday, December 10

10:00 AM to Noon

Give & Take Game

Each player must provide a \$1 wrapped gift. The rules will be provided that day. A lot of laughing will occur.



Tuesday, December 13

1:00 PM to 2:00 PM

Holiday Party

We will first have entertainment provided by DJ George.

Your Place Café is catering the meal. The menu is chicken Marsala, green beans and rice pilaf.

Friday, December 16

Noon to 2:00 PM

Truths Worth Knowing Talk

Joy will read from the book *50 Truths Worth Knowing* and we will discuss that truth to see if we agree if it is a truth worth knowing.



**Thursday, December 22
1:00 PM to 2:00 PM**

Dance Fun

Let's have fun and dance to our favorite songs, past or present. This is a great time to get exercise that will make you smile.



**Thursday, December 22
2:30 PM to 3:30 PM**

Book Club

The Girl on the Train
by Paula Hawkins

Mystery/Drama

Read the book before we meet or just come out and listen to the feedback.

**Tuesday, December 27
2:30 PM to 3:30 PM**

Ted Talk

We will watch one to two Ted Talks. These talks provide ideas, thoughts, and messages in short lectures. Then, we will have a discussion.



**Wednesday, December 28
1:00 PM to 3:00 PM**

Adult Coloring Page Social

The coloring pages, gel pens, and color pencils will be provided. Coloring is known to combat stress and be relaxing.



**Wednesday, December 28
2:30 PM to 3:30 PM**

Movie: Shall We Dance

Rated: NR

Fred Astaire and Ginger Rogers are on an ocean liner in this musical. Ballet star Pete is in love with celebrity Linda and his infatuation leads him to set sail. He hardly knows her, but a little lie results in everyone thinking the two stars are married.

**Thursday, December 29
2:00 PM to 4:00 PM**

Broward Performing Arts Center "Cinderella"

When: Thursday, December 15
Time: 6:45 PM to 11:15 PM

Cost: \$53 (Bring a \$1 bill on day of trip for bus tip)

Registration: Ongoing until
November 12, 2016

This production features an incredible orchestra, jaw-dropping transformations and all the moments you love.

Palm Beach Zoo Field Trip

When: Wednesday, January 11
Time: 9:15 AM to 3:30 PM

Cost \$24

Registration: Ongoing until
December 26, 2016

Price includes 45 minute program, admission, and bus
Have time to walk on your own; bring money for lunch.

Yesteryear Village Field Trip

When: Friday, February 17
Time: 9:15 AM to 3:30 PM

Cost \$27 Includes bus, tour and lunch (Bring a \$1 bill on day of trip for bus tip)

Registration: Nov. 17 to Feb 1
1.5 guided tour, stories about life prior to 1940.

Please see flyer for lunch