



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

PRSR STD  
US POSTAGE PAID  
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PERMIT NO. 825

Sept / Oct 2015

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

# SUNRISE SENIOR CENTER

## Special Features

The Senior Center is closed on Saturday and Sunday.

CURRENT RESIDENT OR

We are closed on Labor Day  
Monday, September 7

IT STARTS IN  
**PARKS**  
Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
<b>Sunrise Latin Social Club</b>	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
Join us the 1st Tuesday night of each month. This Club is lead by Ana Lopez and is geared towards socialization, building friendships, participating in activities and other special events. Everyone is invited. Senior Center membership is required. Queremos invitar a la comunidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center and be a part of our community.					
<b>Senior Cooking Club</b>					
Sept- Spaghetti Squash (#180816C)	9/25	F	10:00 am - 12:30 pm	Call for Availability	\$6/\$8
Oct- Breakfast Ideas (#280816A)	10/17	F	10:00 am - 12:30 pm	Now	\$6/\$8
Nov-Picnic (#280816B)	11/20	F	10:00 am - 2:00 pm	10/1	\$6/\$8
Dec-Cookie Decorating (#280816C)	12/12	F	10:00 am - 12:30 pm	10/1	\$6/\$8

If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation. Each month will focus on a different menu that we will get to enjoy at the end of class.

**Let's Talk Discussion Group** Weekly W 1:00 pm - 2:00 pm Walk-in Free  
Enjoy a great group of people & "Let's Talk". Make new friends, discuss news, hot topics and much more.

**Cyber-Seniors** 9/11 F 11:45 am - 1:00 pm Call to sign up Free  
Sunrise Senior Center is going Cyber! Join us for a free screening of Cyber-Seniors - an awarding winning documentary about older adults and teens who mentor them in the use of technology. After the film learn more about the opportunity to work with high school students and become a Cyber- Senior! Light refreshments will be served.

**Women's Bocce Open House** 9/30 W 3:00 pm Walk-in Free  
Come sign up for the 2015-2016 Bocce season. Please call Wanda Joyce at 954-746-6376 or Mary Robertson at 954-749-4733 for more information. Activity # 280855A

**Flu Shots** 10/7 W 9:00 am - 11:00 am Call for Appt. Free  
Flu Shots are for Sunrise resident age 60 or over, if ages 18-59 yr. you must have a special need and have the shot recommended by your physician. Shots will be administered at the Senior Center **by appointment only**, please bring Medicare Part B card (if you participate in Medicare) and a photo I.D. If you have another insurance please bring that card. You must have an appointment; reserve in person or call the senior center 954-746-3670. Appointments are limited.

	Date	Day	Time	Register	Fee
<b>Medication Management</b>	10/9	F	10:00 am - 11:30 am	Call to sign up	Free
Lisa Santos, R.N. from Brookdale Senior Living Solutions, will be here to speak about how important medication management is for any one taking multiple medications and supplements. Lisa will educate you about the risks and possible interactions that taking multiple medications can create.					
<b>Breast Cancer Lecture</b>	10/21	W	10:00 am - 11:30 am	Call to sign up	Free
October is Breast Cancer awareness month. About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime. Dr. Lim will speak about breast cancer and how we can combat the disease. A light lunch will be provided to all pre-registered participants. Space is limited.					
<b>Monster Bash</b>	10/29	TH	1:00 pm - 3:00 pm	9/4	\$8/10
Join us as we get in the spirit of Halloween and party with our friends! Enjoy an afternoon of tasty food, a DJ and costume contest with prizes for the winners! Activity # 280822A					
<b>Little Havana Tour &amp; Authentic Cuban Lunch</b>	10/27	TU	8:15 am - 3:30 pm	9/4	\$32/34
Celebrate Spanish Heritage Month with a cultural, 2-hour guided, walking tour down Memorial Blvd. Begin at Bay of Pigs, learn about secret religions, and then head to the Market Place, Dominos Park, and the Cigar Factory. Then enjoy an authentic Cuban lunch of pork, black beans, rice, tostones and maduros and a mamey shake. Additional beverages can be purchased on your own. Gratuity is included for your servers at lunch. Activity # 280848A					
<b>COPD Lecture</b>	11/13	F	10:00 am - 11:30 am	Call to sign up	Free
Dr. Jaffer from Senior Medical Associates will be here to speak about COPD (Chronic Obstructive Pulmonary Disease). Learn the symptoms, treatment and care of this lung disease. Sponsored by United Health Care. A light lunch will be provided to all pre-registered participants. Space is limited.					

## Orlando/ Epcot/ Clermont

Monday, November 2 - Wednesday, November 4, 2015

\$337.00 Per person based on Double Occupancy

\$409.00 Per person based on Single Occupancy

### TRIP INCLUDES:

- Motor Coach – Tip to your driver
- 2 nights at the Park Inn by Radisson with hot breakfast
- Admission to Epcot (Food & Wine Festival will running)
- Visit to Lakeridge Winery (Rated top Florida Winery by Travel Channel)
- Buffet Lunch Day One
- Capone's Dinner Show
- Visit to Premium Outlets





### OPEN HOUSE REGISTRATION

September 16 from 9:00 am - 11:00 am

Deposit of \$75.00 due at the time of booking

\*Final Payment due October 11

For further details contact ALM at 561-852-7919

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	 <b>Trip &amp; Ticket Policies</b> 
9:00 am - 9:30 am Tai Chi  9:30 am - 10:30 am Walk Your Way to Health  9:30 am - 12:00 pm Open Gametime  10:30 am - 12:00 pm Beginners Beading  10:30 am - 12:00 pm Knitting & Crocheting Class  11:00 am (Start Time) Classic Movies  12:30 pm - 2:30 pm Open Beading  1:00 pm - 2:30 pm Spanish Class  1:30 pm - 3:30 pm Monday Dance Mixer	9:00 am - 9:30 am Tai Chi  9:00 am - 12:00 pm Mah Jongg Class  9:30 am - 10:30 am Senior Aerobics  10:00 am - 12:00 pm Beginners Beading  10:00 am - 12:00 pm Billiards Lessons (2nd & 4th)  11:30 am (Start Time) New Release Movies  1:00 pm - 3:00 pm Beginners Computer Class  1:00 pm - 3:00 pm Sewing Creations  1:00 pm - 2:30 pm Jewelry Design Class	9:00 am - 9:30 am Tai Chi  9:30 am - 10:30 am Walk Your Way to Health  9:00 am - 12:00 pm Bowling League - Strikers Lanes  11:00 am - 12:00 pm Ballroom Dance Class  12:30 pm - 3:00 pm Conversational English  12:30 pm - 3:30 pm Open Game Play  1:00 pm - 2:00 pm Let's Talk Discussion Group  1:00 pm - 3:00 pm Intermediate Computer Class  1:30 pm - 3:30 pm Drawing Class  2:30 pm - 4:00 pm Life Changes	9:00 am - 10:00 am Beginners Line Dancing  9:30 am - 11:00 am Bereavement Support Group  10:00 am - 11:00 am Coupon Club & Gardening Club  10:00 am - 12:00 pm Line Dancing <b>(No class 10/29)</b>  Pann Card Game Class 1:00 pm - 2:30 pm (Call front desk to sign up)  1:00 pm - 2:30 pm ESOL  1:00 pm - 2:00 pm Chair Yoga  2:15 pm - 3:15 pm Floor Yoga	9:00 am - 9:30 am Tai Chi  9:30 am - 10:30 am Zumba Gold  10:00 am - 12:00 pm Chess Club  10:00 am - 12:00 pm Conversational English  10:45 am - 12:45 pm Free Eyeglass Repair  1:00 pm - 2:30 pm Bingo  1:30 pm - 3:30 pm Painting	<p>No tickets will be sold before the published sale date. <b>Sales commence at 8:30 am.</b> Current I.D. cards must be presented for any transaction.</p> <p>Members <b>MUST</b> 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.</p> <p>*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.</p> <p>*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.</p> <p>When purchasing tickets, please indicate the full name, <b>birth date and phone number</b> of your guest.</p> <p>Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</p> <p>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. In the event of a trip cancellation a refund will go to the original buyer unless we have the new buyers information.</p> <p>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></p> <p>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.</p> <p>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot</p> <p>A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.</p> <p>Please occupy the same bus seat on the way to and from an event.</p> <p>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>

**TUESDAY EVENINGS**

5:30 pm - 6:30 pm	Senior Aerobics	1st Tuesday	Sunrise Latin Social Club
6:00 pm	New Release Movies	3rd Tuesday	Sunrise Orchid Society
6:00 pm - 7:30 pm	Beading Class	4th Tuesday	American Legion Post 365
6:00 pm - 9:00 pm	Open Game Room & Dart League		
6:30 pm - 8:30 pm	Computer Class		
7:00 pm - 9:00 pm	Scottish Dancing		

**WEDNESDAY EVENINGS**

4:00 pm - 6:00 pm	Women's Bocce, Nob Hill Soccer Club Park
4:30 pm - 5:30 pm	Zumba Gold #3
6:00 pm - 7:00 pm	Ballroom Dancing
6:00 pm - 9:00 pm	Open Game Room
6:00 pm - 9:00 pm	Wood Carving
6:30 pm - 8:00 pm	Mixed Media Painting & Mah Jongg

**Monday Classic Movies - 11:00 am**

**At The Movies**

**Tuesday New Release Movies - 11:30 am**

9/7	Closed for Labor Day			10/5	Cabaret	1972	2:04 mins.	9/1	Danny Collins	R	1:48 mins.	10/6	Aloha	PG-13	1:45 mins.
9/14	North By Northwest	1959	2:06 mins.	10/12	The African Queen	1951	1:44 mins.	9/8	The Longest Ride	PG-13	2:19 mins.	10/13	The Water Diviner	R	1:51 mins.
9/21	The Graduate	1967	1:46 mins.	10/19	A Month By The Lake	1995	1:32 mins.	9/15	The Second Best Exotic	PG	2:02 mins.	10/20	True Story	R	1:40 mins.
9/28	The Searchers	1956	1:59 mins.	10/26	Heaven Can Wait				Marigold Hotel			10/27	The Age of Adeline	PG-13	1:52 mins.
								9/22	Hot Pursuit	PG-13	1:27 mins.				
								9/29	Stranger land	R	1:51 mins				

• **New Release Movie Titles are subject to change.**  
Please call for details.

# Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out are available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	TU	mornings	Free	Call for Appt.
		TH	afternoon	Free	Call for Appt.

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only and must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.

<b>Bereavement Support Group</b>	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
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This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.

<b>Free Eyeglass Repair</b>	Weekly	F	10:45 am - 12:45 pm	Free	Ongoing
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Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. He is located in the hall near the classrooms at the Senior Center

<b>Blood Pressure Check (Sunrise Fire/Rescue)</b>	10/9,11/13,12/11	F	10:30 am - 11:30 am	Free	Walk-ins welcome
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<b>Property Tax Exemption Assistance</b>	10/9,11/13,12/11	F	10:00 am - 11:30 am	Free	Walk-ins welcome
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Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers 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.

<b>Veteran's Advisor</b>	10/9,11/13,12/11	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
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Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral and linkage and benefits and claims processing.

<b>Talk to Your Congressman &amp; Representative</b>	9/8,10/13,11/10	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
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A representative from Congressman Alcee Hastings' office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800.

<b>Life Changes Workshop</b>	9/2 - 10/28	W	2:30 pm - 4:00 pm	Now	#180885A
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Ann Adams-Hove LCSW and other VITAS counselors will lead an ongoing workshop on how to handle life's challenges. Topics such as life transitions, adjustment to the aging process, and retirement to name a few. Space is limited.

<b>F.L.O.W. is here!</b>	9/9,10/14,11/25	W	8:30 am - 12:30 pm	By Appointment Only	
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Florida Licensing on Wheels the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. Residents can renew their drivers license, vehicle registration and get a Florida I.D. Please visit the website to know what documents you will need to bring with you to avoid a second trip! [www.GatherGoGet.com](http://www.GatherGoGet.com). For more information and an appointment call 954-746-3670. This service is available to all residents. **Note: Nov. date is the 4th Wednesday due to a scheduling issue.**

<b>S.H.I.N.E Counselor</b>	1st and 3rd Mondays of the month	10:00 am - 12:00 pm	Walk-ins welcome		
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A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provide information, counseling, and assistance about Medicare, Medicaid, Medicare Health and Drug Plans choices, Medicare Supplemental Insurance, Long term Care Insurance, Medicare Fraud and Prescription Assistance. The program is sponsored by the ADRC and Sunrise Senior Center.

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
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## September Ticket Sale Call for availability

<b>Isle Casino</b>	10/1	TH	8:30 am - 3:00 pm	\$5/\$7	280826A
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Enjoy a great day at the casino. Play the tables, slots, and more.

<b>Palm Beach Outlets</b>	10/6	TU	8:45 am - 3:30 pm	\$5/\$7	280846A
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Enjoy the day at this outdoor outlet mall featuring over 100 stores. The mall staff will greet the bus with coupon books for everyone on board. You can enjoy lunch at one of the many restaurants the outlets have to offer.

<b>Safari Edventure</b>	10/15	TH	8:30 am - 5:00 pm	\$13/\$15	280851A
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Get up close and personal with over 100 species of wildlife from five continents! Participate in one of the hands-on wildlife presentations and visit the enchanting sunken rain forest garden, as well as the butterfly and hummingbird gardens. Afterwards enjoy lunch on your own at Shivers BBQ.

<b>Morikami Museum</b>	10/21	W	9:00 am - 3:30 pm	\$18/\$20	280827A
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Enjoy a guided tour of the Japanese gardens, then stroll thru the Morikami Museum at your leisure. Then have lunch on your own at Boca Town Center.

## October Ticket Sale 10/2 Members; 10/9 Non-Members

<b>Mounts Botanical Garden</b>	11/5	TH	8:15 am - 3:30 pm	\$10/\$12	280830A
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Enjoy a guided tour of Palm Beach County's oldest and largest public garden with over 2,000 species of tropical and subtropical plants from six continents. Afterwards enjoy lunch on your own at City Place.

<b>Magic City Casino</b>	11/12	TH	9:00 am - 3:30 pm	\$5/\$7	280826B
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Try your luck at many of the gaming tables and slot machines. Participants will receive a free voucher for the meal of the day and if it's your first time at the casino you can show your ID at the Player's Club to receive a free gift.

<b>Urban Farming Institute</b>	11/17	TU	9:15 am - 1:30 pm	\$22/\$24	280842A
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Participate in a one hour guided tour showcasing raised beds and hydroponic gardening techniques without pesticides and chemicals. Then sit down for a cooking demo from a chef utilizing fresh ingredients from the facility. Each person will sit down and enjoy lunch and be given a small herb plant to take home.

<b>Busch Wildlife Sanctuary &amp; Jupiter Lighthouse</b>	11/24	TU	8:00 am - 4:30 pm	\$18/\$20	280842B
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Receive a one-of-a-kind opportunity to learn about Florida's wildlife and natural environments as the Sanctuary combines a nature center with a wildlife hospital. Then have lunch on your own before heading the Jupiter Lighthouse for a tour and access to their museum.

## November Ticket Sale 11/6 Members; 11/13 Non-Members

<b>Galleria Mall</b>	12/1	TU	9:15 am - 3:00 pm	\$5/\$7	280846B
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Grab a friend and get shopping! The holidays are right around the corner, enjoy a day at this beautiful mall and have lunch on your own at one of their many restaurants.

<b>Fort Lauderdale Christmas Pageant</b>	12/10	TH	4:15 pm - 10:30 pm	\$45/\$47	280838A
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Get in the spirit of the Holidays with the very special opportunity to attend this spectacular Emmy Award winning production with full orchestra, dancing, carolers and the story of Christmas. Floor seats have been reserved and are handicap accessible. Beforehand, enjoy dinner on your own at the Fountains Plaza in Plantation.

<b>Gulfstream Casino</b>	12/17	TH	9:00 am - 3:00 pm	\$5/\$7	280826C
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Enjoy a great day at the casino. Play the tables, slots, and more.

<b>Light up the Acres &amp; Dinner at Jacaranda Italia</b>	12/21	M	4:45 pm - 9:00 pm	\$21/\$23	280838B
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Enjoy an Italian Dinner including soup or salad, entrée, garlic rolls, beverage, & cannoli. Then head to Plantation Acres to see a beautiful light display set to music. It's recommended to bring a lawn chair or blanket so you can sit down and enjoy the show in comfort.

# Sept / Oct Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity#
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	10/15 & 10/16	W&TH	9:00 am - 1:00 pm	9/1	\$15/\$20	280853A
	11/4 & 11/5	W&TH	9:00 am - 1:00 pm	10/6	\$15/\$20	280853B
	12/2 & 12/3	W&TH	9:00 am - 1:00 pm	11/3	\$15/\$20	280853C
<b>Beginners Beading</b>	Please stop by the class to speak with Instructor and pick up a list of required materials. (Senior Center membership required) No beading experience needed. Limit of one class per person					
	10/5 - 10/26	M	10:30 am - 12:00 pm	9/1	Free	280814A
	10/6 - 10/27	TU	6:00 pm - 7:30 pm	9/1	Free	280814B
	11/2 - 11/30	M	10:30 am - 12:00 pm	10/6	Free	280814C
	11/3 - 11/24	TU	6:00 pm - 7:30 pm	10/6	Free	280814D
	12/7 - 12/28	M	10:30 am - 12:00 pm	11/3	Free	280814E
	12/1 - 12/29	TU	6:00 pm - 7:30 pm	11/3	Free	280814F
<b>Open Beading</b>	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your friends while you bead.					
<b>Jewelry Design Class</b>	Join bi-lingual instructor David Stahl to learn to the Fine Art of Jewelry design. (Senior Center membership required) All materials will be available for purchase at the class or contact David at 954-850-4242 for a list of materials.					
	10/6 - 10/27	TU	1:00 pm - 2:30 pm	9/1	Free	280866A
	11/3 - 11/24	TU	1:00 pm - 2:30 pm	10/6	Free	280866B
<b>Book Club</b>	Join our Book Club... Read the book, examine and discuss the story with a friendly group of people. Light refreshments will be served. Must be registered.					
<b>“A Three Dog Life”</b> By Abigail Thomas	10/23	F	11:30 am - 12:30 pm	now	Free	
<b>“Killing Reagan”</b> By Bill O’Reilly	11/6	F	11:30 am - 12:30 pm	now	Free	
<b>Chess Club</b>	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free	
	If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.					
<b>Computer Programs</b>						
• <b>Beginning Computers</b>	10/6 - 11/10	TU	1:00 pm - 3:00 pm	9/4	\$5/\$10	280802A
	10/6 - 11/10	TU	6:30 pm - 8:30 pm	9/4	\$5/\$10	280802B
• <b>Intermediate Computers</b>	Continue further exploration of Word, Excel & will introduce you to Facebook, Twitter, Create a Card, Skype and more. Computer experience required.					
<b>**No class 11/11</b>	10/7 - 11/18	W	1:00 pm - 3:00 pm	9/4	\$5/\$10	280803A
<b>Scottish Dancing</b>	Weekly - May	TU	7:00 pm - 9:00 pm	Walk-in	Free	
	Learn the traditional dances of Scotland. No experience or partner required.					
<b>Ballroom Dance</b>	Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rumba, Salsa & Cha Cha. For more information, call 954-439-5899.					
	Oct	W	11:00 am - 12:00 pm	9/2	\$12/\$14	280864A
<b>**No class 11/11</b>	Nov	W	11:00 am - 12:00 pm	10/7	\$9/\$11	280864B
	Oct	W	6:00 pm - 7:00 pm	9/2	\$12/\$14	280865A
<b>**No class 11/11</b>	Nov	W	6:00 pm - 7:00 pm	10/7	\$9/\$11	280865B
<b>Knitting &amp; Crochet Class</b>	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. See the front desk for a list of supplies					
	Oct	M	10:30 am - 12:00 pm	9/4	Free	280869A
	Nov	M	10:30 am - 12:00 pm	10/9	Free	280869B

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
<b>Exercise Classes</b>						
<b>Tai Chi</b>	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, students may participate in either M/W or TU/F classes.					
	Oct	TU/F	9:00 am - 9:30 am	9/2	Free	280858A
	Oct	M/W	9:00 am - 9:30 am	9/2	Free	280858B
	Nov	TU/F	9:00 am - 9:30 am	10/7	Free	280858C
	Nov	M/W	9:00 am - 9:30 am	10/7	Free	280858D
	Dec	TU/F	9:00 am - 9:30 am	11/2	Free	280858E
	Dec	M/W	9:00 am - 9:30 am	11/2	Free	280858F
<b>**No class 11/11, 11/27, &amp; 12/25</b>						
<b>Senior Aerobics</b>	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Oct	TU	9:30 am - 10:30 am	9/2	Free	280857A
	Oct	TU	5:30 pm - 6:30 pm	9/2	Free	280857B
	Nov	TU	9:30 am - 10:30 am	10/7	Free	280857C
	Nov	TU	5:30 pm - 6:30 pm	10/7	Free	280857D
	Dec	TU	9:30 am - 10:30 am	11/2	Free	280857E
	Dec	TU	5:30 pm - 6:30 pm	11/2	Free	280857F
<b>**No class 12/22 &amp; 12/29</b>						
<b>Zumba Gold</b>	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate.					
	Oct	F	9:30 am - 10:30 am	9/2	Free	280863A
	Oct	F	10:30 am - 11:30 am	9/2	Free	280863B
	Oct	W	4:30 pm - 5:30 pm	9/2	Free	280863C
	Nov	F	9:30 am - 10:30 am	10/7	Free	280863D
	Nov	F	10:30 am - 11:30 am	10/7	Free	280863E
	Nov	W	4:30 pm - 5:30 pm	10/7	Free	280863F
	Dec	F	9:30 am - 10:30 am	11/2	Free	280863G
	Dec	F	10:30 am - 11:30 am	11/2	Free	280863H
	Dec	W	4:30 pm - 5:30 pm	11/2	Free	280863I
<b>**No class 11/11, 11/27, 12/23, 12/25, &amp; 12/30</b>						
<b>Chair Yoga</b>	Oct	TH	1:00 pm - 2:00 pm	9/2	\$9/\$11	280861A
	Nov	TH	1:00 pm - 2:00 pm	10/7	\$9/\$11	280861B
	Dec	TH	1:00 pm - 2:00 pm	11/2	\$9/\$11	280861C
<b>**No class 10/15, 10/29, 11/26, 12/24, &amp; 12/31</b>						
<b>Floor Yoga</b>	Oct	TH	2:15 pm - 3:15 pm	9/2	\$9/\$11	280862A
	Nov	TH	2:15 pm - 3:15 pm	10/7	\$9/\$11	280862B
	Dec	TH	2:15 pm - 3:15 pm	11/2	\$9/\$11	280862C
<b>**No class 10/15, 10/29, 11/26, 12/24, &amp; 12/31</b>						
<b>Language Classes</b>						
• <b>Beginners Spanish</b>	10/5 - 11/23	M	1:00 pm - 2:30 pm	9/3	\$5/\$10	280821A
• <b>ESOL- English as a Second Language</b>	10/9 - 12/4	TH	1:00 pm - 2:30 pm	9/4	\$5/\$10	280817A
• <b>Conversational English</b>	This program is for individuals who are interested in improving their English speaking skills. Meet in small groups weekly, for 8-weeks. Speak with a volunteer who will talk with you in English and help you improve your communication skills. Participants must be registered. 12 students only!					
	10/13 - 12/8	TU	6:00 pm - 7:30 pm	9/3	Free	280868A
	10/7 - 12/2	W	12:30 pm - 2:00 pm	9/3	Free	280868B
	10/10 - 12/5	F	10:00 am - 12:00 pm	9/3	Free	280868C
<b>**No class 11/3, 11/11, 12/25, 1/1, 1/5 &amp; 2/2</b>						
<b>Art Classes</b>	For questions contact Margo Kawashima at 954-684-6163					
• <b>Drawing</b>	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
<b>**No class 11/11</b>	10/7 - 11/18	W	1:30 pm - 3:30 pm	9/2	\$20/\$22	280859A
• <b>Mixed Media</b>	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
<b>**No class 11/11</b>	10/7 - 11/18	W	6:30 pm - 8:30 pm	9/2	\$20/\$22	280811A
• <b>Painting</b>	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	10/9 - 11/13	F	1:30 pm - 3:30 pm	9/2	\$20/\$22	280813A