

November 2026

Memorial Senior Partners

Boulevard Heights Community Center — 6770 Garfield St. Hollywood, FL 33024

To register for Upcoming Events, Trips & Lunch call **954-371-5631** or **954-665-1226**

In Collaboration with our Community Partners — We are Grateful for their Ongoing Support

Legend: ■ Daily activities & exercise ■ Nutritious lunch ■ Special presentations & programs ■ Support & bereavement groups ■ Field trips & off-site activities ■ Program dismissal

MON	TUE	WED	THU	FRI
2 8-9am Social Hour 9am Light Weights & Cardio 10:15am SFCE Therapeutic Music- easy listening 11:15am Nutritious Lunch 12:30pm Program Dismissal	3 Pembroke Lakes Mall 11401 Pines Blvd, Pembroke Pines 33026 Sign up & Register	4 Empowering Caregivers Conference 2026 Downtown Event Center 416 NE 1st St. FTL 33301 Sign up & Register	5 John Williams Park 6101 Sheridan St. Hollywood 33021 Weather Permitting	6 Home Visits CEC and Off-Site Senior Activities
9 8-9am Social Hour 9am Light Weights & Cardio Physical stimulation 10:15am Autumn Bingo Fun socializing & companionship 11:15am Nutritious Lunch 12:30pm Program Dismissal	10 Washington Park 5199 Pembroke Rd. Hollywood 33021 THANKSGIVING LUNCHEON Sign up & Register	11 CLOSED in OBSERVANCE Of VETERANS DAY	12 8-9am Social Hour 9am Resistance Bands Physical stimulation 10:15am Creative Art Class celebrating creativity 11:15am Nutritious Lunch 12:30pm Program Dismissal	13 Home Visits CEC and Off-Site Senior Activities
16 8-9am Social Hour 9am Light Weights & Cardio 10:15am Neighborhood Medical Presentation educational health related topics – prevention 11:15am Nutritious Lunch 12:30pm Program Dismissal	17 8-9am Social Hour 9am Resistance Bands 10:15am Word Search fun cognitive stimulation 11:15am Nutritious Lunch 12:30pm Program Dismissal	18 8-9am Social Hour 9am Cardio Exercise 10:15am Art & Culture COH- Balance, Music & Coordination 11:15am Nutritious Lunch 12:30pm Program Dismissal	19 8-9am Social Hour 9:15am- Art & Crafts grateful Tree leaves 10:15am Thanksgiving social connections 11:45am Thanksgiving Luncheon 1pm Program Dismissal	20 Home Visits CEC and Off-Site Senior Activities
23 8-9am Social Hour 9am Light Weights & Cardio 10:15am MHS Vascular Memorial Vascular educational presentation 11:15am Nutritious Lunch 12:30pm Program Dismissal	24 8-9am Social Hour 9am Resistance Bands 10:15am Table Top puzzles Cognitive social fun 11:15am Nutritious Lunch 12:30pm Program Dismissal	25 Program will be closed in Observance of Thanksgiving Day	26 CLOSED — Thanksgiving (Thursday)	27 CLOSED — Friday after Thanksgiving
30 8-9am Social Hour 9am Light Weights & Cardio 10:15am MHS Vascular Memorial Vascular educational screening 11:15am Nutritious Lunch 12:30pm Program Dismissal				Please Note: Due to unforeseen circumstances, the Calendar may be subject to Change. We appreciate your understanding