



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

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

NOVEMBER 2016



**COCONUT
CREEK**

Picture This

Vivienne Wilson conducts the club. Bring pictures or show them on your phone. The group talks about ways to improve them. Or come out to see the pictures and give your feedback.

**Wednesday, Nov. 2
1:00 PM to 2:00 PM**

Team Brain Boosting Puzzles

Work together as a team to solve brain-boosting puzzles. This is the ultimate IQ workout.



**Wednesday, Nov. 2
2:30 PM to 3:30 PM**

Open Indoor Pickleball

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

**Mondays & Thursdays
9:00 AM to 1:00 PM
No Pickleball Nov. 24**

Chair Yoga

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



**Thursdays
Nov. 3 to 17
11:00 AM to noon**

Grocery Tour Budget wise Heathy Food

Sign-ups start Oct. 24th. Receive \$10 gift card. Meet at Publix; 4849 Coconut Creek Pkwy. If you took the May tour, you are allowed to sign up again but you will not receive the gift card.

**Friday, Nov. 4
1:00 PM to 2:00 PM**

Senior Discussion Group

The following dates will have guest speakers.

Nov. 7: Police Talk
Nov. 14: The Secure Use of Technology
Nov. 28 Nova Talk
See Flyer for more info

**Mondays,
Nov. 7 to 28
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.

**Tuesdays, Nov. 8 to 29
10:00 AM to 10:45 AM**

Indoor Gym Walking

Warm-ups are in the Senior Room and then we walk inside the gym. Walking is good exercise.

**Tuesday, Nov. 8
1:00 PM to 2:00 PM**

Prevention of Falls and Traumatic Injury Talk

Broward Health North's representative will speak on the subject of prevention of falls and traumatic injury among seniors.



**Tuesday, November 15
1:00 PM to 2:00 PM**

Bananagrams

Game play involves arranging one's tiles into a grid of connected words faster than one's opponent.



**Thursday, November 17
1:00 PM to 2:00 PM**

Movie: My Big Fat Greek Wedding 2

Rated PG-13
Parenting and marriage are becoming tougher for Toula and Ian. Their marriage lost its spark and dealing with a teenage daughter. Starring Nia Vardalos and John Corbett

**Thursday, November 17
2:00 PM to 4:00 PM**

Thanksgiving Party

We will first have entertainment provided by DJ George.
Golden Corral lunch will include turkey, stuffing, green beans, mashed potatoes and gravy.

Friday, November 18
Noon to 2:00 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.

Limited space.

Saturday, November 5
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 can occur.



Tuesday, November 22
1:00 PM to 2:00 PM

Crossword Puzzle Social

Be part of the crossword puzzle team. It will be a challenge! We work together to come up with the correct answers. The answers will be displayed on a big crossword puzzle.

Wednesday, November 23
1:00 PM to 3:00 PM

Book Club

Once We were Brothers

by Ronald H. Balson

Fiction

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

Tuesday, November 29
2:30 PM to 3:30 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, November 30
2:30 PM to 3:30 PM

Fairchild Gardens Field Trip

When: Wednesday, Nov. 16

Time: 9:15 AM to 3:30 PM

Cost \$38

Registration: August 23 to
November 5

Includes 45 minute Tram Tour, box lunch, and free time to walk around. Must be comfortable walking. See flyer for lunch

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: August 23 to
November 12, 2016

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

Palm Beach Zoo

When: Wednesday, January 11

Time: 9:15 AM to 3:30 PM

Cost \$24

Registration: October 24 to
December 26, 2016

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