

★ ★ ★ ★ **FEBRUARY 2012**  
*Events / Seminars*

**SUPPORT GROUPS**

Cardiac & Heart Health Support Group  
 1<sup>st</sup> Monday of month at 6:30 pm  
Osteoporosis Support Group  
 2<sup>nd</sup> Monday of month at 6:30 pm  
Caregiver Support Group, 3<sup>rd</sup> Monday of month at 6:30 pm  
Cancer Support Group, 4<sup>th</sup> Monday of month at 6:30 pm  
Diabetes Support Group, 1<sup>st</sup> & 3<sup>rd</sup> Thursday of month at 7:30 pm  
 WHITEHALL BOCA RATON, Call 561-392-3000

**HEARING**

**Try Before Buying in the Month of February**  
 Come Test Drive the Latest in Hearing Aids  
 Location: Clear Tone Hearing Center, LLC  
 500 N. Hiatus Road, Ste. 101, Pembroke Pines  
 Call for an appointment: 954-438-7171

**ENTERTAINMENT**

**The Volen Center**  
 1515 W. Palmetto Park Rd, Boca Raton, **561-395-8920**  
Daily: 12:30 pm - 3 pm, **The Movie Vault**  
 Watch Hollywood's most popular movies, classics, newly released.  
Mondays: 11 am - 1 pm, **Sage/Alternatives**  
 Special social group for the LGBT community.  
**Brain Aerobics** 1:30 - 2:30 pm  
Thursdays: 9 - 11 am, **Singing Workshop**  
 Bring just your voice to join Volen Soloists or simply listen to others sing.  
**Prime Time Social** 1:45 - 2:45 pm. Meet new friends and mingle with others. Prerecorded music, dancing, and refreshments provided.  
Fridays: 10:30 am - 12 pm, **The Beat** —Live music and dancing.  
**Volunteers needed. Contact Jared, 561-395-8920, ext. 272.**

**LEGAL**

**FREE "Senior Survival" Workshop**  
 (Hear about the New Tax Laws and New Medicaid Laws, etc.)  
**Speaker: Joseph S. Karp, Elder Law Attorney**  
**\*Tuesday, February 14 from 1:30 - 4 pm**  
 Port St. Lucie Holiday Inn  
**\*Wednesday, February 15 from 1:30 - 4 pm**  
 Courtyard by Marriott, Boynton Beach  
**\*Thursday, February 16 from 1:30 - 4 pm**  
 Palm Beach Gardens Marriott  
 No reservations required. For information, call 1-800-893-9911  
[www.karplaw.com](http://www.karplaw.com)

**HEALTH**

**Wednesday, February 15, 5 - 7 pm**  
**"Diabetes and Obesity: Scripps Florida Researchers Tackle a Global Epidemic"**  
 Speaker: Dr. Patricia McDonald, Scripps Florida  
 Location: The Rodney B. Fink Education Pavilion  
 120 Scripps Way, Jupiter  
 RSVP to Lisa Huertas at 561-228-2015

**HEALTH**

**February 13, 20, 27; March 5, 12, 19, 26, 10 am - 12 pm**  
**"A Matter of Balance: Managing Concerns About Falls"**  
**Tuesday, February 21, 6 - 7:00 pm**  
**"Personal Love Letters," Your Living Will & Health Care Surrogate**  
 Speaker: Dr. Marlene Wolf  
**Thursday, February 23, 6 - 7:00 pm**  
**Get the Latest Scoop on Colo-Rectal Issues & Solutions**  
 Speaker: Dr. Joseph Corallo  
 Location: Broward Health Coral Springs Medical Center  
 Coral Springs Medical Office Complex, 3100 Coral Hills Drive  
 No Charge, Snacks will be served.  
 For information, call Kathy Byrne, 954-344-3344

**HEALTH**

**Healthy Talk Lectures**  
**Wednesday, February 15, 5:30 pm**  
**"Custom Knee Replacement"**  
 Speaker: Dr. William Burke  
 Location: Broward Health Broward General Medical Center  
 1600 S. Andrews Avenue, Fort Lauderdale, 2<sup>nd</sup> Floor Auditorium  
**Wednesday, February 15, 6:00 pm**  
**"Take Control of Your Life With Healthy Nutrition"**  
 Speaker: Dr. Miguel Gonzalez  
 Location: Lillian S. Wells Women's Center at  
 Broward Health Broward General Medical Center  
 1600 S. Andrews Avenue, Fort Lauderdale  
**RSVP for both lectures to 954-759-7400**

**TRAVEL**

**AAA Member Awareness Day**  
**February 16, March 22 and April 19**  
 Location: All AAA Branches in Palm Beach,  
 Broward and Dade Counties.  
 Learn about the AAA Member Benefits and how to take advantage  
 of everything they have to offer.

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**AAA Cruise & Tour Show**  
**Friday, February 24, 7 - 9 pm**  
 Biltmore Hotel, 1200 Anastasia Avenue, Coral Gables  
 For information call: AAA Kendall, 305-270-6450;  
 AAA S. Miami, 305-661-6131  
**Saturday, February 25, 2 - 4 pm**  
 Sheraton Ft. Lauderdale Airport & Cruise Port Hotel  
 1825 Griffin Road, Dania Beach  
 For information call: AAA Pembroke Pines, 954-322-5020;  
 AAA Plantation, 954-424-4140; AAA Pompano Beach, 954-942-5450

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**AAA Vacation Expo, Sunday, February 26, 12 - 3 pm**  
 Palm Beach Airport Hilton  
 150 Australian Avenue, West Palm Beach  
 For information call: AAA Delray Beach, 561-865-1400;  
 AAA Palm Beach Gardens, 561-694-9090; AAA Wellington, 561-357-3475  
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 Go to [www.AAA.com/TravelEvents](http://www.AAA.com/TravelEvents) to register for the events above.

**HEALTH**

**Cleveland Clinic Florida**  
**Tuesday, February 21, 6 - 7 pm**  
**West Palm Beach Community Health Talk—**  
**"Vascular Disease in the Elderly"**  
 Speaker: Darryl Miller, MD, Cardiologist  
 Location: 525 Okeechobee Blvd., 14<sup>th</sup> Floor  
 To register please call 800-691-6555  
**Thursday, February 23, 12 - 1 pm**  
**Web Chat—"Guidelines to be Heart Healthy"**  
 Speaker: Darryl Miller, M.D., Cardiologist  
 Go to [clevelandclinic.org/webchats](http://clevelandclinic.org/webchats)  
**Sunday, March 4, American Diabetes Association Tour de Cure**  
 Join over 1,000 cyclists, volunteers, sponsors etc.  
 Presented by Cleveland Clinic Florida and zmotion.  
 Sportplex Athletic Complex, Coral Springs  
 For details go to [main.diabetes.org/sfttour](http://main.diabetes.org/sfttour)



**"At least for now, I still  
 have all my marbles."**

from I'm New at Being Old  
 by Lucy Rose Fischer—  
[www.lucyrosetdesigns.com](http://www.lucyrosetdesigns.com)