

## Education

### AARP SMART DRIVING COURSE

Please check with your insurance regarding discounts. Bring a check made payable to AARP to class (\$15 Member / \$20 Non-Member) on the day of class. Breaks will be given. Please bring a lunch and water/beverages. For more information call Bill Kriedman (561) 596-2217

Location: Wellington Community Center Ages 50+

Day / Time	Dates	Fee R/NR	Code
Friday 11:00 am – 1:30 pm	January 20	\$15M/20NM	214992 A1
	February 17	\$15M/20NM	214992 A2
	March 17	\$15M/20NM	214992 A3
	April 21	\$15M/20NM	214992 A4
	May 19	\$15M/20NM	214992 A5



### SENIOR SYMPOSIUMS

Symposiums are free and open to Wellington residents over 55 and their caregivers. Lunch will be served, but registration is required. Sessions will be held at the Wellington Community Center, located at 12150 Forest Hill Boulevard. For registration, contact Meridith Tuckwood at (561) 753-2476.

<b>January 31 – 11:30 AM</b>   Home Health Agencies and Long Term Care Insurance
<b>February 28 – 11:30 AM</b>   Legal Matters Affecting Seniors and How to Handle Them
<b>March 28 – 11:30 AM</b>   Fraud: Don't Be A Victim
<b>April 25 – 11:30 AM</b>   Topic TBA
<b>May 30 – 11:30 AM</b>   Topic TBA

## Games & Entertainment

### HUMANA'S EARLY BIRD BINGO

Rise and shine for a morning of fun, food, fellowship, and BINGO!

Location: Wellington Community Center Ages 55+

Day	Dates	Time	Fee
W	January 25	10:00 am – 12:00 pm	\$3
W	February 22	10:00 am – 12:00 pm	\$3
W	March 29	10:00 am – 12:00 pm	\$3
W	April 26	10:00 am – 12:00 pm	\$3
W	May 24	10:00 am – 12:00 pm	\$3

## Health & Wellness

### SENIOR AEROBICS

Come join Senior Aerobics! A great way to get in shape by using weights, balls, mats, balance and resistance bands. Contact Lynn Spoor at (561)-202-5966, or spoorlady@bellsouth.net, for more info.

Location: Wellington Community Center Ages 55+

Day / Time	Dates	Fee R/NR	Code
Tuesdays / Thursdays 9:00 am – 10:00 am	1/3 – 1/26	\$45/\$56	214428 A1
	2/2 – 2/28	\$45/\$56	214428 A2
	3/2 – 3/28	\$45/\$56	214428 A3
	4/4 – 4/27	\$45/\$56	214428 A4
	5/2 – 5/25	\$45/\$56	214428 A5

### A MATTER OF BALANCE

Learn to reduce fall risks and gain balance, strength, and flexibility! Participants must be able to attend all 10 weeks of the program. For registration, contact Meridith Tuckwood at (561) 753-2476.

Location: Wellington Community Center Ages 55+

Code	Dates	Fee
Mondays 10:00 am – Noon	1/9 – 2/27	FREE
	3/6 – 4/24	FREE

### "CARING FOR YOU" SEMINARS

Join Palms West Hospital representatives as they discuss the important health topics of today. Lunch will be provided, but registration is REQUIRED at least 48 hours prior. For registration, contact Meridith Tuckwood at (561) 753-2476.



Location: Wellington Community Center Ages 55+

Code	Dates	Topic	Fee
Tuesdays 11:00 am – 1:30 pm	1/19	Women & Men's Health	FREE
	2/16	CPR	FREE
	3/16	Orthopedics	FREE

### CHAIR YOGA

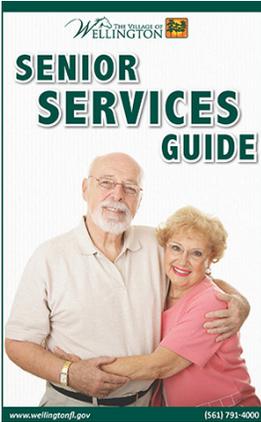
Whatever your age, ability, or level of activity, you can benefit from Chair Yoga. It's one of the gentlest forms of Yoga available and is geared towards seniors, older adults, and those who lack mobility due to physical limitations, injuries, RA, etc.

Instructor: Maria Lentine

Location: Wellington Community Center Ages 55+

Day / Time	Dates	Fee R/NR	Code
Fridays 11:00 am – 12:00 pm	1/6 – 1/27	\$50/\$63	214708 A1
	2/3 – 2/24	\$50/\$63	214708 A2
	3/3 – 3/24	\$50/\$63	214708 A3
	4/7 – 4/28	\$50/\$63	214708 A4
	5/5 – 5/26	\$50/\$63	214708 A5

Registration is available online for some programs, at [WellingtonFL.gov/Webtrac](http://WellingtonFL.gov/Webtrac). For more information on Senior programs and services, contact Senior Services Specialist, Meridith Tuckwood, at (561) 753-2476.



## SENIOR SERVICES GUIDE

The Senior Services Guide contains a wealth of information and resources for Wellington Seniors. Browse the guide for information on local services, housing, living facilities, home health care and agencies, advocacy, STAR transportation, and more!

Download it online at [wellingtonfl.gov/Seniors](http://wellingtonfl.gov/Seniors)

## WELLINGTON SENIORS CLUB

The Wellington Seniors Club, Inc. is a non-profit Florida 501(C) Corporation whose primary purpose is for the social enjoyment and the general welfare of its members. Membership is open only to residents of Wellington, ages 55 and over. Current dues are \$20.00 per person annually.

*For membership information, please call Membership Chair Sally Schwartz at (561) 793-8735.*



## WELLINGTON SENIOR CLUB MEMBERSHIP LUNCHEONS

Wellington Seniors Club Membership Luncheon meetings are held in the Grande Ballroom of the Wellington Community Center (12150 Forest

Hill Boulevard). Meetings are generally held on the third Wednesday of each month, at 12:00 noon.

**Upcoming luncheon dates:** January 18, February 15, March 15, April 19, May 17

For more information please visit the Seniors Information page at [wellingtonfl.gov/Seniors](http://wellingtonfl.gov/Seniors).

## THE GOLDEN BANNER NEWSLETTER

The Golden Banner provides information on Seniors Club weekly happenings and is published monthly by the Wellington Seniors Club, except in July and August. Printed copies are available at the new Wellington Community Center (see page 6). View the electronic version online at [WellingtonFL.gov/Seniors](http://WellingtonFL.gov/Seniors).

Please email [info@wellingtonseniorsclub.org](mailto:info@wellingtonseniorsclub.org) for more information.



## WEEKLY HAPPENINGS

Take part in weekly activities at the new Wellington Community Center, 12150 Forest Hill Boulevard, with the Wellington Seniors Club.

### QUILTERS

Every Thursday  
9:00 am - 12:00 pm  
Lake View West Room

### SOCIAL BRIDGE

Every Monday  
12:00 pm – 4:00 pm  
Lake View East Room

### DUPLICATE BRIDGE

*ACBL Sanctioned*  
Tuesdays and Thursdays  
12:00 pm – 4:00 pm  
Lake View East Room

### **SCHEDULE SUBJECT TO CHANGE**

Please call ahead, (561) 753-2484

For more information on Senior Services and resources, visit [wellingtonfl.gov/Seniors](http://wellingtonfl.gov/Seniors)