



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

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

May/June 2017

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

SUNRISE SENIOR CENTER

SPECIAL FEATURES

Senior Center Hours: Monday and Friday 8:30am - 4:30pm
Tuesday, Wednesday and Thursday 8:30 am - 9:00 pm

OR CURRENT RESIDENT

Sunrise Senior Center
Will be closed on Memorial Day,
Monday, May 29th
And
Independence Day,
Tuesday, July 4th



IT STARTS IN PARKS

Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club Join us the 1st Tuesday night of each month. This Club 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.	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
Senior Cooking Club Jun- Italian Sauces (#480816C) Jul- *There will be no Senior Cooking Club*	6/9	F	10:00 am - 12:30 pm	5/3	\$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 Enjoy a great group of people & "Let's Talk". Make new friends, discuss news, hot topics and much more.	Weekly	W	1:00 pm - 2:00 pm	Walk - in	Free
Life Changes Workshop VITAS counselors will lead an ongoing workshop on how to handle life's challenges. The group meets on the first and third Wednesday of the month. Topics such as life transitions, adjustment to the aging process, and retirement to name a few. Join the group and make a few friends!	1st & 3rd	W	2:30 pm - 3:30 pm	Ongoing	Free
Learning Center for Vision Impaired Seniors This group is dedicated to provide continuing education, support, and socialization for any interested Senior. The group meets at Nob Hill Soccer Club Park 10200 Sunset Strip. For more information contact George Bisbikos at 954-742-3214.	Ongoing	TH	10:00 am - 2:00 pm	Walk - in	Free



	Date	Day	Time	Register	Fee
Mother's Day Candyland Social Indulge your sweet tooth and inner child as we bring one of your all-time favorite games to life at our Mother's Day Candyland themed social. Enjoy the colors, sweets and treats as we transform the Sunrise Senior Center into a Candyland paradise. Activity # 480822C	5/15	M	1:00 pm - 3:00 pm	4/7	\$8/\$10
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity #480818A	5/18	TH	1:30 pm - 3:00 pm	4/7	\$5/\$7
Lunch Bunch Enjoy some Cheese Ravioli and a garden salad. Have lunch with your friends before the afternoon activities. Activity # 480807A	6/16	F	12:00 pm - 12:45 pm	5/3	\$5/\$7
Craft Class - Wine Cork Coaster Unwind, uncork and break out the glue gun for this savory project. show these off during your next dinner party or wine and cheese night and soak in all the great compliments you'll get for being so resourceful. Activity #480801A	6/23	F	10:00 am - 11:30 am	5/3	\$6/\$8

May is Older Americans Month! Join us as we celebrate with a variety of free events and programs!



Senior Center Art Show Stroll through the lobby and enjoy the beautiful works created by the painting students. All students interested in displaying their art, must drop it off at the front desk between 4/24 and 4/28. All artwork must have an index card with the name of the artist and title of the piece.	5/1 - 5/26	M-F	8:30 am - 4:30 pm	Walk-in	Free
--	------------	-----	-------------------	---------	------



Skin Cancer Prevention Lecture Dr. Kazden will be here to lecture on skin cancer prevention. Learn how to protect your self from the sun's rays. What is the best SPF to use on your skin., 15, 30, 50, or 70? Melanoma is the deadliest form of skin cancer. Skin cancer is the most common form of cancer in the United States, with more new cases each year occurring than breast, prostate, lung and colon cancer combined. A light lunch will be provided to all pre-registered participants. Space is limited.	5/12	F	10:00 am - 11:30 am	Call to sign up	Free
---	------	---	---------------------	-----------------	------



Choral Concert, Fashion Show and Ice Cream Social Hear the sweet sounds of the Sunrise Star Performers and watch our seniors strut their stuff as they showcase clothes and jewelry made by the Sewing and Beading groups at the Senior Center. Afterwards, enjoy a delicious ice cream treat. This event is free and space is limited. Call (954) 746-3670 or stop by the front desk to reserve your space for the great program.	5/24	W	1:00 pm - 3:00 pm	Call to sign up	Free
--	------	---	-------------------	-----------------	------



Making Memories Day Be a part of our first Making Memories Day! Come and join us for a fun, creative, afternoon of crafting, dancing, and making memories. A light lunch will be served to all who pre-register.	5/31	W	11:00 am - 2:00 pm	Call to sign up	Free
--	------	---	--------------------	-----------------	------

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	 Trip & Ticket Policies 
9:00 am - 9:30 am Tai Chi 9:30 am - 10:30 am Walk Your Way to Health 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 9:30 am - 11:00 am Technology Class (1st and 3rd) 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 4:30 pm - 5:30 pm Senior Aerobics	8:45 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 11:00 am - 1:00 pm Coloring for Grownups 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 - 3:30 pm Life Changes 4:30 pm - 5:30 pm Zumba Gold #3	9:00 am - 10:00 am Beginners Line Dancing 9:30 am - 11:00 am Bereavement Support Group 10:00 am - 11:00 am Gardening Club 10:00 am - 12:00 pm Line Dancing 11:45 am - 12:45 pm Strong & Stretch Pan 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 4:30 pm - 5:30 pm Senior Kickboxing Aerobics **Bring Yoga mat or towel** 5:30 pm - 6:30 pm Strong & Stretch 6:45 pm - 7:45 pm Pi-Yo (Pilates/Yoga) **Bring Yoga mat or towel**	8:45 am - 9:30 am Tai Chi 9:30 am - 10:30 am Zumba Gold 10:30 am - 11:30 am Zumba Gold 10:00 am - 12:00 pm Chess Club 11:30 am - 1:00 pm Choral Group 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. Sales commence at 8:30 am. Current I.D. cards must be presented for any transaction.</p> <p>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.</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, birth date and phone number 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 4:30 pm - 5:30 pm Senior Aerobics 6:00 pm New Release Movies 6:30 pm - 8:30 pm Coloring For Grown Ups 6:00 pm - 9:00 pm Open Game Room 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 6:30 pm - 8:30 pm Mixed Media 6:30 pm - 7:30 pm Ballroom Dancing 6:00 pm - 9:00 pm Wood Carving		THURSDAY EVENINGS 6:00 pm - 9:00 pm Open Game Room 6:00 pm - 8:00 pm Mah Jongg 6:30 pm - 8:00 pm Buying and Selling Safely Online (1st & 3rd) 6:00 pm Open Game Room 6:30 pm - 8:00 pm Open Crafts (Stitchery) 6:30 pm - 8:30 pm Billiard Lessons (2nd & 4th) 6:30 pm - 8:30 pm Iris Folding Workshop (4th) 6:45 pm - 7:45 pm Senior Exercise Class (Pi-Yo)	

Monday Classic Movies - 11:00 am

5/1	Days of Heaven	1978	1:33 mins
5/8	The Party	1968	1:39 mins
5/15	Reservoir Dogs	1992	1:39 mins
5/22	Mash	1970	1:56 mins
5/29	MEMORIAL DAY (NO MOVIE)		

At The Movies

1957	1:56 mins	5/2	Jackie	R
1942	1:49 mins	5/9	Fences	PG-13
1982	1:39 mins	5/16	Passengers	PG-13
1933	1:30 mins	5/23	Moana	PG
		5/30	Patriots Day	R

Tuesday New Release Movies - 11:30 am

1:40 mins	6/6	Lion	PG-13	2:00 mins
2:18 mins	6/13	La La Land	PG-13	2:08 mins
1:56 mins	6/20	Fantastic Beast	PG-13	2:20 mins
1:30 mins	6/27	Miss Sloane	R	2:09 mins
2:13 mins				

• New Release Movie Titles are subject to change

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.

Bereavement Support Group	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
----------------------------------	--------	----	--------------------	------	---------

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

Blood Pressure Check (Sunrise Fire/Rescue)	5/12, 6/9, 7/14	F	10:30 am - 11:30 am	Free	Walk-ins welcome
---	-----------------	---	---------------------	------	------------------

Eyeglass Repair	5/12, 6/9, 7/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
------------------------	-----------------	---	---------------------	------	------------------

Optical City will be in the hallway at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments.

Property Tax Exemption Assistance	5/12, 6/9, 7/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
--	-----------------	---	---------------------	------	------------------

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.

Veteran's Advisor	5/12, 6/9, 7/14	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
--------------------------	-----------------	---	--------------------	------	------------------

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.

Talk to Your Congressman	5/9, 6/13, 7/11	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
---------------------------------	-----------------	----	--------------------	------	------------------

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.

F.L.O.W. is here!	5/10, 6/14, 7/12	W	8:30 am - 12:30 pm		Walk-ins welcome
--------------------------	------------------	---	--------------------	--	------------------

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. For more information and an appointment call 954-746-3670. This service is available to all Broward Co. residents.

S.H.I.N.E Counselor	1st and 3rd Mondays of the month	M	10:00 am - 12:00 pm		Walk-ins welcome
----------------------------	----------------------------------	---	---------------------	--	------------------

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.

Cataract Awareness Lecture	6/9	F	10:00 am - 11:30 am		Call to sign up
-----------------------------------	-----	---	---------------------	--	-----------------

A Doctor Lim and Kim the nurse practitioner will speak about what a cataract is and how to identify whether you have one. What is the surgery like and when do you need to pursue care? Is there a way to prevent cataracts? A light lunch will be provided to all pre-registered participants.

Acupuncture Lecture	7/14	F	10:00 am - 11:30 am		Call to sign up
----------------------------	------	---	---------------------	--	-----------------

Join Carlos Restrepo a trained Acupuncturist who will share the history of the acupuncture, the technique they use to heal different problems and the benefits the traditional Chinese medicine has. This lecture is sponsored by Colony Springs Medical Center. A light lunch will be provided to all pre-registered participants. Space is limited.

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
---------	---------	--------	------	---------------------------	------------

May Ticket Sale Members 5/5; Non-Members 5/12

Isle Casino	6/6	TU	9:00 am - 3:00 pm	\$5/\$7	480826C
--------------------	-----	----	-------------------	---------	---------

Enjoy a great day at the casino. Play the tables, slots and more.

Margaritaville Restaurant and Live Music on the Boardwalk	6/15	TH	4:45 pm - 10:30 pm	\$36/\$38	480842C
--	------	----	--------------------	-----------	---------

Take a bite out of life and most of all relax and have a great time at Jimmy Buffet's Margaritaville Restaurant. This fun and contemporary atmosphere, will feel like an escape to a tropical paradise. Then take a stroll down the boardwalk to the Bandstand and enjoy some live music and entertainment.

Fort Lauderdale Car Museum & Navy Museum	6/22	TH	9:00 am - 3:30 pm	\$15/\$17	480842D
---	------	----	-------------------	-----------	---------

Start the day off with a one-hour tour of the Fort Lauderdale Antique Car Museum which boasts a one-of-a-kind setting, with the largest collection of Packard cars and historical memorabilia from 1900 and on. Then enjoy lunch on your own at the eatery of your choice on Las Olas. After lunch, visit the Naval Air Station Fort Lauderdale Museum for a one-hour guided tour of this historic museum and learn more about the men & women who defended freedom during World War II. *(Price change due to increase at venue.)

Festival Flea Market	6/29	TH	9:00 am - 3:30 pm	\$5/\$7	480846B
-----------------------------	------	----	-------------------	---------	---------

Shop to your heart's content and enjoy lunch on your own at the largest indoor flea market in Florida. At over a quarter-mile long and featuring over 500 stores with name brand merchandise at below outlet prices, this is shopping excursion you won't want to miss.

June Ticket Sale Members 6/2; Non-Members 6/9

Perez Art Museum	7/6	TH	9:00 am - 3:30 pm	\$7/\$9	180842A
-------------------------	-----	----	-------------------	---------	---------

Participate in a memorable and unique one hour guided tour of Modern and Contemporary art pieces housed at the Perez Art Museum. Then enjoy lunch on your own at one of the many eateries at Bayside.

Calder Casino	7/11	TU	9:00 am - 3:00 pm	\$5/\$7	180826A
----------------------	------	----	-------------------	---------	---------

Get ready for a great day at the casino. Try your luck at the tables, slots and enjoy a lunch on your own.

Mazza Mediterranean Cuisine	7/21	F	5:30 pm - 10:00 pm	\$38/\$40	180838A
------------------------------------	------	---	--------------------	-----------	---------

Experience a culinary collection of selected Lebanese and Greek dishes that captures the vibrant palate of the exotic Mediterranean region. Enjoy Dinner and an authentic Belly Dancing extravaganza live show that will make you want to get up and dance. An experience that's hard to resist!

Dinner and Bowling At Sawgrass Lanes	7/27	TH	5:15 pm - 9:30 pm	\$10/\$12	180842B
---	------	----	-------------------	-----------	---------

Start the evening off with a tasty meal on your own from Rotelli's restaurant in Tamarac. Then challenge a friend or leisurely enjoy two games of bowling (shoes included) at Sawgrass Lanes Bowling alley.

July Ticket Sale Members 7/7; Non-Members 7/14

Aventura Mall	8/3	TH	9:00 am - 3:00 pm	\$5/\$7	180846A
----------------------	-----	----	-------------------	---------	---------

Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury shopping destination & shopping mall for Miami & Fort Lauderdale. Featuring a collection of upscale boutiques and more than 300 of the world's most iconic, recognized retailers. Then enjoy lunch on your own at one of the 12 restaurants on site.

Dinner and Dancing At Nicks Italian Restaurant	8/11	F	6:30 pm - 10:30 pm	\$41/\$43	180838B
---	------	---	--------------------	-----------	---------

Enjoy a Great Dinner and a Show at Nicks UpStairs Supper Club! Nick's Italian Restaurant is a Fort Lauderdale landmark and a known favorite to lovers of authentic Italian cuisine. Experience a delicious buffet style dinner complete with great entertainment and dancing! This will be a night out to remember!

Coconut Creek Casino	8/15	TU	9:00 am - 3:00 pm	\$5/\$7	180826B
-----------------------------	------	----	-------------------	---------	---------

Enjoy a great day at the casino. Play the tables, slots, and more.

Hoffman Chocolate Company And Silver Ball Museum	8/28	M	8:45 am - 3:30 pm	\$29/\$31	180842C
---	------	---	-------------------	-----------	---------

It's time to tap into your inner child while tantalizing your taste bud with some delicious chocolate. Experience how delicious chocolate is made, at the Hoffman Chocolate Company. This includes a guided window tour of the factory, a video presentation of the "History of Chocolate". Afterwards, visit Silver Ball Museum and enjoy learning about and playing vintage pinball machines, skee ball, shuffleboard and much more! Lunch is included.

May/June Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members) 7/19 & 7/20	W & TH	9:00 am - 12:00 pm	6/7	\$15/\$20	180853A
Beginners Beading	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials. (Senior Center membership required) No beading experience needed. Limit of one class per person 6/5 - 6/26	M	10:30 am - 12:00 pm	5/2	Free	480814C
	7/3 - 7/30	M	10:30 am - 12:00 pm	6/7	Free	180814A
	8/7 - 8/28	M	10:30 am - 12:00 pm	7/5	Free	180814B
Open Beading	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.					
Book Club	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.					
“The Shack” By: Wm. Paul Young	5/26	F	12:00 pm - 1:00 pm	Now	Free	
“ Last Days of Night “ By: Graham Moore”	6/23	F	12:00 pm - 1:00 pm	Now	Free	
Chess Club	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.					
Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
	Learn the traditional dances of Scotland. No experience or partner required.					
Buying and Selling Safely Online	Join instructor Yvonne Hepler and learn the basics of how to buy and sell safely online. You will learn the basics of shopping online and if you are interested in selling products online, you will learn how do so effectively as well. Monthly	TH (1st & 3rd)	6:30 pm - 8:00 pm	Sign up at front desk	Free	
Language Classes Beginning Spanish	The Spanish and ESOL classes are available to Senior Center Members and Non- Members 4/3 - 6/5	M	1:00 pm - 2:30 pm	Now	\$5/\$10	480821A
ESOL- English as a Second Language	4/6 - 6/1 (No class 5/11)	TH	1:00 pm - 2:30 pm	Now	\$5/\$10	480817A
Coloring for Grownups	Jun	W	11:00 am - 1:00 pm	5/2	Free	480871E
	Jun	TU	6:30 pm - 8:30 pm	5/2	Free	480871F
	Jul	W	11:00 am - 1:00 pm	6/7	Free	180871A
	Jul	TU	6:30 pm - 8:30 pm	6/7	Free	180871B
	Aug	W	11:00 am - 1:00 pm	7/5	Free	180871C
	Aug	TU	6:30 pm - 8:30 pm	7/5	Free	180871D
Ballroom Dance	Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rum- ba, Salsa & Cha Cha. For more information, call 954-439-5899.					
	Jun	W	11:00 am - 12:00 pm	5/3	\$12/\$14	480864C
	Jun	W	6:30 pm - 7:30 pm	5/3	\$12/\$14	480865C
	Jul	W	11:00 am - 12:00 pm	6/7	\$12/\$14	180864A
	Jul	W	6:30 pm - 7:30 pm	6/7	\$12/\$14	180865A
	Aug	W	11:00 am - 12:00 pm	7/5	\$15/\$17	180864B
	Aug	W	6:30 pm - 7:30 pm	7/5	\$15/\$17	180865B
Technology Class	1st & 3 rd 1st Tuesday of each month Apple related devices will be covered and 3rd Tuesday Android devices, Tablets and Laptops will be covered.	TU	9:30 am - 11:00 am	Call to sign up	Free	
Knitting & Crocheting Class	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. See the front desk for a list of supplies					
	Jun	M	10:30 am - 12:00 pm	5/2	Free	480869C
	Jul	M	10:30 am - 12:00 pm	6/6	Free	180869A
	Aug	M	10:30 am - 12:00 pm	7/5	Free	180869B
Sewing Creations	Ongoing	TU	1:00 pm - 3:00 pm	Walk-in	Free	

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
Exercise Classes Tai Chi	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. Wednesday and Friday classes are sponsored by Baptist Health and begin at 8:45 am.					
	Jun	TU/F	9:00 am - 9:30 am	5/3	Free	480858E
	Jun	M/W	9:00 am - 9:30 am	5/3	Free	480858F
	Jul	TU/F	9:00 am - 9:30 am	6/7	Free	180858A
	Jul	M/W	9:00 am - 9:30 am	6/7	Free	180858B
	Aug	TU/F	9:00 am - 9:30 am	7/5	Free	180858C
	Aug	M/W	9:00 am - 9:30 am	7/5	Free	180858D
Senior Aerobics	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.					
	Jun	TU	9:30 am - 10:30 am	5/3	Free	480857E
	Jun	TU	4:30 pm - 5:30 pm	5/3	Free	480857F
	Jul	TU	9:30 am - 10:30 am	6/7	Free	180857A
	Jul	TU	4:30 pm - 5:30 pm	6/7	Free	180857B
	Aug	TU	9:30 am - 10:30 am	7/5	Free	180857C
	Aug	TU	4:30 pm - 5:30 pm	7/5	Free	180857D
Zumba Gold	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.					
	Jun	F	9:30 am - 10:30 am	5/3	Free	480863G
	Jun	F	10:30 am - 11:30 am	5/3	Free	480863H
	Jun	W	4:30 pm - 5:30 pm	5/3	Free	480863I
	Jul	F	9:30 am - 10:30 am	6/7	Free	180863A
	Jul	F	10:30 am - 11:30 am	6/7	Free	180863B
	Jul	W	4:30 pm - 5:30 pm	6/7	Free	180863C
	Aug	F	9:30 am - 10:30 am	7/5	Free	180863D
	Aug	F	10:30 am - 11:30 am	7/5	Free	180863E
	Aug	W	4:30 pm - 5:30 pm	7/5	Free	180863F
Chair Yoga						
	Jun	TH	1:00 pm - 2:00 pm	5/3	\$15/\$17	480861C
	Jul	TH	1:00 pm - 2:00 pm	6/7	\$12/\$14	180861A
	Aug	TH	1:00 pm - 2:00 pm	7/5	\$15/\$17	180861B
Floor Yoga						
	Jun	TH	2:15 pm - 3:15 pm	5/3	\$15/\$17	480862C
	Jul	TH	2:15 pm - 3:15 pm	6/7	\$12/\$14	180862A
	Aug	TH	2:15 pm - 3:15 pm	7/5	\$15/\$17	180862B
Senior Kickboxing	Senior Center membership is required. (Maximum 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 in this program.					
	Jun	TH	4:30 pm - 5:30 pm	5/3	Free	480873C
	Jul	TH	4:30 pm - 5:30 pm	6/7	Free	180873A
	Aug	TH	4:30 pm - 5:30 pm	7/5	Free	180873B
Senior Pi-Yo	Pi-Yo combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. It was designed for people who want the mind-body benefits of a Yoga or Pilates workout, but with a higher-energy class. Senior Center membership is required. A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Jun	TH	6:45 pm - 7:45 pm	5/3	Free	480872C
	Jul	TH	6:45 pm - 7:45 pm	6/7	Free	180872A
	Aug	TH	6:45 pm - 7:45 pm	7/5	Free	180872B
Strong & Stretch	Classes taught by instructor Marilyn DeMartini. Strong and Stretch incorporates aerobics, Pilates, yoga and strength training to help you to stay fit in a fun environment.					
	Jun	TH	11:45 am - 12:45 pm	5/3	\$15/\$17	480870E
	Jun	TH	5:30 pm - 6:30 pm	5/3	\$15/\$17	480870F
	Jul	TH	11:45 am - 12:45 pm	6/7	\$12/\$14	180870A
	Jul	TH	5:30 pm - 6:30 pm	6/7	\$12/\$14	180870B
	Aug	TH	11:45 am - 12:45 pm	7/5	\$15/\$17	180870C
	Aug	TH	5:30 pm - 6:30 pm	7/5	\$15/\$17	180870D
Art Classes	For questions contact Margo Kawashima at 954-684-6163					
• Drawing	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils 5/3 - 6/7	W	1:30 pm - 3:30 pm	4/7	\$20/\$22	480859A
• Mixed Media	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal 5/3 - 6/7	W	6:30 pm - 8:30 pm	4/7	\$20/\$22	480811A
• Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life 5/5 - 6/14	F	1:30 pm - 3:30 pm	4/7	\$20/\$22	480813A
	6/21-7/26	W	1:30 pm - 3:30 pm	6/6	\$20/\$22	480813B