

**Minutes for Senior Advisory
Board May 10, 2023**
Cooper City Community Center
9000 SW 50th Place

Meeting called to order at 6:06p by Heidi Stein

Attendance-

Heidi Stein	Marc Federici	Jaime Schwartz
Marty Duda	Carmen Ledford	David (Skipper) Duda
Gina Maggio	Jeff Schwartz	

Absent-

Amy Heywang David Shafler
David spoke to Gina on the phone but has not attended any meeting since he was appointed.

Guests-

JoAnna Scott Denise Baranowski

Volunteer hours were calculated

Jaime Schwartz and Marc Federici approved the March meeting minutes. We did not have a meeting in April due to the weather.

JoAnna Scott gave us a presentation about her travel agency and tours that she can put on for us. She can arrange bus trips to Savannah, New Orleans and St Augustine that include bus, hotel (double occupancy), tours and some meals. Optional travel insurance is available and there is a minimum of 30 to book the trip. She brought flyers for us to review.

Denise Baranowski was brought by Marc Federici. She lives in Forest Lake where he lives and is on their board. She has worked with seniors as a senior advocate, Seniors Helping Seniors and Century Village as well as preschoolers. She is retired now and would like to give back to the community and may be interested in coming onto our board.

Community updates-

Area Agency on Aging is looking for volunteers- SHINE, telephone reassurance called Connect with You. They are having an open house to recruit. It's in Sunrise, 44St. and Hiatus Rd.

Humana is hosting a ballgame for those over 65. June 1st. Bus transportation from the Community Center cost is \$4.

Chair Yoga Thursdays

Silver Sneakers Mondays

Shine monthly until October 1st.

Tai Chi Mondays and Wednesdays at the Pool and Tennis Center. The last class will be 5/17 but session 2 starts 5/31 at the community center.

Summer camp will be at Pioneer Middle this year.

AARC Healthy Living series starts in July and will last 6-8 weeks.

Humana has opened a center in Pines and has some offerings for seniors.

Relay for Life Fundraiser is rescheduled to June from April because of the weather.

May luncheon 5/19 will be a 'spa day' and will have stations for mindfulness, meditation and aroma therapy. Lunch will be from Panera Bread.

Lunch bunch outing 5/26 to a tea house in Sunrise.

Virtual Hawaii tour 5/31

Mammogram RV is full (28 appts) 5/16 and FLOW will be here on the same day.

Medicare Fraud 6/8

Devoted Health Care will be hosting a free exterior car wash monthly June, July and August.

June senior luncheon will have a Senior Prom theme. We talked of trips and events that we'd like to do- go back to, the museum in Delray, train by Metro Zoo, Senior Games (badminton and corn hole) indoors. Senior pool watching program tabled until next year as Water Safety month is almost over.

Adjourned 7:05p

Respectfully submitted,

Heidi Stein