

Jupiter Recreation Connection

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Note from the Recreation Director

Happy New Year! Now that the holidays have passed and everyone is hard at work on their new year's resolutions, keep in mind the number of ways the Town's recreation programs and numerous parks can help you stay on track towards a healthy lifestyle.

The Community Center offers a wide variety of exercise and fitness classes for children through adults. Our unique "Zumbini" class, described as happy hour for you and your child, offers infants and toddlers the opportunity to move, stretch and dance to a rhythmic beat, which is important in the early childhood development stages. This class can help children in a number of ways to include developing their emotional skills through dancing, moving, feeling and singing; enhancing motor skills and learning to bounce to a beat; developing social skills by interacting with other children; and strengthening the bond between parent and child by spending quality time together. What a great way for parents to connect with their child and other parents, while ensuring physical activity on a regular basis.

Several adult wellness and fitness classes, including Zumba, Stretch and Strengthen, Tai Chi, Yoga and many more are offered Monday through Friday each week throughout the year. These classes offer participants a well-rounded approach to reach the Department of Health and Human Services' daily recommendation of at least 30 minutes of moderate physical activity every day.

Many of our Town parks offer walking paths including Cinquez Park, Indian Creek, North Palm Beach Heights and Abacoa Community Park, to name a few. Additionally, did you know the state-of-the-art running/ walking track at Jupiter Community High School is open for public use throughout the year?

So in 2020, whether you're working towards a weight loss goal, maintaining a healthy lifestyle or are just committed to getting outside to enjoy the beautiful winter weather in Jupiter, the Recreation Department can help you do that. I look forward to seeing you at the upcoming Jupiter Jubilee on Saturday, February 1 at Abacoa Community Park - another great opportunity to get outside and enjoy all that our town has to offer!

Kristin George - Director of Recreation

Community Events and Happenings

For more information on our community events & happenings, please visit www.jupiter.fl.us/Events.

- Family Movie Night: January 11th, February 8th and March 7th at Abacoa Community Park
- Jupiter Jubilee: February 1st 11am to 4pm at Abacoa Community Park
- Coastal Fest: April 18th, noon to 5 pm at the Plaza Down Under on the Riverwalk
- Annual Easter Egg Hunt: Jupiter Community Park, Saturday April 4th. Hunt Times: Ages 3 and Under at 9 am
Ages 4 through 6 at 9:30 am and Ages 7 through 10 at 10 am.
- 30th Annual Turtle Trot 5K Race; Registration begins February 1st, Race is Saturday, May 2nd Ocean Cay Park.

Community Center Closings

Abbreviated Hours open from 8am to 6pm on December 30th, 31st January 2nd and 3rd
Closed New Years Day, Wednesday, January 1st
Closed Martin Luther King Day, Monday January 20th
Closed President's Day, Monday, February 27th

Beacon Partner Sponsorships

Thank you to our seven 2019 Beacon Partners - Jupiter Christian School, Jupiter Family Dental, Jupiter Bounce, Chasin' A Dream, Harmony Animal Hospital, Dignity Memorial and Pediatric Dentistry in the Gardens. Find out how to become a 2020 Beacon Partner by visiting www.jupiter.fl.us/Sponsorship.

Jupiter Community High School Track

Calling all runners and walkers! Did you know the Jupiter Community High School track has public use hours? The high school track is available and free to use for runners and walkers at various times throughout the year. Regular hours are available during the school year when school is in session. Summer hours begin when school ends at the beginning of June and run through early August when school is back in session. Public parking is available in the Daniel's Way parking lot.

- Regular Hours
 - Sunday: 7:30 - 9:30am
 - Monday, Wednesday, Friday: 5:30 - 7:00am
 - *Track is closed on school holidays
- Summer Hours
 - Sunday: 7:00 - 10:00am
 - Monday - Thursday: 6:00 - 8:00am

For more information on the Jupiter Community High School track and all other Town parks, visit www.jupiter.fl.us/Parks.

Youth Programs

Youth programs provide a variety of activities to stimulate the body and mind, and are geared towards kids up to 17 years old. Programs take place at the Jupiter Community Center unless otherwise noted. Full program descriptions can be found at www.jupiter.fl.us/Recreation. Prices are listed for residents (R) and non-residents (NR). Fees for classes in progress are prorated. No classes on January 20, February 17 or March 23-30.

General Youth - 552201

Class	Age	Day	Date	Time	R/NR Fee
Jupiter All Star Dance	6-8	Mon	Jan 6-Mar 16	6:00-7:30pm	\$117/\$146
Jupiter All Star Dance	9-12	Wed	Jan 8-Mar 18	6:00-8:00pm	\$176/\$220
Mini's Creative Movement	2-3	Tue	Jan 7-Mar 17	9:15-10:00am	\$110/\$138
Mini's Creative Movement	2-3	Tue	Mar 31-Apr 28	9:15-10:00am	\$50/\$63
Home School Art in Nature	5-11	Wed	Jan 8-Mar 18	10:00am-12:00pm	\$110/\$138
Beginning Combo Dance	5-7	Wed	Jan 8-Mar 18	3:00-4:00 pm	\$110/\$138
Beginning Combo Dance	5-7	Wed	Apr 1-Apr 29	3:00-4:00 pm	\$50/\$63
Tiny Tots	3-4	Thu	Jan 9-Mar 19	9:00-9:45am	\$110/\$138
Tiny Tots	3-4	Thu	Apr 2-Apr 30	9:00-9:45am	\$50/\$63
Intermediate Combo Dance	8-12	Sat	Jan 11-Mar 21	9:00-10:00 am	\$110/\$138
Intermediate Combo Dance	8-12	Sat	Apr 4-May 2	9:00-10:00 am	\$50/\$63
Zumbini	0-4	Sat	Feb 1-Mar 21	10:00-10:45am	\$104/\$130*
Zumbini	0-4	Sat	Mar 28-May 16	10:00-10:45am	\$104/\$130*

Gymnastics - 112301

Class	Age	Day	Date	Time	R/NR Fee
Tumble Tots	3-5	Mon	Jan 13-Mar 16	10:00-10:55am	\$80/\$100
USA Flippin' Gymnastics	6-11	Tue	Jan 15-Mar 18	3:00-3:55pm	\$100/\$125

Youth Ballet - 112201

Class	Age	Day	Date	Time	R/NR Fee
Ballet 1	3-6	Tue	Jan 14-Mar 17	3:40-4:30pm	\$130/\$163
Ballet 2	5.5-7.5	Thu	Jan 16-Mar 19	3:40-4:30pm	\$130/\$163
Ballet 3	7-12	Tue	Jan 14-Mar 17	4:30-5:30pm	\$130/\$163
Advanced Ballet*	10+	Thu	Jan 16-Mar 19	4:30-5:30pm	\$130/\$163
Ballet 1	3-6	Tue	Mar 31-May 19	3:40-4:30pm	\$104/\$130
Ballet 2	5.5-7.5	Thu	Apr 2-May 21	3:40-4:30pm	\$104/\$130
Ballet 3	7-12	Tue	Mar 31-May 19	4:30-5:30pm	\$104/\$130
Advanced Ballet*	10+	Thu	Apr 2-May 21	4:30-5:30pm	\$104/\$130

Holiday Programs – 534101

Register for the following programs at www.jupiter.fl.us/Toddlers.

PRINCESS PARTY

Join us for a morning filled with princess fun! Princesses age two and up are encouraged to come dressed in their favorite royal attire and enjoy story time, snacks, sing-a-longs and crafts. Children will also meet and mingle with a very special princess guest during the party.

Age	Day	Date	Time	R/NR Fee
2+	Sat	Jan 25	10:00am	\$15/\$19

VALENTINE'S STORY TIME & COOKIE DECORATING

Lovey Dovey the Valentine is back to help spread the love this Valentine's Day! Children will be lead through a storytelling magic show with songs and dancing as well as a special hands-on craft/snack.

Age	Day	Date	Time	R/NR Fee
4 & Under	Thu	Feb 13	10:00am	\$15/\$19

COPS & TODDLERS: CONNECTING TOTS WITH OUR LOCAL HEROES

Bring your tot to meet your local Town of Jupiter heroes from the Police Department. Whether police officers are fighting crimes or building safer neighborhoods, their relationships with children are critically important. Your child will have the opportunity to meet police officers as well as check out their equipment and a police cruiser. A snack will be provided. This program is free, however an RSVP is required.

Age	Day	Date	Time	R/NR Fee
4 & Under	Thu	Mar 5	10:00am	Free

School's Out Day Camps - 142301

School's Out Day Camps offer a safe environment with supervision and fun activities during Palm Beach County School's teacher work days and select holidays. Activities may include field trips, team sports, group games, crafts, movies, and game room time. Please arrive to camp by 9:00 am. Registration for all School's Out Camps closes three business days prior to the program date or when enrollment has reached maximum capacity. There will be a \$5 administrative fee charged for any cancellations less than three days prior to the program date. **Registration will begin Monday, January 13.**

Ages: 5-12* **Time:** 7:30am-5:30pm **Resident/Non Resident Fee:** \$30/\$38**

*Must have met age requirements for Palm Beach County Public Schools.

**Camp fee does NOT include additional field trip fees or lunch. Field trip fees must be paid in cash the morning of the trip. Complete field trip schedule and fees will be available online at www.jupiter.fl.us/Camps.

Spring Break Skate Camp

The Jupiter Skate Park will be offering Skateboarding Camp during Palm Beach County School's Spring Break, March 23-27. This interactive camp will be run by instructors from Locals Surf Shop at the Jupiter Skate Park facility (1501 W. Frederick Small Road). Activities will include evaluations, skill development and enhancement, drills and free skate. Equipment needed includes skateboard, helmet, and water bottle. Knee and elbow pads are recommended. For more information and camp details, visit www.jupiter.fl.us/Camps. Registration will begin Monday, January 13.

Ages: 5-18 **Time:** 9:00am-12:00pm **Resident/Non Resident Fee:** \$125/\$156

Summer Camps

The Town of Jupiter is the place to be for exciting adventures and a summer to remember! We offer a variety of summer camp options designed to provide entertainment and enrichment for a few hours a day, half-day or for a full-day. We have traditional youth and teen camps, as well as a variety of sports and specialty camps. Art, dance, surfing, cooking - the options are endless! For more information and camp details visit www.jupiter.fl.us/Camps.

Parents Night Out

Parents, are you in need of a night out with friends or maybe a special dinner this Valentine's Day? No problem, Jupiter Recreation has got you covered! Drop off your kids at the Community Center where they will enjoy pizza, the game room, gym games and a movie while supervised in a safe environment.

All participants must be registered by Wednesday, February 12. There will be a \$5 administrative fee charged for any cancellations less than three days prior to the program date.

Ages: 5-12 *Participants must be at least 5 years old and no older than 12 on the program date.

Resident Fee: \$20 (first child)/\$15 (additional siblings)

Non-resident Fee: \$25 (first child)/\$20 (additional siblings)

Day: Friday **Date:** February 14th **Time:** 6:00 PM to 9:00 PM

Skate Park Hours

- MONDAYS and FRIDAYS
 - Session 1: 3:00-6:00pm Skate & Scooter
 - Session 2: 6:00-9:00pm Skate & Scooter
- TUESDAYS and THURSDAYS
 - Session 1: 3:00-6:00pm Skate & Scooter
 - Session 2: 6:00-9:00pm Bike Night
- WEDNESDAYS
 - Session 1: 3:00-6:00pm Skate & Scooter
 - Session 2: 6:00-9:00pm Skateboard Only
- SATURDAYS
 - Session 1: 9:00am-12pm Pee Wee Skate (Ages 4-10)
 - Session 2: 12:00-3:00pm Scooter Only
 - Session 3: 3:00-6:00pm Skate & Scooter
 - Session 4: 6:00-9:00pm Skateboard Only
- SUNDAYS
 - Session 1: 12:00-3:00pm Skate & Scooter
 - Session 2: 3:00-6:00pm Scooter & Bike

REC-IT Fridays

Middle school and high schoolers 17 and under: Come hang out at the Jupiter Community Center for Rec-it-Fridays. The whole Community Center is open to teens 17 and under for a night of free activities. Open gym basketball, glow-in-the-dark dodge ball, movies in the auditorium, and game room games are just some of the activities going on. There will also be food provided. For more information, please contact Ned Masee at 561-741-2400 or visit www.jupiter.fl.us/Recreation.

REC-IT Day	Date	Time
Friday	Jan 24	6:00-9:00pm
Friday	Feb 28	6:00-9:00pm
Friday	Mar 27	6:00-9:00pm

Child and Babysitting Safety Course - 523201

The American Safety and Health Institute (ASHI) Child and Babysitting Safety training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information on the business of babysitting, proper supervision, basic care-giving skills, and responding properly to ill or injured children or infants. This is an ASHI Certification course. More information on ASHI can be found at www.hsi.com/ashi/cabs/. For more information about this course, please contact the instructor, Jason Griffis, at 561-379-9221 or at grif2067@me.com.

Day	Date	Time	R/NR Fee
Sat	Jan 11	9:00am-1:00pm	\$75/\$94
Sat	Mar 14	9:00am-1:00pm	\$75/\$94

Adult Programs

There's something for everyone in our many adult program offerings. These programs focus on 18+ residents, and provide a great way to stay active and engaged on a regular basis. Programs take place at the Jupiter Community Center unless otherwise noted. Full descriptions can be found at www.jupiter.fl.us/Recreation. Prices are listed for residents (R) and non-residents (NR). Fees for classes in progress are prorated. No classes on January 20, February 17 or March 23 - 30.

Art – 111203

Class	Day	Date	Time	R/NR Fee
Painting for Fun	Mon	Jan 13-Mar 16	9:00-11:00am	\$10/\$12 per class
Making Jewelry	Mon	Jan 13-Mar 16*	1:00-4:00pm	\$105/\$131
Painting for Fun	Tue	Jan 7-Mar 17	7:30-9:00pm	\$10/\$12 per class
Scrapbooking	Sat	Jan 11	9:00am-4:30pm	\$15/\$19

Recreational Dance – 111201

Class	Day	Date	Time	R/NR Fee
Country Line Dancing (Intermediate)	Wed	Jan 8-Mar 11	7:15-8:15pm	\$50/\$63
Country Line Dancing (Intermediate)	Wed	Apr 1-May 27	7:15-8:15pm	\$45/\$56
Country Line Dancing (Beginner)	Thu	Jan 9-Mar 12	11:15am-12:15pm	\$50/\$63
Country Line Dancing (Beginner)	Thu	Apr 2-May 28	11:15am-12:15pm	\$45/\$56
Jazz Ballet Workout	Thu	Jan 16-Mar 19	5:30-6:30pm	\$130/\$163
Jazz Ballet Workout	Thu	Apr 2-May 21	5:30-6:30pm	\$104/\$130
Adult Tap (Beginner)	Thu	Jan 9-Mar 19	9:45-10:30am	\$110/\$138

Adult Tap (Beginner)	Thu	Apr 2-Apr 30	9:45-10:30am	\$50/\$63
Adult Tap (Intermediate/Advanced)	Fri	Jan 10-Mar 20	9:00-9:45am	\$110/\$138
Adult Tap (Intermediate/Advanced)	Fri	Apr 3-May 1	9:00-9:45am	\$50/\$63

Ballet – 11202

Class	Day	Date	Time	R/NR Fee
Beginning Ballet	Tue	Jan 14-Mar 17	5:30-6:30pm	\$130/\$163
Beginning Ballet	Tue	Mar 31-May 19	5:30-6:30pm	\$104/\$130
Ballet	Tue	Jan 14-Mar 17	6:30-8:00pm	\$150/\$188
Ballet	Tue	Mar 31-May 19	6:30-8:00pm	\$120/\$150
Ballet Production	Tue & Thu	Jan 14-Mar 19	8:00-9:00pm	\$100/\$125
Ballet Production	Tue & Thu	Mar 31-May 21	8:00-9:00pm	\$100/\$125
Ballet	Thu	Jan 16-Mar 19	6:30-8:00pm	\$150/\$188
Ballet	Thu	Apr 2-May 21	6:30-8:00pm	\$120/\$150

Ongoing Fitness

Ongoing fitness classes can be joined at any time. Fees are based on a 10-class pass. Try any of the ongoing fitness classes FREE the first time. All ongoing classes must be registered for in-person; online registration is not available.

Class	Day	Time	R/NR Fee
Total Body Toning w/Nancy	Mon/Wed	8:45-9:45am	\$65/\$81
Yoga w/Beth	Mon	10:00-11:00am	\$70/88
Silver Sneakers FLEX	Mon	11:15am-12:15pm	Free**
Yoga for Veterans	Mon/Wed	11:00am-12:00pm	Free*
Stretch & Strengthen	Mon/Wed	5:45-6:45pm	\$65/\$81
Adult Self Defense	Mon	7:00-8:30pm	\$60/\$75
Stretch & Strengthen	Tue/Thu	8:30-9:30am	\$65/\$81
Total Body Toning w/Kathy	Tue/Thu	8:45-9:45am	\$65/\$81
Zumba	Tue/Thu	10:00-11:00am	\$65/\$81
Connected Warriors Meditation	Tue	11:00am-12:00pm	Free*
Silver Sneakers FLEX	Tue	1:15-2:15pm	Free**
Aerobic Dance w/Kathy	Wed	10:00-11:00am	\$65/\$81
Silver Sneakers FLEX	Wed	12:15-1:15pm	Free**
Restorative Stretch w/Nicole	Wed	4:00-5:00pm	\$50/\$63
Silver Sneakers FLEX	Thu	2:15-3:15pm	Free**
Gentle Yoga	Fri	10:30-11:30am	\$65/\$81
Yoga for Veterans	Fri	12:00-1:00pm	Free*
Restorative Stretch w/Nicole	Fri	12:00-1:00pm	\$50/\$63
Adult Self Defense	Sat	8:30-11:00am	\$60/\$75

Wellness - 211101

Class	Day	Date	Time	R/NR Fee
Tai Chi	Mon	Jan 6-Mar 16	8:30-10:00am	\$45/\$56
Chair Yoga	Mon	Jan 6-Mar 16	10:00-11:00am	\$60/\$75
Tai Chi	Tue	Jan 7-Mar 10	6:30-8:00pm	\$50/\$63

Dance Fitness	Fri	Jan 10-Mar 20	10:00-11:00am	\$110/\$138
Dance Fitness	Fri	Apr 3-May 1	10:00-11:00am	\$50/\$63
Dance Fitness & Adult Tap	Fri	Jan 10-Mar 20	9:00-11:00am	\$165/\$206
Dance Fitness & Adult Tap	Fri	Apr 3-May 1	9:00-11:00am	\$75/\$94

Workshops and Seminars

CPR/AED CERTIFICATION (AGE 12+)

This 2.5 hour CPR/AED American Heart Association certification course teaches the techniques of adult, child and infant CPR; how to respond to a choking victim; and how to recognize the signs and symptoms of a heart attack and stroke. Additional elements can be added to this course to satisfy healthcare worker requirements. For specific class information, contact instructor Jason Griffis at 561-379-9221 or at grif2067@me.com.

Day	Date	Time	R/NR Fee
Thu	Jan 9	6:00-8:30pm	\$40/\$50
Tue	Feb 4	6:00-8:30pm	\$40/\$50
Tue	Mar 3	6:00-8:30pm	\$40/\$50

KATHY ANDIO CLUTTER CLASSES (AGE 18+)

These classes are taught by Kathy Andio, Professional Organizer & Organizing Coach. For specific class information, contact instructor Kathy Andio at 561-236-4298 or at organizer@letcluttergo.com. Fee is for two-week seminar.

Day	Date	Time	Class Description	R/NR Fee
Wed	Jan 15 & 22	1:00-2:30pm	How to keep your New Year's resolution to get organized this year.	\$39/\$49
Wed	Jan 29 & Feb 5	1:00-2:30pm	Learn to let go of your memorabilia	\$39/\$49
Wed	Feb 12 & 19	1:00-2:30pm	Is paper clutter taking over your life?	\$39/\$49
Wed	Mar 4 & 11	1:00-2:30pm	Get off the procrastination cycle!	\$39/\$49

Athletic Leagues

The Town of Jupiter Recreation Department hosts over 20 adult athletic leagues with approximately 2,500 league participants each year. Leagues offered throughout the year include softball, flag football, soccer, basketball, volleyball, and baseball. For more information on the upcoming spring athletic leagues including dates, fees, and league contacts, please visit the Adult Athletics section at www.jupiter.fl.us/Recreation.

Open Gym

Open gym basketball, pickleball and game room hours at the Jupiter Community Center vary throughout the year. For current hours, visit www.jupiter.fl.us/OpenGym.

Adults with Special Needs Programs

The following programs do not provide aides or personal supports. Those who accompany participants will need to actively participate in each session. For more information, contact 561-741-2400 or visit www.jupiter.fl.us/Recreation.

Movie Events

Adults are invited to watch sensory-friendly movies at the Community Center. Lemonade and popcorn will be served. There is no cost to attend, but please RSVP three days prior to the event at 561-741-2400.

Day	Date	Time
Fri	Jan 24	3:30-5:30pm
Fri	Mar 13	3:30-5:30pm

Bell Choir – 111305

Jupiter's first hand-bell choir engages out-of-school special needs adults by using music to teach teamwork, social interaction and communication skills. The program does not provide aides or personal supports. Those who accompany participants will need to actively participate in each practice session.

Day	Date	Time	R/NR Fee
Mon	Jan 6-Mar 23*	5:45-6:45pm	\$40/\$50 per month
Mon/Wed	Jan 6-Mar 25*	5:45-6:45pm	\$70/\$88 per month
Wed	Jan 9-Mar 25	5:45-6:45pm	\$40/\$50 per month

JTAA Youth Sports

On Sunday, December 8, 2019, the Jupiter Tequesta Athletic Association (JTAA) held its 43rd annual holiday parade, winding its way along the 1.5 mile route through Jupiter and Tequesta. Residents lined the streets with their friends and family to see how parade participants displayed the 2019 theme: A Cartoon Christmas! The parade featured 80 units and over 3,000 people dressed up in the cartoon theme. The parade entry fee for participating groups was a donated toy for the Toys for Tots program, and JTAA was able to donate hundreds of toys this year.

Senior Programs

The Town of Jupiter provides recreation opportunities including dances, trips, seminars, special events and activities that vary from season to season. Programs take place at the Jupiter Community Center unless otherwise noted. Full program descriptions may be viewed online at www.jupiter.fl.us/Recreation. Prices are listed for residents (R) and non-residents (NR). Fees for classes in progress are prorated. Contact the Recreation Coordinator for Senior Programs, Michael Frabotta, at 561-741-2310 or michaelf@jupiter.fl.us.

Drop In Social Activities

DAILY/WEEKLY ACTIVITIES:

The following programs are free and ongoing at the Community Center throughout the year unless otherwise noted.

Mondays

1:00-4:00pm - Monday Mixer: Come and play a variety of board and card games.

1:00-4:00pm - Mahjong

Tuesdays

12:45-4:00pm - Social Bridge

Thursdays

7:00-9:00pm - Stayin' Alive Social Group: An informal and fun group that discusses topics, plays games, and enjoys other activities.

Fridays

1:00-4:00pm - Friday Funday: Come and play a variety of board and card games. 1:00-4:00pm - Mahjong

2:00-4:00pm - Book Club: Meets the first Friday of the month.

Saturdays

1:00-4:00pm - Duplicate Bridge: A partner is required to play, and there is zero tolerance towards rudeness. Light refreshments will be served. Stop by the front desk to purchase your ticket. The fee is \$9.

Thursday Movie Matinee

Come early to get a good seat! Lemonade and popcorn will be served.

Day	Date	Time	Movie Title	R/NR Fee
Thu	Jan 16	1:30pm	"Downton Abbey"	Free
Thu	Feb 20	1:30pm	"Judy"	Free

Thu	Mar 19	1:30pm	TBA	Free
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Workshops and Seminars

The following workshops and seminars are free to attend. Unless noted otherwise, please RSVP at least three days prior to the event by calling 561-741-2400.

LA POSADA SEMINAR SERIES

La Posada is offering a series of informative seminars for free. Light refreshments will be served.

Day	Date	Time	Description
Wed	Jan 15	10:00am	Investing in Your Future: Wills, Trusts, and Estates
Wed	Feb 19	10:00am	Protect Yourself from Fraud, Scams, and Elder Financial Abuse
Wed	Mar 18	10:00am	Long Term Care Planning

HYPNOTIZE PRESENTATION

Join your friends for this fun and exciting presentation. John Alexander will be demonstrating his “powers of hypnotization!”

Day	Date	Time
Thu	Jan 23	1:30pm

JMG HEALTH SEMINARS

Jupiter Medical Group is offering a monthly seminar series on your health. Light refreshments will be served.

Day	Date	Time	Description
Mon	Jan 27	10:00am	Sadik Bizanti, MD – Managing Chronic Conditions: COPD, CHF, Diabetes, Hypertension and Asthma
Mon	Feb 24	10:00am	Natalie Freeman - Medicare Educational
Mon	Mar 23	10:00am	Jenna Steffel, APRN – Skin Health

SEMINAR ON HEARING LOSS

Linda Horovitz from Hearing Health USA will be presenting a talk on hearing loss. Lunch will be provided.
Day: Tuesday Date: February 4th Time: 12:00pm

LUNCH AND LEARN PROVIDED BY DR. INWOOD’S OFFICE

Dr. Inwood is once again hosting a series of seminars with lunch provided.

Day	Date	Time	Description
Wed	Feb 5	12:00pm	TBA
Wed	Mar 25	12:00pm	TBA

LUNCH AND LEARN PROVIDED BY ACTIVE HEALTH

Join your friends at the Community Center for a series of Lunch and Learns provided by Active Health. Please RSVP at least four days prior to the scheduled seminar.

Day	Date	Time	Description
Mon	Feb 10	12:00pm	Neck Pain & Headaches
Mon	Mar 30	12:00pm	Back Safety and Injury Prevention: Secrets to a Healthy Back

LUNCH AND LEARN HEALTH SEMINAR

Enjoy a delicious catered lunch while three doctors give talks on different topics of health. Please RSVP by Feb 13.
Day: Tuesday Date: February 18th Time: 11:00 AM

Senior Enrichment Activities -551302

LUNCH AND THE CLASSICS

Watch classic movies from your past while you enjoy a tasty lunch. While this program is free, we do ask you to pre-register.

Day	Date	Time	R/NR Fee
Tue	Jan 28	12:00pm	Free
Tue	Apr 7	12:00pm	Free

BREAKFAST AND BINGO

Have some bingo fun, enjoy a delicious breakfast and win prizes.

Day	Date	Time	R/NR Fee
Tue	Jan 14	10:00am	\$5/\$7
Tue	Mar 3	10:00am	\$5/\$7

SENIOR BEACH PARTY

Join your friends and have some fun in the sun. Enjoy some beach time before indulging in hamburgers and hot dogs at the Civic Center.

Day	Date	Time	R/NR Fee
Tue	Feb 11	11:00am-1:30pm	\$8/\$10

MAC & CHEESE PARTY

Join your friends for this fun and delicious event. Sit back and enjoy a movie while you feast on a mac and cheese bar.

Day	Date	Time	R/NR Fee
Thu	Feb 27	12:00pm	\$8/\$10

ST. PATTY'S DAY CELEBRATION

Join your friends ahead of St. Patrick's Day for a delicious lunch that any Irishman would enjoy. Be sure to wear your green!

Day	Date	Time	R/NR Fee
Mon	Mar 16	11:30am	\$8/\$10

DINNER AND A MOVIE

Enjoy a movie in our auditorium while your host, Michael, prepares dinner.

Day	Date	Time	R/NR Fee
Thu	Mar 26	4:00pm	\$8/\$10

Dances

FRIDAY NIGHT DANCE PARTY

Come to the Jupiter Community Center for some fun and dancing. Jammin Jim will spin your favorite songs from the 50s, 60s, and 70s. Light refreshments will be served. Fee is due at the door.

Day	Date	Time	R/NR Fee
Fri	Feb 7	7:00-9:30pm	\$5
Fri	Mar 6	7:00-9:30pm	\$5

BIG BAND DANCE

Listen to the sounds from an 18 piece band while you dance the afternoon away! Light refreshments will be served. Fee is due at the door.

Day	Date	Time	R/NR Fee
Sun	Jan 19	1:00-3:00pm	\$5
Sun	Feb 23	1:00-3:00pm	\$5
Sun	Mar 29	1:00-3:00pm	\$5

Trips - 251301

ISLE CASINO

Try your luck with the slots at Isle Casino in Pompano Beach!

Day	Date	Time	R/NR Fee
Wed	Feb 12	9:00am-4:30pm	\$20/\$25

FLAGLER MUSEUM TOUR

Join your friends for this informative tour of the famous Flagler Museum on Palm Beach Island. We will have a docent-led 1 hour tour followed by tea in the café.

Day	Date	Time	R/NR Fee
Wed	Mar 4	10:30am-3:30pm	\$64/\$69

TRIP PRESENTATION

Andrew from Collette will be here to present the “Bluegrass Country and Smoky Mountains” tour scheduled for the middle of October. Ask any questions you may have for this trip. Please RSVP within three days of this presentation by calling 561-741-2400.

Day: Monday Date: January 13th Time: 3:00 PM

Jupiter Senior Softball

Registration for the Jupiter Senior Softball program’s 2020 season is under way, and new players are welcome. The slow-pitch softball program is open to persons 55 and older. Games are played year- round every Monday, Wednesday and Friday morning beginning at 8:30 am at Jupiter Community Park. The winter league runs from January through March 2020. Players of all skill levels are welcome. For more information, call Dave Summers at 561-800-8230 or go to www.leaguelineup.com/jssa.

Social Media Channels

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