

## County/Local Resources:

- **Aging & Disability Resource Center of Broward County (ADRC)**

ADRC publishes an annual Directory of Community Resources for Broward County seniors, with an index of resources from AARP to YMCA and everything in between: alcohol & substance abuse programs, Alzheimer's programs, consumer services, counseling, financial assistance, food, housing, legal assistance, Senior Centers, transportation and more.

The Directory of Services can be viewed at [www.adrcbroward.org](http://www.adrcbroward.org) and their Elder Helpline is (954) 745.9779

- **Broward 2-1-1—Dial 2-1-1 or (954) 537.0211 to contact the County's General Info Line or visit [www.211-broward.org](http://www.211-broward.org)**

Get information on various services including the “senior touchline”, which offers a free daily phone call to people over 60 years of age who live alone.

- **SunServe...Wilton Manors**

SunServe is a 501(c)(3) nonprofit social services agency in Wilton Manors serving the LGBT community. SunServe offers a Senior Care Management program to provide linkage to medical, social, financial, housing and employment resources and FREE senior day-care. Contact: 954.764.5150 or [www.sunserve.org](http://www.sunserve.org)

- **The Pride Center at Equality Park**

The Pride Center offers seniors activities at their 2040 N. Dixie Hwy campus—including Coffee & Conversation every Tuesday at 10am-12pm, and the SAGE Computer Club every Wednesday at 4pm. and an annual Senior Expo event. Contact them at 954.463.9005 or [www.pridecenterflorida.org](http://www.pridecenterflorida.org)

## Other Services & Benefits

- **Poverello Center** in Wilton Manors provides Nutritional Assistance for those living with HIV/AIDS. Contact them at 954.561.3663 or [www.poverello.org](http://www.poverello.org)
- Human Services Network, Inc., doing business as **Meals on Wheels South Florida**, is the prime provider of site meals for elders in Broward County. Contact them at 954.731.8770 or at [www.bmow.org](http://www.bmow.org)
- **Social Security Administration**—website: [www.socialsecurity.gov](http://www.socialsecurity.gov) Tele-service at: 800.772.1213 - many issues can be resolved through teleservice without further referral.
- Did you know that the **Wilton Manors Police Department** provides wellness checks to residents? Contact them at 954.390.2150.
- **Broward County Veterans Services Division** offers assistance to veterans, their dependents and dependent survivors at 954.357.6622 or [www.broward.org](http://www.broward.org)
- **AARP club membership** offers various discounts and services—[www.aarp.org](http://www.aarp.org)



*Life's Just Better Here*

A Public Service by the  
City of Wilton Manors  
Community Affairs Advisory Board



# YOUR SENIOR RESOURCE GUIDE

*Life's just better here!...  
for Seniors and their  
Caregivers.*



If you have a life threatening  
**EMERGENCY** call 9-1-1

If it's not an emergency contact  
**Police Dispatch at 954.764.4357**

\*\*\*

Get valuable information on the City's  
website at: [www.wiltonmanors.com](http://www.wiltonmanors.com)

## Services



### **Senior Transportation**

The Wilton Manors Leisure Services Department offers transportation on a weekly basis. Residents can be transported to doctor's appointments, Publix at 5-Points, and pharmacy visits within a five mile radius around Wilton Manors. This program is offered to all residents 60 and over who have no other means of transportation. The cost for transportation is \$2 each trip. For reservations or information, residents can contact the Wilton Manors Leisure Services Department at 954.390.2130

### **Solid Waste Collection Discount**

The Wilton Manors Leisure Services Wilton Manors' seniors may be eligible for a 10% discount on the solid waste collection fee on their monthly utility bill. To be eligible, you must be a resident of Wilton Manors, have a utility account in your name, submit proof that you are at least 65 years of age, and not have any other household members under the age of 65. The discount application is available at the City Hall Lobby Utilities Desk or on the City's website at: [www.wiltonmanors.com/DocumentCenter/View/1215](http://www.wiltonmanors.com/DocumentCenter/View/1215) or call Utility Billing at 954.390.2100.



### **Brains & Balance Past 60™**

Guy Andrews, Executive Director of Exercise ETC., Inc. , created the Brains and Balance Past 60™ program with two thirds of each class devoted to exercise and the remaining third devoted to brain games. The exercise portion often includes navigating an obstacle course or use of an exercise ball, while the brain games include FUN challenging word, math and memory games. This group meets every Wednesday from 10 to 11 a.m. at the Hagen Park Community Center. The class is FREE for Wilton Manors residents and \$3 for non-residents.

### **Empower Hour- Active Movement and Positive Thinking Class**

Learn to control your emotions, reduce stress and anxiety to focus your energy on the most important aspects of living. This program will be enlightening, and empowering through movement, music, visualization, yoga, meditation, and aromatherapy. The class is held Wednesday evenings from 6 -7p.m. at Hagen Park. The cost is \$3 for residents and \$4 for non-residents.

### **Chair Yoga**

Scared you will fall over and lose your balance trying yoga? Seniors find they can balance, strengthen and stretch more when using a chair for support. That's why Chair Yoga has become so popular for seniors and people with physical limitations. Chair Yoga is held every Monday and Thursday at 10am at Hagen Park. Cost is \$1 for residents and \$3 for non-residents. For more information contact Trish Billings at 954.804.8184.

### **Open Table Tennis for Seniors**

Enjoy free Table Tennis play on Tuesday mornings from 10am-12pm. Playing table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. It is a low-injury risk sport that keeps one fit and flexible, without putting severe stress on joints; increasing one's agility, flexibility and reaction time. Tuesdays, 10am at Hagen Park

### **Wilton Manors Library**

Did you know that the Wilton Manors Richard C. Sullivan library provides free book delivery to residents who are unable to come to the library? Contact our library at 954.390.2195 for more information.

### **Senior Field Trips**

The City organizes field trips for residents 55 and older. Call Leisure Services for information on the next trip at 954.390.2175. Cost varies by trip.

### **Special Needs Database**

The City maintains a database of our special needs residents who may benefit from special City services after a disaster. Sign up by utilizing the form on the City's website: <http://www.wiltonmanors.com/DocumentCenter/View/124> or call (954) 390.2100.