

HAPPENINGS

Note: Dates and times may change. Contact venues to confirm.

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'GET FIT'

Center for Active Aging
227 NW 2 St.
Deerfield Beach, FL 33441

Have fun and meet new people. Senior friendly fitness classes for adults aged 60 years and up.

- Strength & Stretch every Monday with Cindy Sawadogo, 1:30 to 2:15 p.m.
- Posture & Core every Monday with Cindy Sawadogo, 2:15 to 3 p.m.
- Yoga Lite with Laura Newman every Monday, 3:30 to 4:30 p.m.
- Enhance Fitness® Program with Julie Dinnard every Monday, Wednesday & Friday 10 to 11 a.m.
- Zumba Gold with Ayheza Newell every Tuesday & Thursday 12 to 1 p.m.
- Senior Aqua Movement every Tuesday and Thursday at the DFB Aquatic Center, 1 to 2:30 p.m.

For more information, please call the Center for Active Aging at 954-480-4447.

Chair Yoga at the Center for Active Aging

Tuesday & Thursday from 9:30 to 10:30 a.m.
Center for Active Aging
227 NW 2 St.
Deerfield Beach, FL 33441

The Center for Active Aging offers recreational, fitness and fun for seniors over the age of 60. Transportation Services available. Yoga helps improve your flexibility, build muscle strength, perfect your posture, prevents cartilage and joint breakdown, protects your spine, betters your bone health, increases your blood flow and you can meet new people. The instructor will be Diane Zantop. The cost is \$30 per month or \$5 per class. *For more information, call 954-480-4447.*

Chair Yoga classes

The Center for Active Aging
227 NW 2 St.
Deerfield Beach, FL 33441

Seeking to Transform your Health and Decrease Stress? Join one of Chair Yoga classes. They have Sit N' Fit Chair Yoga on Tuesdays & Thursdays from 9:15 to 10:15 a.m. They also have Chair Yoga for Young at Heart Seniors on Tuesdays & Thursdays from 10:45 to 11:30 a.m. *For information, please contact the Health Support Office at 954-480-4446.*

District 4 Saturday Office Hours – Jan. 5

District 4 Commissioner, Todd Drosky is happy to host Saturday office hours on Jan. 5, at City Hall located at 150 2 Ave., in Deerfield Beach. Commissioner Drosky will be available to meet with constituents on an appointment basis, between the hours of 10 a.m. to noon. *To schedule an appointment, please contact the Office of the City Manager at 954-480-4263.*

Gateway

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Brenda, festively dressed in a Santa hat, waited in line for the event to begin at 10 a.m. to find presents for her "houseful of kids." Asked if Christmas was her favorite holiday, she said, "It is. It's a great thing they are doing every year. The community can use this!" Mother of 1-year old Skylar and 3-year-old Kamiya, Cumuriel Johnson from Coral Springs took turns juggling her two girls while her husband

stood in line.

"We have six kids — four boys and two girls. "[Gateway,] they really help. We're just hoping for the best. We're wishing for Santa this year to bless us." (This was Cumuriel's third year attending the Christmas Special Touch.) Young Deerfield mom Jessica May, stopped by Gateway, Tuesday morning, to pick up some toys for her family.

"Last year, I was so tired, I just put presents under the tree, unwrapped," she said, hoping that this year would be a better holiday season.

Cleatus Kagel loaded up his truck at Gateway with food items to take over to the Church at Deerfield Beach (formerly First Baptist) to be distributed at a Dec. 21 Food Pantry. He said he was going to put together 48 bags to give out the Friday before Christmas.

To find out more about Gateway Community Outreach, visit www.gco-florida.org.



Deerfield Beach Cultural Committee Board and volunteers plan 2019 Festival Of the Arts.

Poster

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Asked how long it took her to create the artwork for the poster, she replied, "I'm not really sure how long it took ... I kind of zone out and listen to music when I'm creating — definitely a couple days. I usually work six hours or so at a time."

Mastrangelo has a Bachelor's degree in Fine Arts from Coastal Carolina University, but said she has been drawing since she was a child.

"I recently had a joint show at Sunrise Civic Center Art Gallery and have my first solo show at Harold's Cafe in West Palm Beach in April 2019. I'm also one of the artists in the Continuum art exhibit in West Palm Beach this

month [December]. I teach acrylic art classes as well, for my company, Mobile Masterpieces," she said.

The Lantana resident said she loves going to Deerfield Beach.

"I grew up in a small, mountain town — Glens Falls, in upstate New York — but I moved out as soon as I was able to. I ended up in South Carolina for college to be near the ocean," she said.

Asked what is something interesting about her that not everyone may know, Mastrangelo replied, "Something a lot of people don't know is that I grew up originally wanting to be a marine biologist. We went to Maine every year since I was an infant

until I moved at age 18 to Wells/Ogunquit beach. I fell in love, as a kid, with the ocean and was fascinated by sea life. I loved reading the adventures of Jacques Cousteau. Since I moved to Florida, I learned to dive, and I'm advanced certified. My artwork heavily reflects my love for the sea. I'm extremely thankful to live in a tropical place where I can find multiple sources of inspiration."

Mastrangelo added that she is "really excited and looking forward to" this year's Festival of the Arts.

Save the Date:

When: Saturday, Jan. 26 and Sunday, Jan. 27, 2019
Where: Main Beach Parking Lot, 149 SE 21 Ave., south of International Fishing Pier
Time: 10 a.m. to 5 p.m.
Fee: FREE; guests must pay to park.

Declutter

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5. Prioritizing is important. You now know that you have selected those items that are most important and, by prioritizing items, it can bleed over into other areas of your life. Next is to prioritize the rest of your days. Are you really doing what you want in your life? Are there

things or people in your life (or on your social media) that you should eliminate but have been putting off? What would happen if you were to "clean out" the rest of your life? Who would you be then? What friends could you make an opening for by cleaning out those who don't support you?

What activities could be in your life by getting off your schedule those tasks that don't enhance what you are up to as a person?

These are just a few tips and a few things to think about as we venture into 2019. This reporter certainly will be trying to adhere to these tips. Yes, it is not easy... But, we can all try it out together and hope for the best... one day at a time.

Happy New Year, everyone!

For Sale

AKC GERMAN SHEPHERD PUPPIES AVAILABLE NOW:

This is a beautiful repeat breeding from Skyy and Ziggy!



There are 5 males and one female. Colors are solid black, black and tan, and bi-color. These will be higher energy, active puppies, suitable for companion pet homes with active families, also competition dogs suitable for obedience, barn hunt, dock diving, herding, agility, lure coursing, FASTCAT, nosework, and club level working dog sports. Excellent temperament and character, bred for good health and working ability. Bloodlines are mostly east German (DDR) with some old west working lines.

Expect good ball and toy drive, food drive, compact and sturdy working type dog conformation. Mother is solid black, she has a sweet temperament, good with other dogs/animals and people. Skyy is OFA good hips/elbows, cardiac and DM normal. PennHip 90% very tight hips. She has her International CH and FASTCAT titles. Sire is black/tan, active and higher energy, very athletic. Ziggy is OFA excellent hips, elbows normal, cardiac and DM normal. He has very tight hips, PennHip score of .19/.19. He

is multiple titled, competes in SCH, barn hunt, dock diving, lure coursing, herding, FASTCAT, and weight pull. Puppies come with 3 sets of vaccines and dewormings, will be microchipped, temperament tested, and vet health checked. They have a hip/health and congenital defect warranty. Ready to go first week of January. Reservations/deposits accepted to hold pups, please call/text/message to make an appointment to see this lovely litter. Located in south Florida for the winter.

(303) 514-7395

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