

AARP Driver Safety Class

This class is open to all adults. Participants who successfully complete the course will be provided with a certificate for their auto insurance agency.

Upcoming classes | July 26, August 19, September 20
9 a.m. to 3 p.m. *Only one session is required

For more information, please call **954-346-1393**.

A valuable resource for medical discounts **www.AARP.org**.

Senior Empowerment Meetings

Our meetings empower and educate seniors about disturbing crime trends in the community. You do not have to register, but you must be a resident of the City of Coral Springs.

Upcoming meetings | August 16 & September 20
11 a.m. at the Coral Springs Senior Center

GET CONNECTED!

STAY INFORMED!

 **CORALSPRINGS.ORG**

 **CityofCoralSprings**

 **PLAYCoralSprings**

 **CoralSpringsFireDepartment**

 **CoralSpringsPolice**

 **CityTV**

Advanced Cable channel 25 (SD) or 725 (HD)
U-Verse channel 99

Upcoming City Events:

Remembrance 5k

Saturday, September 9
7 a.m. • Northwest Regional Library • Itzevents.com

International Day of Peace

Wednesday, September 20
7:45 a.m. • International Peace Garden

International Dinner Dance

Saturday, September 23 • \$60
7 p.m. • Heron Bay Marriott

Shredathon

Saturday, October 14
9 to 11 a.m. • Sportsplex

Coral Springs Senior Center at Sartory Hall
10150 Ben Geiger Dr.
954-345-2209

If you have any ideas or comments, please contact Sue Knight at sknight@coralsprings.org



FOREVER
Young

NEWS AND INFORMATION FOR CORAL SPRINGS SENIORS

Hurricane Season is here!

Do you have your emergency preparedness plans in place? Do not wait for a storm to threaten in order to prepare.

These are a few important items for your checklist:

- Important medical, family contact and insurance information
- Water (two-week supply at home, three-day supply if evacuating - 1 gallon per person, per day)
- Food (two-week supply of nonperishable food at home, three-day supply if evacuating)
- Non-electric can-opener
- Battery powered radio flashlights & extra batteries
- Two-week supply of prescription medication & list, including dosages and allergies
- Mosquito repellent
- First Aid Kit
- Pre-moistened towelettes, antibacterial wipes and/or hand sanitizer

You should also take this time to register with the Broward County Vulnerable Population Registry. This list is shared with first responders who will check on your safety before and after a storm.

To register, call the Broward County hotline at 3-1-1.



Call 954-344-1800 to report any suspicious persons or vehicles in your neighborhood.

Classes

Monday

Functional Fitness | Core & Balance
(30min) | 9:30am

Functional Fitness | Low Impact Aerobics
(30min) | 10am

Functional Fitness | Strength & Stretch
(30min) | 10:30am

Dance (30min) | 11am

Chair Yoga* (60min) | 1pm (Starting Sept.11)

Mahjong | 1 to 4pm

Socrates Meeting | 1 to 2:30pm

Tuesday

Tai Chi (60min) | 8:15am

Bridge | 1st and 3rd Tuesday of the month 9:30am

Functional Fitness | Core & Balance
(30min) | 9:30am

Functional Fitness | Low Impact Aerobics
(30min) | 10am

Functional Fitness | Strength & Stretch
(30min) | 10:30am

Intergenerational Socrates Meeting
(60min) | 4pm

Gentle Yoga (60min) | 2:30pm

Wednesday

Intermediate Tai Chi* (60min) | 8:15am

French Class (60min) | 9am

Mastermind Art Group | 2 to 4pm

bring your own supplies

Cards | 2 to 4pm

Chair Yoga* (60min) | 2:15pm

Gentle Yoga* (60min) | 5:30pm (Starting Sept.6)

Thursday

Tai Chi (60min) | 8:15am

Functional Fitness | Core & Balance
(30min) | 9:30am

Functional Fitness | Low Impact Aerobics
(30min) | 10am

Canasta | 10am to 12pm

Functional Fitness | Strength & Stretch
(30min) | 10:30am

Crochet (60min) | 11am

Gentle Yoga (60min) | 2:30pm

Friday

Chi Gong* (60min) | 8:15am

Chair Yoga (60min) | 10:15am

Saturday

Arts & Crafts | 10am to 12pm

Mahjong 12 to 2pm

**separate fee for this class*

Senior Trips

Friday, July 7 • Isle Casino

Fee: \$6 (Due by Friday, June 30)

Experience the rush of fast-paced casino gaming and the action of live harness racing. We welcome players of all kinds to discover an enticing gaming experience and to enjoy it in a friendly, smoke-free environment.

Wednesday, July 12 • Festival Flea Market, Coconut Creek

Fee: \$6 (Due by Monday, July 10)

Experience a shopping paradise with a quarter-mile long of over 500 shops, restaurants, fragrance outlets, cosmetic stores, shoe stores, clothing shops, jewelry stores, home furnishing stores and gift boutiques.

Friday, July 21 • Palm Beach Outlet Mall

Fee: \$8 (Due by Friday, July 14)

A 440,000 square foot outlet shopping center in West Palm Beach featuring over 100 stores.

Wednesday, July 26 • Water Taxi to Hollywood

Fee: \$19 (Due by Friday, June 30)

Cruise from Fort Lauderdale to Hollywood and enjoy sightseeing from nature parks to sailboats, yachts and pelicans. We will disembark at the "It's 5 o'clock somewhere" bar across from the new Margaritaville Hotel and restaurant and have a few hours for lunch.

Wednesday, August 2 • The Lion King

Fee: \$6 (Due by Friday, July 26)

The African savannah comes to life on our stage as they journey from Pride Rock to the jungle and back again, in this inspiring, coming-of-age tale. This is a teen production and they use Broadway props and attire.

Friday, August 4 • Seminole Casino Coconut Creek

Fee: \$6 (Due by Friday, July 28)

Join us for a few hours of fun at our local Casino. Seminole Casino Coconut Creek offers the area's most fully-integrated, energized, stylish and upscale local casino experience featuring 2,000 Las Vegas-style slots and over 70 live table games such as blackjack, baccarat and poker.

Friday, August 18 • Publix Aprons Cooking School

Fee: \$53 (Due by Friday, August 4)

Watch a cooking demonstration by a professional Chef who will prepare our lunch right before our eyes in the Publix Aprons kitchen. Each course is paired with a wine that is selected for the food item we are eating. The menu will be a Classic Italian meal which will include Panzanella Salad, Chicken Alla Fiorantina, Caserecci with Cauliflower and Pancetta, and Vanilla Bean Pannacotta with Blueberry Compote. Space is limited.

Meet at center at 11am

Wednesday, August 30 • Lunch at Cracker Barrel in Deerfield Beach

Fee: \$6 (Due by Friday, August 25)

Join us for lunch at the Cracker Barrel restaurant in Deerfield Beach. You can enjoy a leisurely lunch and shop in the cute country store. Price includes transportation only.

Meet at center at 10:30am

Wednesday, September 13 • Hard Rock Casino

Fee: \$6 (Due by Monday, September 11)

Play high-energy slots and tables games at the 140,000 square foot casino situated in the heart of it all. Signature Hard Rock music memorabilia lining the casino walls and sound of classic and modern music videos will infuse a high energy vibe perfect for getting lucky.

Meet at center at 10:30am

Wednesday, September 27 • Festival Flea Market, Coconut Creek

Fee: \$6 (Due by Friday, September 25)

Experience a shopping paradise with a quarter-mile long of over 500 shops, restaurants, fragrance outlets, cosmetic stores, shoe stores, clothing shops, jewelry stores, home furnishing stores and gift boutiques. **Meet at center at 10am**

Friday, September 29 • Diva Duck Tour

Fee: \$30 (Due by Friday, September 15)

The DivaDuck's innovative design will give you a unique view of Palm Beach, a town known for both beautiful historic landmarks and majestic natural scenery. After the Duck tour you will be on your own for lunch in City Place. This will be a fun filled day so bring some water and sunscreen.

Meet at center at 8:45am

Senior Ride



Senior Ride is an on-demand para-transit program offering transportation to shopping facilities for our senior citizens. Priority is afforded to those in the greatest economic and social need, with little family or community support. Wheelchair accessibility is available.

For an annual fee of \$25, registered senior citizens may schedule rides on any of the days transportation is offered in their area.

For more information about trips and transportation, please call **954-344-1837** or visit **Coralsprings.org/SeniorRide**

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