



RAYVEN JOSEPH
ACTIVE ADULTS COORDINATOR
 954-630-4515
 RAYVEN.JOSEPH@OAKLANDPARKFL.GOV

VERONICA ROSS
RECREATION LEADER
 954-630-4511
 VERONICA.ROSS@OAKLANDPARKFL.GOV

PROGRAM LOCATION:
 NORTH ANDREWS GARDENS COMMUNITY CENTER
 250 NE 56TH CT
 OAKLAND PARK, FL 33334

PLEASE REGISTER FOR ACTIVITIES BEFOREHAND, AS THIS WILL ENABLE US TO ACCURATELY ESTIMATE ATTENDANCE AND PLAN ACCORDINGLY. THANK YOU.

Women's History Month, Women's History Month is an annual observance dedicated to recognizing and celebrating the significant contributions women have made throughout history, as well as their ongoing impact on contemporary society. It serves as an opportunity to honor the achievements, leadership, and resilience of women.



Craft Club

RSVP IS REQUIRED FOR THESE ACTIVITIES
WEDNESDAY, MARCH 4TH, 2026
Lucky Charm Bracelets



WEDNESDAY, MARCH 11TH, 2026
Crafts with Angela Rush



WEDNESDAY, MARCH 18TH, 2026
Brushstrokes and Wellbeing with CanoHealth



WEDNESDAY, MARCH 25TH, 2026
Cardboard Looms



Happy Birthday

03/01 Paul D.
03/03 Charlotte J.
03/08 Cece J.
03/09 Ellen F.
03/13 Anna S.
03/16 Samuel S.
03/20 Carmen S.
03/22 Laura K.
03/28 Josephina C.

See a birthday boy or girl you'd like to send well wishes to? Stop by the front desk to sign their card and help make their day extra special!

Field Trip

RSVP IS REQUIRED FOR THIS ACTIVITY
BEDNERS FARM
DATE: MARCH 21ST, 2026
DEPARTURE TIME: 9:00AM
RETURN TIME: 2:00PM
DEPARTURE LOCATION: NORTH ANDREWS GARDENS COMMUNITY CENTER
COST: PAY FOR WHAT YOU PICK
LAST DAY TO SIGN UP IS MARCH 16TH

Welcome in spring with a day out in nature! We will visit Bedners Farm U-Pick, where you can pick seasonal fruits and vegetables such as peppers, strawberries, tomatoes, sunflowers, and more. Members will be responsible for purchasing the items they pick. The farm also hosts a market featuring fresh produce and other local products, as well as a fun petting zoo to enjoy.

St. Patty's Luncheon

DATE: MARCH 12TH, 2026
MEETING TIME: 12:00PM
COST: PERSONAL LUNCH EXPENSES
MEETING LOCATION: THE GALWAY SHAWL
 2948 E COMMERCIAL BLVD, FORT LAUDERDALE, FL 33308

Join us for our March luncheon! Embrace the St. Patrick's holiday with a taste of Ireland in a cozy Irish themed pub. Enjoy great food, great company, and don't forget to wear your **GREEN**. To make bill splitting easier please bring cash. Lets enjoy a memorable time together and please remember to drink responsibly.



The City of Oakland Park's Active Adults Program

is designed for adults ages 55 and better who want to stay active, social, and engaged in the community. We offer a wide range of activities for all ability levels; from fitness and crafts to special activities, luncheons, and day trips; all in a friendly, inclusive environment.

Please note: while our staff provides a welcoming and supportive atmosphere, the program does not specialize in one-on-one care or medical assistance. Participants should be able to take part in activities independently or attend with a companion if needed.

Membership covers most activities, with additional fees for field trips and luncheons.

ANNUAL MEMBERSHIP FEE:
RESIDENTS: \$25
NON-RESIDENTS: \$30

MEMBERSHIP DURATION:
 Memberships are valid from the date of sign-up through September 30th.

YOGA WITH VAL (EVENING CLASSES):
 \$15 PER CLASS:
 VAL JENNINGS 954-663-0922


Movie & Popcorn



MONA LISA SMILE
PG-13 - 2003 - ROMANCE/ DRAMA - 1H 57M
DATE: MARCH 5TH, 2026
TIME: 11:15AM

Katherine Watson is an art history professor who arrives at the prestigious all-female Wellesley College in 1953. In an academic environment that prizes tradition and conformity, Katherine challenges the status quo by encouraging her students to think critically, express independent ideas, and look beyond the narrow futures prescribed for them.



SUN	MON	TUES	WED	THURS	FRI	SAT
1.	2. 10a-11a: Fitness with Marci Casallo 11a-12p: Chair Yoga with Val Jennings 11a-1p: Domino Club 12p-1p: Chair Volleyball 6:30p- 7:45p: Yoga	3. 10a-11a: Ageless Grace with Eleanor Robinson 11a-12p: Boardgame Club 10a-12p: Puzzle Club	4. 10a-11a: Fitness (DVD) 11a-12p: Medicare 101 Presentation 10a-12p: Puzzle Club 10:00a- 12p: Craft Club 11a-1p: Scrabble Club 12p-1p: Chair Volleyball	5. 10a-11a: Bingo 10a-12p: Puzzle Club 11:15a: Movie & Popcorn	6. 10a-11a: Fitness (DVD) 11a-11:45a: Meditation with Val Jennings 11a-12p: Domino Club	7.
8.	9. 10a-11a: Fitness with Marci Casallo 11a-12p: Chair Yoga with Val Jennings 11a-1p: Domino Club 12p-1p: Chair Volleyball 6:30p- 7:45p: Yoga	10. 10a-11a: Ageless Grace with Eleanor Robinson 12p: Bingo @ American Legion	11. 10a-11a: Fitness (DVD) 10a-12p: Puzzle Club 11:15a- 12p: Craft Club with Angela Rush 11a-1p: Scrabble Club 12p-1p: Chair Volleyball	12. 10a-11a: Bingo 12p: St. Patty's Luncheon	13. 10a-11a: Fitness (DVD) 10:00a-12:00p: Open Craft 11a-11:45a: Meditation with Val Jennings 11a-12p: Domino Club	14.
15.	16. 10a-11a: Fitness with Marci Casallo 11a-12p: Chair Yoga with Val Jennings 11a-1p: Domino Club 12p-1p: Chair Volleyball 6:30p- 7:45p: Yoga	17. 10a-11a: Ageless Grace with Eleanor Robinson 11a-12p: Boardgame Club 10a-12p: Puzzle Club 12p: Bingo @ American Legion	18. APRIL ENROLLMENT OPENS: RESIDENTS 10a-11a: Fitness (DVD) 10a-12p: Puzzle Club 11:00a- 12p: Craft Club with CanoHealth 11a-1p: Scrabble Club 12p-1p: Chair Volleyball	19. 10a-11a: Bingo 10a-12p: Puzzle Club 11:15a-12p: Birthday Celebration	20. 10a-11a: Fitness (DVD) 10:00a-12:00p: Open Craft 11a-11:45a: Meditation with Val Jennings 11a-12p: Domino Club	21. 9a-2p Bedners Farm 
22.	23. 10a-11a: Fitness with Marci Casallo 11a-12p: Chair Yoga with Val Jennings 11a-1p: Domino Club 12p-1p: Chair Volleyball 6:30p- 7:45p: Yoga	24. 10a-11a: Ageless Grace with Eleanor Robinson 11a-12p: Boardgame Club 10a-12p: Puzzle Club 11:15a-12:45p: Tech Class Sponsored by Dario Noel 12p: Bingo @ American Legion	25. APRIL ENROLLMENT OPENS: NON-RESIDENTS 10a-11a: Fitness (DVD) 10a-12p: Puzzle Club 10:00a- 12p: Craft Club 11a-1p: Scrabble Club 12p-1p: Chair Volleyball	26. 10a-11a: Bingo 10a-12p: Puzzle Club 11:15a-12p: Ice Cream Social	27. 10a-11a: Fitness (DVD) 10:00a-12:00p: Open Craft 11a-11:45a: Meditation with Val Jennings 11a-12p: Domino Club	28.
29.	30. 10a-11a: Fitness with Marci Casallo 11a-12p: Chair Yoga with Val Jennings 11a-1p: Domino Club 12p-1p: Chair Volleyball 6:30p- 7:45p: Yoga	31. 10a-11a: Ageless Grace with Eleanor Robinson 11a-12p: Boardgame Club 10a-12p: Puzzle Club 12p: Bingo @ American Legion	1.	2.		

BINGO

@ American Legion Post 222

Meeting Time: 12:00pm

Meeting Location: 4250 NE 5th Ave, Oakland Park, FL 33334

Join us for a fun-filled afternoon of Bingo at the American Legion, where good times and cash prizes await! This exciting 1.5 hour experience is open to the public, so Active Adult members and friends are welcome.

Cash Prizes vary, and the more players we have the bigger the pot- so bring a buddy (or two)!

There is a **\$3 entry** with **\$2 bingo sheets**. There is also a **U-Pick Em'** option where you can pick 7 numbers for **\$1**.

Please bring cash to participate.

Medicare 101 With SHINE

DATE: MARCH 4, 2026

TIME: 11:00AM-12:00PM

Join us for an informative presentation by SHINE. During this session, SHINE representatives will provide a clear and comprehensive overview of Medicare, breaking down its key components to help you better understand your options. Topics will include Medicare Parts A, B, C, and D, Medigap supplemental plans, and the types of financial assistance that may be available to eligible individuals.



Brushstrokes and Well being

Sponsored by CanoHealth

Join us for Brushstrokes & Well-Being, proudly presented by Cano Health. Take a break from your daily routine to relax, recharge, and reconnect with yourself in a welcoming and supportive environment. Spark your creativity as you enjoy a guided painting experience designed for all skill levels

Registration Is Required For This Event by March 16th!

Social Services:

SCAN ME!

