



Active Adults News August 2010



Programming designed for ages 55 and older.

Arts & Crafts \$1.00 - Join this fun class for a variety of arts & crafts which features several mediums of crafting.

Ceramics - \$3.00 for Res. 55 and older Non-Res. \$3.60 includes paint materials and firing. Green ware and Bisque is not included.

Game Day - Free! Come join others as they play some favorite board games such as Checkers, Skipbo and Parcheesi in a fun and relaxed atmosphere.

Red Hatters - This group are members of the "International Group of Red Hatters" which meets September through May. Join this fun, social group to discuss upcoming activities. Meeting September 10, 2010, election of officers.

Take Off Pounds Sensibly (TOPS) - \$26.00 Member Fee and \$5.00 per month. TOPS is the oldest international, non-profit, non-commercial weight loss support group.

Computer Lab Open — Free! Monday- Fridays from 10 a.m. to Noon for your leisure.

The following programs will be held at Jaco Pastorius Community Center:

Enhance Fitness - Free! Features exercise using chairs to help fight osteoporosis, enhance flexibility, strength, balance for every day living.

Contract Bridge - \$2.00 per person. Enjoy some company and play this popular card game. Players must know how to play bridge.

Light Aerobics - Free! Participants gets a great workout combining fat burning, muscle strengthening and stretching. Please bring a mat and towel.

MONTHLY LUNCHEON

Wednesday, August 11, 2010

Time: 12:00 p.m. to 2:00 p.m.

Cost: \$7.00 per person

Menu - Spaghetti and meat sauce, salad, garlic bread, and ice cream, crazy games after lunch.

Please make your paid reservation with Sheila by Monday August 9, 2010. Space is limited. No refunds.

For more Information on The Active Adults Program call Sheila Thomas at 954-630-4494

Or Email at Sheilat@Oaklandparkfl.org

3900 North East 3rd Avenue Oakland Park, Fl, 33334

AA news letter can be located on the City Web site at www.oaklandparkfl.org

City of Oakland Park
Parks and Leisure Services
3650 NE 12 Avenue
Oakland Park, Florida 33334

August 2010

Active Adults



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>	<p style="text-align: right;">3</p> <p>Arts & Crafts 10:00am - 12:00 pm</p> <p>Ceramics 10:00am - 1:00pm</p> <p>TOPS 6:00pm - 8:00pm</p>	<p style="text-align: right;">4</p> <p>Game Day 10:00am - 1:00pm</p> <p>Ice cream social 10:00am- 1:00pm</p> <p style="text-align: center;">\$2.00</p> 	<p style="text-align: right;">5</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Bridge 12:00noon - 3:30pm</p>	<p style="text-align: right;">6</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>
<p style="text-align: right;">9</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>	<p style="text-align: right;">10</p> <p>Arts & Crafts 10am - 12:00 noon</p> <p>Ceramics 10:00am - 1:00pm</p> <p>TOPS 6:00pm - 8:00pm</p>	<p style="text-align: right;">11</p> <p>Monthly Luncheon 12:00 pm - 2:00 pm</p> <p>When in Rome...</p> 	<p style="text-align: right;">12</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Bridge 12noon - 3:30pm</p>	<p style="text-align: right;">13</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>
<p style="text-align: right;">16</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>	<p style="text-align: right;">17</p> <p>Arts & Crafts 10:00am - 12:00pm</p> <p>Ceramics 10:00am - 1:00pm</p> <p>TOPS 6:00pm - 8:00pm</p>	<p style="text-align: right;">18</p> <p>Game Day 10:00am - 1:00pm</p> <p>Buehler Planetarium 10:00am - 3:30pm</p>	<p style="text-align: right;">19</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Bridge 12:00pm - 3:30pm</p>	<p style="text-align: right;">20</p> <p>Enhance Fitness 10:00am- 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>
<p style="text-align: right;">23</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>	<p style="text-align: right;">24</p> <p>Arts & Crafts 10:00 am - 12:00 pm</p> <p>Ceramics 10:00am - 1:00pm</p> <p>TOPS 6:00pm - 8:00pm</p>	<p style="text-align: right;">25</p> <p>Game Day 10:00am- 1:00pm</p> <p>End of the summer Journaling OP Library 1:30 pm-3:00pm</p>	<p style="text-align: right;">26</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Bridge 12:00pm - 3:30pm</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">Movie day</p>  <p style="text-align: center;">The Holiday Staring Cameron Diaz, Kate Winslet & Jude law</p>
<p style="text-align: right;">30</p> <p>Enhance Fitness 10:00am - 11:00am</p> <p>Aerobics 1:30pm - 2:30pm</p>	<p style="text-align: right;">31</p> <p>Arts & Crafts 10am - 12:00 pm</p> <p>Ceramics 10:00am - 1:00pm</p> <p>TOPS 6:00pm - 8:00pm</p>		<p>Walgreens health seminars coming soon !!!!!!!!</p>	

The Holiday has Winslet and Diaz playing roles wherein they have been burned by love and desperately need a change.

Winslet, a Brit, talks Diaz, an American, into switching houses with her over the Christmas season. And she's right! It turns out Great!!

Movie day - August 20, 2010

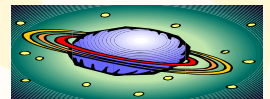
1:00pm-3:00pm

\$2.00 per person includes refreshment

RSVP by August 13, 2010



Buehler Planetarium "The Dawn of Astronomy"



and lunch at Home Style Buffet
Cost: \$12.00 per person
Lunch included

Space is limited
RSVP by:
August 13, 2010