

NEWSLETTER

July, August, September, October, November & December 2007

Inside This Issue

- Lectures
- Trips
- Travel
- Exercise Classes
- Screenings
- Games
- And much more...

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The Newsletter is produced for and about members of the Memorial Senior Partners Club.

South Broward Hospital District Board of Commissioners

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Kevin P. Tynan, Vice-Chairman
Kathy Durham, Secretary-Treasurer
Albert C Jones, Commissioner
Sarah E. Wolfer, Commissioner
Laura Raybin Miller, Commissioner
Carlos J. Reyes, Commissioner

Senior Prom 2007

Our Senior Prom was a great success! Everyone looked beautiful and the meal was delicious.

The audience was entertained by the fabulous talent of our Senior Idol Contestants.

The judges were: Iris Acker, TV Radio Host and Producer and Cathy Rollins, Licensed Talent Agent and Owner of Standing Room Only Productions.

Senior Idol winners were:

- 1st Place - Rachel Naveria - \$100 Publix Gift Certificate
- 2nd Place - Vivian Addison - \$50 American Express Gift Certificate
- 3rd Place - Angela Pusateri - \$50 American Express Gift Certificate
- 4th Place - Joseph Gullifa - \$50 Big Tomato Restaurant Gift Card

The 6 Runner-ups received a \$10 gift card from Panera Bread.

Locations and Staff Members • Center Hours 9am – 4:30pm

Hallandale
1726 E. Hallandale Beach Blvd.
(954) 457-0501
Candi Pettinger – Coordinator
-- Secretary

Hollywood
7031 Taft Street, Hollywood
(954) 963-8030
Susan Reigel -- Manager
Patricia Townsend – Secretary

Steve Sampier – Director Community Services
www.mhs.net

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CLOSURES FOR BOTH CENTERS:

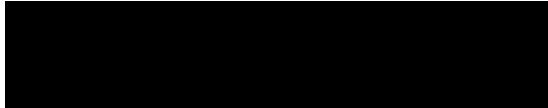
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|------------------------------|---------------|--|
| July 4, 2007 | Wed. | Both Centers Closed - 4th of July |
| Sept. 3, 2007 | Mon. | Both Centers Closed - Labor Day |
| Sept. 12, 2007 | Wed. | Both Centers Closed at 12:30 pm – Rosh Hashanah |
| Sept. 13 & 14, 2007 | Thurs. & Fri. | Both Centers Closed for Rosh Hashanah |
| Sept. 21, 2007 | Fri. | Both Centers Closed at 12:30 pm – Eve of Yom Kippur |
| Nov. 21, 2007 | Wed. | Both Centers Closed at 12:30 pm – Thanksgiving Holiday |
| Nov. 22 & 23, 2007 | Thurs. & Fri. | Both Centers Closed – Thanksgiving Holiday |
| Dec. 4, 2007 | Tues. | Both Centers Closed at 12:30 pm - Hanukkah |
| Dec. 17-21, 2007 | Mon-Fri. | Both Centers Closed |
| Dec. 24-28, 2007 | Mon-Fri. | Both Centers Closed |
| Dec. 31, 2007 & Jan. 1, 2008 | Mon. & Tues. | Both Centers Closed |
| Jan. 21, 2008 | Mon. | Both Centers Closed - Martin Luther King Day |

CHANGE OF ADDRESS

Members please keep us informed; let us know if you have a new address, telephone number or if you want us to send your newsletter to another address, during the summer or winter months.

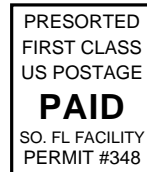
DO YOU HAVE AN E-MAIL ADDRESS?

Please give us your e-mail address if you have one; e-mail is a quick and easy way to remain informed about our activities. We respect your privacy and won't release your e-mail address or other personal data without your consent.



7031 Taft Street
Hollywood, FL 33024
AND
1726 E Hallandale Beach Boulevard
Hallandale, FL 33009

DATED MATERIAL



HALLANDALE CENTER – DAILY ACTIVITIES *At 1726 E. Hallandale Beach Blvd. (954) 457-0501*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--------------------------|----------------------------|----------------------------------|-------------------------------|
| 9:00a Chair Exercise | 9:00a Heart Rate Safe | 9:00a Mah Jongg | 9:00a Heart Rate Safe | 9:00a Chair Exercise |
| 9:00a Blood Pressure Check | 10:00a Advanced Exercise | 9:00a Mah Jongg Lessons | 10:00a Advanced Exercise | 10:00a Aerobic Dance Exercise |
| 10:00a Advanced Exercise | 10:30a Art Class | 9:00a Blood Pressure Check | 10:00a Belly Dancing (Sm Act Rm) | 10:00a Bereavement Group |
| 11:00a Line Dancing | 11:00a Tai Chi | 9:45a Yoga | 11:00a Line Dancing | 10:30a Yoga |
| 12:00p Ballroom & Latin Dancing | 12:00p Belly Dancing | 12:45p Bridge | 1:00p Movie Feature | 1:00p Bingo |
| 1:00p Cards | 12:00p Jokes with Paula | | 1:00p Computer Tutoring | 1:00p Computer Class |
| 1:00p Mah Jongg | 1:00p Line Dancing | | | |
| | 1:00p Cards | | | |
| | 1:00p Mah Jongg | | | |
| | 2:00p Yoga | | | |

HALLANDALE CENTER – DAILY ACTIVITY DESCRIPTIONS

| Activity Name | Description | Instructor / Leader | Members | Non-Members (Will be required to pay Class fee as noted plus Center fee of \$3.00 each time they come in). |
|------------------------------|--|----------------------------|--------------|--|
| Advanced Exercise | Low-impact, non-stress workout with The Silver Foxes. | Video by Richard Simmons | Free | \$3 |
| Aerobic Dance Exercise | Aerobic Dancercise with music " Sweating to the Oldies". | Video by Richard Simmons | Free | \$3 |
| Art Classes | Learn to draw with pencils and charcoal and paint with watercolors. | Sylvia | Free | \$5 |
| Ballroom & Latin Dancing | Couples and Singles learn to dance for cruises and social functions. | Joni Di Franco | \$4 | \$5 |
| Belly Dancing | Benefits the muscles of the abdomen, neck, shoulders, rib cage. | Sandi | \$5 | \$6 |
| Bereavement Group | Hope for healing the loss of a loved one. | Sponsored by Vitas | Free | Free |
| Bingo | All proceeds are given back in prizes. Nice time; socialize & exercise the mind. | John Michonski | \$1 per card | \$3 |
| Blood Pressure Check | Takes place in the Library; ends at 11a. Record card provided. | | Free | Members Only |
| Bridge | Experienced players. Tables available for groups of 4 to play. | None | Free | \$3 |
| Cards | Card Tables are available for play. | None | Free | \$3 |
| Chair Exercise | Good place to start if you haven't been exercising – Aug, Oct, Nov. & Dec. | Video by Nancy Tedesco, RN | Free | \$3 |
| Computer Class | Learn basics. New Class every 6 weeks-starting July 27 & Sept. 28. Limited to 5 students. | Lois Finello | \$25 | \$30 |
| Computer Tutoring | Thursdays at 1pm in the library. Half-hour session. | Lois Finello | \$3 | \$4 |
| Heart Rate Safe Exercise | Cardiovascular workout on Video. | Video by Nancy Tedesco, RN | Free | \$3 |
| Jokes & Stories | Hour of laughter, fun and socializing. | Paula | Free | \$3 |
| Line Dancing (Mon. & Thurs.) | Work out the mind & body with movement & music to popular tunes. | Joni DiFranco | \$3 | \$4 |
| Line Dancing (Tues.) | Work out the mind & body with regular & Country Western tunes. | Ginny Godfrey | \$3 | \$4 |
| Mah Jongg Lessons | You will need to purchase a Mah Jongg card. | Madeline Ussach | Free | \$3 |
| Mah Jongg | Tables of 4 and sets available for members to play at the center. | None | Free | \$3 |
| Movie Feature | Call 954-457-0501 or stop by the center for an upcoming movie flyer. | None | Free | Members only |
| Tai Chi | Relaxation of the mind & body. Self-healing and joy through movement. | None (video) | Free | \$3 |
| Yoga (Wednesdays) | Stretch, improve body posture, breathing & release tension. Bring floor mat. | Denise Sherman | \$4 | \$5 |
| Yoga (Tuesdays & Fridays) | Stretch, improve body posture, breathing & release tension. Bring floor mat. | Carol Parvati Cohen | \$4 | \$5 |

HALLANDALE CENTER – ADDITIONAL SPECIAL ACTIVITIES SCHEDULED

| Activity Name | Description | Instructor / Leader | Members | Non-Members |
|----------------------------|---|------------------------------|---------------|----------------|
| Birthday Celebrations | Usually takes place on the last Thursday of each month with the Movie Feature. | None | Free | Members only |
| Facials, Peels & Waxing | Mondays July 9 & 23; Aug. 6 & 20; Sept. 10 & 24; Oct. 15 & 29; Nov. 12 & 26; Dec. 10 (9:00a to 12:00n). | Lia Nye, LSCS (754-234-3317) | \$30 F/\$5 EW | \$35 F/\$10 EW |
| Lunch Bunch | Meet at Restaurant, each pays own bill. Call 954-457-0501 for details & RSVP. | Meet Group | Pay own bill | Pay own bill |
| Need to talk Support Group | Meets 2 nd Tuesday of every month at 10:00a. | Kathleen Curzon, MS | Free | Free |
| Reflexology | Friday, Dec. 7 (12:00 to 3:00p). Call 954-965-8790 to schedule an appt. | Earle Williams, LMT | \$10/30min | \$15/30min |
| Trivial Pursuit | Wednesdays, Jul. 25, Aug. 15, Sept. 26, Oct. 10, Nov. 28, Dec. 12 (2:30 – 3:30p). | Jerry Frank | Free | \$3 |
| Weight/Strength Training | Mondays & Fridays 9:30a, during the months of July & Sept. | Connie Rutledge | Free | \$3 |
| Yoga | Following Mondays 10a: July 16 & 30, Aug. 13 & 27, Sept. 17, Oct. 1 & 22, Nov. 5 & 19 & Dec. 3 | Carolyn D. | \$4 | \$5 |

HALLANDALE CENTER – SPEAKERS, PRESENTATIONS, BOOK REVIEWS

| Title | Description | Date | Time | Presented By: |
|--|--|------------------------|-------|---|
| Protecting Yourself, Loved Ones & Your Property | Lecture – Life Planning Documents. All I need is a Trust right? | Monday, July 9, 2007 | 2:00p | Rick Sabra, Esq. |
| One Thousand White Women: The Journals of Mae Dodd | Book Rev – A romantic historical novel about life among the Cheyenne Indians during the aftermath of the Civil War and the beginning of the Gold Rush. | Monday, July 23, 2007 | 2:00p | Ronelle Delmont |
| Personal Financial Affairs | Lecture - What to consider before you see an Estate Planning Professional – Titling Property, Avoiding Probate & Wills. | Monday, Aug. 20, 2007 | 2:00p | Rick Sabra, Esq. |
| The Innocent Man | Book Rev – Grisham's ONLY true story to date – an innocent man who spent 15 years behind bars – 5 years of it on death row – and was 5 days away from being executed when exoneration was granted. | Monday, Aug. 27, 2007 | 2:00p | Ronelle Delmont |
| Redemption: The Life of Henry Roth | Book Rev – Biography about the unusual life of the author of "Call It Sleep" which is considered by many to have been the greatest novel ever written about the Lower East Side. | Monday, Sept. 17, 2007 | 2:00p | Ronelle Delmont |
| Cardiac Arrhythmias | Lecture: Procedures & Defibrillators. | Monday, Sept. 24, 2007 | 2:00p | John Vogan, MSHSA, RN Cardiac & Vascular Institute Memorial Regional Hospital |
| Purple Tea | Lecture – Breast Cancer awareness. Gentlemen are welcome. | Monday, Oct. 1, 2007 | 2:00p | Jennifer Belyeu |
| Two Lives | Book Rev – The true story about the unusual marriage between the author's devoted aunt – a German Jewess – and his courageous Indian-born uncle who married the beautiful woman whose life was endangered by Hitler. | Monday, Oct. 22, 2007 | 2:00p | Ronelle Delmont |

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|-------------------|--|-----------------------|-------|---|
| Cure Incontinence | Lecture – This gynecologic surgeon can change your life. | Monday, Nov. 5, 2007 | 2:00p | Elias J. Mualin, MD, FACOG Board Certified |
| Freakonomics | Book Rev – This is a mind-boggling, but fascinating book that has no theme except to prove – in a very entertaining way – that “conventional wisdom” is often quite incorrect. | Monday, Nov. 12, 2007 | 2:00p | Ronelle Delmont |
| Absurdistan | Book Rev – Hilarious farce from the author of the humorous novel “The Russian Debutante’s Daughter.” Selected by the New York Times as one of the best novels of the year. | Monday, Dec. 3, 2007 | 2:00p | Ronelle Delmont |

HOLLYWOOD CENTER – DAILY ACTIVITIES At 7031 Taft Street (954) 963-8030

Monday

9:00a Senior Stretch (1)
9:15a Country Western Line Dance (2)
9:30a Blood Pressure Check (L)
10:00a Poker Game (3)
10:30a Heart Rate Safe (1&2)
12:00p Mah Jongg (2)
12:30p Craft Class (2)
1:00p Poker Game (3)
1:00p Support Group (L)
2:00p Yoga (1)

Tuesday

9:00a Fit Ball (1&2)
10:30a Heart Rate Safe (1&2)
10:30a Computer Class (L)
11:30a Beg. Line Dancing (1&2)
12:00p Canasta Game (3)
12:45p Inter. Line Dancing (1&2)
1:45p Newcomers Line Dance (1&2)

Wednesday

9:00a Senior Stretch (2)
9:00a Tai Chi (1)
9:30a Pinochle (3)
10:00a Fit Ball Pilate’s (1&2)
11:30a Line Dancing (Stella)
12:30p Dominoes
2:00p Movie Feature (3)

Thursday

9:00a Dancercise (1&2)
10:00a Chair Energizer
11:00a Heart Rate Safe (1&2)
11:00a Chair Massage (3)
11:00a Reflexology– begins 12/13/07
1:00p CW Line Dancing Begnrs (2)
1:00p Bowling
2:0p Yoga (1)
2:15p ESOL Class
2:30p Reiki (L)

Friday

9:00a Senior Stretch (1&2)
9:45a Line Dancing (1&2)
11:00a Adv. Belly Dancing
12:00 p Beg. Belly Dancing (3)
1:00p Bingo
6:30p Bridge Games (1&2)

HOLLYWOOD CENTER – DAILY ACTIVITY DESCRIPTIONS

| Activity Name | Description | Instructor/ Leader | Members | Non-Members (Will be required to pay Class fee as noted plus Center fee of \$3.00 each time they come in). |
|---------------------------|--|--------------------------|--------------------------|--|
| Belly Dancing | Benefits muscles of the abdomen, neck, shoulders, rib cage, waistline and hips. | Bonnie Powell | \$5 | \$6 |
| Bingo | All proceeds given back in prizes. Exercise the mind and socialize at the same time. | Dora and Chris | \$1 per card | \$1 per card |
| Blood Pressure Check | Takes place in the Library; ends at 11a. Record card provided. | Shirley Grigas, RN | Free | Free |
| Bowling | 1p every Thursday. Don Carter Bowling Alley, 5325 S. University. 954-434-9663 | Keiko Tufts 954-433-2374 | \$7.00 for three games | \$7.00 for three games |
| Bridge | Every Friday 7-11p. Contact Grand Slam Bridge Club thru MSP Hollywood. | Rosemary Paley | \$3 + 1-time Fee of \$10 | \$3 + 1-time Fee of \$10 |
| Canasta Games | Experienced players. (No lessons). | None | Free | Members Only |
| Chair Energizer | Improve posture and regain muscle strength. Some weight training with 2lb balls. | Marcela Hartley | Free | Members Only |
| Chair Massage | Pamper yourself. Call Marilyn at 954-701-0882 for an appt. (11a –1p). | Marilyn Barbato, LMT, | \$10/15min, \$15/20min | \$15/15min, \$25/20min |
| Chat Group | Social hour, open discussions. (Must respect each others’ opinions). | None | Free | Free |
| Computer Classes | Learn computer basics and progress to more advanced programs. | Artie Heim | Free | |
| County Western Line Dance | For beginners, intermediate and advanced students. 9:15a every Monday. | Anita Kirschner | \$2 | \$3 |
| Craft Class | Needlepoint, knitting, crocheting, creative projects. Bring own supplies. | Millie Stanco | Free | Members Only |
| Dancercise | Aerobic and weight training. Burn fat, develop muscle, increase strength. | Marcela Hartley | \$1 | \$3 |
| Fit Ball Pilate’s | Tone abs, inner thighs, increase flexibility. Pilate’s movements. Bring a floor mat. | Marcela Hartley | \$1 | \$3 |
| Heart Rate Safe | Cardiovascular workout on VIDEO by Nancy Tedesco, RN. | Ginny Godfrey | Free | Members Only |
| International Line Dance | Beginners-11:30a; Intermediate-12:45p; NewComers-1:45p. Dance for Health. | Stella Cabeca | \$3 | \$4 |

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|----------------|---|-----------------------|----------|--------------|
| Line Dance | For beginners, intermediate and advanced students - 9:45a every Friday. | Ginny Godfrey | \$3 | \$4 |
| Mah Jongg | Experienced players. Tables available for groups of 4 to play. | None | Free | Members Only |
| Movie Feature | Call 954-963-8030 or pick up flyer listing monthly movies at the center. | | 50 Cents | Members Only |
| Pinochle Games | Experienced players. (No lessons). | Riley & Pearl | Free | Members Only |
| Poker | Monday 10a and 1:30p – have fun and socialize. | Members | Free | \$3 |
| Reflexology | Enhance circulation to organs. Bring cotton sport socks. | Earle Williams | \$10 | \$15 |
| Reiki | Form of meditation. Relieves agitation, anxiety, comforts and replenishes energy. | Dorothy Arbogast | Free | Members Only |
| Senior Stretch | Improves muscle tone. Great for beginners in exercise. Mon, Wed, Fri at 9:00a. | Ginny Godfrey (video) | Free | \$3 |
| Support Group | Discussion of different topics. | | Free | Free |
| Tai Chi | Energizes the body, revitalizes the mind. Slow rhythmic movements. | Marcela Hartley | \$1 | Members Only |
| Yoga | Bring a mat. Improve body posture, breathing and release tension. | Denise Sherman | \$4 | \$5 |

HOLLYWOOD CENTER – ADDITIONAL SPECIAL ACTIVITIES SCHEDULED

| Activity Name | Description | Instructor / Leader | Members | Non-Members |
|----------------------------|--|---------------------|-----------------|----------------------|
| AARP Driving Course (3) | Call 954-963-8030 X227 for a reservation. 2-day classes from 1 pm to 4:30p. | Sam Ceballos | \$10 | \$10 |
| Birthday Celebrations (1) | Takes place with the Movie Feature on the last Wednesday of each month. | | Free | Members Only |
| Computer Classes | Free group lessons. Call 963-8030. Private lessons available. | Artie Heim | \$25/hr-private | \$15 an hour |
| Facials, Peels & Waxing | Available every other Thursday. Call Lia Nye at 754-234-3317 for an appointment. | Lia Nye, LSCS | \$30 FP/\$5 EW | \$35 FP/\$10 EW |
| Internet Access in Library | Available in the library. Restrictions apply. Log on to www.mhs.net for MHS information. | None | Free | Members Only |
| Lunch Bunch | Meet at Restaurant, each person pays own bill. RSVP at 954-963-8030. | None | Pay own bill | Pay own bill |
| MSP Advisory Board Meeting | Last Monday of each month in Library (11:00a to 12:00p). Board members only. | Susan Reigel | Free | Members Only by RSVP |

5 HOLLYWOOD CENTER – SPEAKERS & PRESENTATIONS

| Title | Description | Date | Time | Presented By: |
|---|--|-------------------------|----------|---|
| Protecting Yourself, Your Loved Ones and Your Property | Learn About Life Planning Documents. | Thursday, Aug. 16, 2007 | 1p to 2p | Mitch Green, Esq. |
| Personal Financial Affairs | Titling Property, Avoiding Probate, Wills. | Thursday, Sept. 6, 2007 | 1p to 2p | Shawn Snyder, Esq. |
| Purple Tea | Lecture on breast cancer awareness. Gentlemen welcome. | Thursday, Oct. 4, 2007 | 1p to 2p | Jennifer Belyeu |
| Dietary Restrictions When taking Prescription Medications | Learn what foods to avoid with prescription medications. | Thursday, Oct. 18, 2007 | 1p to 2p | Dr. Wasserman |
| Cardiac Arrhythmias | Learn about procedures and defibrillators. | Thursday, Oct. 25, 2007 | 1p to 2p | John Vogan, RN, BSN Cardiac & Vascular Institute |
| Cure Female Urinary Incontinence | Learn about a new technique to cure incontinence once and for all. | Thursday, Nov. 1, 2007 | 1p to 2p | Elias Mualin, MD, FACOG |
| Charitable Gifts That Give Back | Life income to you and your beneficiary through charitable giving. | Thursday, Nov. 8, 2007 | 1p to 2p | Jerry Reiss, CPA |
| Aging Eye Concerns | Learn about treatments for eye concerns. | Thursday, Nov. 15, 2007 | 1p to 2p | Dr. Jerald Berman, OD |
| Veterans' Aid and Assistance | Learn about eligibility requirements for in home veterans' services. | Thursday, Dec. 6, 2007 | 1p to 2p | Paul Lincoln |

BOTH CENTERS

THE LUNCH BUNCH – MEMBERS MEET AT RESTAURANT & EACH PAYS OWN BILL • MUST BE ON TIME TO BE SEATED TOGETHER / ASK FOR THE MEMORIAL SENIOR PARTNERS GROUP Note: New Meeting Time

| Restaurant Name | Restaurant Address & Phone | Senior Partners Center | Day and Date | Time | To Sign Up |
|----------------------------|--|-------------------------------|---------------------|-------------|---------------------|
| California Pizza Kitchen | 11401 Pines Blvd. (Pembroke Lakes Mall) 954-432-1498 | Hollywood | Tuesday, July 10 | 1:00p | RSVP at your Center |
| Grand Lux | 19575 Biscayne Blvd. 305 932-9113 (Aventura Mall) | Hallandale | Tuesday, July 31 | 1:00p | RSVP at your Center |
| Sweet Tomatoes | 2906 Oakwood Blvd. 954-923-0427 (Oakwood Plaza) | Hollywood | Tuesday, Aug. 14 | 1:00p | RSVP at your Center |
| Piola | 1703 E. Hallandale Beach Blvd. 954 457-9394 | Hallandale | Tuesday, Aug. 28 | 1:00p | RSVP at your Center |
| Flanigan's Seafood & Grill | 2505 N. University Dr. 954-964-3793 | Hollywood | Tuesday, Sept. 11 | 1:00p | RSVP at your Center |
| Sweet Tomatoes | 2906 Oakwood Plaza 954 923-0427 (Oakwood Plaza) | Hallandale | Tuesday, Sept. 25 | 1:00p | RSVP at your Center |
| Crispers | 5810 S. University Dr. 954-318-1302 | Hollywood | Tuesday, Oct. 9 | 1:00p | RSVP at your Center |
| Grand Lux | 19575 Biscayne Blvd. 305 932-9113 (Aventura Mall) | Hallandale | Tuesday, Oct. 30 | 1:00p | RSVP at your Center |
| Scrubby's | 251 N. University Dr. 954-987-1933 | Hollywood | Tuesday, Nov. 13 | 1:00p | RSVP at your Center |
| P.F. Changs | 17455 Biscayne Blvd. 305 957-1966 | Hallandale | Tuesday, Nov. 27 | 1:00p | RSVP at your Center |
| Le Petit Cafe | 3308 Griffin Rd. 954-967-9912 | Hollywood | Tuesday, Dec. 11 | 1:00p | RSVP at your Center |
| Le Petit Café | 3308 Griffin Rd. 954-967-9912 | Hallandale | Tuesday, Dec. 11 | 1:00p | RSVP at your Center |

SENIOR PARTNERS TRIP POLICY

RESERVATIONS MUST BE MADE IN PERSON (telephone reservations are not acceptable).

PAYMENT FOR DAY TRIPS: Only full payment will be accepted for all day trips.

PAYMENT FOR OVERNIGHT TRIPS: Deposits will be taken to hold space. Additional payments will be accepted as indicated on itinerary.

CANCELLATION FEE: \$5 for day trips and \$25 for overnight trips. (No cancellation fee will apply if trip is cancelled by center).

TRIP CANCELLATION INSURANCE: It is recommended you obtain trip cancellation insurance. Do it yourself forms are available at both centers.

UPON CANCELLATION: The office will do its best to sell your reservation in an effort to refund your money. All subject to ticket resale. (No guarantees).

WAITING LIST: We urge members to place their names on a waiting list if trip is full or sold out. Someone may want to sell their space.

ITINERARIES: Detailed itineraries are available at both centers on all trips. Stop in, pick up, or call office to have information mailed to you.

WANTED!

HALLANDALE CENTER NEEDS BRIDGE PLAYERS FOR WEDNESDAYS AT 12:30p

****CALL MADELINE AT 305-931-4262 OR HALLANDALE CENTER AT 954-457-0501****

HOLLYWOOD CENTER NEEDS BOWLERS ON THURSDAYS AT 1:00p

AT DON CARTER'S BOWLING ALLEY – 5325 S. UNIVERSITY DRIVE

****CALL KEIKO TUFTS AT 954-433-2374****

BOTH CENTERS – TRIPS, TRAVEL, SOCIAL EVENTS

| Date | Event Name | Description | Location | Price |
|--------------------------------|---|--------------------------|-------------------|----------------|
| Day Trips | Detailed Itineraries are Available at Both Centers | | | |
| 7/11/07 Wednesday – Both Loc. | Norton Museum of Art. Lunch on own at City Place in West Palm Beach | Exhibit: Tigers of Wrath | West Palm Beach | \$42 |
| 7/18/07 Wednesday – Both Loc. | Horizon's Edge Casino Cruise | Casino/Cruise | Miami | \$23 |
| 8/01/07 Wednesday - Both Loc. | Miami City Tour with Bay Cruise. Lunch on your own at Bayside | Cruise/Bus Tour | Miami | \$48 |
| 8/22/07 Wednesday – Both Loc. | The Hard Rock Café & Casino | Casino, Transport | Hollywood | \$15 cash only |
| 9/06/07 Thursday – Both Loc. | Madames Restaurant & Cabaret | Dinner, Show, Transport. | Sunny Isles Beach | \$66 |
| 9/26/07 Wednesday – Both Loc. | Over the River and through the Woods. Lunch at Flavors of Italy | Lunch, Show, Transport. | Coral Springs | \$67 |
| 10/3/07 Wednesday – Both Loc. | The Hard Rock Café & Casino | Casino. Transport. | Hollywood | \$16 cash only |
| 10/17/07 Wednesday – Both Loc. | Urinetown The Musical. Lunch on your own on Miracle Mile | Show, Transport. | Coral Gables | \$46 |
| 10/31/07 Wednesday – Both Loc. | Song and Dance at the Stage Door Theatre. Lunch at Flavors of Italy | Lunch, Show, Transport. | Coral Springs | \$62 |
| 11/07/07 Wednesday – Both Loc. | Horizon's Edge Casino Cruise | Casino/Cruise | Miami | \$23 |
| 11/14/07 Thursday – Both Loc. | Comedy at Le Café de Paris on Las Olas Boulevard | Tour, Lunch & Shop | Coconut Creek | \$39 |
| 12/14/07 Wednesday – Both Loc. | Annual Holiday Party | Lunch, Show, Transport. | Boynton Beach | \$49 |
| 1/30/08 Wednesday – Both Loc. | Altar Boyz at the Miracle Theatre on Miracle Mile | Show, Transport. | Coral Gables | \$46 |
| 2/20/08 Wednesday – Both Loc. | Baby The Musical at the Stage Door Theatre | Lunch, Show, Transport. | Coral Springs | \$66 |
| 3/12/08 Wednesday – Both Loc. | Footloose at the Miracle Theatre on Miracle Mile | Show, Transport. | Coral Gables | \$46 |
| 7/16/08 Wednesday – Both Loc. | Mid Life! The Crisis Musical at the Miracle Theatre on Miracle Mile | Show, Transport. | Coral Gables | \$46 |

7

Overnight Trips and Cruises • Description • Detailed Itineraries are Available at Both Centers

| Date | Description | Price (Members Only) (Ins. Additional) |
|-----------------|---|---|
| July 27, 2007 | Join Stella as she sails to Alaska with her Line Dancers. | \$1,899 per person double; Ocean view \$2,199; Balcony \$2,759 |
| Aug. 8-9, 2007 | 2 days/1 night – trip to Naples & Fort Myers | \$125 per person double; \$30 single supplement |
| Sept. 27, 2007 | 2 nights at Waikiki Hotel then 7 night Hawaiian Cruise on the NCL Pride of America. Includes return air. | Inside \$2,029, \$2,049 & \$2,069 (per person) Outside \$2,339; Balcony \$2,569 (per person) |
| Sept. 29, 2007 | Royal Caribbean's Newest Ship, Liberty of the Seas Cruise to Eastern Caribbean – San Juan, St. Maarten and Labadee, Haiti | Inside \$729, \$779; Ocean view \$859; Balcony \$989 |
| Oct. 26, 2007 | 2 days/1 night – Lake Wales, Orlando & Mt. Dora | \$215 per person double; \$30 single supplement |
| Dec. 9-13, 2007 | Holiday Adventure to the Biltmore Estate; magical nights of lights at Lake Lanier. | Triple \$867; double \$899; single \$1,099 (per person) |

MEMORIAL HOSPITAL PEMBROKE – URGENT CARE CENTER

Safety, quality and customer service are what set Memorial Healthcare System apart from its competitors. In the spirit of those values, Memorial Hospital Pembroke would like to introduce you to the Urgent Care Center, an alternative to a busy hospital emergency room.

The Memorial Hospital Pembroke Urgent Care Center is located at 801 South Douglas Road in Pembroke Pines and is open twenty-four hours a day with basic x-ray and laboratory testing diagnostic capabilities. Serving both pediatric and adult patients, comprehensive medical care is provided by Board Certified Physicians and Emergency Room trained Registered Nurses.

In addition to fully-equipped treatment rooms, the Urgent Care Center provides a “Quick Care” area for those patients seeking treatment for a minor illness or injury. If you are referred to the Center by your private physician, the Center utilizes direct physician-to-physician communication for information sharing and follow up, promoting better continuity of care for you. Should your condition warrant additional medical attention, the Urgent Care Center has the support of the entire Memorial Healthcare System thus ensuring that you receive the best and most appropriate medical care available.

The staff at the Urgent Care Center is looking forward to providing you with exceptional, safe and convenient medical care and invites you to visit our facility regarding any of your healthcare needs. For questions, please call one of our team members, who are available 24 hours a day at 954-985-1470.

LEEZA’S PLACE – MEMORIAL HOSPITAL PEMBROKE

“There are only four kinds of people in this world; Those who have been caregivers; Those who currently are caregivers; Those who will be caregivers, and Those who will need caregivers.” - Rosalynn Carter

Most family members who help older people don’t see themselves as caregivers. Yet a caregiver is anyone who helps a medically challenged person with household chores, errands, personal care, or finances. You are a caregiver if you do any of these things.

Leeza’s Place, located on the campus of Memorial Hospital Pembroke, is a community-gathering place dedicated to helping caregivers. We offer FREE supportive services for caregivers and those newly diagnosed with a memory disorder. We help educate, empower and energize caregivers with support groups, chair yoga classes, exercise and Tai Chi classes, and many educational presentations. We connect you to the resources in the community that you need while you are a caregiver. If you are a caregiver or know of someone who needs our help, please call us. All of our services are free. If you would like to help by volunteering, we are always looking for warm-hearted, caring individuals to help us out.

We are located at the corner of Sheridan Street & University Drive – 2261 University Drive. Please call us at 954-967-7240 for more details and a monthly calendar of activities.

MEMORIAL SENIOR PARTNERS NEEDS NEW MEMBERS

SPECIAL RECRUITMENT CAMPAIGN

ATTENTION MEMBERS:

Memorial Senior Partners is having a Recruitment Campaign for New Members!

Whoever signs up the most new members

Wins a free DAY TRIP of their choice from

January to June 2008, based on availability.

The contest starts July 1, 2007 and ends October 1, 2007. The runner-up will receive a gift certificate.