



MAY IS OLDER AMERICANS MONTH



Older Americans Month is a time to acknowledge the contributions older individuals have made to our country.

The month is celebrated nationwide with ceremonies, events,

fairs and other activities. Broward County Libraries is commemorating Older Americans Month with events that range from memoir writing workshops to exercise programs and adult coloring. All events are free and open to the public.

May 12, 19, 26 10:30AM-12:30PM	Matter of Balance: Fall prevention class for seniors	Dania Beach Paul DeMaio Library
May 16 10:30-11:30AM	Medicines Copays and Medicare Gap Info Table	Hollywood Library
May 20 10:30-11:30AM	Meditations: Guided stress relieving mediation class	Southwest Regional Library
May 20 11AM-Noon	Living Healthy for Older Americans	Pompano Beach Library
May 30 3-4PM	Chair Exercise for Seniors bring cushion or pillow	South Regional/Broward College Library

Broward.org/Library