



Active Adult News



From Me to You



February 2012

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Tax Talks

Got Questions?



Join us at:
Collins Community Center
3900 NE 3rd Ave.
Oakland Park, FL

MONDAY, FEBRUARY 13, 2012 11:15AM - 12:00PM

Valentine's Luncheon

We are having Italian - "Ziti with your Sweetie"

You are strongly encourage to bring a friend

February 15, 2012

Collins Community Center 12pm - 2pm

Pasta & Sauce, Salad, Garlic Bread, & Dessert

\$6 per person

Make sure to RSVP by Friday, February 11, 2012 (no refunds)

Active Adult Ongoing Programs

Arts & Crafts/Ceramics: **Tuesdays from 10 a.m. to 12 p.m.** Simple crafts and ceramic projects. Join this fun class for a variety of arts & crafts which features several mediums of crafting. Beginners welcome! Fee varies by project.

Basic Computer Classes: **Tuesdays 9:30 a.m. to 11:00 a.m.** \$10.00/month - four classes. Space reserved on a first come first served basis. Classes are held at the Oakland Park Library, 1298 N.E. 37th Street. Call 954-630-4370

Computer Lab: **Monday - Thursday from 10 a.m. to 12 p.m. and 1:00 p.m. to 3:00 p.m.** for your leisure. Check your email, facebook or practice those important computer skills.

Contract Bridge: **Tuesdays & Thursdays from 12:00pm to 3:30 p.m.** Enjoy some company and play this popular card game. Players must know how to play bridge.



Enhance Fitness: **Mondays, Thursdays and Fridays 10:00 a.m. to 11:00 a.m.** featuring exercises while sitting in a chair, to help fight osteoporosis, enhance flexibility, strength, and balance for every day living.



Light Aerobics: **Mondays and Fridays from 1:30 p.m. to 2:30 p.m.** All skill levels welcome.

Game Day: **Wednesdays from 10:00 a.m. to 1:00 p.m.** Come join others to play favorite board games such as checkers, Skip-bo and Parcheesi in a fun and relaxed atmosphere.

Red Hatters: **Meets on the second Friday of each month at 1:00 p.m.** in the months of September through May. Join this fun, social group to discuss upcoming activities.

T.O.P.S.: Take Off Pounds Sensibly (TOPS) **Meets Tuesdays from 6:00 p.m. to 8:00 p.m.** TOPS is the oldest international, non-profit, non-commercial weight loss support group.

Reading Room: **Monday through Thursday 10:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m.** Stop by and have a seat, relax and have a cup of coffee. Read books in a nice, quiet senior-friendly atmosphere. Needed: Books, magazines, CDs.

High Performance, High Energy, Weight Loss & Nutrition Workshop

Improve your sleep, Lower your cholesterol and blood pressure, Increase your energy by 30-40%
Help your body release fat, Balance your Blood sugar, Cleanse your body of harmful toxins
Promote resistance to serious disease, Strengthen your Immune System.



Join us Thursday, February 9th @ 11:00 a.m.
LOCATION: 3900 NE 3rd Avenue Oakland Park, Fl. 33334
Collins Community Center 954-630-4516



FEBRUARY CALENDAR



Monday

Tuesday

Wednesday

Thursday

Friday

		1 Game Day AARP Driver Safety Course 9 - 3:30PM	2 Enhance Fitness Contract Bridge	3 Enhance Fitness Light Aerobics
6 Enhance Fitness Light Aerobics	7 Arts/Crafts T.O.P.S. Computer Class Bridge	8 Game Day	9 Enhance Fitness Contract Bridge HEALTH WORKSHOP 11am -12pm	10 Red Hatters  Enhance Fitness Light Aerobics
13 Enhance Fitness Light Aerobics H&R Block “Free Tax Talk” 11:15 to 12:00PM	14 Arts/Crafts T.O.P.S. Computer Class Bridge  Valentine's Day	15 FEBRUARY LUNCHEON “Ziti with your Sweetie” \$6.00 per person	16 Enhance Fitness Contract Bridge	17 Enhance Fitness Light Aerobics
20 Presidents' Day CITY CLOSED	21 Arts/Crafts T.O.P.S. Computer Class Bridge	22 FIELD TRIP TBA	23 Enhance Fitness Contract Bridge	24 Enhance Fitness Light Aerobics MOVIE DAY
27 Enhance Fitness Light Aerobics	28 Arts/Crafts T.O.P.S. Computer Class Bridge	29 Game Day		

The Performing Arts are back

“A Funny Thing happened On The Way To The Forum”

At the historic Oakland Park Elementary School Theatre,
936 NE 33rd Street Oakland Park, FL 33334

February 11 @ 7PM & February 12 @ 2PM

Admission to each performance will be \$5.00

Seating will be general admission.

More info call 954-630-4500





City of Oakland Park
3650 NE 12 Avenue
Oakland Park, Florida 33334

Important Contact Information

Active Adults Coordinators

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CLOSED

President's Day - February 20, 2012