



Young at Heart Club

Sponsored by the Village of Royal Palm Beach

Winter 2019

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Welcome Back!



PRESIDENT MESSAGE:

Happy New Year! Hope you've had a great Holiday Season!

We are entering the second half of our year. To date, we have enjoyed some great meals, entertainment, and fun trips, as well as our new Senior Referral program. We hope to continue sharing exciting and interesting events in the coming months.

Please be aware that this spring we will be electing new officers for the 2019 - 2021 term. The offices currently open for election are: President and Vice President. The nominating committee will meet in March; candidates proposed in April; elections in May and installation of officers in June.

The past few years have been an exciting and rewarding experience, with several changes in an effort to improve our club. Elections are now held every two years rather than every year, with term limits remaining at four years. This simplifies the process. Terms of office were changed from January through December to July through June to make yearly planning continuity easier for the board and officers.

We also began taking longer trips, including

cruises and week long trips to different attractions. This past year we met at the Recreation Center while the Cultural Center was being renovated and enlarged. Starting in January luncheons will return to the Cultural Center. All of our other programs will continue to meet at the Recreation Center, which has become our new welcoming home!

We have expanded services of Young at Heart from a solely social club to add the educational components of seminars on topics of interest and the Senior Referral Program.

At this time I would like to thank our Board and Officers for their outstanding efforts and creativity. Without them, YAH would not be nearly the interesting and friendly haven that it is. Thanks to Vice - President, Sandy Rubin, Secretary Francine Bryant, Decorating, Mary Ann Robinson, Sunshine, Doe Harth, Membership/Historian/Photographer, Lee Messina, Hospitality, Claudia McBarnette and Senior Referral Chair, Mary Kaminski, along with the members of their committees. And of course thanks to our Senior Services Supervisor Jeannine Delgardio, without whom nothing happens! She is tireless in her efforts to facilitate all of our activities and create new programs for our entertainment and education.

Most of all, thanks to all of you, our members who bless us with your participation and friendship.

Our activities for the balance of this year are all within this bulletin, which I encourage you to keep for reminders and sign up information.

It has been a joy to serve as your president. I hope to remain active with YAH as we move forward. Again, Thank you!

With Respect and Friendship,

Phyllis Katz, President

POINTS OF INTEREST:

- YAH Luncheons are the 1st Friday of each month
- YAH meetings are the 3rd Wednesday of each month at 10AM (we will announce a lecture to follow meeting) Continental Breakfast served
- YAH Trips
- YAH Socials
- YAH Outings

Membership Reminders and Dues

CURRENT MEMBERS: Membership renewal began **September 4, 2018**. Unfortunately we are no longer renewing with the Combo savings. **NO EXCEPTIONS.**

NEW MEMBERS: Registration began on **September 4, 2018**. New members are always welcome! If you know anyone interested, we would love to welcome them into our club!
For More Info: 561-790-5149

Dues: 2018-2019 Annual Membership dues for the Young at Heart Club continue to be only \$15.00.

Individual Luncheon Rate:
Yah Member: \$15
Non-Member: \$17

Young at Heart Luncheons

February 1, 2019 & March 1, 2019

Friday, February 1, 2019

ENTERTAINMENT: Heart of Greece Dance Group/Cheeky Bellydancer

Memorable Entertainment!

MENU: Greek Lemon Chicken, with lemon potatoes, and string beans. Served with a traditional Greek salad, Pita Chips and Hummus. Dessert: Baklava

Catered by Pete's Place Catering

THEME: OPA! GREECE - Dress in Blue & White!

Last day to register is Friday, January 26, 2019!

Register at the Recreation Center, Luncheons are held at the Cultural Center

"All Luncheons are themed full of fun and a variety of wonderful entertainment! Please dress accordingly to theme and dress to impress."



Friday, March 1, 2019

ENTERTAINMENT: Comedy Show

Clean Comedian Michael Parenti

MENU: Traditional Corned Beef and Cabbage with roasted potatoes and carrots. Served with House Salad and Ranch Dressing, Rye Bread with butter. Dessert: Irish Apple cake with custard drizzle.

Catered by Pete's Place Catering.

THEME: IRELAND - WEAR YOUR LUCKY GREENS!

Last day to register is Friday, February 22, 2019!

Register at the Recreation Center, Luncheons are held at the Cultural Center



IMPORTANT LUNCH PROCEDURES

- 2019 Young at Heart individual luncheon rate: YAH Member \$15, Non-Member \$17
- Leftovers MAY NOT be removed from the kitchen as they are donated to a local charity.
- NO SECONDS – You may NOT fill up your container and then take a second lunch home.
- If you do not purchase the Combo savings package you MUST register for each individual luncheon.
- As always, the 1 week notice for luncheon registration will apply, NO EXCEPTIONS.
- Check-In before entering the Auditorium. Doors open at 11AM, lunch begins at 11:45AM, entertainment begins 12:30PM.
- Menus and Entertainment are subject to change - Please be courteous by staying through the entertainment.
- NO TAKEOUTS - This is one of the reasons the Combo savings came about - you're only paying for 5 luncheons/3 free.
- Luncheons are on the 1st Friday of each month.
- ONLY assigned volunteers and Caterers are allowed in the kitchen.
- No Purchases or REFUNDS for luncheons will be allowed after the deadline of the Friday one week prior to the luncheon.

PLEASE DO NOT SAVE SEATS!!!!

Young at Heart Luncheons

April 5, 2019 & May 3, 2019



Friday, April 5, 2019

ENTERTAINMENT: Taste of the Caribbean

Steel Band Delight

MENU: Caribbean Jerk Chicken with Mango Salsa, Coconut rice and peas, and plantains. Served with Island Green Salad and rolls.

Dessert: Pineapple Cheesecake

Catered by Pete's Place Catering

THEME: Caribbean - dress in Tropical attire!

Last Day to register is Friday, March 29, 2019!

Register at the Recreation Center, Luncheons are held at the Cultural Center

Friday, May 3, 2019

ENTERTAINMENT:

Burlesque, Flapper, Can Can Show

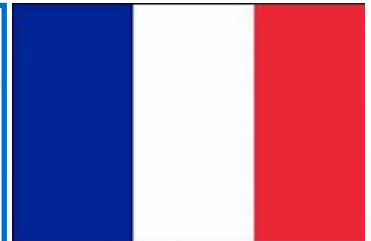
MENU: Beef Bourguignon with onion, mushrooms, and carrots, served with noodles. Includes Caesar Salad and Croissants.
Dessert: Chocolate Mousse

Catered by Pete's Place Catering.

Last Day to Register is April 26, 2019!

Theme: France - Wear your French Berets!

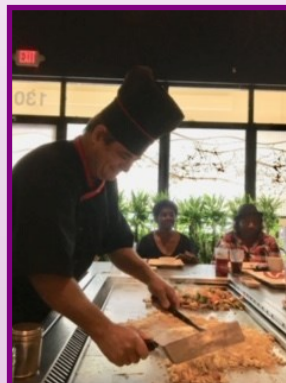
Register at the Recreation Center, Luncheons are held at the Cultural Center



FRANCE



PAST YOUNG AT HEART



Young at Heart TRIPS

February 6, 2019 & March 9-10, 2019

We are so excited to present all of the trips planned for the 2nd half of the season! We will announce detailed information on our June Trip and June Luncheon at the April 17, 2019 Business Meeting, Stay tuned!

Lunch at the Waterway Cafe & Matinee at the Maltz

Wednesday, February 6, 2019 - 10:15AM to 5:30PM

YAH Members: \$89 Non-Member: \$109

Your trip includes: Bus Transportation, Lunch at the Waterway Cafe, and our Matinee at the Maltz Jupiter Theatre to enjoy **Mama Mia!**

Registration began Wednesday, December 19, 2018 at the RPB Recreation Center

FOR MORE INFORMATION CALL: (561)790-5149



Thursday, March 7, 2019

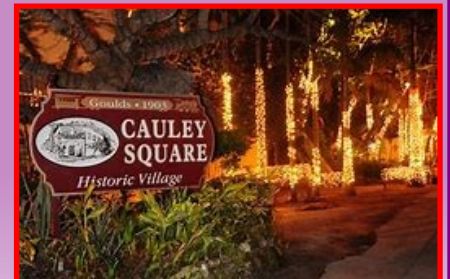
Bus * Lunch * Tour * Tasting at Schnebly Winery, and a visit to the Historic Cauley Square

YAH Members: \$80 Non-Members: \$100

10:30AM to 5:30PM

Registration Begins: Wednesday, January 16, 2019

Register at RPB Recreation Center



Young at Heart TRIPS

April 13-14, 2019 & May 22, 2019

Tour the Westgate River Ranch - Overnighter

Saturday, April 13, 2019 to Sunday, April 14, 2019

Your Trip Includes: Bus Transportation, 1 Night Lodging at the Westgate River Ranch, Dinner Hayride, Rodeo, and Breakfast.

YAH Member: \$225 YAH Non - Member: \$250

For more information call: 561-790-5149

Registration begins on Wednesday, February 20, 2019



Wednesday, May 22, 2019

Dinner & Show at Lips in Ft. Lauderdale

YAH Members: \$55 Non-Members: \$70

BROADWAY...WITH A TWIST!

Outrageous! Campy! Hilarious! The ladies of lips take on the biggest and best of BROADWAY during this brand new show! Take a WICKED journey to Oz and back as our queens put their twisted spin on Mary Poppins, Annie, The Little Mermaid, The Lion King, and More! Female Impersonators/Adult Impersonators.

Registration Begins Wednesday, March 20, 2019 at the RECREATION CENTER



PROCEDURE FOR TRIP SIGNUP

- Registration to signup is TWO regular business meetings prior to trip.
- Trip prices are based on member and non member prices, as noted.
- Trips will become open to the general public following the two week registration period for members.
- Deadline for payments and cancellations/changes are one week prior for each day trip, two weeks prior for overnight trips, and for Cruises/Tours cancellation rules differ. NO REFUNDS AFTER DEADLINE, NO EXCEPTIONS.
- All trips are subject to change, including dates and pricing.

FEBRUARY 19, 2019 LUNCH & LEARN/YOUNG AT HEART ELECTIONS

Good Health in the New Year!

LUNCH & LEARN

Tuesday, February 19, 2019 - 11:30AM to 12:30PM

FREE SEMINAR - LUNCH PROVIDED

Royal Palm Medical Center provides personalized, high-quality care on an as-needed or preventative basis. Dr. William Stechsulte and the medical providers at Royal Palm Medical Center believe in providing a level of medical care they would choose for their own family members. Come learn how to keep Good Health in the New Year!



YOUNG AT HEART ELECTIONS

Come vote on May 15, 2019 for President & Vice-President!

(VOTING WILL BE HELD AT THE RECREATION CENTER & YAH BUSINESS MEETING @ 10AM)

If you or another YAH Member you know is interested in running for the board please contact one of our Nominating Committee Members (before April 17, 2019):

VICTOR MCBARNETTE, JOYCELYN MCKOY, OR IRIS LEVIN

- At the April 17, 2019 Business Meeting the Nominating Committee will announce who has been nominated!
- At our Summer Luncheon on June 7, 2019 we will hold our Installation of Officers!
- We encourage any interested member to run and all to vote!

FOR MORE INFORMATION CALL: (561) 790-5149

Mix & Mingle at our:

YAH BUNCO NIGHT!

Tuesday, February 12, 2019

PRIZES.....FUN.....PRIZES

Please join us for an exciting night of BUNCO, APPETIZERS, PRIZES and lots of fun!

NO SKILL OR EXPERIENCE NECESSARY

5:00PM to 7:30PM

Members: \$15 Non-Members: \$20

Registration Began Wednesday, December 19, 2019

Register at RPB Recreation Center



Pizza, Popcorn & Movie Night

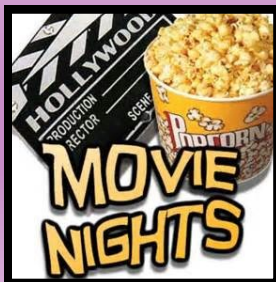
Tuesday, April 16, 2019—MAMMA MIA! HERE WE GO AGAIN

5:15PM to 8:00PM

Come enjoy a Movie Night social! The movie will be held at the Cultural Center in the Auditorium. We will serve pizza, popcorn, and beverages from 5:15PM to 6PM, and the movie will start promptly at 6:00PM.

MEMBERS: \$5 NON-MEMBERS: \$10

Registration begins on Wednesday, February 20, 2019; REGISTER AT THE RECREATION CENTER



Budget Friendly

Young at Heart OUTINGS

Science for Seniors at Loggerhead**Tuesday, March 26, 2019**

We will depart the Recreation Center by bus at 11:00AM. We will stop for "Lunch on your Own" on the way to Loggerhead. At 2PM, Dr. Paul Brown, M.D. will be our host for this popular 1 hour free lecture, Science for Seniors. Everything from Sea turtle biology to your biology and health will be covered. Dr. Brown is a Harvard/Tufts educated pathologist who trained at Columbia Presbyterian Hospital and then transformed the field of laboratory medicine by founding MetPath, now known as Quest Diagnostics.

Members: \$25 Non-Members: \$30**Registration Begins Wednesday, January 16, 2019, Register at RPB Recreation Center****Casa Tequila Wellington & Mariachi****Thursday, May 9, 2019 - 11:00AM to 1:00PM**

Come enjoy a day out! We will meet at Casa Tequila in Wellington for a Mexican Lunch & Mariachi.

Included: Lunch, Dessert, and Mariachi**MEMBERS: \$30 NON-MEMBERS: \$40****Registration begins on Wednesday, March 20, 2019; REGISTER AT THE RECREATION CENTER**

Senior Chair Yoga

Taught by Certified Yoga Instructor Janet Becker, the class offers many benefits, such as lower blood pressure, flexibility, balance, strengthening muscles and an all around feeling of well being! Sessions will be ongoing for the six-week series. For More Information Call – 561-790-5149.

TRY A FREE CLASS ON WEDNESDAY, FEBRUARY 20, 2019!

When: Wednesdays

Fee: R/\$48 NR/\$58

Ages: 50 and up

Where: Recreation Center

Time: 3:15PM to 4:00PM

Instructor: Janet Becker

Wednesday Class Starts 2/20/19

June 2019 Trip

Wednesday-Thursday, June 12-13, 2019

SARASOTA OVERNIGHTER

Details Announced April 18, 2019 at Business Meeting!

YAH JULY 24, 2019 TRIP

10:00AM to 5:30PM

Show at the Stage Door Theater in Lauderhill
& Lunch at GG's of NY!

The Soul of Motor City

More info on May 15, 2019

YOUNG AT HEART BOARD MEETINGS & PRESENTATIONS

Young at Heart ~ Business Meetings

- ◆ Always on the 3rd Wednesday of the Month
- ◆ Time: 10:00 AM
- ◆ Where: Recreation Center
- ◆ Included: Continental Breakfast
- ◆ All Business Meetings include a Special Guest Presentation which is always subject to change



Up-Coming Presentations (following Business Meeting at 10:30AM)

February 20, 2019 - Storyteller Don Conway

March 20, 2019 - Fire Department on How to deal with a fire.

April 17, 2019 - Presentation by the Senior Writing Group

May 15, 2019 - Voting, & Discussing Summer Happenings

* All Presentations are Subject to Change

Young at Heart CALENDAR OF EVENTS

FEBRUARY 2019

- | | |
|-----------------------------------------------------------|----------------------------------------------|
| 1 - YAH Greek Luncheon | 14 - Senior Activities Valentine's Day Party |
| 6 - YAH Trip - Jupiter | 20 - YAH Business Meeting w/ Presentation |
| 12 - YAH Social - BUNCO Night | 21 - Senior Activities Trip - Gulfstream |
| 12 - Community Band Sweetheart Concert at Cultural Center | |

MARCH 2019

- | | |
|---------------------------------------------------------------------------|------------------------------------------------------|
| 1 - YAH Ireland Luncheon | 25 - Concert in the Park Gypsy Lane w/ Food Trucks |
| 7 - YAH Trip - Miami - Schnebly Winery and Cauley Square Historic Village | |
| 15 - Senior Activities St. Patrick's Day Party | 26 - YAH Outing—Loggerhead Science for Seniors |
| 16 - 17 - Seafood Festival | 26 - Community Band Spring Concert - Cultural Center |
| 20 - YAH Business Meeting/Presentation | |

APRIL 2019

- 5 - YAH Caribbean Luncheon
- 13 - 14 - YAH Overnight Trip - Westgate River Ranch
- 16 - YAH Social - Movie Night at the Cultural Center
- 17 - YAH Business Meeting/Presentation

MAY 2019

- 3 - YAH France Luncheon
- 7 - Community Band Mothers Day Concert at the Cultural Center
- 9 - YAH Outing - Casa Tequila Wellington w/ Mariachi
- 10 - Senior Activities Mothers Day Party
- 11 - Cultural Diversity Day at Veterans Park (Date subject to change)
- 15 - YAH Business Meeting/Vote/Presentation
- 22 - YAH Trip - Lips Ft. Lauderdale

JUNE 2019

- 7 - YAH Summer Luncheon
- 12 - 13 YAH Overnighter
- 25 - Community Band Summer Concert at the Cultural Center
- 28 - Senior Activities July 4th Party

Insert Registration Page here

The Village of Royal Palm Beach

Royal Palm Beach Recreation Center

100 Sweet Bay Lane

Royal Palm Beach, FL 33411

Postage

Mailing Address Insert here

Visit with us on the web
www.royalpalmbeach.com

Great Moments of the Young at Heart!



About Young at Heart Club

- Established in 1990
- Young at Heart is a non-partisan, non-political body sponsored by The Village of Royal Palm Beach Recreation Department

Purpose of the Club

- To plan and implement leisure time activities that meet the interests and needs of its members.
- To keep the membership informed about the social issues and public policies that affect the senior population

Looking for a way to connect, develop new friendships, or contribute to your community, **VOLUNTEER**. Many of the community events hosted by The Village of Royal Palm Beach needs additional support and community supporters. If you are interested in participating and supporting your community events, call 561-790-5189 or email jdelgardio@royalpalmbeach.com