

MAY 2006 TRIPS

Tickets on Sale:
Members April 7, Non-Members April 14

Broward Aging Network Conference - Monday, May 8
This conference, held in Coconut Creek, will offer a variety of sessions dealing with specific aging issues. Various free tests will be given (such as blood pressure, osteoporosis screenings, etc). A continental breakfast will be served, as well as a boxed lunch.
Time: 7:45 a.m. - 5:00 p.m.
Cost: Members \$10 / Guests \$12

Tamarac Theatre - Fanny & Sadie" - Friday, May 12
Based on a true story, Fanny a mother of 13 children proved to be a woman of much strength! When the time comes, who will care for her? Will it be Fanny or Sadie? You'll laugh! You'll cry! You'll walk out singing!
Time: 7:00 p.m. - 11:00 p.m.
Cost: Members \$18 / Guests \$20

Camelot - Saturday, May 20
Join us at a new revue at the J.C.C. Step back to medieval times & relive the adventures of Guinevere, Sir Lancelot & King Arthur.
Time: 6:45 p.m. - 11:00 p.m.
Cost: Members \$10/ Guests \$12

Deering Estate & Cauley Square & Lunch at the Tea Room - Tuesday, May 23
Join us for a tour of the historic Deering Estate, in the midst of Coral Gables suburbia. See the Estate the way it was 100 years ago. Enjoy nature & an abundance of history. Afterwards, enjoy a "proper" lunch at the Tea Room in Cauley Square and a guided tour of the area. Time will be provided for you to browse the beautiful Shoppe's.
Time: 8:45 a.m. - 5:00 p.m.
Cost: Members \$30/ Guests \$32



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

JUNE 2006 TRIPS

Tickets on Sale:
Members May 5, Non-Members May 12

Laffing Matterz - Wednesday, June 7
Come see this new Fort Lauderdale venue! You'll enjoy serious dining, & a hilarious satire that will have you laughing at spoofs of real world events.
Time: 5:15 p.m. - 11:00 p.m.
Cost: Members \$ 48 / Guests \$ 50

Festival Flea Market - Thursday, June 15
Enjoy the cool indoors and shop at one of the best markets around. Lunch is on your own.
Time: 10:00 a.m. - 4:00 p.m.
Cost: Members \$5/ Guests \$7

Miccosukee Bingo - Tuesday, June 27
Try your hand at the video gaming machines or a hand of poker. Then enjoy a delicious lunch followed by high stakes bingo.
Time: 11:00 a.m. - 6:00 p.m.
Cost: Members \$14/ Guests \$16

*Please Note:
The Senior Center
will be closed on
Monday, May 29 for
Memorial Day.*

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APRIL/MAY 2006

Temporary Phone Number: (954) 572-2268

SUNRISE SENIOR CENTER

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

Activities

Special Events, Seminars & Classes

Remember When

Time: 2:00 - 3:00 p.m. Sign up now at the front desk for each session. Enjoy light refreshments afterwards.

Wednesday, April 5 - Aroma Therapy

When you smell certain aromas they bring back special memories in your life...Flashback to your past & recall those times.

Wednesday, May 3 - Picture Collage

Bring in your favorite photos & create a memorable collage. It's a perfect gift or addition to your home. Create memories that will last forever.

Relaxation & Meditation

Wednesdays, April 26, May 10 & 24 (no class April 12)
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 & much more. Time: 1:00 p.m. - 2:00 p.m.

Krafty Korner

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

Thursday, April 6 - Canvas Tote Bags

Do you ever just look around for that perfect little tote bag? Well don't miss this chance to create your own tote bag that will be exactly what you're looking for. Sign up now.

Thursday, May 11 - Zen Soap Roll

Zen soap roll combines simplicity with a touch of the exotic. It's easy & quick to make. Use a variety of different scents, colored glycerin & added touches to make it personal. Sign up begins Monday, April 3.

55 Alive Defensive Driving Course

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.

Wed., April 19 & Thurs., April 20 - Sign up: Members Tues., April 4. Non-members Tues., April 11.

Wed., May 17 & Thurs., May 18 - Sign up: Members Tues., May 2. Non-members Tues., May 9.

Green Thumbs

Class begins at 10:30 a.m. Members \$1/ Non-Members \$3

Wednesday, April 26 - Decorative Plates

Don't miss this chance to design your own decorative plate. Use pressed flowers, paints & other accessories to design your masterpiece. Registration begins Monday, April 3.

Wednesday, May 24 - Dried Flowers in a Bottle

Are you looking for that perfect natural addition to your home? This project will accent your home with the feel of nature. Registration begins Monday, May 1.

Book Review

Don't miss these classes. Programs begin at 12:00 noon. Bring a friend & enjoy light refreshments.

Friday, April 28 - "A Perfect Match" by Jodi Picoult

What happens to a family when a wheel comes off, when the domestic unit begins to careen and veer, when the vestments of ordinary life are forfeited to unspeakable horrors. Don't miss this amazing story about family, security and love.

Friday, May 26 - "Sleeping Beauty" by Phillip Margolin

A true crime account, of a an attack by a serial killer who left this man's sister in a coma. This thrilling story will keep you at the edge of your seat. Don't miss this action packed story being discussed during our book review.

Afternoon Socials

Monday, April 24 - "A Touch of Vaudeville"

Take a musical journey through time scanning the 30's through the 60's. Don't miss this thoroughly entertaining performance by Esta G & Company. The social begins at 1:30 p.m. Tickets are \$1.00 but space is limited. Sign up begins Monday, April 3 for members only.

MONDAY


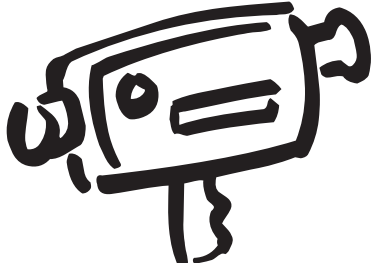
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TRIP & TICKET POLICIES

9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers <i>Arts & Crafts Room (Closed 5/29)</i>	9:30 a.m. - 11:00 a.m. Open Computer Lab <i>Classroom</i>	9:00 a.m. - 12:00 p.m. Senior Bowling League <i>Strikers Lanes</i>	9:30 a.m. - 11:00 a.m. Bereavement Support Group <i>Classroom</i>	9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training <i>Burgundy Room A</i>
10:00 a.m. - 11:30 a.m. Senior Fitness <i>Civic Center Athletic Club (Closed 5/29)</i>	9:30 a.m. - 12:00 p.m. Mah Jongg Class <i>Burgundy Room B</i>	12:00 p.m. - 3:00 p.m. Bridge (Open Play) <i>Burgundy Room A</i>	10:00 a.m. - 11:30 a.m. Senior Fitness <i>Civic Center Athletic Club</i>	11:00 p.m. - 12:00 p.m. Pan Lessons <i>Arts & Crafts Room</i>
10:30 a.m. - 12:30 p.m. Canasta Class (See Insert) <i>Arts & Crafts Room (Closed 5/29)</i>	9:30 a.m. - 10:30 a.m. Senior Aerobics <i>Burgundy Room A</i>	1:00 p.m. - 2:00 p.m. Relaxation & Meditation (No Class 4/2) <i>Burgundy Room B (2nd & 4th Wed.'s Only)</i>	10:00 a.m. - 12:00 p.m. Line Dancing <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. Choral Group <i>Burgundy Room A (No Class 4/14)</i>
1:00 p.m. - 3:00 p.m. Open Craft Class <i>Arts & Crafts Room (Closed 5/29)</i>	12:30 p.m. - 3:30 p.m. Mah Jongg & Gametime (Open Play) <i>Burgundy Room B</i>	1:00 p.m. - 3:00 p.m. Intermediate Computers <i>Classroom</i>	1:00 p.m. - 4:00 p.m. Sanctioned Duplicate Bridge <i>Burgundy Room A</i>	1:30 p.m. - 3:30 p.m. Beginners Painting (See Insert) <i>Arts & Crafts Room</i>
1:00 p.m. - 3:00 p.m. Beading Class (See Insert) <i>Burgundy Room B (Closed 5/29)</i>	1:00 p.m. - 3:00 p.m. Beginners Computer Class (See Insert) <i>Classroom</i>	1:30 p.m. - 3:30 p.m. Intermediate Painting <i>Arts & Crafts Room</i>	 Memorial Day <i>May 29</i>	1:00 p.m. - 2:30 p.m. Bingo <i>Burgundy Room B</i>
Monday Classic Movies		3:00 p.m. - 4:30 p.m. Singles Club <i>Burgundy Room B (No Meeting 4/2)</i>		CLASSES (See insert for more program information)
<p><i>Enjoy classic movies at 12:30 p.m. in Burgundy Room</i></p> <p>April 3 - As Good As it Gets Jack Nicholson, Helen Hunt</p> <p>April 10 - Blind Date Bruce Willis, Kim Basinger</p> <p>April 17 The Witches of Eastwick Jack Nicholson, Susan Sarandon</p> <p>April 24 - No Movie</p> <p>May 1 - The African Queen Katharine Hepburn, Humphrey Bogart</p> <p>May 8 - The Money Pit Tom Hanks, Shelly Long</p> <p>May 15 - American Outlaw Colin Farrell, Scott Cann</p> <p>May 22- Jefferson in Paris Nick Nolte, Greta Scacchi</p> <p>May 29- No Movie</p>		<p>SPECIAL EVENING HOURS 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i></p> <p>6:00 p.m. - 9:00 p.m. Woodcarving <i>Arts & Crafts Room</i></p> <p>6:30 p.m. - 8:30 p.m. Beginners Computer Class <i>Classroom</i></p> <p>7:00 p.m. - 9:00 p.m. Twilight Dance <i>Burgundy Room A&B</i></p>	 <p><i>Enjoy "New Release Tuesday Movies" at 12:30 p.m. in Burgundy Room A</i></p>	<p>Canasta Class - 7-Week session runs Mondays 3/27 - 5/8. Time: 10:30 a.m.-12:30 p.m. Learn all about the game, receive a playing rules & procedures book. This game is very popular & lessons are in demand. Sign up now at the front desk. Space is limited.</p> <p>Beading Class- Mondays at 1:00 p.m.</p> <p><i>Mondays, April 3 -24 "Mothers Bracelet"</i> Materials required: 1 spool of beading wire .014 or .015 diameter, sterling silver letters, (6) to (8) 5mm crystals, (10) 4mm crystals or any other 4mm beads, 24 daisy spacers, 1 toggle, 4 crimp beads, 4 crimp covers, crimping pliers, wire cutters, 2 silver beads 3mm or 4mm, 4 head pins 2 inches long & beading mat. Sign up now.</p> <p><i>Mondays, May 1 - 29 Beaded Rings</i> Materials required: 1 or 2 polished beads, 1 tube of size 8 or 11 seed beads, 1 roll of fishing wire, 2 crimp beads, crimping pliers & bead mat. Sign up begins April 3.</p> <p>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).</p> <p>Beginners Computers Classes - These 6- week courses run Tuesday, 4/18 - 5/23. Learn Microsoft Word, E-mailing & Internet access. This is for members only and is a 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. Registration begins: Monday, April 3. Members Only.</p>
New Release Tuesday Movies		<p>April 4 - In Her Shoes Cameron Diaz, Shirley Maclaine 2 Hrs, 10 Min (PG-13)</p> <p>April 11 - Crash Sandra Bullock, Matt Dillon 2 Hr (Rated R)</p> <p>April 18 Walk the Line Joaquin Phoenix, Reese Witherspoon 2Hr, 30 Min (PG)</p>	<p>April 25 - Flight Plan Jodie Foster 1 Hr, 40 Min (PG-13)</p> <p>May 9 - Pride & Prejudice Keira Knightley 2 Hrs, 10 Min (PG)</p> <p>May 16 - Jarhead Jake Gyllenhaal, Jamie Foxx 2 Hr, 10 Min (Rated R)</p> <p>May 23 - North Country Chalize Theron, Sissy Spacek 2 Hr (Rated R)</p>	

- 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.
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- 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.

SUNRISE SENIOR CENTER

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

HEALTH & WELLNESS PROGRAMS

Mammovan - *Tuesdays, April 4 or Friday, May 19*

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.

Health Lecture "Osteoporosis" - *Friday, April 7*

Lectures are free but reservations are required. Call or stop by the front desk to register. Come at 11:00, bring a bag lunch to have at noon and we'll provide dessert. Sign up now!

Arthritis & Fibromyalgia Self Help Support Group - *Monday, April 10 & May 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.

Medication Management - *Wednesday, April 12 or May 10*

Come have a one on one appointment with a Pharmacist. Bring all of your medications (prescription and over the counter) and have them help you look at the big picture to be sure you don't have any conflicting medications and help you learn how to get the most benefit from your medicines. This is too important not to come. Sign up with Sunrise Social Worker Joan Drapala at the Senior Center in person or by phone.

Wellness Screenings - *Wednesday, April 19*

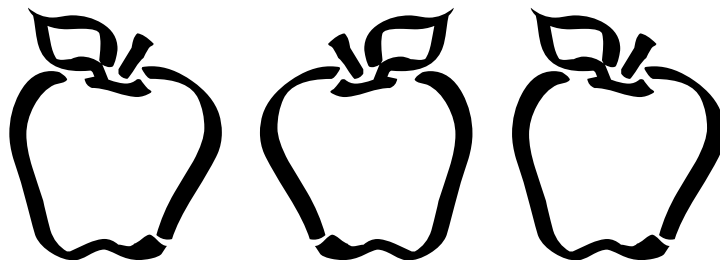
If you are 60 years or older, come participate in a free screening. Broward County Elderly & Veteran's Services will be here with skilled professionals to assist you if you sometimes have memory loss, coordination problems, falls, changes in your eating habits or maybe have a lack of interest in your usual activities and friends. Don't be afraid to call. Sign up with Sunrise Social Worker Joan Drapala at the Senior Center in person or by phone.

Osteoporosis Screenings - *Friday, May 12*

The Florida Department of Elder Affairs will be providing free bone density scanning at The Sunrise Senior Center for Seniors 60+ years old who did not receive a free screening from this program last year. Space is very limited and an appointment will be required. Sign up beginning Monday, April 10. Time: 9:00 a.m. -12:00 p.m.

Free Hearing Screenings - *Thursday, May 18*

The League of Hard of Hearing will be providing hearing screenings at The Sunrise Senior Center for Florida residents. Space is very limited and an appointment will be required. Sign up now. Time: 9:30-12:30. Cost: Free



OLDER AMERICAN MONTH EVENTS

Senior Center Student Art Exhibit - *May 15 - May 22*

Stroll through the lobby of the Senior Center and enjoy the beautiful works created by the painting students. Any painting student interested in displaying their works need to drop it off to Aimee Paris by Friday, May 12.

Older Americans Month Concert - *Friday, May 19*

Join us to listen to the beautiful sounds of the Sunrise Star Performers.

Afterwards enjoy light refreshments. Tickets available Tuesday, May 2 for members, May 9 for non-members. Time: 1:30 p.m. Cost: Free

Line Dance Workshop - *Thursday, May 25*

If you like to kick up your heels, this is your chance. Enjoy a fun filled morning of learning new dances, by various instructors. Time: 10:00 a.m.-12:00 p.m. Cost: Free

Memorial Day Ceremony - *Monday, May 29*

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. Location: Welleby Park, 11100 NW 44th Street. Time: 9:45 a.m.

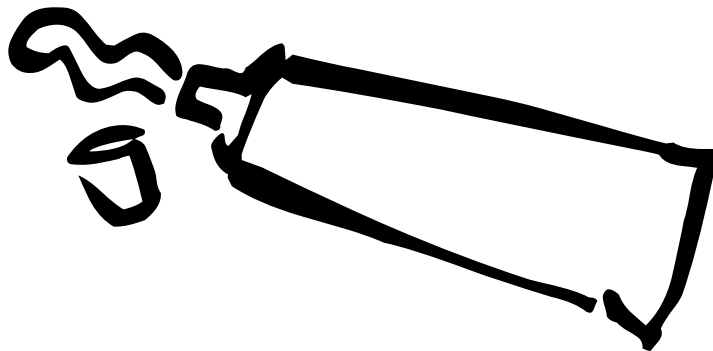
CLASSES, CONTINUED

Painting

6-Week sessions. Time: 1:30 - 3:30 p.m. You must bring your own supplies. Sign up now! Members \$10 / Non-members \$12.

Beginners Painting - Fridays 5/5 - 6/9. Learn the basic techniques of the many medias of painting. Learn color mixing, shading, lighting & much more.

Intermediate Painting - Wednesdays 5/3 - 6/7. Learn advanced techniques to perfect your skills.



COMING TO THE CIVIC CENTER THEATRE

Tickets are available at the Sunrise Civic Center Box Office, 10610 West Oakland Park Blvd. (954) 747-4646.

PRIVATE LIVES - A Playhouse Event

Friday, April 21, 2006 at 8 p.m., and Saturday, April 22 at 2 pm

Tickets: \$10 Adult, \$9 Student, Reserved Seating
Thanks to Noel Coward, Private Lives is one of the most flippant and brilliant comedies ever written. Elyot and Amanda were once married but now they are honeymooning with new spouses in the same hotel. Of course they meet by chance and the old spark is ignited. Between the love and anger, the new partnerships, and the knock-down-drag-out fight, you won't have enough time to take a breath! Join us for a play that the NY Times called "Gorgeous, dazzling, and fantastically funny"!

WHEN GRANDPA LOVED RITA HAYWORTH - Jewish Film Series

Wednesday, April 26, 2006 at 1 pm

Tickets: \$5, General Admission

From the National Center for Jewish Film comes a wonderful coming-of-age story about Hannah and her family in 1969 during the first winter after the Prague revolt. Hannah and her family end up in Germany, a place that seems to be a different planet. While all the family members get lost in one thing or another, Hannah wants nothing more than to return to her grandfather, Zikmund. She soon realizes that she will have to take her own first steps in a new direction. Winner of 5 international film awards. Run time: 90 minutes, in Czech and German with English subtitles, 2000.

ISADORA DUNCAN DANCE ENSEMBLE - Modern Dance Series

Saturday, April 29, 2006 at 8 pm

Tickets: \$15 Adult, \$14 Student, \$14 Subscription, \$8 Child, Reserved Seating

The Isadora Duncan Dance Ensemble is the fifth generation of dancers to perpetuate Isadora's unique legacy of movement. In Classic Inspiration, the troupe presents a program of beautiful, flowing, solo and group dances to the music of Chopin, Scriabin, Brahms and others. Don't miss this enchanting group of dancers and a repertoire which critics have called incandescent, mesmerizing, and cutting edge! Get your tickets today for the whole dance series!

MOMENTUM DANCE COMPANY - Modern Dance Series

Saturday, May 20, 2006 at 8 pm

Tickets: \$15 Adult, \$14 Student, \$14 Subscription, \$8 Child, Reserved Seating

Our friends from Momentum Dance Company return with Hearts and Heroes, a dance program of inspiration and exploration. Tonight's performance will include new works such as Highway, based on the great American Road Trip, as well as reconstructions of pieces by Doris Humphrey, and favorite works from repertory such as A Dance With Balls, a hilarious work using a variety of sports balls (and dancers) to great effect. Join us for a night of sheer enjoyment with this critically acclaimed dance troupe from Miami!

IMPORTED BRIDEGROOM - Jewish Film Series

Wednesday, May 24, 2006 at 1 pm

Tickets: \$5, General Admission

Our third film from the National Center for Jewish Film is a nostalgic Jewish romance about Asriel, a turn-of-the-century Boston widower. When he tries to pair up his daughter with the perfect son-in-law, his thoroughly modern daughter is appalled by the match, an old world scholar -- or is she? A sentimental comedy of assimilation ensues with some surprising twists along the way. Enjoy a cool afternoon of great film in our theatre! Run time: 93 minutes, in color, in English, 1990.