

CITY OF PARKLAND ACTIVE ADULTS FEBRUARY 2026

REGISTRATION OPENS DECEMBER 23 AT 9:00AM

Register at the P-REC or online by scanning the QR code.



DROP-INS WELCOME

Fitness Classes

Chair Zumba: Mondays, 10:00 a.m.

Chair Toning: Fridays, 9:00 a.m.

Parkland Walkie Talkies Walking Club

Step into wellness with friends,
conversations and weekly talks.

Join Commissioner Murphy- Salomone
Saturday, February 7, 8:00 a.m.

Meet in the P-REC lobby

CANCELED 2/14

Weather permitting

Game Day Get Together

Drop in for open play game day with friends.

Every Wednesday except Bingo Day

1:00 p.m. - 3:30 p.m.

Mahjong, Canasta & Board Games

Bingo: Wednesday, February 25

1:30 p.m.



Senior Health and Lifestyle Expo

Discover new ways to stay active, healthy and
connected at our first annual Senior Health and
Lifestyle Expo.

Saturday, February 28
10:00 a.m. - 12:00 p.m.

REGISTRATION REQUIRED

Technology Class

Online Safety and Scam Prevention

Thursday, February 5

10:30 a.m.

Registration required



Calligraphy & Coffee with Angelita

Learn calligraphy basics in a fun, hands-on class.

Tuesday, February 10

10:00 a.m.

Breakfast & Presentation

Sponsored by Grand Audition USA:

Thursday, February 12

10:00 a.m.



Excursion:

Mia Cake House Deerfield

Thursday, February 19

Morning: Check-in 9:00 a.m.
Bus will depart P-REC at 9:15 a.m.

Afternoon: Check-in 1:00 p.m.
Bus will depart P-REC at 1:15 p.m.



Stay active and connected with Parkland's Active Adult Program (Parkland residents 62+).
Enjoy fitness classes, field trips, art & crafts, and more all designed to promote total wellness.
Activities are first-come, first-served. Non-residents may inquire one week prior to program date
to enroll in available spaces. Register at the P-REC or online by scanning the QR code.

All activities are subject to change.

Cancellation Policy: Participants who cancels less than two days before a free program forfeits
opportunity to register for that program the same year.



For more information call (954) 757-4105

P-REC: 10559 Trails End, Parkland FL, 33076