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ORTHOPEDIC SURGERY

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THINGS TO DO

A variety of activities from Jupiter to Delray Beach.

JUPITER

Roger Dean Stadium	Home of Jupiter Hammerheads and Palm Beach Cardinals baseball with additional events held monthly.	4751 Main St. Jupiter, FL 33458	(561) 775-1818	www.rogerdeanstadium.com
Food Truck Invasion	Takes place the 2nd Friday of every month at the Abacoa Town Center.	1203 Town Center Dr. Jupiter, FL 33458		www.foodtruckinvasion.com
Dubois Park	Easily accessible beach with guarded lagoon, picnic area, and playground. Open daily from dawn to dusk.	19075 DuBois Road Jupiter, FL 33477		
Busch Wildlife Sanctuary	Florida wildlife center and hospital with nature trails. Free Admission. Open Monday-Saturday.	2500 Jupiter Park Dr. Jupiter, FL 33458	(561) 575-3399	www.buschwildlife.org
Jupiter Lighthouse and Museum	Guided lighthouse tours and waterfront museum. Adult admission: \$12; Children: \$6; 5 under: Free.	500 Capt. Armours Way Jupiter, FL 33469	(561) 747-8380	www.jupiterlighthouse.org
Riverbend Park	Accessible nature trails, bike and boat rentals, picnic pavilion and fishing. Open 7am-7pm everyday.	9060 Indiantown Rd. Jupiter, FL 33478	(561) 741-1359	
Carlin Park	Accessible beach with special wheelchairs available from lifeguards, picnic area and playground.	400 State Road A1A Jupiter, FL 33477		
Harbourside Place	Shopping, dining and entertainment for the whole family. Visit website for current events.	200 N US Hwy. 1 Jupiter, FL 33477		www.harboursideplace.com
Manatee Queen Boat Cruise	Handicapped accessible boat tour of the intracoastal around Jupiter Island homes of the rich and famous.	1065 N Ocean Blvd. Jupiter, FL 33477	(561) 744-2191	www.manateequeen.com
Loxahatchee River Center	Learn about Florida's wild and scenic river with live aquatic tanks, interactive exhibits, and a touch tank.	805 US Hwy 1 Jupiter, FL 33477	(561) 743-7123	www.lrivercenter.org
Lighthouse Cove Adventure Golf	A miniature golf course that is wheelchair accessible featuring a burger shack and ice cream.	617 N Hwy A1A Jupiter, FL 33477	(561) 203-7965	www.lighthousecoveadventuregolf.com
Cinepolis	Luxury movie theaters with reclining leather seats and in-theater food and drink service.	201 N US Hwy 1 Jupiter, FL 33477	(561) 277-1740	www.cinepolisusa.com/jupiter
Blowing Rocks Preserve	A protected beach, great for snorkeling, hiking trails and an education center. Open daily 9:00am-4:30pm.	574 S Beach Rd. Hobe Sound, FL 33455	(561) 744-6668	

JUNO BEACH

Loggerhead Marinellife Center	An interactive, educational sea turtle rehabilitation center with other live animals and educational exhibits.	14200 U.S. Hwy 1 Juno Beach, FL 33408	(561) 627-8280	www.marinellife.org
Juno Beach Pier	The pier features a scenic walk, fishing pole rentals (\$15/day) and a pier store selling bait, etc. Open daily.	Juno Beach, FL 33408	(561) 855-6185	

PALM BEACH GARDENS

Downtown at The Gardens	Shopping, dining, and entertainment including a carousel and pottery place. Fun for the whole family!	11701 Lake Victoria Gardens Ave. PBG, FL 33410	(561) 340-1600	
Cobb 16 Cinemas	Movie theater with stadium style seating.	Downtown at The Gardens	(561) 253-0819	www.cobbtheatres.com
The Gardens Mall	An upscale, two story, shopping destination.	3101 PGA Blvd. Palm Beach Gardens, FL 33410		
Palm Beach Gardens Aquatic Complex	A large pool, 3 water slides, rock climbing wall, splash playground and splash pad. Admission is \$11.	4404 Burns Rd. Palm Beach Gardens, FL 33410	(561) 630-1100	www.pbgfl.com/600/Aquatics
The Green Market	Featuring fresh local fruits, vegetables, herbs, crafts, and much more. Sundays from 8am-1pm, year round.	10500 N Military Trail PBG, FL 33410	(561) 630-1100	
Frenchman's Forest Natural Area	Accessible paved walking trails with plenty of shade and the chance to see birds, turtles and other wildlife.	12201 Prosperity Farms Rd. PBG, FL 33410		

RIVIERA BEACH

Ocean Reef Park	Accessible beach with showers and restrooms. Beach wheelchairs available from the lifeguard station.	3860 N Ocean Dr. Riviera Beach, Florida 33404		
Phil Foster Park	Accessible, guarded beach with plenty of shade, showers, restrooms and an underwater snorkeling trail.	900 Blue Heron Blvd. Riviera Beach, FL 33404		
Peanut Island Ferry	A \$10.00 round trip boat ride with Capt. Joe, to and from Peanut Island. Free Parking at the marina.	E. 13th Street Riviera Beach, FL 33404	(561) 844-7969	
Peanut Island	Visit the Palm Beach Maritime Museum, John F. Kennedy Bunker, the beach and a paved walking path.	*Only accessible by boat.		

NORTH PALM BEACH, WEST PALM BEACH, PALM BEACH

The Lake Trail	Paved walking and bike trail, about 6 miles, along the intracoastal. Street parking allows for easy access.	Palm Beach, FL 33480		
Henry Flagler Museum	A 75-room mansion open to the public with guided tours, exhibits and special programs.	1 Whitehall Way, Palm Beach, FL 33480	(561) 655-2833	www.flaglermuseum.us
John D. MacArthur State Park	Large beach for swimming with a nature center, kayak rentals, children's programs, concerts and more.	10900 Jack Nicklaus Dr. N Palm Beach, FL 33408	(561) 624-6952	www.macarthurbeach.org
Grassy Waters Nature Preserve	Miles of wheelchair accessible boardwalk trail wind through wetlands with a nature center.	8264 Northlake Blvd. West Palm Beach, FL 33412	(561) 804-4985	
Clematis By Night	Free outdoor concerts at the end of Clematis St. on Thursday nights with food, drinks and fun for all ages.	100 N Clematis St. West Palm Beach, FL 33407		www.wpb.org
AMC Movie Theater	They offer discounted prices on Tuesdays. Bring your parking garage ticket with you to have it validated.	545 Hibiscus St. West Palm Beach, FL 33401	(561) 833-2310	www.amctheatres.com
Rosemary Square	Shopping, dining and fun in downtown WPB. Parking garages on Hibiscus, Gardenia, Sapodilla and Okeechobee.	700 S Rosemary Ave. West Palm Beach, FL 33401		www.rosemarysquarewpb.com
Coral Sky Amphitheatre	South Florida's most popular music venue. For upcoming concerts and events, visit the website.	601-7 Sansburys Way West Palm Beach, FL 33411	(561) 795-8883	www.westpalmbeachamphitheatre.com
Divu Duck	The fully narrated, musical tour on land and in the ocean begins at City Place then splashes into the Intracoastal.	600 S Rosemary Ave. West Palm Beach, FL 33401	(561) 844-4188	www.divaduck.com
Lion Country Safari	Drive through a safari park with over 900 animals and feed the giraffes!	2003 Lion Country Safari Rd. Loxahatchee, FL 33470	(561) 793-1084	www.lioncountry.com
South Florida Science Center	Numerous interactive science exhibits including an aquarium, nature trail, miniature golf course and planetarium.	4801 Dreher Trail N West Palm Beach, FL 33405	(561) 832-1988	www.sfscenter.org
Palm Beach Zoo	23 acres with more than 550 animals, many of them endangered from Floridan and around the world.	1301 Summit Blvd. West Palm Beach, FL 33405	(561) 547-9453	www.palmbeachzoo.org
Green Market	More than 80 vendors with local produce, flowers, herbs, baked goods, coffee and more. Saturdays from Oct. to April.	101 S Flagler Dr. West Palm Beach, FL 33401		www.visitwpb.com
Manatee Lagoon	An Eco-Discovery Center and FREE attraction where you can see manatees up close. Open Tuesday to Sunday.	6000 N. Flagler Dr. West Palm Beach, FL 33407	(561) 626-2833	www.visitmanateelagoon.com
Palm Beach Outlets	With over 120 stores, restaurants, Starbucks and Whole Foods, the outlets have all you need.	12943 Palm Beach Lakes Blvd. WPB, FL 33401		www.palmbeachoutlets.com
McCarthy's Wildlife Sanctuary	With over 170 animals they offer tours and up close encounters. Reservations required, call to book.	17531 61st St. West Palm Beach, FL 33412	(561) 790-2116	www.mccarthyswildlife.com
Mounts Botanical Garden	The oldest, largest public botanical garden in Palm Beach. Learn gardening through guided tours and kids programs.	531 North Military Trail West Palm Beach, FL 33415	(561) 233-1757	www.mounts.org
Mandel Public Library	Palm Beach's library with kids programs and monthly events. For more information and hours, visit their website.	411 Clematis Street West Palm Beach, FL 33401	(561) 868-7700	www.wpb.org/departments/library
Northwood Village	Just north of downtown, there is a selection of enjoyable dining, small galleries, shops and a monthly wine stroll.	Between 23rd and 25th Streets in West Palm Beach		www.northwoodvillage.com
Grandview Public Market	A variety of vendors with indoor seating and a covered patio outside. They host live music, trivia, kid events and more.	1401 Clare Ave West Palm Beach, FL 33401	(561) 771-6100	www.grandviewpublic.com

WELLINGTON

Scott's Place Playground	The playground is designed to meet the needs of both able-bodied and disabled children.	12190 Forest Hill Blvd. Wellington, FL 33414	(561) 791-4005	
Wellington Aquatic Center	An Olympic size pool with a handicapped lift, slides and a kiddie pool. Adults: \$5 and Kids: \$3.	12072 Forest Hill Blvd. Wellington, FL 33414	(561) 791-4770	
Panther Ridge Conservation Center	Home to some of the world's endangered big cats, like cheetahs and jaguars, that focuses on educating visitors.	2143 D Road Loxahatchee, FL 33470	(561) 795-8914	www.pantherridge.org

LAKE WORTH

Downtown Lake Worth	A historic theater/museum, live music, galleries, stores, restaurants and special events in a vibrant community.			www.lakeworth.org/events
Lake Worth Beach	The guarded beach has a walkable pier and a Casino building close by with shops and restaurants.	10 S Ocean Blvd. Lake Worth Beach, FL 33460		
John Prince Memorial Park	Expansive park with a nature trail, fitness zone, fishing, playground, splash park and more.	2520 Lake Worth Rd. Lake Worth, Florida 33460	(561) 966-6600	
Oceanside Farmer's Market	Fresh fruits and vegetables, baked goods, local artisans and more. Every Saturday from 9a-1p.	1 S Ocean Blvd, Lake Worth, FL 33460	(561) 547-3100	www.lakeworthfarmersmarket.com
Lake Worth Drive In Movies	A down to earth flea market with hundreds of vendors, a drive-in movie theater and a food court.	3438 Lake Worth Rd, Palm Springs, FL 33461	(561) 965-4518	www.floridaswapshop.com

LANTANA

Tomaso's Magic Tricks and Treasures	An eclectic store chock full of magic tricks, collectibles and other fun stuff. Tomaso also gives magic lessons!	502 W Lantana Rd, Lantana, FL 33462	(561) 469-2245	www.tomasosmagicktricksandtreasures.com
Lantana Nature Preserve	A compact gravel and wooden boardwalk wind through lush vegetation home to many species of birds and reptiles.	440 W Ocean Ave. Lantana, FL 33462		

BOYNTON BEACH

Green Cay Nature Center	Walk 1.5 miles of boardwalk through the wetlands or visit the nature center and gift shop. Admission is FREE.	12800 Hagen Ranch Road Boynton Beach, FL 33437	(561) 966-7000	
Bedner's Farm and Animal EDventures	Buy fresh produce and get up close and personal with animals like the sloth, lemurs and kangaroos.	10066 Lee Road Boynton Beach, FL 33473	(561) 350-6948	www.bedners.com
Schoolhouse Children's Museum	Kids can explore, play and learn through interactive opportunities that integrate arts, humanities and sciences.	129 E Ocean Ave. Boynton Beach, FL 33435	(561) 742-6780	www.schoolhousemuseum.org

DELRAY BEACH

Wakodahatchee Wetlands Park	A three-quarter mile boardwalk, with gazebos and benches along the way, offering opportunities to see wildlife.	13026 Jog Rd. Delray Beach, FL 33446	(561) 493-6000	
Morikami Museum and Gardens	Rotating exhibits with special tea ceremonies and classes. Six different gardens inspired by famous historic Japan.	4000 Morikami Park Rd. Delray Beach, FL 33446	(561) 495-0233	www.morikami.org
Downtown Delray on Atlantic Ave.	From the art scene, live music and entertainment to tons of shops and eateries, there isn't a shortage of things to do.	Atlantic Avenue Delray Beach, FL 33446		www.downtowndelraybeach.com
Atlantic Dunes Park	Lifeguard supervised beach with a boardwalk, nature trail and restrooms. Beach wheelchairs available from lifeguards.	1605 South Ocean Blvd. Delray Beach, FL 33483		
The Girls Strawberry U-Pick	Pick strawberries and other produce (whatever is in season) with a pizzeria, bakery, ice cream and live animals on site.	14466 S Military Trail Delray Beach, FL 33484	(561) 496-0188	www.thegirlsstrawberrypick.com
Sandoway House Nature Center	A glimpse into our marine environments with exhibits, programs, live shark feedings, and a touch tank. \$5 admission.	142 South Ocean Blvd. Delray Beach, FL 33483	(561) 274-7263	www.sandoway.org

Putt'n' Around Mini Golf	Two courses to choose from, and hole-side food delivery so you can't go wrong. They offer a full menu, beer and wine.	350 NE 5th Ave. Delray Beach, FL 33483	(561) 450-6162	www.puttnaround.net
Silverball Museum	Play an extensive collection of pinball, skee-ball and other arcade games. Admission \$7 - \$25, depending on play time.	19 NE 3rd Ave. Delray Beach, FL 33483	(561) 266-3294	www.silverballmuseum.com
West Delray Regional Park	On weekends you can catch people flying model airplanes, racing RC cars and boats. There is also disc golf and fishing.	10875 W Atlantic Ave. Delray Beach, FL 33446		

SEASONAL EVENTS

South Florida Fair	An annual fair held in West Palm Beach every January featuring food, rides, games, shows and more.	9067 Southern Blvd. West Palm Beach, FL 33411		www.southfloridafair.com
Surfest	A waterfront musical and art festival held annually in the first week of May.	West Palm Beach Waterfront		www.sunfest.com
4th on Flagler	Celebrate July 4th in downtown West Palm Beach with music, kids activities, food, fun and fireworks.	West Palm Beach Waterfront	(561) 822-1515	www.thepalmbeaches.com
Turtlefest	Enjoy a day of close up encounters with loggerhead, green and leatherback turtles along with great music and art every spring.	Loggerhead MarineLife Center Juno Beach, FL 33408		www.marinelife.org/turtlefest
South Florida Garlic Fest	An event dedicated to all things garlic with chefs creating garlic-infused dishes, plus top-notch live entertainment.	John Prince Park, Lake Worth, FL 33461		www.sflgarlicfest.com
Lake Worth Street Art Festival	Free admission, fun activities and this street painting festival turns asphalt into amazing artwork in February.	Lake and Lucerne Avenues, Lake Worth, FL		www.streetpaintingfestivalinc.org
Artigras	Over 300 national and local fine artists, plus a colorful array of food, music and fun for the entire family in mid February.	Abacoa Town Center in Jupiter		www.artigras.org
Oktoberfest	Authentic German meals, a biergarten, family-friendly entertainment, arts and crafts, games musicians direct from Munich.	American German Club		www.americangermanclub.org/oktoberfest
Haunted Pirate Fest and Mermaid Splash	Free and open to all, Pirate Fest features live music, children's activities, pirate stunt shows, and the enchanted market.	Ocean Ave. Boynton Beach, FL		www.bbpiratefest.com
Palm Beach Holiday Boat Parade	The first in December see boats adorned with lights, holiday decor and fireworks as they make their way up the Intracoastal.	Visit the website for great locations to see the show.		www.palmbeachboatparade.com
Holiday in Paradise	The holiday season transforms into "Sandi Land," with the world's only sand tree complete with light shows, mini golf and more!	Downtown West Palm Beach		www.thepalmbeaches.com/top-event
Palm Beach Marathon	Join the Paley Institute in December for a 5k walk or run where our doctors and staff meet patients at the finish line with medals.	Flagler Drive, West Palm Beach		www.ftteampalmbeachesmarathon.com