Senior Centers

The Southcentral/Southeast Focal Point, administered by the City of Miramar, operates two senior centers designed for those who are 60 years of age or older. The Sunset Lakes location can be found in West Miramar, while the Multi-Service Complex is located in Historic Miramar. Both Senior Center locations offer a wide array of services such as counseling and support groups, information and referral services, health and wellness, recreational activities and hot lunch provided by Meals on Wheels South Florida.

Membership Information

Anyone 60 years of age or older is eligible for FREE membership. Call and make an appointment to learn more about the benefits of membership.

Multi-Service Complex  954-889-2707
Sunset Lakes  954-602-3347

Accreditation

The Southcentral/Southeast Focal Point, administered by the City of Miramar, is well established as a professionally managed program providing relevant and vital resources for older adults. Accreditation strengthens its position as a leader in promoting positive aging and serves as official recognition that a senior center is meeting its mission utilizing a nationally accepted and professional approach.

The program is partially funded through the Aging and Disability Resource Center (ADRC) with Federal, State and local funds. It serves residents 60 years of age and older of the Southcentral and Southeast Sectors of Broward County.
The Miramar Senior Transportation Program is designed to provide transportation services for the members of our senior centers. The service is door-to-door and is wheelchair accessible. The program provides the following transportation services: daily transportation to and from both senior centers, medical appointments, pick-up for prescriptions or pharmaceutical needs, grocery shopping at local supermarkets, planned recreational trips, special events, libraries, malls, theaters, lunch outings and more.

Doctor appointments must be scheduled during program hours.

Transportation Information: 954-889-2708 or 954-602-3194

This program assists low-income households with people age 60 and older who are experiencing a home energy crisis. Payments are for emergency energy-related costs during the heating (October-March) and cooling (April-September) seasons. Eligible households may be provided one benefit per season. Proof of income and energy emergency is required.

The City of Miramar Food Pantry is a partnership with our community to ensure residents and their families receive food assistance to meet their immediate needs. When they visit the pantry, residents may receive a variety of shelf stable food items such as soup, rice, oatmeal, peanut butter, juice, and canned vegetables, upon availability.

The Miramar Assisting Seniors in their Homes (MASH) program is a short term emergency assistance program designed to alleviate a crisis. This program is for income eligible persons over the age of 60 who reside in the City of Miramar. Proof of income and crisis situation is required. Limited funds are available for this program.

SHINE is a free program offered by the Florida Department of Elder Affairs and the Aging and Disability Resource Center. Trained volunteers assist with health insurance questions, Medicare and Medicaid, by providing confidential one-on-one counseling and information. For an appointment, please call 954-745-9779.
Miramar Senior Center Tree of Life

Celebration of life comes in many forms. Be a part of the excitement and celebrate your memories by participating in the purchase of a leaf from our “Tree of Life.” The Tree of Life provides an excellent way to create a lasting memory of moments like milestone birthdays, anniversaries, or to honor those you hold dear. The purchase of a leaf, dove, or a brick on the Tree of Life will allow you to permanently record a special moment of someone who has made an impact in your life or promote your business/organization as a partner in the provision of quality senior services.

Benefits of Purchasing

- **Dove: $200**
  Inscription of choice, recognition on the City’s website, 3-month honorable mention in the Senior Center Newsletter “Voice of Ages.”

- **Brick: $150**
  Inscription of choice, 3-month honorable mention in the Senior Center Newsletter “Voice of Ages.”

- **Gold Leaf: $100**
  Inscription of choice and an exclusive location on the tree.

- **Silver Leaf: $75**
  Inscription of choice and a premiere location on the tree.

- **Bronze Leaf: $50**
  Inscription of choice and a premiere location on the tree.

Honorable Mentions

*Julie & Ismael Cabezas*
In recognition of the purchase of a “Dove” on our “Tree of Life”.

*Friends of Susan Hall*
In recognition of the purchase of a “Dove” on our “Tree of Life”.
# Upcoming Events

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Decorating Party</td>
<td>April 10th</td>
<td>10:30 am</td>
<td>Multi-Service Complex &amp; Sunset Lakes Senior Center</td>
</tr>
<tr>
<td>SALT Senior Spring Picnic</td>
<td>April 11th</td>
<td>10:00 am - 2:00 pm</td>
<td>Miramar Regional Park, Miramar FL, 33027</td>
</tr>
<tr>
<td>Cinco De Mayo</td>
<td>May 3rd</td>
<td>12:00 pm</td>
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### Easter Egg Decorating

**April 10th**

**10:30 am**

Multi-Service Complex & Sunset Lakes Senior Center

Easter eggs are specially decorated eggs given out to celebrate the Easter holiday or springtime. Join us along with the Early Childhood Program for an egg decorating celebration.

### SALT Senior Spring Picnic

**April 11th**

**10:00 am - 2:00 pm**

Miramar Regional Park, Miramar FL, 33027

Come picnic with us, and enjoy the scenery. The event will be held by the Miramar Police Department. S.A.L.T. Seniors and Law Enforcement Together.

### Cinco De Mayo

**May 3rd**

**12:00 pm**

Multi-Service Complex & Sunset Lakes Senior Center

Let’s celebrate “Cinco de Mayo”.

A holiday in Mexico which is observed around the world as a celebration of Mexican heritage to be enjoyed with traditional music, refreshments and fun.

### Mother’s Day Celebration

**May 9th**

**12:00 pm - 1:00 pm**

Multi-Service Complex & Sunset Lakes Senior Center

Mother’s Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

### Father’s Day Celebration

**June 13th**

**12:00 pm - 1:00 pm**

Multi-Service Complex & Sunset Lakes Senior Centers

Father’s day is a celebration honoring fatherhood and celebrates the impact and contribution fathers as well as father figures, make in their children’s lives.

### Serving Our Community

- Early Childhood Program
- Miramar Police Department
- S.A.L.T. Seniors and Law Enforcement Together
### Multi-Service Complex Recreation and Leisure

#### Meet and Greet

**Morning Mingle**
Jump start your morning with a mingle. **Monday through Friday, 8:00am to 10:00am.**

**Showtime**
Large screen movies on **Fridays at 12:15 pm.**

#### Let's Get Physical

**Gardening**
Playing in the dirt isn’t just for kids! Who doesn’t like getting their hands dirty? Gardening is the perfect hobby for aspiring and mature green thumbs alike. Come grow with us.

**Wednesdays at 12:30 pm.**

**Line Dancing**
Participants will boogie to their favorite guided party dances. Come jive with us as we take a blast from the past in music.

**Fridays at 1:30 pm.**

**Table Tennis**
No matter what you call it, table tennis or ping pong, it’s a game that many people love to play around the world.

**Wednesdays at 1:30 pm.**

**Sunshine Steppers**
Join us as we exercise indoors at the Pembroke Lakes Mall.

**Tuesdays at 10:00 am.**

#### Literacy Corner

**Writing Class**
Learn the basics of how to express yourself in writing. In this class you will learn sentence structure, fluency, and grammar.

**Tuesdays at 10:30 am.**

**Basic Conversational English**
Lets communicate together! This is a beginner’s English class.

**Tuesdays at 1:30 pm.**

**Spanish**
Have you ever dreamed of learning another language? Then basic conversational Spanish classes are just what you need. Join us.

**Thursdays at 1:30 pm.**

**Technology Help Desk**
Staff will offer support and technical assistance to clients using electronic devices to those whom may need help completing tasks, troubleshooting problems through diagnostic tests, and remote access to their computers, tablets, smart phones or laptops.

**Wednesdays at 10:30 am.**

#### Are you GAME?

**BINGO**
Play a few cards and socialize with friends.

**Play to WIN!**
Mondays, Wednesdays & Fridays at 10:00 am.

**Dominoes**
Bring your “bones” and play a game or two with us at **10:00 am daily.**

**Game Time**
Lets get ready for some friendly rivalry, competition and bragging rights in a combination of past-times! Come join us **Mondays at 12:00 pm and Tuesdays at 10:00 am.**

**Craft-Therapy**
You Can Sew
Come learn the basics of clothing alterations.

**You Can Sew**
Tuesdays at 1:30 pm.

**Be Crafty**
Wednesdays at 1:30 pm.

**Jewelry Making**
Create works of Art. **Tuesdays and Wednesdays at 1:30 pm.**

#### Birthday Party
We will celebrate everyone who has a birthday in the months of April, May and June, 2019.

#### Sing A Long
Singing in harmony with Mr. Charlie Hudson.

**Fridays at 10:00 am.**

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*ADVISORY COUNCIL meets on the 2nd Tuesday of the month at 10:30 am.*
**Multi-Service Complex Trips**

**Trip Sign-Up:** Sign up for one or more of our trips on the 3rd Wednesday of the month at 12:00 pm.

<table>
<thead>
<tr>
<th>April</th>
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<th>June</th>
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<td>1st. Super Walmart</td>
<td>2nd. Sedano’s Plaza</td>
<td>3rd. Bank Trip</td>
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<tr>
<td>5th. Post Office &amp; Big Lots</td>
<td>7th. Pembroke Lakes Mall</td>
<td>7th. Super Walmart</td>
</tr>
<tr>
<td>8th. Festival Flea Market</td>
<td>9th. Pembroke Commons</td>
<td>10th. Hollywood Beach $2</td>
</tr>
<tr>
<td>11th. SALT/Spring Picnic</td>
<td>14th. Pembroke Lakes Mall</td>
<td>13th. Michael’s Plaza</td>
</tr>
<tr>
<td>12th. The Big Easy Casino</td>
<td>16th. Post Office &amp; Big Lots</td>
<td>14th. Post Office &amp; Big Lots</td>
</tr>
<tr>
<td>15th. Hollywood Beach $2</td>
<td>17th. Montego Bay Jamaica (Departs)</td>
<td>17th. IMAX</td>
</tr>
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<td>16th. Pembroke Lakes Mall</td>
<td>20th. Festival Flea Market</td>
<td>18th. Pembroke Lakes Mall</td>
</tr>
<tr>
<td>18th. Broward Meat &amp; Fish</td>
<td>21st. Pembroke Lakes Mall</td>
<td>20th. Bravo Supermarket</td>
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<tr>
<td>22nd. Swap Shop</td>
<td>22nd. BANC Conference</td>
<td>21st. Calder Casino</td>
</tr>
<tr>
<td>23rd. Pembroke Lakes Mall</td>
<td>23rd. Bravo Supermarket</td>
<td>24th. Lunch @ Denny’s</td>
</tr>
<tr>
<td>25th. Pembroke Commons</td>
<td>24th. Lunch @ Longhorn Steakhouse</td>
<td>25th. Pembroke Lakes Mall</td>
</tr>
<tr>
<td>26th. Lunch @ Patron Azteca Hollywood</td>
<td><strong>27th. Center Closed - Memorial Day</strong></td>
<td>27th. Burlington Plaza</td>
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<tr>
<td>29th. Flamingo Gardens</td>
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<td></td>
<td>31st. Swap Shop</td>
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**Special Trip**

**38th Annual**

**Broward Aging Network Conference**

**Wednesday, May 22, 2019**

Come join us at the Aging and Disability Resource Center of Broward County’s Annual Conference for Seniors, Caregivers, and Aging Network Professionals. This is a wonderful opportunity for professional development and connecting with seniors and the aging community. Educational presentations are offered, as well as health screenings, health information, entertainment and raffles!

**Ticket Price:** $15

Contact Raquel Rodriguez at 954-889-2707 or Marisol Espinosa at 954-602-3347 to register.
### Blood Pressure Checks
Keeping your blood pressure under control is very important. Our local paramedics come to the center to do blood pressure checks.
**Fridays at 1:00 pm.**

### Jazzercise
This high rhythm, low impact class, is specially designed for seniors looking for an opportunity to get in shape and have a great time.
**Mondays at 10:00 am.**

### Relax and Recharge
This program is a combination of posture, breathing, and stretching exercises designed to target the spots you need to relax and recharge, as a way of rebalancing your body. **Starts June 5th.**
**Wednesdays at 12:30 pm.**

### Soca-Fused
Be infused with dynamic movements of the body through the functional aspects of Activities of Daily Living (ADLs), accompanied by Caribbean inspired music.
**Mondays at 1:30 pm.**

### Tai Chi
For Arthritis, Fall Prevention, and Memory. With regular practice, Tai Chi improves balance by strengthening muscles and coordination. At the same time, it strengthens the mind to improve memory, thereby improving calmness and confidence to prevent falls.
**Fridays at 12:15 pm.**

### Yoga Fusion
A mix of traditional yoga poses, incorporating forms of fitness and resistance training. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.
**Wednesdays at 10:00 am.**

### Arthritis Foundation Aquatic Program (AFAP)
AFAP is a water exercise program for people with arthritis and related conditions. It was developed jointly by the Arthritis Foundation and the YMCA of the USA, and is currently supported by the Aquatic Exercise Association. AFAP is designed to reduce fatigue, pain, and stiffness and improve mobility, muscle strength, and coordination.  
**Begins May 2nd.**
**Pre-registration is required.**
**Tuesdays & Thursdays at 10:30 am.**
**Location: Miramar Aquatic Complex**

### Walk With Ease
Walk with Ease ® is an exercise program that is sponsored by the Arthritis Foundation. It is designed to motivate you to get in shape, walk safely and comfortably, improve your flexibility, strength and reduce pain to feel great. This is a 6-week series that will meet three times per week for 1 hour.
**Pre-registration is required.**
**Limited to 15 participants per session.**
**Mondays, Tuesdays, Thursdays. Meet up time is 12:00 pm.**
**Cycle started March 11th.**
**April 1, 2, 4, 8, 9, 10*, 15, 16, 18**
* Due to scheduling.

### Arthritis Foundation Exercise Program
The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. Routines in this program are gentle range-of-motion exercises that are suitable for every fitness level. This workshop is an 8-week, 1 hour class. Space is limited!
**Pre-registration is required.**
**Wednesdays at 12:30 pm.**
**April 3, 10, 17, 24**
**May 1, 8, 15, 22**
# Multi-Service Complex Counseling Services

<table>
<thead>
<tr>
<th><strong>Young at Heart</strong></th>
<th><strong>Hot Topics</strong></th>
<th><strong>Brain Antics</strong></th>
<th><strong>S.E.E.K (Senior Enrichment and Essential Knowledge)</strong></th>
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<td>Join us for a light-hearted discussion on life experiences and the importance of connection and engagement.</td>
<td>Interested in what’s new and trending? Join us for an interactive discussion on important domestic and international issues facing our nation.</td>
<td>Ready for a new challenge? This class is no funny business! Take charge of interactive exercises that build and improve memory.</td>
<td>It’s never too late to attain new skills and accumulate knowledge. Learn more about a full range of subjects to provide enrichment, creative visualization, resources and of course, fun!</td>
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## Presentations

<table>
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<tr>
<th><strong>April 15th - 12:30 pm</strong></th>
<th><strong>May 20th - 12:30 pm</strong></th>
<th><strong>June 17th - 12:30 pm</strong></th>
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<td><strong>“How Culture Affects Depression”</strong></td>
<td><strong>“Creating Boundaries with Adult Children”</strong></td>
<td><strong>“Finding Peace During Challenging Times”</strong></td>
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Do you believe culture plays a role in the way people perceive depression? Join the discussion and find out the answer. Does helping your adult child tend to become a pattern of unhealthy rescuing? If so, you’re not alone. Join the discussion on ways to assist your adult children without enabling them. Have you experienced chaos in your life and feel as though your life is out of your control? Join the discussion and find out how you can find peace of mind.

## Counseling “INSIGHTS”

**Social Workers Fun Facts:**

- We assist with Department of Children and Families application needs.
- We assist with identifying assistance programs for people in need that meet the program criteria.
- We educate clients and teach them new skills throughout our scheduled weekly groups.
- We strive on empowerment and advocacy that promotes client independence. We preserve the rights of our clients by protecting their privacy. We treat each person in a caring, respectful fashion, and are mindful of each individual’s differences and cultural ethnic diversity.

*Alone we can do so little; together we can do so much.* — Helen Keller

Please note, if you have been away from the senior center for more than 90 days, keep in mind you will need to schedule an appointment with a social worker before returning to the center.
Social Worker’s Corner

However, there has been recent research that shows there may be more, but less well known things you can do to decrease the chance of stroke.

- In some cases, medication can cause stroke symptoms. To reduce the chance of this happening, talk to your physician and pharmacist about all of your medications.
- Obstructive sleep apnea can increase the risk of stroke. Talk with your physician about the causes and treatments of sleep apnea.

Warning Signs
For your health, or that of an elderly loved one, learn the signs of a stroke. If you notice any of these symptoms, call for help immediately.

- Difficulty understanding when someone is talking or difficulty in speaking.
- Paralysis, weakness or numbness that comes on suddenly. Especially in an arm, leg or face, predominantly on one side of the body.
- Severe and sudden headache.
- Becoming suddenly unsteady, dizzy or losing balance.
- Sudden loss of sight, dimness or double vision.

Adapted from: Mark Hager, Age in Place

Health & Wellness Corner

In support of heart awareness month, the Southcentral/Southeast Focal Point wants to thank our sponsors for making our 3rd Annual Senior 1K Walk 2 Wellness event possible. This event was geared towards promoting health for seniors while caring for our community, because we are “Better Together”!

Presentations

<table>
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<tr>
<th>April 18th - 10:30 am (MSC)</th>
<th>June 17th - 12:30 pm (MSC)</th>
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<tr>
<td>April 24th - 10:30 am (SL)</td>
<td>June 19th - 12:30 pm (SL)</td>
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</table>

“Pain Relief Alternatives, Acupuncture Workshop”

“Healthy Brain & Healthy Sleep”
### Meet and Greet

**Morning Mingle**

Jump start your morning with a mingle.

**Monday through Friday**

8:00 am - 10:00 am.

**Birthday Party**

We will celebrate everyone who has a birthday in the months of April, May and June, 2019.

### Lets Get Physical

**Gardening**

Playing in the dirt isn’t just for kids! Who doesn’t like getting their hands dirty? Gardening is the perfect hobby for aspiring and mature green thumbs alike. Come grow with us.

**Thursdays at 12:30 pm.**

**Sunshine Steppers**

Join us as we exercise indoors at the Pembroke Lakes Mall.

**Mondays at 10:00 am.**

### Literacy Corner

**Basic Conversational English**

Let’s communicate together! This is a beginner’s English level class.

**Mondays at 12:30 pm.**

**Technology Help Desk**

Staff will offer support and technical assistance to clients using electronic devices to those whom may need help completing tasks, troubleshooting problems through diagnostic tests, and remote access to their computers, tablets, smart phones or laptops.

**Wednesdays at 10:30 am.**

### Are you GAME?

**BINGO**

Play a few cards and socialize with friends. **Play to WIN!**

**Wednesdays at 10:00 am.**

**Game Time**

Let’s get game ready for some friendly rivalry, competition and bragging rights in a combination of past-times. Come join us for po-ke-no, cards, dominoes, and much more. Game time is offered at various times throughout the week.

**Daily, Monday through Friday.**

### Craft-Therapy

**Art**

Art instructors will provide an introduction to techniques in painting and drawing. *(See calendar for dates and times.)*

**Be Crafty**

Join in for some fun and creative craft time.

**Tuesdays at 12:30 pm.**

**Knitting/Crochet**

Take advantage of this opportunity and learn how to make hats, scarves, and even sweaters with one or two needles.

**Mondays and Thursdays at 1:30 pm.**

*ADVISORY COUNCIL meets on the 2nd Tuesday of every month at 10:30 am.*
**Sunset Lakes Health & Wellness Services**

**Blood Pressure Checks**
Keeping your blood pressure under control is important. Our local paramedics come to the center to do blood pressure checks.

**Fridays at 1:00 pm.**

---

**Chair Jazzercise**
This is just as upbeat and exciting as Jazzercise, but for those who would prefer a seated exercise. Classes are held on **Thursdays at 11:30 am.**

---

**Yoga Fusion**
A mix of traditional yoga poses, incorporating forms of fitness or resistance training. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.

**Tuesdays at 11:30 am.**

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**Jazzercise**
This high rhythm, low impact class is specially designed for seniors looking for an opportunity to get in shape and have a great time.

**Tuesdays, Thursdays at 10:30 am.**

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**Relax and Recharge**
This program is a combination of posture, breathing and stretching exercises designed to target the spots you need to relax and recharge, as a way rebalancing your body.

**Wednesdays at 1:30 pm.**

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**Soca-Fused**
Be infused with dynamic movements of the body through the functional aspects of Activities of Daily Living (ADLs), accompanied by Caribbean inspired music.

**Fridays at 1:30 pm.**

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**Tai Chi**
For Arthritis, Fall Prevention and Memory, with regular practice, Tai Chi improves balance by strengthening muscles and coordination. At the same time, it strengthens the mind to improve memory, thereby improving calmness and confidence to prevent falls. **Mondays at 10:30 am.**

---

**Health and Wellness Recommendations**

Regular aerobic exercise will bring remarkable changes to your body, your metabolism, your heart and your spirits.

Aerobic exercise is key for your head, just as it is for your heart. The first steps are the hardest at the beginning, but as you get into shape, you will begin to tolerate exercise.

Your renewed vigor and energy will help you succeed in many tasks and the discipline of regular exercise will help you achieve other important lifestyle goals.

The body achieves what the mind believes...

---

**Walk With Ease**
Walk with Ease ® is an exercise program that is sponsored by the Arthritis Foundation. It is designed to motivate you to get in shape, walk safely and comfortably, improve your flexibility, strength and reduce pain to feel great. This is a 6-week series that will meet three times per week for 1 hour.

**Pre-registration is required.**
**Limited to 15 participants per session.**

**Mondays, Wednesdays, Fridays**
**April 1, 3, 5, 8, 9, 10, 15, 16*, 17 **29, 30**
**May 1, 6, 8, 10, 13, 15, 17, 20, 21*, 24, 28*, 29, 31**
**June 3, 5, 7**

*Due to holidays/scheduling  **New cycle

---

**Arthritis Foundation Aquatic Program (AFAP)**
AFAP is a water exercise program for people with arthritis and related conditions. It was developed jointly by the Arthritis Foundation and the YMCA of the USA. It is currently supported by the Aquatic Exercise Association. AFAP is designed to reduce fatigue, pain, and stiffness and improve mobility, muscle strength, and coordination.

**Begins June 14th.**
**Pre-registration is required.**
**Wednesdays at 10:30 am.**
**Location: Miramar Regional Park Aquatic Complex**

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**AEA Your Wave to Wellness**
**S.E.E.K**  
(Senior Enrichment and Essential Knowledge)  
It’s never too late to attain new skills and accumulate knowledge. Learn more about a full range of subjects to provide enrichment, creative visualization, resources and of course fun!  

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**Presentations**

- **April 18th - 12:30 pm**  
  “How Culture Affects Depression”  
  Presenter: Social Worker  
  Do you believe culture plays a role in the way people perceive depression? Join the discussion and find out the answer.

- **May 16th - 12:30 pm**  
  “Creating Boundaries with Adult Children”  
  Presenter: Social Worker  
  Does helping your adult child tend to become a pattern of unhealthy rescuing? You’re not alone. Join the discussion on ways to assist your adult children without enabling them.

- **June 20th - 12:30 pm**  
  “Finding Peace During Challenging Times”  
  Presenter: Social Worker  
  Have you experienced chaos in your life and feel as though your life is out of your control? Join the discussion and find out how you can find peace of mind.

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**Counseling “INSIGHTS”**

**Social Workers Fun Facts:**  
- We assist with Department of Children and Families application needs.  
- We assist with identifying assistance programs for people in need that meet the program criteria.  
- We educate clients and teach them new skills throughout our scheduled weekly groups.  
- We strive on empowerment and advocacy that promotes client independence. We preserve the rights of our clients by protecting their privacy. We treat each person in a caring, respectful fashion and are mindful of each individual’s differences and cultural, ethnic diversity.

_Alone we can do so little; together we can do so much._ – Helen Keller

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Please note, if you have been away from the senior center for more than 90 days, keep in mind you will need to schedule an appointment with a social worker before returning to the center.
Sunset Lakes Trips

**Trip Sign Up:** Sign up for one or more of our trips on the 3rd Wednesday of the month at 10:00 am.

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<th>April</th>
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<th>June</th>
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<tr>
<td>5th. Super Walmart</td>
<td>3rd. Bank</td>
<td>6th. Lunch @ Sergio’s</td>
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<td>11th. Senior Spring Picnic</td>
<td>3rd. Cinco de Mayo Celebration</td>
<td>7th. Super Walmart</td>
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<td>12th. Bealls/Dollar General</td>
<td>@ MSC</td>
<td>13th. Father’s Day Celebration</td>
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<td>16th. Burlington Plaza</td>
<td>7th. Kohl’s/Dollar General</td>
<td>@ MSC</td>
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<td>18th. Lunch @ Applebee’s</td>
<td>9th. Mother’s Day Celebration @ MSC</td>
<td>14th. Target</td>
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<td>19th. Aldi’s</td>
<td>10th. Super Walmart</td>
<td>18th. Calder Casino</td>
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<td>23rd. Calder Casino</td>
<td>16th. Lunch @ Red Lobster</td>
<td>20th. Sawgrass Mills Mall</td>
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<td>25th. Sawgrass Mills Mall</td>
<td>17th. Big Lots/Post Office</td>
<td>21st. Aldi’s</td>
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<td>26th. Big Lots/Post Office</td>
<td>21st. Mardi Gras Casino</td>
<td>25th. Festival Flea Market</td>
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<td>23rd. Broward Mall</td>
<td>27th. El Presidente</td>
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<td>24th. Aldi’s</td>
<td>Supermarket</td>
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<td>28th. Ross/Marshall’s</td>
<td>28th. Big Lots/Post Office</td>
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<td>30th. Swap Shop</td>
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<td>31st. Bravo Supermarket</td>
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Reflecting on our Hollywood Boardwalk “Kick-Off”!

Volunteer Luncheon

**April 9th, 12:00 pm - 1:30 pm**

Multi-Service Complex

“National Volunteer Week is April 8-14, 2019, it’s about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals”.

On this day we celebrate our City of Miramar Southcentral/Southeast Focal Point Volunteers.

This event is by invitation only.
What would you tell a friend who is considering joining the Miramar Southcentral/Southeast Focal Point Senior Center?

“I will encourage them to join the program and enjoy the various activities going on here.”

I chose to come to the senior center because…. “Before I came here, I used to sit at home only watching television. My life has changed completely since I joined the senior center.”

Can you give me an example of how the Miramar Southcentral/ Southeast Focal Point Senior Center helps you celebrate life?

“My health has improved tremendously.”

Tell me about your first day at the center:

“I received a warm welcome by the staff. I enjoyed my first day with all the activities I was able to do and this has motivated me to always be here at the center every day. I feel so lonely on the weekend when I am not at the center.”

If you were told that you had to choose only one activity from the program, which one would you choose? And why?

“There are no activities that are not good, but I like mostly the exercise because it has improved my health. The pain in my hips is almost gone, I sleep better at night and now I can walk without my cane.”

What would you tell a friend who is considering joining the Miramar Southcentral/Southeast Focal Point Senior Center?

“I would tell them to come and join the center because it’s the best way to socialize and meet people from all different backgrounds.”

I chose to come to the senior center because…. “I wanted to be around people my own age and also to be able to share the experience of other cultures.”

Can you give me an example of how the Miramar Southcentral/ Southeast Focal Point Senior Center helps you celebrate life?

“It’s very hard to explain, but all I know is that every day the center is a place that I look forward to attending.”

If you were told that you had to choose only one activity from the program, which one would you choose and why?

“If I were to choose one of the activities in the center, I would choose any interactive program like the groups with the Social Workers. It gives us, the seniors an opportunity to broaden our way of thinking.”
City of Miramar Social Services Department

- Adult Day Care Center
- Miramarvels Early Childhood Academy
- Senior Services
- Youth and Family Outreach

The Social Services Department was established by the City of Miramar in October 2002 to empower individuals to improve and enhance their quality of life through our many programs. The Social Services Department strives to be reliable, professional, friendly and culturally sensitive in an effort to meet the needs of the entire community. For more information, visit us online:

www.miramarfl.gov/socialservices

Where to find information

Helpful Phone Numbers:
Miramar Fire Department: 954-438-1222
Miramar Police Department: 954-602-4000
Miramar Helpline: 954-602-HELP or 954-602-4357
First Call for Help: 211 or 954-537-0211
Abuse Hotline: 1-800-962-2873
The Abuse Registry: 1-800-342-9152
Aging & Disability Resource Center: 954-745-9779
Consumer Hotline: 1-800-435-7352
Lawyer Referral-Statewide: 1-800-342-8011
Medicare Hotline: 1-800-633-4227

Cable Channels:
Comcast Channel 78 (East Miramar)
Adelphia Channel 16 (West Miramar)

Online:
www.miramarfl.gov

Accolades

Accredited by the National Institute of Senior Centers
“2017 & 2018 Healthy Weight Community Champion,”
presented by Florida Department of Health Bureau of Chronic Disease Prevention

“Excellence Award,” presented by the National Council on Aging

“Florence R. Goldmann Award ~ 2018,” presented by the Florida Association of Senior Centers

“Community Spirit Award,” presented by the Broward League of Cities

For volunteer opportunities call 954-889-2700