



LEISURE TIMES

TOWN OF JUPITER RECREATION DIVISION

NOVEMBER-DECEMBER 2016

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www.jupiter.fl.us

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Epcot Food and Wine Festival

November 9 • Bus departs at 7:30am • Returns for home at 5:30pm
Foodies...spend the day tasting your way around the world!

America's Cowboy Country Trip Presentation

November 14 • 10am • RSVP by November 10
Presentation for upcoming trip, light refreshments served.

IKEA Shopping Trip

December 2 • Bus departs at 9:00am • Shop until 3:00pm
Plenty of room for transporting your purchases home!

Dinner and a Show

December 7 • "An American in Paris"
A classic tale followed by a fabulous dinner.

Nova Southeastern University Art Museum

January 6 • Bus departs at 9am • Returns for home at 3pm
Tour will provide an overview of all the current exhibitions.

Dinner and a Show

January 18 • "Cabaret"
Enjoy a tony award-winning musical followed by dinner.

REGISTRATION REQUIRED for all trips.

For current registration details, please visit
www.jupiter.fl.us/recreation.



BRUNCH & PAINTING

Tuesday, December 13

Jupiter Community Center
10:30am - 1:00pm

Have you ever wanted to paint your own work of art from beginning to end, but you thought it would be too difficult? Well now you can! Our instructor will give you step by step instructions while you have fun with your friends and enjoy some delicious food. This is meant to be a very relaxed activity with no prior painting experience required.

Resident: \$12 • Non-resident: \$15

Registration ongoing.



Wellness Seminars



A Study on Women's Health

Friday, Nov. 4 | Community Center | 11am

Do diet and exercise habits influence body composition, waist circumference, and weight differently as women age? If you ever thought about this, then you do not want to miss this discussion led by Mary Jansen, Master of Science candidate at Florida Atlantic University. Mary Jansen is looking to explore this subject and is looking for some volunteers to be part of this study.

RSVP at 561-741-2400 by November 1 to reserve your spot.

Healthy For the Holidays

Monday, Nov. 14 | Community Center | 6:30pm

Americans gain an average of 5-7 lbs during the "holiday season." Don't let stress, too much sugar, and over-eating destroy your health!

Learn all the tips for holiday health and weight-loss from health and wellness expert Dr. McNabb. Don't wait until the New Year to take control of your health!

RSVP at 561-741-2400 by November 10 to reserve your spot.

Information Session: Mindfulness

Thursday, Jan. 12 | Community Center | 6pm

This eight week course offered by Jupiter Medical Center will teach you to access and cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind. In this informational session, you will be given in depth details on the benefits of the course, as well as the cost and possible tuition assistance.

RSVP at 561-741-2400 by January 7 to reserve your spot.



TUESDAYS • 1:30-2:30pm

WEDNESDAYS • 2-3pm

Jupiter Community Center

Instructor: Larry Stripling

Silver Sneakers is a premier fitness program provided at no cost by more than 70 health insurance plans nationwide. Check with your health insurance plan before coming to class to see if you are eligible.

For more information on this program, please visit www.silversneakers.com.

AT A GLANCE

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NOVEMBER

AARP SAFE DRIVING COURSE

Refine your driving skills with this course taught by AARP. You may even be eligible for a discount through your car insurance. Please register in advance at www.jupiter.fl.us or 561-741-2400.

- **Time:** 9:00am-3:00pm
- **Cost:** \$15 AARP Members / \$20 Non-members
- **Location:** Jupiter Community Center

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NOVEMBER

DINNER AND A MOVIE

Join us for a sit down dinner before a viewing of "The Finest Hours" on our big screen in the auditorium. If you would like to bring a dessert or side dish to share, you are more than welcome.

- **Time:** 4:00pm-7:00pm
- **Cost:** \$5 Residents / \$7 Non-residents
- **Location:** Jupiter Community Center

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NOVEMBER

FRIDAY NIGHT DANCE PARTY

Dance the night away with music from the 60's, 70's, and 80's. Laugh and talk with your friends, and enjoy some light refreshments.

- **Time:** 7:00pm-9:30pm
- **Cost:** \$5 at the door
- **Location:** Jupiter Community Center

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DECEMBER

THURSDAY MOVIE MATINEE

Enjoy the movie "The Race" on the big screen in our auditorium. Lemonade and popcorn will be served.

- **Time:** 1:30pm
- **Cost:** Free
- **Location:** Jupiter Community Center

LOOKING AHEAD

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JANUARY

BIG BAND DANCE

Mark your calendar for an afternoon of Big Band sounds by Sal Lucca and the Music Masters. Light refreshments will be served.

- **Time:** 1:00pm-3:00pm
- **Cost:** \$5 at the door
- **Location:** Jupiter Community Center

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JANUARY

COFFEE TALK

Join Michael Frabotta for this informal get together. You can express any ideas that you may have to further enrich our 55+ program. Coffee and light refreshments will be served.

- **Time:** 10:00am-11:30am
- **Cost:** Free
- **Location:** Jupiter Community Center
- **RSVP at 561-741-2400 by January 9**

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JANUARY

BREAKFAST AND BINGO

Join us for a delicious breakfast and some bingo fun! Breakfast will include a small buffet of bagels, pastries, and fresh fruit. You will even have a chance to win some prizes!

- **Time:** 10:00am-11:30am
- **Cost:** \$5 Residents / \$7 Non-residents
- **Location:** Jupiter Community Center

For a complete listing of all events & programs, please visit www.jupiter.fl.us/leisure.

Receive the Leisure Times via email. Sign up is as easy as 1-2-3!



1. Visit www.jupiter.fl.us/NotifyMe

2. Subscribe to the "Leisure Times" email list. Click the checkbox, then click "subscribe"

3. Check your email to confirm your subscription.

Note, if this email is not in your inbox, please check your spam or junk folder.

If you need assistance downloading the Leisure Times or signing up for the Leisure Times email list, please contact Michael Frabotta at 561-741-2310 or michaelf@jupiter.fl.us for assistance.