

## FEBRUARY 2007 TRIPS

### Tickets on Sale:

Members January 5, Non-Members January 12

#### Park Vista Theatre "The Sunshine Boys" (Lake Worth)

This classic comedy by Neil Simon celebrates great Vaudeville duos. Broadway stars Bruce Adler and Avi Hoffman make this a winning performance.

**Date & Time:** Thursday, February 8, 6:45 p.m. - 11:00 p.m.

**Cost:** Members \$32 / Guests \$34

#### Dania Jai Alai

Enjoy a cafeteria-style meal with your friends, followed by the fast moving action of Jai Alai. Bet on your favorite players to win big.

**Date & Time:** Thursday, February 15, 4:45 p.m. - 11:00 p.m.

**Cost:** Members \$13/ Guests \$15

#### Gulfstream Park

Enjoy thoroughbred racing and brand new slot machines. Note: Our group's seats are located up one flight of stairs.

**Date & Time:** Monday, February 19, 11:00 a.m. - 5:00 p.m.

**Cost:** Members \$4 / Guests \$6

#### Mosaic Theatre at American Heritage

##### "Glengarry Glen Ross"

This comedy that took Broadway and London by storm. This is a play to see!

**Date & Time:** Friday, February 23, 7:15 p.m. - 11:00 p.m.

**Cost:** Members \$22 / Guests \$24

#### Laffing Matterz

Come see this new Fort Lauderdale venue! Enjoy serious dining and a hilarious satire that spoof real world events.

**Date & Time:** Wednesday, February 28, 6:15 p.m. - 10:00 p.m.

**Cost:** Members \$48 / Guests \$50

## MARCH 2007 TRIPS

### Tickets on Sale:

Members February 2, Non-Members February 9

#### American Heritage "Cats"

Don't miss this Tony Award winning musical.

**Date & Time:** Saturday, March 3, 1:00 p.m. - 5:00 p.m.

**Cost:** Members \$8 / Guests \$10

#### Boca Raton Museum of Art

##### "Life as a Legend Marilyn Monroe" & Mizner Park

More than 80 artists capture the spark, sex appeal, and sensation that was Marilyn Monroe (1962). Afterwards enjoy a stroll through Mizner Park & lunch on your own.

**Date & Time:** Thursday, March 8, 8:30 a.m. - 3:30 p.m.

**Cost:** Members \$12 / Guests \$14

#### Gulfstream Park

Enjoy thoroughbred racing and brand new slot machines. Note: Our seats are located up one flight of stairs.

**Date & Time:** Friday, March 16, 11:00 a.m. - 5:00 p.m.

**Cost:** Members \$4 / Guests \$6

#### FAU Auditorium "Dancing with the Ballroom Starz"

Patterned after the hit TV show, "Dancing with the Starz," this show features an exciting storyline to go along with the dancing and singing, as well as cash prizes and celebrity judges.

**Date & Time:** Sunday, March 18, 5:45 p.m. - 10:00 p.m.

**Cost:** Members \$32 / Guests \$34

#### Standing Room Only "Comedy Wedding"

Start the afternoon off with a terrific lunch, followed by an outrageously funny, interactive show. Eat, dance, & laugh.

**Date & Time:** Wednesday, March 21, 10:45 a.m. - 12:00 p.m.

**Cost:** Members \$40 / Guests \$42

## JANUARY 2007

# SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954) 746-3670 • www.sunrisefl.gov

## Activities

### Special Events, Seminars & Classes

#### Relaxation & Meditation

*Wednesdays, January 10 & 24*

Healthier living is the key to a longer, more productive life. We are proud to present "Raja Yoga Meditation" exercise of the mind. No physical exercise involved. Learn to find peace within, use guided imagery, positive thinking, elevated thoughts and much more.

**Time:** 1:00 p.m. - 2:00 p.m.

#### Blood Pressure Check - Friday, January 12

Having your blood pressure checked regularly leads to having a better lifestyle. The second Friday of the month Sunrise Fire-Rescue will provide free checks.

**Time:** 10:30 a.m. - 11:30 a.m.

#### Krafty Korner -

*Thursday, January 4 - Zen Soap Roll*

Combine simplicity with a touch of the exotic. Use a variety of scents, colored glycerin and added touches to make it personal. Registration is going on now.

**Time:** 9:30 a.m. **Cost:** Members \$5 / Non-Members \$7.

#### 55 Alive Defensive Driving Course

*Wednesday & Thursday January 17 & 18*

This two day long course is from 9:00 a.m. - 1:00 p.m. Bring a \$10.00 check payable to A.A.R.P. to the class. Members sign up Wednesday, January 3, non-members January 10.

#### Green Thumbs

*Wednesday, January 24 - Hydroponics*

Learn the art and science of growing plants in water. Discover the joys of a water garden. Bring in your favorite vase/glass jar for a free plant. Class begins at 10:30 a.m. **Members \$1/ Non-Members \$3.**

#### Book Review

*Friday, January 26*

*"The Memory Keepers Daughter" by Kim Edwards*

A daughter shows life is a moving image and changes beyond our control. Despite our desire to freeze time, it presses us forward. Don't miss this wonderful story about love and the power of truth. Class begins at 12:00 noon. Bring a friend and enjoy light refreshments.

#### Beading Class

*Mondays, January 8, 22, & 29 (Lace Beaded Jabot or Scarf)*

Materials required: 10 tubes of seed beads size 11, 5 tubes of seed beads size 8, 1 strand of 6mm or 8mm glass beads, 1 spool sono beading thread, 2 big eye needles, beading mat, scissors, clear nail polish, & makeup sponge. Mondays at 1:00 p.m. Registration is going on now.

#### Sewing Creations

*Thursdays, January 4 - 25 (Layered Skirt)*

Join us for this all-new class. Learn how to sew and use basic stitches to complete wonderful monthly projects. Thursdays at 1:00 p.m. Registration is going on now.

#### Intermediate Painting

This 6-week painting class runs Wednesdays 2/14 - 3/21. Learn advanced techniques to perfect your skills. You must bring your own supplies to the class. **Time:** 1:30 - 3:30 p.m. Space is limited. Registration begins Tuesday, January 2. **Members \$10 / Non-members \$12.**

#### Beginners Painting

This 6-week painting class runs Fridays 2/16 - 3/23. Learn the basic techniques of the many medias of painting. Learn color mixing, shading, lighting and much more. You must bring your own supplies to the class. **Time:** 1:30 - 3:30 p.m. Space is limited. Registration begins Tuesday, January 2. **Members \$10 / Non-members \$12.**

#### Beginners Computers Classes

These 6 week courses run Tuesdays, Days 1/30 - 3/6, Evenings 1/30 - 3/6. Learn Microsoft Word, E-mailing & Internet access. This is for Sunrise residents who are Senior Center members, over the age of 62. There is no charge for this free course. **Times:** Tuesday afternoons from 1:00-3:00 p.m. OR on Tuesday evenings from 6:30-8:30 p.m. Space is limited. Register now.



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351  
www.sunrisefl.gov

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# MONDAY


# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

## TRIP & TICKET POLICIES

9:00 a.m. - 10:30 a.m. <b>Sunrise Woodcarvers</b> <i>Arts &amp; Crafts Room</i>	9:00 a.m. - 10:00 a.m. <b>Tai Chi</b> <i>Burgundy Room B (No Class 1/9)</i>	9:00 a.m. - 12:00 p.m. <b>Senior Bowling League</b> <i>Strikers Lanes</i>	9:30 a.m. - 11:00 a.m. <b>Bereavement Support Group</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. <b>Stretchersize &amp; Hand Weight Training</b> <i>Burgundy Room A</i>
9:30 a.m. - 10:30 a.m. <b>Striders Club</b> <i>Lobby</i>	9:30 a.m. - 11:00 a.m. <b>Open Computer Lab</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. <b>Striders Club</b> <i>Lobby</i>	10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	10:30 a.m. - 12:30 a.m. <b>Pan Lessons</b> <i>Arts &amp; Crafts Room</i>
10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club (No Class 1/8)</i>	9:30 a.m. - 12:00 p.m. <b>Mah Jongg Class</b> <i>Burgundy Room B (No Class 1/9)</i>	12:00 p.m. - 3:00 p.m. <b>Bridge (Open Play)</b> <i>Burgundy Room A</i>	10:00 a.m. - 12:00 p.m. <b>Line Dancing</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. <b>Choral Group</b> <i>Burgundy Room A</i>
1:00 p.m. - 3:00 p.m. <b>Open Craft Class</b> <i>Arts &amp; Crafts Room</i>	10:00 a.m. - 11:00 a.m. <b>Senior Aerobics</b> <i>Burgundy Room A (No Class 1/9)</i>	1:00 p.m. - 2:00 p.m. <b>Relaxation &amp; Meditation</b> <i>Burgundy Room A</i>	1:00 p.m. - 4:00 p.m. <b>Sanctioned Duplicate Bridge</b> <i>Burgundy Room A</i>	1:00 p.m. - 3:00 p.m. <b>Beginners Painting</b> <i>Arts &amp; Crafts Room</i>
1:00 p.m. - 3:00 p.m. <b>Beading Class</b> <i>Burgundy Room B (No Class 1/8)</i>	12:30 p.m. - 3:30 p.m. <b>Mah Jongg &amp; Gametime (Open Play)</b> <i>Burgundy Room B (No Class 1/9)</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Computers</b> <i>Classroom</i>	1:00 p.m. - 3:00 p.m. <b>Sewing Creations</b> <i>Arts &amp; Crafts Room</i>	1:00 p.m. - 2:30 p.m. <b>Bingo</b> <i>Burgundy Room B</i>
<b>Monday Classic Movies</b>  <i>Enjoy classic movies at 12:30 p.m. in Burgundy Room A</i>  January 1 <b>Senior Center Closed</b>  January 8 <b>No Movie</b>  January 15 <b>Senior Center Closed</b>  January 22 <b>Inside Man</b> Denzel Washington, Clive Owen 2 Hr, 9 Min (R)  January 29 <b>Broken Trail</b> Robert Duvall, Thomas Church 2 Hr, 20 Min (R)	1:00 p.m. - 3:00 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>  <b>SPECIAL EVENING HOURS</b> 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i>  6:00 p.m. - 9:00 p.m. <b>Woodcarving</b> <i>Arts &amp; Crafts Room (No Class 1/9)</i>  6:30 p.m. - 8:30 p.m. <b>Beginners Computer Class</b> <i>Classroom (No Class 1/9)</i>  7:00 p.m. - 9:00 p.m. <b>Twilight Dance</b> <i>Burgundy Room A&amp;B (No Class 1/9)</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Painting</b> <i>Arts &amp; Crafts Room</i>  3:00 p.m. - 4:30 p.m. <b>Singles Club</b> <i>Burgundy Room B</i>  <b>New Release Tuesday Movies</b>  <i>Enjoy "New Release" movies at 12:30 p.m. in Burgundy Room A</i>  January 2 <b>The Rainmaker</b> Burt Lancaster, Katherine Hepburn  January 9 <b>No Movie</b>  January 16 <b>A Star is Born</b> Judy Garland, James Mason  January 23 <b>The Professionals</b> Lee Marvin, Claudia Cardinal  January 30 <b>Dying Young</b> Julia Roberts, Campbell Scott	 <b>FEATURES OF THE MONTH</b> <b>17th Annual South Florida Senior Games</b> Date: Wednesdays, January 24 - February 7 Time: Varied depending on program Location: Parks & Facilities throughout Broward County Let the games begin! Pick up your registration packets at the Senior Center now. Compete in a series of athletic, non-athletic and social events ranging from tennis, golf, table tennis, track and field, bowling, bridge, bocce, and fine arts. Sunrise will be hosting the 9-Hole Golf Tournament on February 1 and the Fine Arts Competition Exhibit (Jan 30 - Feb 5) and Gallery Opening on January 30. The Opening Ceremony begins with an afternoon of music, dancing, door prizes and a light lunch. The Closing Ceremony features a variety of musical entertainment, sponsors, door prizes, and full lunch.  <b>Sunrise Loves Our Seniors - Senior Center Event</b> Date & Time: Tuesday, February 6, 6:00-9:00 p.m. Cost: No charge Enjoy an exciting evening of music, dancing, entertainment and refreshments! This Sunrise Loves Our Seniors is being held for Sunrise residents who do not live in the Sunrise Lakes Condominiums. (If you live in Sunrise Lakes, please check with your club house/Presidents for the date we will hold events in your Phase.) Current proof of residency must be provided in order to receive tickets. Tickets now available at the Sunrise Senior Center front desk.	

- When purchasing tickets, please indicate the full name of your guest.
- 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.
- 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.
- 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 9:00 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.
- No membership renewals or new members will be accepted on the morning of ticket sales.
- 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 program maybe cancelled.

**THE SENIOR CENTER  
 WILL BE CLOSED  
 JANUARY 1 & 15.  
 HAPPY NEW YEAR!**

# SUNRISE SENIOR CENTER

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## HEALTH & WELLNESS PROGRAMS

### "Matters of the Heart" - Dr. Askof Sharma January 5

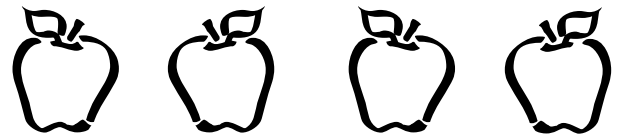
The Sunrise Senior Center and the North Broward Hospital District are proud to present the "Healthier Community Lecture Series" Lectures are free for seniors but reservations are required. Call the Senior Center or stop by the front desk to register. Come at 11:00, bring a bag lunch to have at noon and we'll provide your dessert. Round out the afternoon with friendly and free games of bingo at 1:00 p.m. Sign up now!

### Mammovan

Make your appointment today for the mobile mammography unit. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Call our Social Worker at (954) 746-3670 to make your appointment. Date: January 9.

### Arthritis & Fibromyalgia Self Help Support Group - Monday, January 8

Effective communication is vital in dealing with everyday aspects of Arthritis & Fibromyalgia. Join us in this open forum setting to discuss the obstacles & ways to deal with these issues. Time: 1:00 p.m. -2:00 p.m.



## CLASS INFORMATION, CONTINUED

### Sunrise Striders

Get your walking shoes on and join this new program. A leader will help you to set the pace and encourage you to work towards a healthy lifestyle. The group will meet both mornings in the Senior Center lobby and enjoy a beautiful group walk around the lake. Class meets Mondays and Wednesdays at 9:30 a.m. in the Senior Center Lobby.

### Sanctioned Duplicate Bridge

Join us every Thursday from 1:00 p.m. - 4:00 p.m. for an A.C.B.L. Sanctioned Duplicate Bridge Game. The cost is \$3 a day (monthly cards may be purchased).

## LOOKING AHEAD

### Senior Picnic

Date: Friday, March 2  
Time: 11:30 a.m. - 3:00 p.m.  
Cost: Members \$8 / Guests \$10

Enjoy the warm weather with your friends from the Senior Center. A traditional picnic fare will be served including BBQ'd kosher-style hotdogs, hamburgers and all the trimmings. Don't miss the fun and games. Tickets will be available for members only on Thursday, February 1 at the Senior Center.