

# NEWSLETTER

January, February, March, April, May, June 2010

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- And much more...

### Memorial Senior Partners Editors:

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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

Kathleen A. Durham, Chairman  
Sara E. Wolfer, Vice-Chairman  
Alfredo Avalos, Secretary-Treasurer  
Albert C. Jones, Commissioner  
Laura Raybin Miller, Commissioner  
Kevin Tynan, Commissioner

## RILEY TATE EVANS, MEMORIAL SENIOR PARTNER

Riley Evans became interested in writing poetry while he was serving in the U.S. Navy. During that time, he happened to read a book of poems by Edna St. Vincent Millay. Riley was so inspired, that he has been writing poetry ever since.

Riley has had three books of poetry published: *Something from the Eaves*, *The Caretaker* and *Echoes from the Universe*. His most recent book, *Echoes from the Universe*, has received critical acclaim. This book is his way of “revealing, understanding and accepting everything” - the little things and natural things - in the universe, in life and in all good and bad things.

Besides writing poetry, Riley is a songwriter. His song “Rainbows” is sung by Cliff Ayers.

Riley has distinguished himself by being elected into the International Poetry Hall of Fame; being the winner of the E.I.A. Star Search in Nashville and voted as the Most Prolific Songwriter for Emerald Records in 2009.

All proceeds from his work go to his favorite charity, *Feed the Children*. Enjoy reading two of Riley’s poems that appear on the back page of this newsletter.

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

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

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

Steve Sampier – Director Community Services

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:10a Weight Class	9:05a Heart Rate Safe	9:30a Mah Jongg	9:05a Heart Rate Safe	9:10a Weight Class
10:00a Advanced Exercise	10:00 Advanced Exercise	9:30a Mah Jongg Lessons	9:30a Art Class	10:00a Aerobic Exercise
10:00a Yoga	10:45a Tai Chi Qi Gong	9:45a Blood Pressure Check	10:00a Advanced Exercise	10:00a Bereavement Group
11:00a Line Dancing	11:45a Belly Dancing	10:00a Yoga	11:00a Line Dancing	10:00a Yoga
12:00p Ballroom Dancing	1:00p Line Dancing	11:30a Workshop on Life Experience	12:30p Ballroom Dancing	11:00a Chair Exercise
1:00p Cards	1:00p Cards	12:45p Bridge	1:00p Movie Feature	12:00p Chair Massage
1:00p Mah Jongg	1:00p Mah Jongg		1:00p Computer Tutoring by Appt.	12:00p Reflexology
1:00p Rummy Q	1:00p Rummy Q		2:45p Pilates Class	1:00p Bingo
1:30p Knitting Lessons	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	Find your hidden talent in Painting! Registration is required. Class is limited.	Sandi Levy	\$10	\$10
Ballroom Dancing	Couples and Singles learn to dance for cruises and social functions.	Joni Di Franco	\$5	\$7
Belly Dancing	Benefits the muscles of the abdomen, neck, shoulders, and rib cage.	Sandi Levy	\$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.	Flo Renz	\$1 per card	\$3
Blood Pressure Check	Takes place in the Library; ends at 11:30a. Record card provided.	Lea Sherman	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	Easy work-out while sitting in a chair.	Video by Nancy Tedesco, RN	Free	\$3
Chair Massage	Pamper yourself. Call Marilyn at 954-618-7055 for an appointment.	Marilyn Barbato, LMT, M.ED	\$10\15 Mins. \$15\30 Mins.	\$15\15 Minutes \$20\30 Minutes
Computer Tutoring by Appt.	Learn basic computing, EBay, in a relaxed leisurely manner. Call 954-456-4278 to register.	Lois Finello	\$12\Hr	\$12\Hr
Heart Rate Safe Exercise	Cardiovascular workout on Video.	Video by Nancy Tedesco, RN	Free	\$3
Knitting Lessons	Learn how to knit. Bring your own supplies	Sally Knispel	\$3	\$3
Line Dancing	Work out the mind & body with movement & music to popular	Joni DiFranco	\$4	\$5

	tunes.			
Mah Jongg	Tables of 4 and sets available for members to play at the center.	None	Free	\$3
Mah Jongg Lessons	You'll need to purchase a Mah Jongg card.	Yetta Feinberg	Free	\$3
Movie Feature	Call 954-457-0501 or stop by the center for an upcoming movie flyer.	None	Free	Members only
Pilates Class	Focuses on core muscles and keeps body balanced. You will need a mat and towel.	Carolyn Dristole	\$5	\$5
Reflexology	Enhance circulation to organs. Call Earle at 954-608-6377 for an appointment.	Earle Williams, LMT.	\$10\20 Mins \$15\30 Mins	\$15\20 Minutes \$20\30 Minutes
Rummy Q	Tile game.	None	Free	\$3
Tai Chi Qi Gong	Focus on posture, circulation & balance. Exercises are performed standing or from a seated position	Felice Mandell	\$3	\$3
Weight Training	Weight and strength exercises. Need to purchase weights and stretch bands.	DVD	Free	\$3
Workshop on Life Experience	Learn how to be in the moment & fulfill your dreams & visions thru meditation & sharing.	Phyllis Cohen, CHT	\$3	\$3
Yoga (Mondays)	Stretch, improve body posture, breathing & release tension. Bring floor mat.	Carol Parvati Cohen	\$5	\$5
Yoga (Wednesdays)	Stretch, improve body posture, breathing & release tension. Bring floor mat.	Denise Sherman	\$5	\$5
Yoga (Tuesdays & Fridays)	Stretch, improve body posture, breathing & release tension. Bring floor mat.	Carol Parvati Cohen	\$5	\$5

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## HALLANDALE CENTER – ADDITIONAL SPECIAL ACTIVITIES SCHEDULED

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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
Current Events	Following Wednesdays: Jan. 6, Feb. 10, Mar. 10, Apr. 28, May. 5 & June 2 (2-3pm in the Library).	Adrienne Levine	Free	\$3
Facials, Peels & Waxing	Following Thursdays: Jan. 7 & 21; Feb. 25; Mar. 11 & 25; Apr. 8 & 22; May 13 & 27; June 10 & 24. (9:30a to 12:00n). Call Lia to schedule an appointment. (954) 218-3172.	Lia Nye, LSCS	\$30 F/\$5 EW	\$35 F/\$10 EW
Healthy & Independent Life	Series starts Tuesday, Jan 12, 2010 thru March 23, 2010. 1p – 2:30p. Sixteen topics covered. Pick up flyer at the Hallandale Center. Call 954 457-0501 to RSVP.	Bette Rosse	Free	\$3
Internet Access	Held in Library. Check for availability. Restrictions apply. Log on to <a href="http://www.mhs.net">www.mhs.net</a> for MHS information.	None	Free	Members only

Lunch Bunch	Meet at Restaurant, each pays own bill. Call 954-457-0501 for details. <b>Must RSVP.</b>	Meet Group	Pay own bill	Pay own bill
Need to talk Support Group	Meets the 3 <sup>rd</sup> Tuesday of every month at 10:00a in the Library. <b>No group in Jan.</b>	Kathleen Curzon, LMHC	Free	Free
Trivial Pursuit	Following Wednesdays: Jan. 13 & 27; Feb. 3 & 17; Mar. 3, 17 & 31; Apr. 7 & 21; May 12 & 26; June 9 & 23. (1:00p – 2:00p in the Library).	Jerry Frank	Free	\$3

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## HALLANDALE CENTER – SPEAKERS, PRESENTATIONS, BOOK REVIEWS - RSVP A MUST

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Title	Description	Date	Time	Presented By:
For The Thrill Of It	Book Rev –By Simon Baatz. Leopold Loeb and the murder that shocked Chicago.	Monday, Jan. 11, 2010	2:00p	Ronelle Delmont
Aide & Attendance Program Thru the VA.	Lecture –Veterans find out about Home Care at no cost to you.	Monday, Jan. 25, 2010	2:00p	Jimmy Tercero
Nutrition & The Aging Eye	Lecture – “Tips on keeping your eyes healthy.	Monday, Feb. 1, 2010	2:00p	Steven Newman, O.D. C.N.S.
The Lost City of Z	Book Rev –By David Grann. A tale of deadly obsession of the Amazon.	Monday, Feb. 08, 2010	2:00p	Ronelle Delmont
Keys to a Healthy Heart	Lecture – Tips on having a healthy heart.	Monday, Feb. 22, 2010	2:00p	Enrique Ciklik, MD
The Luck of the Murder	Murder Mystery. Book signing after the event.	Monday, Mar. 01, 2010	2:00p	Barbara Fox, Author
Sarah's Key	Book Rev –A novel by Tatiana De Rosnay.	Monday, Mar. 15, 2010	2:00p	Ronelle Delmont
How To Get A Good Night Sleep	Lecture – Improve your sleep—sleep more deeply—feel more rested.	Monday, Mar. 22, 2010	2:00p	Enrique Ciklik, MD
Medicare & More/Long Term Care	Lecture –Is long-term care needed at this point in your life.	Monday, April 5, 2010	2:00p	Jim Tercero
Unchosen	Book Rev –By Hella Winston. The hidden lives of Hasidic Rebels.	Monday, Apr. 19, 2010	2:00p	Ronelle Delmont
The Woman Behind The New Deal	Book Rev –The life of Frances Perkins, FDR's Secretary of Labor and his moral conscience by Kirstin Downey.	Monday, May. 10, 2010	2:00p	Ronelle Delmont
Femme Fatal	Book Rev- Love, Lies and the unknown life of the Mata Hari by Pat Shipman.	Monday, Jun. 14, 2010	2:00p	Ronelle Delmont

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a Senior Stretch (1)	8:30a Scrabble (3)	9:00a Senior Stretch (1)	8:45a Enhanced Fitness (1&2)	9:00a Senior Stretch (1)
9:30a Blood Pressure Check (L)	9:00a Enhanced Fitness (1&2)	9:30a Pilates (1&2)	9:30a Glamour Hour (3)	10:00a Advanced Computer Class (L)
9:30a Low Impact Aerobics (2)	10:00a Basic Computer Class (L)	9:30a Pinochle (3)	(See Schedule)	10:00a Sweating to the Oldies (1)
9:30a Weight Training (1)	10:30a Heart Rate Safe (1&2)	10:00a Qigong/Chi Kung (2)	10:00a Tai Chi (1)	11:00a Weight Training (3)
10:00a Poker Game (3)	11:30a Newcomers Line Dance (1&2)	11:00 Sweating to the Oldies (1)	11:00a Chair Massage (3)	12:30p Belly Dancing with Karen (3)
10:30a Heart Rate Safe (1&2)	12:00p Canasta Game (3)	12:30p Dominoes (L)	11:00a Heart Rate Safe (1&2)	1:00p Bingo (1&2)
11:30a Work out with The Silver Foxes (1)	12:30p High Beginners/Low Intermediate Line Dance (1&2)	1:00p Weight Training (1)	11:00a Reflexology (3)	7:00p Bridge Games (1&2)
12:00p Mah Jongg (2)	1:00p Calligraphy (L)	1:30p Movie Feature (3)	12:00p Bridge Lessons (2)	
12:30p Craft Class (2)	2:30p Ballroom Dancing (1)		12:00p Workout with The Silver Foxes (1)	
1:00p Poker Game (3)			1:00p Bowling	
1:00p Support Group (L)			2:00p Yoga (1)	
2:00p Yoga (1)			2:30p Reiki (L)	

## 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).
Advanced Computer Class	Getting started with Windows Vista Basics.	Artie Heim	\$20 for 8 Weeks	\$23 for 8 Weeks
Ballroom Dance	Learn to Ballroom Dance with Michael. Michael has taught on cruise ships.	Michael Campbell	\$5	\$7
Basic Computer Classes	Learn computer basics and progress to more advanced programs. Limit 10 to a class.	Artie Heim	\$10 for 4 Weeks	\$13 for 4 Weeks
Belly Dancing	No matter what size, age or shape you are, you can learn to belly dance.	Karen	\$4	\$7
Bingo	All proceeds given back in prizes. Exercise the mind and socialize at the same time.	Debbie Johnson Claire Poole-Stern	\$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.	Marvin Cohn 954-431-5745	\$7.00 for three games	\$7.00 for three games
Bridge	Every Friday 7-11p. Contact Grand Slam Bridge Club thru MSP Hollywood.	Millie Oster 954-437-5628	\$3 + 1-time Fee of \$10	\$3 + 1-time Fee of \$10
Bridge Lessons	Thursdays at 11:45a – 1:45p.	Jane Lopez	\$30 for 6 Lessons	\$40 for 6 lessons
Calligraphy	Learn to write beautifully. Style taught – Italic.	Michael Campbell	\$5	\$7
Canasta Games	Experienced players. (No lessons).	None	Free	Members Only
Chair Massage	Pamper yourself. Call Marilyn at 954-618-7055 for an appt. (Thurs. 11a –1p).	Marilyn Barbato, LMT	\$10/15min, \$15/20min	\$15/15min, \$25/20min
Craft Class	Needlepoint, knitting, crocheting, creative projects. Bring own supplies.	Millie Stanco	Free	Members Only
Enhanced Fitness	Combines strength training, flexibility and cardio conditioning – program developed by experts in physical therapy.	Denna McDaniel	Free	\$3
Heart Rate Safe	Cardiovascular workout on VIDEO by Nancy Tedesco, RN.	Ginny Godfrey	Free	Members Only
International Line Dance	Tues: Newcomer/ Beginners - 11:30a – 12:30p; High Beginners/ Low Intermediate - 12:30p – 2:30p. Dance for health.	Stella Cabeca	\$4 Newcomers/Beg \$5 High Beginners/Low Intermed (2 hrs)	\$5 \$6
Low Impact Aerobics	Work out cardio system without stressing your joints. Bring a mat. Step is optional.	Sue Morgan	\$3	\$6

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
Pilates	Improve balance, posture and strength.	Video	Free	Members Only
Pinochle Games	Experienced players. (No lessons).	Riley & Pearl	Free	Members Only
Poker	Mondays 10a and 1:00p – have fun and socialize.	Members	Free	\$3
Qigong/Chi Kung	Wednesdays 10a – Ancient Chinese method of exercise, breathing and meditation.	Tom and Mecca Rush	\$5	\$8
Reflexology	Enhance circulation to organs. Bring cotton sport socks. Resumes 12/10/09.	Earle Williams, LMT	\$15	\$20
Reiki	Form of meditation. Relieves agitation, anxiety, comforts and replenishes energy.	Dorothy Arbogast	Free	Members Only
Scrabble	Have fun, play Scrabble and meet new people. (Tues. 8:30a – 11:30a)	Cecelia Gallagher	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. Learn how to effectively solve daily problems. Group meets at 1:00 pm in the Library on the following Mondays: Feb. 1, Mar. 1, Apr. 5, May 3 & Jun. 7.	Kathleen Curzon, LMHC	Free	Free
Sweating to the Oldies	Aerobic Dancercise with Music – Richard Simmons “Sweating to the Oldies”	Video by Richard Simmons	Free	\$3
Tai Chi	Energizes the body, revitalizes the mind. Slow rhythmic movements.	Felice Mandell	\$3	\$4
Weight Training	Weight and strength exercises.	DVD	Free	\$3
Workout with the Silver Foxes	Low-impact, non-stress workout with The Silver Foxes.	Video by Richard Simmons	Free	\$3
Yoga	Bring a mat. Improve body posture, breathing and release tension.	Denise Sherman	\$5	\$8

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## HOLLYWOOD CENTER – ADDITIONAL SPECIAL ACTIVITIES SCHEDULED

Activity Name	Description	Instructor / Leader	Members	Non-Members
Advanced Computer Class	Classes Start January 15, 2010 thru March 5, 2010; March 19, 2010 thru May 7, 2010; May 21, 2010 thru June 25, 2010 - 8 Weeks \$20.00. Class size limited to 10. Call 954-963-8030. Private lessons available.	Artie Heim	\$20	\$23
Birthday Celebrations	Takes place with the Movie Feature on the last Wednesday of each month.		Free	Members Only
Basic/Intermediate Computer Classes	Basic Classes start January 12, 2010 thru February 2, 2010 ; March 16, 2010 thru April 6, 2010; May 18, 2010 thru June 8, 2010 – 4 Weeks \$10.00. Call 954-963-8030. Private lessons available. Intermediate Classes start February 9, 2010 thru March 2, 2010; April 13, 2010 thru May 4, 2010; May 18, 2010 thru June 8, 2010 – 4 Weeks \$10.00. Call 954-963-8030. Private lessons available.	Artie Heim	\$10	\$13
Glamour Hour	Facials, peels & waxing. Available every other Thursday. Call Lia Nye at 954-218-3172 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. Must RSVP at 954-963-8030.	None	Pay own bill	Pay own bill

## HOLLYWOOD CENTER – SPEAKERS & PRESENTATIONS

Title	Description	Date	Time	Presented By:
Aide & Attendance Program	Veterans: Do you need financial help for in-home care or an ALF?	Thursday, Jan. 21, 2010	1:00p	Paul Lincoln
Personal Safety	Learn how to keep yourself safe from crime.	Thursday, Jan. 28, 2010	1:00p	Officer Tracey Thomas, Hollywood Police Dept.
Nutrition & the Aging Eye	Tips on keeping your eyes healthy.	Thursday, Feb. 4, 2010	1:00p	Steve Newman, ODCNS
Heart Failure	What you can do to protect yourself; new techniques.	Thursday, Feb. 25, 2010	1:00p	Mian Hasan, MD, FACC, FACP Florida Heart Specialists
Medicare & More/Long Term Care at This Point in Your Life	Learn what is new.	Thursday, Mar. 4, 2010	1:00p	Jim Tercero
Managing Diabetes	Educate yourself on how to appropriately manage this condition.	Thursday, Mar. 11, 2010	1:00p	Richard Wilbur, M.D.
Getting A Good Night's Sleep	Improve your sleep—sleep more deeply—feel more rested.	Thursday, Apr. 15, 2010	1:00p	Richard Wilbur, M.D.

## 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: RSVP A MUST**

Restaurant Name	Restaurant Address & Phone	Senior Partners Center	Day and Date	Time	To Sign Up
California Pizza Kitchen	11401 Pines Blvd. 954-432-1498	Hollywood	Tuesday, Jan. 12	1:00p	RSVP at your Center
Emerald Hills Country Club	4100 N. Hills Drive 954-989-4770	Hallandale	Tuesday, Jan. 26	1:00p	RSVP at your Center
Longhorn Steakhouse	4899 Sheridan Street 954-965-1030	Hollywood	Tuesday, Feb 9	1:00p	RSVP at your Center
Rustic Inn	4331 Anglers Avenue 954-584-1637	Hallandale	Tuesday, Feb. 23	1:00p	RSVP at your Center
TooJays Gourmet Deli	801 S. University Drive 954-423-1993	Hollywood	Tuesday, Mar. 9	1:00p	RSVP at your Center
Emerald Coast	16850 Collins Avenue 305-787-1530	Hallandale	Tuesday, Mar. 23	1:00p	RSVP at your Center
Emerald Hills Country Club	4100 N. Hills Drive 954-989-4770	Hollywood	Tuesday, Apr. 13	1:00p	RSVP at your Center
Thira	100 S. Federal Highway 954-454-9676	Hallandale	Tuesday, Apr. 27	1:00p	RSVP at your Center
Shorty's	5989 S. University Drive 954-680-9900	Hollywood	Tuesday, May 11	1:00p	RSVP at your Center
Emerald Hills Country Club	4100 N. Hills Drive 954-989-4770	Hallandale	Tuesday, May 25	1:00p	RSVP at your Center
Nami's Japanese Restaurant	8381 Pines Blvd. 954-432-2888	Hollywood	Tuesday, June 8	1:00p	RSVP at your Center
Red Lobster	2900 Oakwood Plaza 954-924-1550	Hallandale	Tuesday, June 29	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.

## BOTH CENTERS – TRIPS, TRAVEL, SOCIAL EVENTS

Day Trips Date	Detailed Itineraries are available at Both Centers Event Name	Description	Location	Price
1/16/10 Saturday - Both Loc.	"The Phantom of the Opera" at the Broward Center for Performing Arts. Lunch on own and browse Las Olas.	Show, Transport	Ft. Lauderdale	\$79
1/20/10 Wednesday – Both Loc.	"The Great American Trailer Park Musical" at the Actors Playhouse. Lunch on your own.	Show, Transport	Coral Gables	\$47
2/03/10 Wednesday – Both Loc.	"The Museum of Art in Ft. Lauderdale: The Art of Norman Rockwell". Lunch on own.	Tour, Transport	Ft. Lauderdale	\$31
2/12/10 Friday – Both Loc.	"Valentine's Day Celebration" at The Carolina Club.	Lunch, Show, Transport	Coral Springs	\$55
2/14/10 Sunday – Both Loc.	"Coconut Grove Art Festival". Lunch on own. <b>Member to pay entrance fee of \$10 at gate.</b>	Transport	Coconut Grove	\$20
2/17/10 Wednesday – Both Loc.	"Come Blow Your Horn" at the Stage Door Theatre.	Lunch, Show, Transport	Coral Springs	\$71
3/10/10 Wednesday – Both Loc.	"Miss Saigon". Lunch on own.	Show, Transport	Coral Gables	\$47
3/24/10 Wednesday – Both Loc.	"Singin' In The Rain" at the Stage Door Theatre.	Lunch, Show, Transport	Coral Springs	\$71
4/14/10 Wednesday – Both Loc.	"Love, Sex, and the IRS" at the Stage Door Theatre.	Lunch, Show, Transport	Coral Springs	\$71
4/21/10 Wednesday – Both Loc.	"Theatre of the Sea & Rain Barrel Artisans' Village in Islamorada."	Transport	Islamorada	\$69
5/5/10 Wednesday – Both Loc.	"Suds" at the Stage Door Theatre.	Lunch, Show, Transport	Coral Springs	\$71
6/8/10 Tuesday – Both Loc.	"Rags to Riches A Thrift Shop Expedition in Palm Beach". Lunch on own at City Place.	Transportation	Palm Beach	\$30
6/16/10 Wednesday- Both Loc.	"Edison & Ford Winter Estates & Miromar Outlets.	Tour, Transport	Fort Myers	\$69

### LOOK FORWARD TO COMING ATTRACTIONS IN JULY – DECEMBER 2010.

\*\*\* Trips to Hard Rock will be scheduled at each Center. Each Center needs 20 or more for the package. Call to find out about dates, cost and Comp packages \*\*\*

Susan & Candi plan all the events for Memorial Senior Partners. We are committed to providing quality, low cost trips and social events for our members. As you know, the cost of fuel has risen dramatically. Consequently, the bus company has passed the higher costs on to consumers. Please realize that we have no control over this and we are keeping costs as low as we can. We appreciate your continued support.

SPECIAL ACTIVITIES OR CLOSURES FOR BOTH CENTERS:

January 1, 2010	Friday	Both Centers Closed – New Years Day
January 18, 2010	Monday	Both Centers Closed – Martin Luther King’s Birthday
February 15, 2010	Monday	Both Centers Closed – President’s Day
March 29, 2010	Monday	Hallandale Only Closes at 1pm – Passover Eve/1st Seder
April 2, 2010	Friday	Both Centers Closed – Good Friday
May 28 & 31, 2010	Friday & Monday	Both Centers Closed – Memorial Day Week-end

VOLUNTEERS NEEDED FOR SPECIAL HOSPITAL PROJECTS

From time to time the hospital has special projects that require volunteers. We would like to start a volunteer list of those members willing to support the hospital, on these projects. Please call 954-963-8030 Taft Street Center and 954-457-0501 Hallandale Center, if you are interested in volunteering.

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.

**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. \$7.00 FOR 3 GAMES AND COFFEE & COOKIES. NON-COMPETITIVE—VERY SOCIAL.

**\*\*CALL MARVIN COHN AT 954-431-5745\*\***

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**Y.**

**I.**

# ATTENTION SENIOR PARTNER MEMBERS:

The Senior Partner Membership Card entitles you to 50% off

- 1 Entrée
- 2 Sides
- 1 Beverage
- 1 Dessert

Each Person must present his/her own Senior Partner Membership Card to the cafeteria cashier prior to the initiation of the sale.

Thank you.  
Memorial Senior Partners and MHS Food Services.

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Including Joe DiMaggio Children's Hospital Foundation or Memorial Foundation in your estate planning is a meaningful way to leave a legacy for a healthy community for the future.

For more information on the many ways to give  
Please contact the Foundation Offices at 954-265-3454.

Believe you can make a difference!

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By Riley Tate Evans

## Moving Along

I had these nagging symptoms  
On and off for years  
Knees and shoulders aching  
And ringing in my ears  
The doctors plied their needles  
And gave me big white pills  
Nothing worked completely  
I lived on with my ills  
I knew I was coming down with something  
Just couldn't figure what stage  
'til one day I saw in the mirror  
I had broken out with old age

## Rainbows

Somewhere I have never seen rain  
Fall so carefully  
As if from some great distance  
To the ground  
There was ever enough time  
Slowly, gently, silently  
To find the way down  
Bending across the noon day  
Summer, mist, touching  
Earth without sound  
An arch of red, yellow and blue  
Describing where to me and you  
The gift of rain was passing thru