



Center for Active Aging has suspended its on-site services as of Monday, March 16, 2020. Although the majority of programs and activities are suspended until further notice, innovative virtual programming has been and will continue to be developed.

Transportation, Counseling, Telephone Reassurance, Wellness Checks, and Food Deliveries are continuing to occur.

**Please call 954-480-4449
for information or assistance.**

Virtual Programming

www.dfb.city

**Departments
Parks & Recreation
Virtual Recreation**

This project is administered by the City of Deerfield Beach/Department of Active Aging/N.E. Focal Point with Federal Older Americans Act Funds and State General Revenue Funds through the State of Florida, Department of Elder Affairs, Aging and Disability Resource Center of Broward County, N.E. Focal Point CASA, Inc., and City of Deerfield Beach General Fund.

Virtual Program Guide

The Center for Active Aging offers virtual programming. To check out the programs you missed, click the videos tab on the City of Deerfield Beach Facebook Page.

https://www.facebook.com/pg/CityofDeerfieldBeach/videos/?ref=page_internal

Center for Active Aging Programs



Childhood Education

Music with Me

<https://www.facebook.com/watch/?v=712665032840548>

Celebrating Flag Day and Independence Day

<https://www.facebook.com/watch/?v=643064919625565>

Kevin and His Dad Story Time

<https://www.facebook.com/watch/?v=193446962067217>

Reading of Flower Garden

<https://www.facebook.com/watch/?v=708292606591716>

Learning Primary Colors

<https://www.facebook.com/watch/?v=543469046531478>

Rainy City Rainbow and Rain Stick Craft

<https://www.facebook.com/watch/?v=863065477508212>



Recreation and Leisure

Word Games

<https://www.facebook.com/watch/?v=557669731798150>

What Am I Trivia

<https://www.facebook.com/watch/?v=641906003056267>

Decorating a Hat Craft

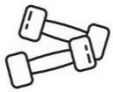
<https://www.facebook.com/watch/?v=281142806612366>

Learn to Play Box It

<https://www.facebook.com/watch/?v=1185982831755922>

How to Make a Bingo Card

<https://www.facebook.com/watch/?v=584412342208374>



Exercise

Low Intensity Exercise

<https://www.facebook.com/watch/?v=210113703646189>

Enhance Fitness Part 1

<https://www.facebook.com/watch/?v=598008514253747>

Enhance Fitness Part 2

<https://www.facebook.com/watch/?v=2701348020190326>

Strength Training

<https://www.facebook.com/watch/?v=725272628234342>



Health and Wellness

Mental Health Benefits of Gratitude

<https://www.facebook.com/watch/?v=559080435027134>

Benefits of Staying Hydrated

<https://www.facebook.com/watch/?v=1195845894088814>

Tips on Maintaining Lung Health

<https://www.facebook.com/watch/?v=275313336873532>

Caregiver Support

<https://www.facebook.com/watch/?v=687358622114741>

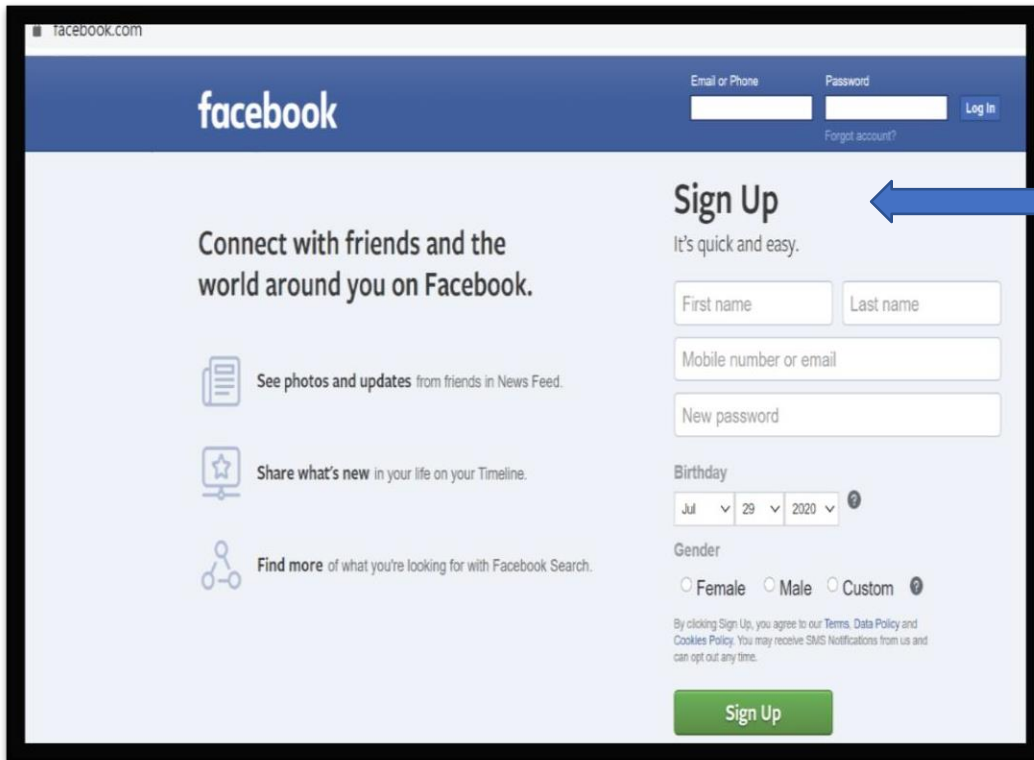
Self-Help Strategies

<https://www.facebook.com/watch/?v=290354018642079>

 <h1 style="text-align: center;">October 2020</h1>		1	2
5	Book and Author Puzzles See our video https://www.facebook.com/CityofDeerfieldBeach/videos/?ref=page_internal	7	8
12	13	14	15
19	20	21	22
26	27	28	29
9	16	23	30

How to Make a Facebook Account

Signing up on Facebook shouldn't be a hassle. Follow these quick and easy steps.



The image shows a screenshot of the Facebook website's sign-up page. At the top, there is a navigation bar with the Facebook logo on the left and a login section on the right containing fields for 'Email or Phone' and 'Password', a 'Log In' button, and a 'Forgot account?' link. The main content area is titled 'Sign Up' and includes the text 'It's quick and easy.' Below this, there are several input fields: 'First name' and 'Last name' (two separate boxes), 'Mobile number or email', and 'New password'. There is also a 'Birthday' section with dropdown menus for month (Jul), day (29), and year (2020). A 'Gender' section has radio buttons for 'Female', 'Male', and 'Custom'. At the bottom of the form is a green 'Sign Up' button. To the left of the form, there are three promotional icons with text: 'See photos and updates from friends in News Feed.', 'Share what's new in your life on your Timeline.', and 'Find more of what you're looking for with Facebook Search.'

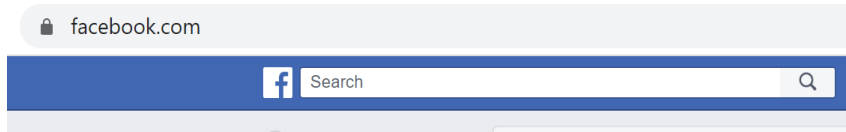
To make a personal Facebook account go to <https://www.facebook.com/> and fill in the information needed under "Sign Up"

Your account should now be ready to use.



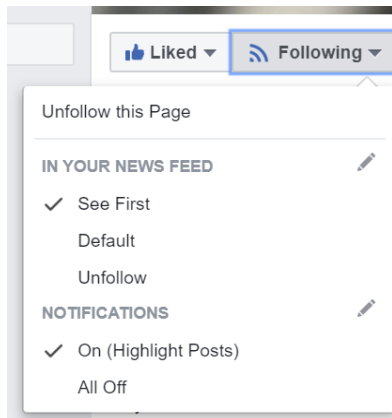
To Find the Facebook Page

Step 1 Search for City of Deerfield Beach, Florida – Government



Step 2

Click the “*Like*” button and “*Following*” button. Then, click the “*Following*” button again to update your notification settings. If you would like to always see the posts from Center for Active Aging, click “*See First*” and “*On (Highlight Posts)*.”

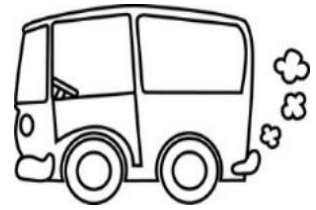


Step 3



To check out the programs you’ve missed, click the videos tab. To check out upcoming programs, click the events ta

Transportation Services



Transportation Manager: Luis Marmol and Bus Coordinator: Byron Moore

(954) 480-4442 for information on services listed below:

Center for Active Aging Transportation Program offers the following:

-Local medical appointments, social service agency, and shopping trips

Services are for seniors over 60 years of age & are registered members of the Center for Active Aging.

Riders may enter and exit the vehicles using assistive devices such as canes or walkers with minimum assistance from the driver. Individuals in wheelchairs will receive assistance to enter the wheelchair lift that will be secured by the driver. Electric wheelchairs or carts can be accommodated. Shoppers are limited to two bundles each, excluding a carry-on. Drivers are not responsible for items left on bus.

Grocery shopping trips to Publix at Deerfield Mall are scheduled every other Thursday and as needed. Shoppers are picked up between 9:00 am and 9:30 am.

Medical Appointments are scheduled Monday, Tuesday, Wednesday & Thursday between 10:15 and 11:00 am in Deerfield Beach, Lighthouse Point and Pompano Beach.

We cannot pinpoint the exact times of pick-up and drop-off; therefore, we will inform you of the approximate time. Please be patient waiting for the bus. If there are any undue delays, you will be notified.

Bus Drivers are not responsible for scheduling. To ensure proper service, contact the Transportation Office, 954-480-4442. Please do NOT make reservations or cancellations with the drivers.

Community Bus Shuttle - Deerfield Beach Express I and Express II routes run throughout Deerfield Beach Monday thru Friday, 8 am – 4 pm, every 60 minutes, with assigned stops. No registration required. Complimentary for all ages. Destinations include Broward Health North, Century Plaza, Cove Shopping Center, Center for Active Aging, Publix, Ross, Target, Walmart and Winn Dixie. A Saturday Express I Shuttle will operate from 8 am to 4pm. A printed schedule is available.

Community Development Block Grant Shuttle (CDBG)- For Deerfield Beach residents, ages 62 & older. M-F, 10-3 PM. Monday – Festival Flea Market Tuesday – Walmart (Federal Hwy. – Lighthouse Point) Wednesday – Aldi & Winn Dixie (Fed. Hwy. – 10th St.) Thursday – Save-a-Lot & Dollar General (Sample Rd) Friday – Deerfield Beach Pier & Beach. Call 954-449-4442 to register.

DONATIONS for transportation services and other services are encouraged and welcomed. ***Thank you!***