



# COOPER CITY RECREATION SENIOR RESOURCE GUIDE



## BE CAUTIOUS

THE ELDERLY AND THOSE WITH UNDERLYING MEDICAL PROBLEMS: HIGH BLOOD PRESSURE AND HEART PROBLEMS AND DIABETES ARE MORE LIKELY TO DEVELOP SERIOUS ILLNESS.



## FOOD ASSISTANCE THE ELDER HOTLINE (954) 745-9779

[WWW.ADRCBROWARD.ORG/IDEX/PHP](http://WWW.ADRCBROWARD.ORG/IDEX/PHP)

[WWW.ADRCBROWARD.ORG/COVID19.PHP](http://WWW.ADRCBROWARD.ORG/COVID19.PHP)

[ELDERAFFAIRS.STATE.FL.US/](http://ELDERAFFAIRS.STATE.FL.US/)



## ARE YOU OK? SENIOR HOTLINE

BSO COOPER CITY DISTRICT OFFERS DAILY TELEPHONE SERVICE THAT IS DESIGNED TO CHECK ON ELDERLY RESIDENTS. TO SIGNUP, PLEASE CALL (954) 441-8330.

### **BROWARD 211**

DIAL 211, 24/7 for assistance.



## PLEASE CONTINUE TO PRACTICE

FREQUENT HAND WASHING  
COUGH AND SNEEZE  
ETIQUETTE AVOID TOUCHING  
EYE, NOSE AND MOUTH.  
CLEAN AND DISINFECT  
"HIGH TOUCH" SURFACES.  
AVOID LARGE CROWDS AND  
STAY HOME.

## EARLY SENIOR SHOPPING

FOR DETAILED INFORMATION, PLEASE VISIT [WWW.COOPERCITYFL.ORG](http://WWW.COOPERCITYFL.ORG)



AROMA  
BIG LOTS  
COSTCO  
DOLLAR GENERAL

FRESH MARKET  
PUBLIX  
SEDANO'S

TARGET  
WALMART  
WHOLE FOODS  
WINN DIXIE