



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

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

May/June 2018

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 28th  
And  
Independence Day,  
Wednesday, July 4th**



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

	Date	Day	Time	Register	Fee
<b>Sunrise Latin Social Club</b> 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
<b>Senior Cooking Club</b>					
<b>June- Perfect Potatoes</b>	180816A	6/8	F	10:00 am - 12:30 pm	5/2 \$6/\$8
<b>July- Summer Salads</b>	180816B	7/20	F	10:00 am - 12:30 pm	6/6 \$6/\$8
<b>August- Enchiladas</b>	180816C	8/24	F	10:00 am - 12:30 pm	7/11 \$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.					
<b>Let's Talk Discussion Group</b> 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
<b>Life Changes Workshop</b> 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 - 4:00 pm	Ongoing	Free
<b>Learning Center for Vision Impaired Seniors</b> 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. <b>**Please Contact Senior Center Front Desk for November Location**</b>	Ongoing	TH	10:00 am - 2:00 pm	Walk-in	Free
<b>Craft Class</b> <b>DIY Chalk Paint Mason Jars</b> Ready to add a stunning piece to any coffee table or counter? Our colorful chalked "rustic" mason jars will add that soft, sweet touch to any home. Register today and learn new ways of painting and distressing items. All materials will be provided! Space and supplies are limited. <b>Activity # 180801A</b>	6/1	F	10:00 am - 11:30 am	5/4	\$6/\$8
<b>Lunch Bunch</b> <b>Chicken and Cheese Quesadillas</b> ¡OLE! Join us for a lunch bunch with a Mexican flair. Treating yourself to cheesy chicken quesadillas are a perfect way to mingle with friends and enjoy a flavorful lunch. It's a simple but delicious dish with all the fixings. This is a great way to mingle and eat with your friends before afternoon activities at the center. <b>Activity #180807A</b>	6/29	W	12:00 pm - 12:45 pm	5/4	\$5/\$7

	Date	Day	Time	Register	Fee
<b>Dental Health Lecture</b> Back by popular demand, this is a continuance of a conversation with a Dental Expert. No matter what age, prevention is the key to maintaining good oral health. Knowing what dental problems you are at risk for developing and how you can reduce those risks will help you decide the most appropriate means to prevent dental problems. A light lunch will be provided to all preregistered participants.	5/11	F	10:00 am - 11:30 am	Call to sign up	Free
<b>Mother's Day Social</b> Ladies slip into a gorgeous hat, gentlemen don that suave fedora and join us at the Senior Center, for a garden themed party in celebration of Mother's Day. Spend the afternoon with friends, being entertained by great music, sipping some lemonade and enjoying a tasty lunch. No hat no problem, we got you covered. <b>Activity # 480822B</b>	5/15	TU	1:00 pm - 3:00 pm	Now	\$8/\$10
<b>Pearls of Longevity Lecture</b> Dr. Jaffer has specialized in the medical care of seniors in South Florida for nearly 30 years. He believes that he and his patients are partners in achieving optimal health and that most people have the capacity to live long healthy lives with vitality and vigor. Come listen to the "10 Pearls of Longevity with Good Health and Happiness". A light lunch will be provided to all pre-regis-tered participants.	6/8	F	10:00 am - 11:30 am	Call to sign up	Free
<b>Bunco</b> Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. <b>Activity #180818A</b>	6/21	TH	1:30 pm - 3:00 pm	5/4	\$5/\$7
<b>Healthy Bones Lecture</b> Your bones are the structure of your body. Learn what you can do to keep your bones strong and healthy. A Baptist Health doctor will be here to speak about Osteoporosis and how you can increase bone mass. A light lunch will be provided to all preregistered participants.	7/13	F	10:00 am - 11:30 am	Call to sign up	Free

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

<b>2nd Annual Making Memories Day</b> Be a part of our Second 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.	5/22	TU	11:00 am - 2:00 pm	Call to sign up	Free
<b>Choral Concert, Fashion Show</b> Back by popular demand, 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.	5/30	W	1:00 pm - 3:00 pm	Call to sign up	Free



## Fort Meyers - Murder Mystery Dinner Train

Wednesday, June 27 - Thursday, June 28, 2018




**\$205.00 Per person based on Double Occupancy**  
**\$233.00 Per person based on Single Occupancy**



**TRIP INCLUDES:**

**Motor Coach**  
**1 nights at the Hyatt Place Hotel with hot breakfast**  
**5 course meal on the luxury rail car, while watching Murder Mystery**  
**Viennese Table at hotel after train**  
**Visit to Miromar Outlet Mall with Coupon Bag**  
**Best of Everything to Shop**

Deposit of \$75.00 due at the time of booking  
\*Final Payment due June 9\*  
**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	9:00 am - 9:30 am Tai Chi	9:00 am - 9:30 am Tai Chi	9:00 am - 10:00 am Beginners Line Dancing	9:00 am - 9:30 am Tai Chi	<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>
9:30 am - 10:30 am Walk Your Way to Health	9:00 am - 12:00 pm Mah Jongg Class	9:30 am - 10:30 am Walk Your Way to Health	9:30 am - 11:00 am Bereavement Support Group	9:30 am - 10:30 am Zumba Gold	
10:30 am - 12:00 pm Beginners Beading	9:30 am - 10:30 am Senior Aerobics	9:00 am - 12:00 pm Bowling League - Strikers Lanes	10:00 am - 11:00 am Gardening Club	10:30 am - 11:30 am Zumba Gold	
10:30 am - 12:00 pm Knitting & Crocheting Class	9:30 am - 11:00 am Technology Class (1st and 3rd) (1st - Apple / 3rd - Android)	11:00 am - 12:00 pm Ballroom Dance Class	10:00 am - 11:00 pm Line Dancing	10:00 am - 12:00 pm Chess Club	
11:00 am (Start Time) Classic Movies	10:00 am - 12:00 pm Billiards Lessons (2nd & 4th)	11:00 am - 1:00 pm Coloring for Grownups	11:45 am - 12:45 pm Strong & Stretch	11:30 am - 1:00 pm Choral Group	
12:30 pm - 2:30 pm Open Beading	10:30 am - 11:30 am Belly Dancing	12:30 pm - 3:30 pm Open Game Play	Pan Card Game Class 1:00 pm - 2:30 pm <b>(Call front desk to sign up)</b>	1:00 pm - 2:30 pm Bingo	
1:00 pm - 2:30 pm Beginners Spanish Class	11:30 am (Start Time) New Release Movies	1:00 pm - 2:30 pm Let's Talk Discussion Group	1:00 pm - 2:30 pm ESOL	1:30 pm - 3:30 pm Painting	
1:30 pm - 3:30 pm Monday Dance Mixer	1:00 pm - 3:00 pm Sewing Creations	1:30 pm - 3:30 pm Drawing Class	2:15 pm - 3:15 pm Floor Yoga	 <b>MEMORIAL DAY</b>	
	4:30 pm - 5:30 pm Senior Aerobics	2:30 pm - 4:00 pm Life Changes (1st and 3rd)	4:30 pm - 5:30 pm Senior Kickboxing Aerobics		
		4:30 pm - 5:30 pm Zumba Gold #3	5:30 pm - 6:30 pm Strong & Stretch		
			6:45 pm - 7:45 pm Pi-Yo (Pilates/Yoga) <b>**Bring Yoga mat or towel**</b>		
<b>TUESDAY EVENINGS (**Please Contact Front Desk for Program Locations**)</b> 4:30 pm - 5:30 pm Senior Aerobics 6:00 pm New Release Movies <b>**1st Tuesday**</b> Sunrise Latin Social Club 6:30 pm - 8:30 pm Coloring For Grown Ups <b>**3rd Tuesday**</b> Sunrise Orchid Society 6:00 pm - 9:00 pm Open Game Room <b>**4th Tuesday**</b> American Legion Post 365 6:00 pm - 9:00 pm Wood Carving 7:00 pm - 9:00 pm Scottish Dancing** <b>(**Please Contact Front Desk 954-746-3670 for Program Location**)</b>		<b>WEDNESDAY EVENINGS</b> 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 6:00 pm - 7:00 pm Ballroom Dancing		<b>THURSDAY EVENINGS</b> 6:00 pm - 9:00 pm Open Game Room 6:30 pm - 8:00 pm Open Crafts (Stitchery) 6:30 pm - 8:30 pm Billiard Lessons (2nd & 4th) <b>**Call or stop by Front Desk to sign up**</b> 4:30 pm - 5:30 pm Kickboxing 5:30 pm - 6:30 pm Strong & Stretch 6:45 pm - 7:45 pm Senior Exercise Class (Pi-Yo)	

**Attention!**

The Senior Center will be undergoing construction and renovation beginning this Summer. Please check with the Front Desk for updates on class relocations or cancellations. Sorry for any inconveniences!

<b>Monday Classic Movies - 11:00 am</b>				<b>At The Movies</b>				<b>Tuesday New Release Movies - 11:30 am</b>							
5/7	Foreign Correspondent	1940	2:00 mins	6/4	A man for All Seasons	1966	2:00 mins	5/1	Star Wars: The Last Jedi	PG-13	2:32 mins	6/5	All the Money in the World	R	2:12 mins
5/14	Separate Tables	1958	1:40 mins	6/11	Mrs. Miniver	1942	2:14 mins	5/8	Coco	PG	1:45 mins	6/12	Phantom Thread	R	2:10 mins
5/21	Born Yesterday	1951	1:42 mins	6/18	Tom Jones	1963	2:01 mins	5/15	The Shape of Water	R	2:03 mins	6/19	The Post	PG-13	1:56 mins
5/28	<b>**NO MOVIE (Memorial Day)**</b>			6/25	The Conversation	1974	1:53 mins	5/22	I Tonya	R	2:00 mins	6/26	The Greatest Showman	PG	1:45 mins
								5/29	Three Billboards	R	1:55 mins				<ul style="list-style-type: none"> <li>New Release Movie Titles are subject to change</li> </ul>

# 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
<b>Emergency Food Pantry</b> 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.	Ongoing	Call for Appt.		Free	
<b>Bereavement Support Group</b> This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
<b>Blood Pressure Check</b> (Sunrise Fire/Rescue)	5/11, 6/8, 7/13	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Eyeglass Repair</b> 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. * <b>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	5/11, 6/8, 7/13	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Property Tax Exemption Assistance</b> 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>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	5/11, 6/8, 7/13	F	10:00 am - 11:30 am	Free	Walk-ins welcome
<b>Veteran's Advisor</b> 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>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	5/11, 6/8, 7/13	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
<b>Talk to Your Congressman</b> 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>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	5/8, 6/12, 7/10	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
<b>F.L.O.W. is here!</b> <u>Florida Licensing on Wheels</u> 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 call 954-746-3670. This service is available to all Broward Co. residents. * <b>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	5/9, 6/13, 7/11	W	8:30 am - 12:30 pm		Walk-ins welcome
<b>S.H.I.N.E Counselor</b> 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. Please call ahead to make sure the S.H.I.N.E. will be there. * <b>Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	1st	M	10:00 am - 12:00 pm		Walk-ins welcome

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
<b>May Ticket Sale</b>	<b>Members 5/4; Non-Members 5/11</b>				
<b>Funky Buddha Brewery Tour</b> Walk the Funky path of brewing enlightenment in a memorable, personal tour of Funky Buddha Brewery. Each guest will enjoy two samples during tour as well as lunch from a preselected menu. At the end of the tour, you will take home a souvenir 5 oz. tasting glass. Closed-toe shoes with slip-resistant soles are highly recommended.	6/8	F	9:30 am - 3:00 pm	\$29/\$31	480842E
<b>Goldcoast Railroad Museum &amp; Wings Over Miami</b> Start the day off with a one hour guided tour, followed by a twenty-five-minute train ride of South Florida's finest railroad museum, Goldcoast Railroad Museum. Afterwards, the group will visit and tour Wings Over Miami Air Museum, which serves as a tribute to those aviators and veterans who pioneered civilian and military aviation. The museum both displays and fly's military and classic aircraft. Lunch on own at Mama Mia's Pizzeria.	6/15	F	8:45 am - 5:00 pm	\$16/\$18	480841A
<b>The Illusionist At Broward Center</b> Be prepared to be amazed by this magical, mystery spectacular. This mind blowing spectacular showcases the jaw dropping talents of five of the most incredible illusionists on earth. Described as incredible, astounding, amusing, mystifying, perplexing and challenging, the Illusionists is a magical must see. Make sure to have dinner before the trip.	6/21	TH	6:35 pm - 10:30 pm	\$60/\$62	480839A
<b>Isle Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	6/26	TU	9:00 am - 3:00 pm	\$5/\$7	480826C
<b>June Ticket Sale</b>	<b>Members 6/1; Non-Members 6/8</b>				
<b>Palm Beach Gardens Mall</b> Time for some retail therapy at the Gardens Mall, one of South Florida's premiere upscale shopping destination. Featuring Nordstrom and Saks Fifth Avenue as anchor stores, the Gardens Mall boasts more than 160 specialty shops and restaurants and offer guests a truly unique luxury shopping experience. Lunch on own.	7/5	TH	9:00 am - 3:00 pm	\$5/\$7	180846A
<b>Hands on Cooking Class</b> Join us as we embark on a VIP cooking class experience at Lenore Nolan-Ryan World Class Catering. You will divide into groups with Master Chefs and you will chop, slice and dice to create a delicious dinner. Once done, sit down and enjoy the fruits of your labor! Space is limited!	7/10	TU	4:00 pm - 8:00 pm	\$47/\$49	180842A
<b>Miccosukee Casino</b> Get ready for a great day at the casino. Play the tables, slots, and more.	7/17	TU	9:00 am - 3:00 pm	\$5/\$7	180826A
<b>Museum of Contemporary Art</b> Join us as we visit The Museum of Contemporary Art. Enjoy extraordinary exhibitions and collection of modern and contemporary art as well as Jazz at MOCA from 7pm-9pm. This will be a great evening of culture and enjoyment. *Dinner on own before trip*	7/27	F	5:30 pm - 10:30 pm	\$5/\$7	180841A
<b>July Ticket Sale</b>	<b>Members 7/6; Non-Members 7/13</b>				
<b>Sawgrass Lanes Bowling and Dinner</b> Start the evening off with a tasty meal at Tijuana Taxi Restaurant in Coral Springs (included). Then challenge a friend or leisurely enjoy two hours of bowling (shoes included) at Sawgrass Lanes Bowling alley.	8/2	TH	4:45 pm - 9:00 pm	\$24/\$26	180842B
<b>Lips Restaurant</b> Enjoy dinner with the Divas at this unforgettable cabaret show followed by a musical review and game show. Salad, choice of entrée, and dessert all included.	8/7	TU	6:15 pm - 11:00 pm	\$40/\$42	180838A
<b>Broward Center For The Performing Arts Tour</b> Ever wondered what it's like on the other side of the curtain? Join us for a behind-the-scenes public tour of the Broward Center for the Performing Arts. Afterwards enjoy lunch on your own on Las Olas.	8/14	TU	9:00 am - 3:00 pm	\$5/\$7	180842C
<b>Miami Marlins vs NY Yankees</b> Don't miss your chance to see the Marlins take on the Dodgers. Be sure to get your tickets early! Seats are in Section 6, Rows to be announced.	8/22	W	4:30 am - 11:00 pm	\$55/\$57	180837A
<b>Dania Casino</b> Get ready for a great day at the casino. Play the tables, slots, and more.	8/28	TU	9:00 am - 3:00 pm	\$5/\$7	180826B

# May/June Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>Beginners</b>	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials.					
<b>Beading</b>	(Senior Center membership required) No beading experience needed. Limit of one class per person					
	6/4 - 6/25	M	10:30 am - 12:00 pm	5/7	Free	480814C
	7/2 - 7/30	M	10:30 am - 12:00 pm	6/4	Free	180814A
	8/6 - 8/27	M	10:30 am - 12:00 pm	7/2	Free	180814B
<b>Open Beading</b> friends while you	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your bead.					
<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>“The Guernsey Literary and Potato Peel Pie Society”</b>						
By: Mary Ann Shaffer & Annie Barrows						
	5/25	F	12:00 pm - 1:00 pm	Now	Free	
<b>“Who Do You Love”</b>						
By: Jennifer Weiner						
	6/29	F	12:00 pm - 1:00 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>Scottish Dancing</b>	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
Learn the traditional dances of Scotland. No experience or partner required.						
<b>Wood Carving</b>	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
Learn the techniques of wood carving with instructor Jim Harris.						
<b>Language Classes</b>						
The Spanish and ESOL classes are available to Senior Center Members and Non- Members						
<b>Conversational English</b>	5/2 - 6/20	W	9:30 am - 10:30 pm	Now	\$5/\$10	480868A
<b>Conversational Spanish</b>	5/2 - 6/20	W	10:45 am - 11:45 am	Now	\$5/\$10	480875A
	5/2 - 6/20	W	6:30 pm - 7:30 pm	Now	\$5/\$10	480886A
<b>Art Classes</b>						
For questions contact Margo Kawashima at 954-684-6163. <b>Bring your own supplies (See supplies list at the Front Desk)</b>						
• <b>Drawing</b>	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
	5/2 - 6/6	W	1:30 pm - 3:30 pm	Now	\$20/\$22	480859A
• <b>Mixed Media</b>	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	5/2 - 6/6	W	6:30 pm - 8:30 pm	Now	\$20/\$22	480811A
• <b>Painting</b>	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	5/4 - 6/8	F	1:30 pm - 3:30 pm	Now	\$20/\$22	480813A
<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.					
	Jun	W	11:00 am - 12:00 pm	5/2	\$12/\$14	480864C
	Jun	W	6:00 pm - 7:00 pm	5/2	\$12/\$14	480865C
	Jul	W	11:00 am - 12:00 pm	6/6	\$12/\$14	180864A
	Jul	W	6:00 pm - 7:00 pm	6/6	\$12/\$14	180865A
	Aug	W	11:00 am - 12:00 pm	7/11	\$15/\$17	180864B
	Aug	W	6:00 pm - 7:00 pm	7/11	\$15/\$17	180865B
<b>Technology Class</b>	1st & 3 <sup>rd</sup>	TU	9:30 am - 11:00 am	Call to sign up	Free	
1st Tuesday of each month Apple related devices will be covered and 3rd Tuesday Android devices, Tablets and Laptops will be covered.						
<b>Knitting &amp; Crocheting Class</b>	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. <b>Bring your own supplies (See supplies list at the Front Desk)</b>					
	Jun	M	10:30 am - 12:00 pm	5/7	Free	480869C
	Jul	M	10:30 am - 12:00 pm	6/4	Free	180869A
	Aug	M	10:30 am - 12:00 pm	7/2	Free	180869B
<b>Sewing Creations</b>	Ongoing	TU	1:00 pm - 3:00 pm	Walk-in	Free	

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.					
	Jun	TU/F	9:00 am - 9:30 am	5/2	Free	480858E
	Jun	M/W	9:00 am - 9:30 am	5/2	Free	480858F
	Jul	TU/F	9:00 am - 9:30 am	6/6	Free	180858A
	Jul	M/W	9:00 am - 9:30 am	6/6	Free	180858B
	Aug	TU/F	9:00 am - 9:30 am	7/11	Free	180858C
	Aug	M/W	9:00 am - 9:30 am	7/11	Free	180858D
<b>**No Class Wednesday, July 4th**</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.					
	Jun	TU	9:30 am - 10:30 am	5/2	Free	480857E
	Jun	TU	4:30 pm - 5:30 pm	5/2	Free	480857F
	Jul	TU	9:30 am - 10:30 am	6/6	Free	180857A
	Jul	TU	4:30 pm - 5:30 pm	6/6	Free	180857B
	Aug	TU	9:30 am - 10:30 am	7/11	Free	180857C
	Aug	TU	4:30 pm - 5:30 pm	7/11	Free	180857D
<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.					
	Jun	F	9:30 am - 10:30 am	5/2	Free	480863G
	Jun	F	10:30 am - 11:30 am	5/2	Free	480863H
	Jun	W	4:30 pm - 5:30 pm	5/2	Free	480863I
	Jul	F	9:30 am - 10:30 am	6/6	Free	180863A
	Jul	F	10:30 am - 11:30 am	6/6	Free	180863B
	Jul	W	4:30 pm - 5:30 pm	6/6	Free	180863C
	Aug	F	9:30 am - 10:30 am	7/11	Free	180863D
	Aug	F	10:30 am - 11:30 am	7/11	Free	180863E
	Aug	W	4:30 pm - 5:30 pm	7/11	Free	180863F
<b>**No Class Wednesday, July 4th**</b>						
<b>Chair Yoga</b>	Jun	TH	1:00 pm - 2:00 pm	5/2	\$9/\$11	480861C
	Jul	TH	1:00 pm - 2:00 pm	6/6	\$12/\$14	180861A
	Aug	TH	1:00 pm - 2:00 pm	7/11	\$15/\$17	180861B
<b>Floor Yoga</b>	Jun	TH	2:15 pm - 3:15 pm	5/2	\$9/\$11	480862C
	Jul	TH	2:15 pm - 3:15 pm	6/6	\$12/\$14	180862A
	Aug	TH	2:15 pm - 3:15 pm	7/11	\$15/\$17	180862B
<b>**No Class Thursday, June 28th**</b>						
<b>Senior Kickboxing</b>	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	5/2	Free	480873C
	Jul	TH	4:30 pm - 5:30 pm	6/6	Free	180873A
	Aug	TH	4:30 pm - 5:30 pm	7/11	Free	180873B
<b>Senior Pi-Yo</b>	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	5/2	Free	480872C
	Jul	TH	6:45 pm - 7:45 pm	6/6	Free	180872A
	Aug	TH	4:30 pm - 5:30 pm	7/11	Free	180873B
<b>Strong &amp; Stretch</b>	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	5/2	\$12/\$14	480870E
	Jun	TH	5:30 pm - 6:30 pm	5/2	\$12/\$14	480870F
	Jul	TH	11:45 am - 12:45 pm	6/6	\$12/\$14	180870A
	Jul	TH	5:30 pm - 6:30 pm	6/6	\$12/\$14	180870B
	Aug	TH	11:45 am - 12:45 pm	7/11	\$15/\$17	180870C
	Aug	TH	5:30 pm - 6:30 pm	7/11	\$15/\$17	180870D
<b>Belly Dancing</b>	Senior Center membership is required (Maximum 24 students per class). Class is sponsored by Aetna.					
	Jun	TU	10:30 am - 11:30 am	5/2	Free	480876C
	Jul	TU	10:30 am - 11:30 am	6/6	Free	180876A
	Aug	TU	10:30 am - 11:30 am	7/11	Free	180876B