

SENIOR TRIPS

Trip Description	Date(s)	Day(s)	Time	Member/ Non-member Fee	Program
November Trips – Trips previously sold...call for availability					
American Heritage Theater "Sweeny Todd"	11/4	W	6:30 pm – 10:30 pm	\$10/\$12	280839A
Stagedoor Theater "Bubbling Brown Sugar"	11/12	TH	12:45 pm – 4:30 pm	\$30/\$32	280839B
Coconut Creek Casino \$15 free play; free Harvest Buffet	11/20	F	9:15 am – 4:00pm	Sold Out	280826B
December Trips - On Sale to Members 11/6; Non-Members 11/13					
Buehler Planetarium "Explorers Project Celestial Navigation" & lunch on your own at Hometown Buffet	12/3	TH	9:45 am – 3:00 pm	\$5/\$7	280842A
Boca Raton Resort & Club Start off with lunch on your own at Mizner Park & then tour the Boca Raton Resort & Club	12/8	TU	10:30 am – 4:40 pm	\$13/\$15	280848B
Miami City Ballet "Nutcracker Ballet" at the Adrienne Arscht Center	12/23	W	6:00 pm – 10:30 pm	\$35/\$37	280840A
Calder Race Track	12/28	M	10:45 am – 4:30 pm	\$5/\$7	280810C
January Trips - On Sale to Members 12/4; Non-Members 12/11					
Palm Beach Princess Free lunch buffet; \$10 free slot play; gratuities included	1/5	TU	8:30 am – 5:30 pm	\$28/\$30	380844A
Diner's Club Greek Islands Taverna Ft Lauderdale	1/22	F	11:00 am – 2:00 pm	\$5/\$7	380829A
Tamarac Theatre "Yoo Hoo Mrs. Bloom"	1/23	SA	1:00 pm – 4:00 pm	\$18/\$20	380839A
Broward Center "Phantom of the Opera"	1/14	TH	6:45 pm – 11:00 pm	\$59/\$61 (Sold Out...this trip had advanced sales in September)	280839A



PRSR STD
US POSTAGE PAID
FT. LAUD. FL
PERMIT NO. 825

Nov. / Dec. 2009

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 (Member/Non-Member)	Fee	Program#
AARP Safe Driver Course	Bring check to class made payable to AARP & your AARP card. (\$12 AARP Members, \$14 AARP non-members)					
	11/18 & 11/19	W&TH	9:00 am – 1:00 pm	call for space	\$12/\$14	280853A
	12/16 & 12/17	W&TH	9:00 am – 1:00 pm	11/3, 11/10	\$12/\$14	280853B
	1/20 & 1/21	W&TH	9:00 am – 1:00 pm	12/2, 12/9	\$12/\$14	380853A
Beading Programs	Materials list available from the instructor. Please stop by a class to speak with Karen McDavitt. (Senior Center membership required)					
Beginners Beading	No beading experience needed					
	11/2 – 11/30	M	10:00 am – 12:00 pm	call for space	Free	280814B
	12/7 – 12/28	M	10:00 am – 12:00 pm	11/3	Free	280814C
	1/4 – 1/25	M	10:00 am – 12:00 pm	12/2	Free	380814A
Intermediate Beading	Beading experience needed					
	11/2 – 11/30	M	12:30 pm – 2:30 pm	call for space	Free	280812B
	12/7 – 12/28	M	12:30 pm – 2:30 pm	11/3	Free	280812C
	1/4 – 1/25	M	12:30 pm – 2:30 pm	12/2	Free	380812A
Advanced Beading	Must be able to read a pattern.					
	11/3-11/24	TU	1:00 pm – 3:00 pm	call for space	Free	280805B
	12/8 – 12/28	TU	1:00 pm – 3:00 pm	11/3	Free	280805C
	1/5 – 1/25	TU	1:00 pm – 3:00 pm	12/2	Free	380805A
Book Club	Join our returning Book Club... Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served. Call to sign up.					
"The Glass Castle" By Jeanette Walls	11/20	F	11:00 am – 12:00 pm	10/2	Free	N/A
"The Red Tent" By Anita Diamant	12/18	F	11:00 am – 12:00 pm	11/3	Free	N/A
Blood Pressure Check	(By Sunrise Fire/Rescue)					
	11/13, 12/11, 1/8	F	10:30 am	walk-in	Free	N/A
Computer Programs	(Note: Due to grant requirements the computer classes are for Sunrise Residents over the age of 62). Senior Center membership also required.					
Beginning Classes	12/1 – 1/5	TU	1:00 pm – 3:00 pm	call for space	Free	280802C
	12/1 – 1/5	TU	6:30 pm – 8:30 pm	call for space	Free	280802D
Intermediate Class	1/27 – 3/3	W	1:00 pm – 3:00 pm	12/2	Free	380803A
Open Computer Lab	(The open lab is available to all Sunrise residents over the age of 62. This is a great time practice skills or have access to the Internet.) Register once for the entire year.					
	Weekly	TU	9:30 am – 11:00 am	Walk-in	Free	180806A

**The Senior Center will be closed
November 11, 26, 27, December 25 & January 1.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES
<p>9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers</p> <p>9:30 a.m. - 10:30 a.m. Walk Your Way to Health</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. Intermediate Beading</p> <p>1:00 p.m. – 2:30 p.m. Spanish Class</p> <p>2:00 p.m. – 4:00 p.m. Monday Dance Mixer</p> <p><u>Monday Classic Movies 11am</u></p> <p>11/2 Count Three & Pray George Sherman, Van Hefline</p> <p>11/9 Elephant Walk William Dieterle, Elizabeth Taylor</p> <p>11/16 They Died with Their Boots On Errol Flynn, Oliviane De Havilland</p> <p>11/23 Hotel Berlin Helmut Dantine, Andrea King</p> <p>11/30 Hombre Martin Ritt, Paul Newman</p> <p>12/7 The Thrill of it All James Garner, Doris Day</p> <p>12/14 The Graduate Dustin Hoffman, Ann Bancroft</p> <p>12/21 Miracle on 34th Street Edmund Gwenn, Maureen O'Hara</p> <p>12/28 Pocketful of Miracles Glenn Ford, Betty Davis</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>10:00 a.m. – 12:00 p.m. Beginners Beading</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> <hr/> <p>Special Evening Hours (Closed in August)</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 3rd & 4th Tuesday</p> <p>7:00 p.m. – 9:00 p.m. Scottish Dancing</p>	<p>9:30 a.m. - 10:30 a.m. Walk Your Way to Health</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> <hr/> <p>Tuesday New Release Movies (12 noon & 6 pm)</p> <p>11/3 The Proposal Sandra Bullock 1 Hr, 40 min (Rated PG-13)</p> <p>11/10 Duplicity Julia Roberts, Clive Owen 2 Hrs, 5 min (Rated R)</p> <p>11/17 The Merry Gentelman Michael Keaton, Kelly MacDonald 1 Hr, 40 min (Rated R)</p> <p>11/24 State of Play Russell Crowe, Ben Affleck 2 Hrs, 8 min (PG-13)</p> <p>12/1 Management Jennifer Aniston, Steve Zahn 1 Hr, 40 min (Rated R)</p> <p>12/8 Ghosts of Girlfriends Past Matthew McConaughey, Jennifer Garner 1 Hr, 40 min (PG-13)</p> <p>12/8 My Life in Ruins Nia Vardalos, Richard Dreyfus 1 Hr, 40 min (PG-13)</p> <p>12/15 An American Affair Gretchen Mol, Cameron Bright 1 Hr, 45 min (Rated R)</p> <p>12/22 Love Takes Wing Lou Diamond Phillips 1 Hr, 30 min (Not Rated)</p> <p>12/29 Table for Three Brandon Routh, Jesse Bradford 1 Hr. 35 min (Rated R)</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>1:00 p.m. – 2:30 p.m. ESOL Class</p> <hr/> <p>SPECIAL FEATURES</p> <p>Luau 6:30 pm – 9:30 pm From the shores of the South Pacific to the shores of South Florida, the Senior Center will bring you the “Spirit of Aloha” & “The Magic of Polynesia”. Enjoy a full dinner of flavorful delights & music. Don't miss the Polynesian Hula dancers, Drummers & Fire Knife Demonstration. Program #280832A</p> <p>Memory Loss Prevention 9:30 am-10:30 am Free Leading Broward neurologist H. Murray Todd, M.D., will discuss how memory loss can be prevented through a healthy life style, including diet, exercises for the brain, and avoidance of environmental risks. Common myths about Alzheimer prevention will also be addressed. Phone in sign-ups will be accepted.</p> <p>Thanksgiving Social 1:30 p.m. - 3:00 p.m. Join your friends at the Sunrise Senior Center to start the Thanksgiving holiday off. Enjoy live entertainment & delicious refreshments. Cost: Members \$3 / Guests \$5</p> <p>Festival of Lights Concert 6:30 p.m. Join us for the Festival of Lights Concert starring The Sunrise Star Performers. This is the perfect way to get into the spirit of the season. The concert will be held at the Sunrise Senior Center Ticket Distribution Begins: Members 11/3, Non-Members 11/10</p> <p>New Year's Party 6:30pm –9:30pm Ring in the New Year with your friends from the Sunrise Senior Center. Indulge in a delicious Italian dinner, great music, dancing, a ball drop and of course a bubbly toast. B.Y.O.B. These tickets won't last long. Optional transportation will be available for Sunrise residents. Fee: Members \$17 / Guests \$19 (plus optional \$5 transportation fee) *Registration begins: Members December 4, Non- Members December 11 Program #: 380831A</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>10:30 am – 12:30 pm Paper Artistry</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> <hr/> <p>Wednesday, November 18 Call for Space \$17/\$19</p> <p>Friday, November 20 Sign up now</p> <p>Wednesday, November 25 Registration begins 12/4</p> <p>Thursday, December 4 Free</p> <p>Wednesday, January 6 *Registration begins 12/4</p>	<ul style="list-style-type: none"> 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. 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. Both tickets will be charged the member rate. *You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. *Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status. When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest. Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates. 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. If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form) 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. Trips departing before 3:30 p.m. leave from the Civic Center east parking lot 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. 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.
<p><i>Happy Holidays</i></p>					

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

Center Hours 8:30 am – 4:30 pm

Program/Class	Date(s)	Day(s)	Time	Registration	Member/ Non Fee	Program#
Eyeglass Repair						
Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screw replacements, and minor frame adjustments. No appointment required.						
	Weekly	Th	10:00 am – 1:00 pm	Walk-in	Free	
Green Thumbs						
Taught by Horticulturist Robert Bornstein. Due to grant requirements classes are available only to Sunrise Residents over the age of 62.						
Pressed Flower Coaster	11/25	W	10:30 am – 11:30 am	Call for space	\$1/\$3	280815B
Holiday Pomanders	12/23	W	10:30 am – 11:30 am	11/3, 11/10	\$1/\$3	280815C
Field Trip	1/27	W	10:30 am – 11:30 am	12/2, 12/9	\$1/\$3	380815A
Language Classes						
Due to grant requirements the Spanish & ESOL (English for Speakers of Other Languages). Classes are available only to Sunrise Residents over the age of 62.						
Beginning Spanish	11/30 – 1/ 25 (skip 1/18)	M	1:00 pm – 2:30 pm	Call for space	Free	280821B
Monday Mixer Dance						
Live entertainment & refreshments. No Dance						
	Weekly	M	2:30 pm – 4:30 pm	Walk-in	Free	N/A
Painting Classes						
Beginning	1/8 – 2/12	F	1:30 pm – 3:30 pm	12/2	\$10/\$12	380811A
Intermediate Painting	1/6 – 2/10	W	1:30 pm – 3:30 pm	12/2	\$10/\$12	380820A
Paper Artistry						
Join Mixed Media Paper Artist Carolyn Mandel in our new class focusing on Paper Artistry. You will create unique projects using: Collage (one of a kind art to frame), Rubber Stamping (to create greeting cards and much more), Simple Bookbinding (to create lovely gifts)...and more! Sign up for 1 month at a time.						
	11/6 -11/20	F	10:30 am – 12:30 pm	Call for space	\$12/\$14	280813A
	12/4 – 12/18	F	10:30 am – 12:30 pm	11/3, 11/10	\$12/\$14	280813B
	1/ 8 - 1/29	F	10:30 am – 12:30 pm	12/2, 12/9	\$12/\$14	380813A
Scottish Dancing						
Learn the traditional dances of Scotland. No experience or partner required.						
	Weekly	T	7:00 pm – 9:00 pm	Ongoing	Free	N/A
Sewing Creations						
Learn how to sew & use basic stitches to complete projects. Members must bring their own materials. Register once for the entire year.						
	Weekly	T	1:00 pm – 3:00 pm	Ongoing	Free	180819A
Walk your Way to Health						
Give your arms & upper body a firming workout. INSIDE WITH AIR CONDITIONING! Register once for the year.						
	Weekly	M&W	9:30am – 10:30 pm	Ongoing	Free	180857A
Sunrise Woodcarvers						
Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructional assistance is available.						
	Weekly	M	9:00 am - 10:30 am	Ongoing	Free	
		T	6:00 pm - 9:00 pm	Ongoing	Free	
Sunrise Women's Bocce Club						
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. Register once for the entire year.						
	Weekly	W	5:45 pm	Ongoing	Free	180855A
Location: Nob Hill Soccer Club Park, 10200 Sunset Strip.						

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Social Services & Transportation Programs

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	Weekly	TH	9:30 am-11:00 am	Free	Walk-in

This group is facilitated by a professional grief counselor from Vitas, and is a valuable source of support for those dealing with grief and mourning.

Caregiver Support Workshops	11/4, 12/9, 1/9	M or W	10 am – 11:30 pm	Free	Call Now
------------------------------------	-----------------	--------	------------------	------	----------

Feeling Overwhelmed? Participate in this new program for caregivers of seniors age 60+. We will offer referrals to important services and support. Follow up Caregiver Support Groups will be offered the 1st and 3rd Mondays of each month. This is a cooperative program with Jewish Family Services.

Broward Health Mammovan	11/10,12/8,1/12	TU	Appt. Req'd.	\$58	Call now
--------------------------------	-----------------	----	--------------	------	----------

Open to ages 35+. Insurance coverage for payment will be accepted (no HMO's please). Call (954) 746-3670 to schedule an appointment.

Property Tax Exemption Assistance	11/13,12/11,1/8	F	10 am – 11:30 am	Free	Walk-in
--	-----------------	---	------------------	------	---------

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.

Dept. of Motor Vehicles	11/18	W	9:00 am-3:00 pm	Free	Walk-in
--------------------------------	-------	---	-----------------	------	---------

Department of Highway Safety and Motor Vehicle representatives will be on site to renew or replace your Florida driver license, ID card, vehicle or vessel registration. Payments accepted are cash, checks, or credit cards, (Master, American Express, Discover).Original documents are required for identification purposes.

Don't Be A Victim!	12/2	W	11:00am-12:00pm	Free	now
---------------------------	------	---	-----------------	------	-----

Protect yourself from financial exploitation by developing a specific knowledge and awareness about financial exploitation or abuse. Learn what to do if you become a victim!

Free Memory Screenings	12/3, 12/7	TH&M	9:30am - 3:00 pm	Free	11/2
-------------------------------	------------	------	------------------	------	------

Unusual behavior, forgetfulness or loss of judgment may be a sign of a neurological problem. The Broward Health Memory Disorder Clinic will provide the screenings. Call 954-746-3670 for an appointment.

Hearing Screening	12/11	F	9:30 am – 12 pm	Free	11/2
--------------------------	-------	---	-----------------	------	------

The Center for Hearing and Communication will be providing hearing screenings at the Sunrise Senior Center for Florida residents. Qualified persons (any age), will receive an amplified telephone at no charge. Space is limited. Call 954-746-3670 for an appointment.

Discovering the Wisdom of Your Own Personal Power	1/13	W	11:00am-12:00pm	Free	11/2
--	------	---	-----------------	------	------

Dr. Priscilla Marotta will provide a definition of Positive Power! You will be able to understand and identify power robbing behaviors, their impact, and develop an understanding of power lessons to increase positive power skills, as well as how they can improve your quality of life.