

SENIOR TRIPS

Trip Description	Date(s)	Day(s)	Time	Member/ Non-member Fee	Program
May Trips (Call for availability)					
BANC Broward Aging Network Conference	5/7	TH	8:00 am – 3:00 pm	\$15/\$17	480842A
Lunch on your own at Mizner Park & Tour of Boca Raton Resort & Club	5/12	TU	10:30 am – 5:00 pm	\$13/\$15	480848A
Broward on Broadway "The Wizard of Oz"	5/17	SU	12:00 pm – 4:00 pm	\$10/\$12	480839C
Seminole Coconut Creek Casino	5/29	FR	9:15 am – 3:00 pm	\$5/\$7	480826A
June Trips - On Sale to Members 5/1; Non-Members 5/8					
Tour the Redlands <u>RF Orchids walking</u> tour, bring bagged lunch, <u>Schnebly Winery</u> tour & tasting, then off to " <u>Robert is Here</u> " for specialty shopping & homemade milkshakes.	6/3	W	9:15 am – 4:00 pm	\$15/\$17	480848B
Diners Club Lunch at "Jaxson's"	6/16	TU	11:30 am – 3:00 pm	\$5/\$7	480829A
Broadway Palm Dinner Theatre in Ft Myers to see "Peter Pan"	6/25	TH	8:30 am – 7:00 pm	\$44/\$46	480838A
July Trips - On Sale to Members 6/5; Non-Members 6/12					
Seminole Coconut Creek Casino	7/10	FR	9:15 am – 3:00 pm	\$5/\$7	180826A
Tour the Adrienne Arscht Center, Lunch on own at Bayside	7/13	M	10:30 am – 3:30 pm	\$5/\$7	180848A
Festival Flea Market	7/21	TU	10:15 am – 3:15 pm	\$5/\$7	180846A



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10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER



The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Programs & Classes

Program/Class	Date(s)	Day(s)	Time	Registration Fee (Member/Non-Member)	Program#
AARP Safe	Bring check to class made payable to AARP (Please note new fees - \$12 AARP Members, \$14 AARP non-members)				
Driver Course	5/20 & 5/21	W&TH	9:00 am - 1:00 pm	4/2, 4/9	\$12/\$14 480853B
Beading Class	Materials list available from the instructor. Please stop by a class to speak with June Sue-Paul. Senior Center membership required.				
Textured Cuff Bracelet	5/4 - 5/18	M	12:30 pm - 2:30 pm	4/2	Free 480805B
Chop Suey Bracelet	6/1 - 6/29	M	12:30 pm - 2:30 pm	5/4	Free 480805C
Right Angel Weave	7/6 - 7/27	M	12:30 pm - 2:30 pm	6/2	Free 180805A
Advanced Beading	Must be able to read a pattern				
Right Angle Weave	5/5 - 5/26	TU	1:30 pm - 3:00 pm	4/2	Free 480806B
Reversible pendant					
Loom Weaving	6/2 - 6/30	TU	1:30 pm - 3:00 pm	5/4	Free 480806C
Tubular Dutch Spiral	7/7 - 7/28	TU	1:30 pm - 3:00 pm	6/2	Free 180806A
Book Review	Book of the Month Club: Join us for our returning book of the month club. Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served.				
"A Boy in Striped Pajamas" by John Boyne	5/29	F	11:00 am - 12:00 pm	4/2	Free N/A
"24 Hours" by Greg Isles	6/26	F	11:00 am - 12:00 pm	5/4	Free N/A
Blood Pressure Check	5/8, 6/12, 7/10	F	10:30 am	walk-in	Free N/A
(Done by Sunrise Fire/Rescue)					
Computer Programs	(Note: Due to Grant requirements the computer classes are available only to Sunrise Residents over the age of 62.) Senior Center membership also required.				
Beginning Class	5/26 - 6/30	TU	1:00 pm - 3:00 pm	4/2	Free 480802C
	5/26 - 6/30	TU	6:30 pm - 8:30 pm	4/2	Free 480802D
Intermediate Class	4/8 - 5/13	W	1:00 pm - 3:00 pm	3/2	Free 380803B
Open Computer Lab	Weekly	TU	9:30 am - 11:00 am	Walk-in	Free 180806A
(The open lab is available to all Sunrise residents over the age of 62. This is a great time to practice skills or have access to the Internet.)					
Culinary Corner	Make simple recipes for-one that are healthy and low fat. A minimum of 4 people must be registered for this class to be held.				
Moroccan Chicken with Couscous	5/21	TH	1:30 pm - 3:30 pm	3/2	\$5/\$7 480816B
Gardening Club	ongoing	TH	10:00 am - 11:00 am	Now	Free
We are looking for individuals who have an interest in gardening. The senior center is working to create/maintain a garden filled with herbs, flowers & much more. We are creating a space where we can relax & enjoy the beauty.					

**The Senior Center will be closed Monday, May 25 for Memorial Day.
New daytime hours of 8:30 am - 4:30 pm are now in effect.
There are no changes to our 6:00 pm – 9:00 pm Tuesday evening hours.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES
<p>9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers</p> <p>9:00 a.m. - 9:30 a.m. Striders Club</p> <p>9:30 a.m. - 10:30 a.m. Senior Jazzercise</p> <p>9:30 a.m. - 12:00 p.m. Open Gametime</p> <p>11:00 a.m. (Start Time) Classic Movies</p> <p>12:30 p.m. - 2:30 p.m. Beading Class</p> <p>1:00 p.m. - 2:30 p.m. ESOL Class</p> <p>2:00 p.m. - 4:00 p.m. Monday Dance Mixer</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Program #180858A</p> <p>9:00 a.m. - 12:00 p.m. Mah Jongg Class Program #180809A</p> <p>9:30 a.m. - 10:30 a.m. Senior Aerobics Program #180857A</p> <p>9:30 a.m. - 11:00 a.m. Open Computer Lab Program #180806A</p> <p>12:00 p.m. (Start Time) New Release Movies</p> <p>1:00 p.m. - 3:00 p.m. Beginners Computer Class</p> <p>1:00 p.m. - 3:00 p.m. Sewing Creations Program #180858B</p> <p>1:00 p.m. - 3:00 p.m. Advanced Beading</p>	<p>9:30 a.m. - 10:30 a.m. Senior Jazzercise</p> <p>9:30 a.m. - 12:00 p.m. Senior Bowling League Strikers Lanes</p> <p>12:30 p.m. - 3:30 p.m. Bridge (Open Play)</p> <p>1:00 p.m. - 3:00 p.m. Intermediate Computers</p> <p>1:30 p.m. - 3:30 p.m. Intermediate Painting</p> <p>2:30 p.m. - 4:00 p.m. Singles Club</p>	<p>9:30 a.m. - 11:00 a.m. Bereavement Support Group</p> <p>10:00 a.m. - 11:00 a.m. Coupon Club</p> <p>10:00 a.m. - 11:00 a.m. Gardening Club</p> <p>10:00 a.m. - 1:00 p.m. Free Eyeglass Repair</p> <p>10:00 a.m. - 12:00 p.m. Line Dancing</p> <p>12:30 p.m. - 3:30 p.m. Open Gametime</p> <p>12:30 p.m. - 4:00 p.m. Non-Sanctioned Duplicate Bridge</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Program #180858A</p> <p>9:30 a.m. - 10:30 a.m. Stretch & Hand Weight Training Program #180856A</p> <p>1:00 p.m. - 2:30 p.m. Choral Group Program #180827A</p> <p>1:00 p.m. - 2:30 p.m. Bingo</p> <p>1:30 p.m. - 3:30 p.m. Beginning Painting</p>	<ul style="list-style-type: none"> When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest. If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u> When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants. No changes can be made 7 days prior to the trip or at the restaurants. Trips departing before 3:30 p.m. leave from the Civic Center east parking lot If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.
<p>Monday Classic Movies 11am 5/4 Escape from Fort Bravo William Holden, Eleanor Parker 1 Hr. 40 min</p> <p>5/11 Anaconda Jon Voight, Jennifer Lopez 2 Hrs</p> <p>5/18 The Far Country James Stewart, Ruth Roman 1 Hr. 40 min</p> <p>5/25 The Violent Men Glenn Ford, Barbara Stanwyck 1 Hr. 40 min</p> <p>6/1 My Body Guard Chris Makepeace, Joan Cusack 1 Hr. 40 min</p> <p>6/8 Many Rivers to Cross Robert Taylor, Eleanor Parker 1 Hr. 40 min</p> <p>6/15 The Last Wagon Richard Widmark, Felicia Farr 1 Hr. 43 min</p> <p>6/22 Morocco Gary Cooper, Marlene Dietrich 1 Hr. 32 min.</p> <p>6/29 Shining Through Michael Douglas, Melanie Griffith 2 Hrs. 7 min.</p>	<p>Special Evening Hours</p> <p>6:00 p.m. New Release Movies</p> <p>6:00 p.m. - 9:00 p.m. Open Game Room</p> <p>6:00 p.m. - 9:00 p.m. Woodcarving</p> <p>6:30 p.m. - 8:00 p.m. Spanish Class</p> <p>6:30 p.m. - 8:30 p.m. Beginners Computer Class</p> <p>Tuesday New Release Movies (12 noon & 6 pm)</p> <p>5/5 MILK Sean Penn, Josh Brolin 2 Hrs (Rated R)</p> <p>5/12 The Secret Life of Bees Queen Latifah, Dakota Fanning 2 Hrs (PG-13)</p>	<p>Tuesday New Release Movies (12 noon & 6 pm)</p> <p>5/19 Nights in Rodanthe Richard Gere, Diane Lane 1 Hr, 40 min (PG-13)</p> <p>5/26 Rachel Getting Married Anne Hathaway, Rosemarie DeWitt 2 Hrs (Rated R)</p> <p>6/2 Quantum of Solace Daniel Craig, Judi Dench 1 Hr, 40 min (PG-13)</p> <p>6/9 Marley & Me Jennifer Aniston, Owen Wilson 2 Hrs (PG)</p> <p>6/16 Seven Pounds Will Smith 2 Hrs (PG-13)</p> <p>6/23 Boy in Striped Pajamas Asa Butterfield 1 Hr, 45 min (PG-13)</p> <p>6/30 Slumdog Millionaire Freida Pinto, Irfan Khan 2 Hrs (Rated R)</p>	<p align="center">SPECIAL EVENTS</p> <p>Free Eyeglass Repair 10:00 am - 1:00 pm Every Thursday  Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. No appointment required.</p> <hr/> <p>Older American Month Line Dance Workshop 10:00 am - 12:00 pm Thursday, May 14 This is your chance to kick up your heels and enjoy learning new dances. Walk-ins welcome!</p> <hr/> <p>Older American Month Choral Concert 1:30 pm - 2:30 pm Friday, May 22 Come listen to the Senior Center Sunrise Star Performers. Tickets Available: 4/2</p> <hr/> <p>"Meet Your Wildlife Friends" Social  1:45 pm - 3:00 pm Wednesday, May 27 "MEET YOUR WILDLIFE FRIENDS", is a hands-on presentation using live animals and artifacts. A variety of native and exotic animals, will give you a unique experience to get up close with nature. Cost: Members \$3/non-members \$5 Program # 480822A Sign up begins: members 5/1, non-members 5/8</p>		<ul style="list-style-type: none"> A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience. Please occupy the same bus seat on the way to and from an event. Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person. No tickets will be sold before the published sale date. Sales commence at 8:30 a.m. Current I.D. cards must be presented for any transaction. Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates. Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City. If a minimum number of people is not reached the program may be cancelled.

SUNRISE SENIOR CENTER

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ACTIVITIES

Special Events, Seminars & Classes

Senior Center Daytime Hours 8:30 am - 4:30 pm

<u>Program/Class</u>	<u>Date(s)</u>	<u>Day(s)</u>	<u>Time</u>	<u>Registration</u>	<u>Fee</u>	<u>Program#</u>
Green Thumbs	Taught by Horticulturist Robert Bornstein.					
Miracle Cures	5/27	W	10:30 am - 11:30 am	4/2, 4/9	\$1/\$3	480815B
Clay Pots	6/24	W	10:30 am - 11:30 am	5/4, 5/11	\$1/\$3	480815C
Coconut Creatures	7/22	W	10:30 am - 11:30 am	6/2, 6/9	\$1/\$3	180815A
Jazzercise (Skip 5/25)	4/20 - 6/15 6/22 - 8/12	M&W	9:30 am - 10:30 am	Walk-in	\$44/8 week \$12/daily	N/A
Monday Mixer Dance	Weekly	M	2:30 pm - 4:30 pm	Walk-in	Free	N/A
Live entertainment & refreshments. Sign up 1 week in advance for shuttle home (in Sunrise only). Cost is .25						
Painting Classes						
Beginning	5/1 - 6/5	F	1:30 pm - 3:30 pm	4/2	\$10/\$12	480811B
Intermediate	4/29 - 6/3	W	1:30 pm - 3:30 pm	3/2	\$10/\$12	480820A
Sewing Creations	Ongoing	T	1:00 pm - 3:00 pm	Now	Free	180819A
Learn how to sew & use basic stitches to complete projects. Members must bring their own materials. Register once/year.						
Sunrise Woodcarvers	Ongoing	M	9:00 am - 10:30 am	Walk-in	See below	N/A
		T	6:00 pm - 9:00 pm	Walk-in	See below	N/A
Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructors are available.						
Sunrise Women's Bocce Club	Ongoing	W	5:45 pm	Call		
Location: Nob Hill Soccer Club Park, 10200 Sunset Strip. Learn to play the traditional game of bocce with the Sunrise Women's Bocce Club. You must be a Senior Center Member. For further information please contact Barbara Watson at 954-742-7492						

Memorial Day Ceremony

Location: Welleby Park, 11100 NW 44th Street

Date: Monday, May 25 Time: 9:30 a.m.

Everyone is cordially invited to attend a special celebration paying tribute to all veterans. The ceremony features a 21-gun salute, speakers, the presentation of colors and refreshments

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ACTIVITIES

Social Services - Programs & Seminars

The Special and Community Support Division provides information and referral regarding available federal, state, and county social service programs. Our social worker can assist with information regarding Food Stamps, assisted living and nursing home criteria, Medicare, Medicaid, HMO & Medigap Insurance.

An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For further information, contact the social worker at (954) 746-3670. Outreach is available for homebound residents.

<u>Program</u>	<u>Date(s)</u>	<u>Day(s)</u>	<u>Time</u>	<u>Fee</u>	<u>Registration</u>
Bereavement Group This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.	Weekly	TH	9:30 am-11:00 am	Free	Ongoing
Broward Health Mammovan Open to ages 35+. Insurance coverage for payment will be accepted (no HMO's please). Call (954) 746-3670 to schedule an appointment.	5/12,6/9,7/14	TU	Appt. Req'd.	\$58	Ongoing- must call
Property Tax Exemption Assistance Representatives from the Broward County Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida driver's license or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.	5/8,6/12,7/10,	F	10 am - 11:30 am	Free	Walk-ins welcome
Relaxation with Reiki Come join the Reiki circle, led by Susan Zak and Kim Neal, Reiki Masters. Participation is limited-sign up soon. See how Reiki is used and experience the protective energy we all have around us. Call 954-746-3670 to sign up.	5/19	TU	2:00 - 4:00 pm	Free	5/1
Hearing Screenings The League of Hard of Hearing will be providing hearing screenings at the Sunrise Senior Center for Florida residents. Qualified persons will receive an amplified telephone at no charge. Space is limited Call 954-746-3670 for an appointment.	6/12	F	9:30am - 12:00pm	Free	5/1

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