



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

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July/August 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 Independence Day,
Wednesday, July 4th
& Labor Day Monday, September 3rd






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. Contact the Senior Center Front Desk (954)749-3670 for monthly meeting location.	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
Senior Cooking Club 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.					
August- Enchiladas	180816C	8/24	F	10:00 am - 12:30 pm	7/11 \$6/\$8
September- Empanadas	180816D	9/21	F	10:00 am - 12:30 pm	8/1 \$6/\$8
October - Chicken Stroganoff	280816A	10/26	F	10:00 am - 12:30 pm	9/5 \$6/\$8
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 - 4:00 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. **Please Contact Senior Center Front Desk for November Location**	Ongoing	TH	10:00 am - 2:00 pm	Walk-in	Free
Bowling League Open House Come sign up for the 2018-2019 Bowling season at Strikers. Please call Wayne Skervin or Danielle Forem at 954-746-3670 for more information. Activity # 180854A	8/29	W	3:00 pm	Walk-in	
Women's Bocce Open House Come to the Senior Center to sign up for the 2018-2019 Bocce season. Please call Wanda Joyce at 954-746-6376 or Mary Robertson at 954-749-4733 for more information. Activity # 180855A	9/26	W	3:00 pm	Walk-in	

	Date	Day	Time	Register	Fee
Healthy Bones Lecture 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. Light refreshments will be provided to all preregistered participants.	7/13	F	10:00 am - 11:30 am	Call to sign up	Free
Lunch Bunch- Egg Salad Sandwich/ Chicken Noodle Soup We're serving up a delicious deli style homemade egg salad sandwich and a comforting side of chicken noodle soup. You can't beat this combo and the company you'll have at our upcoming lunch bunch. This programs is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity #180807A	7/18	W	12:00 pm - 12:45 pm	Now	\$5/\$7
Craft Class: Essential Oil Diffuser Necklace Essentials oils have been around for thousands of years and have many benefits. Their curing qualities can be known as antidepressants, antibacterial and aromatherapy. Plus, they smell great! This craft class you'll be designing your very own clay essential oil diffuser necklace. Using clay, you'll be able to stamp or draw your very own pattern. Wear your necklace, give as a gift or display it in your car for a lasting scent! All materials will be provided. Space and supplies are limited. Activity # 180801A	7/20	F	10:00 am - 11:30 am	Now	\$6/\$8
Allergies and Asthma Lecture Learn the difference between allergies and asthma, how they are related and what the treatments are for each. Learn the difference between food allergies, skin allergies and respiratory allergies and when to seek treatment. A light lunch will be provided to all pre-registered participants. Sponsored by Chen Senior Medical Center.	8/10	F	10:00 am - 11:30 am	Call to sign up	Free
Lunch Bunch Two Tacos, chips and a soda It may not be Tuesday but every day is good for Tacos! Join us for our delicious homemade Tacos with a side of tortilla chips and soda. This lunch will fill you up and leave you wanting more. This programs is a great way to mingle and eat with your friends before afternoon activities. Sign up today!	8/15	W	12:00 pm - 12:45 pm	7/7	\$5/\$7
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity #180818A	8/16	TH	1:30 pm - 3:00 pm	7/7	\$5/\$7
Craft Class: Melted Crayon Art Love color? This is the craft for you! The melted crayon art is a simple yet stunning piece that has everyone raving. Using a canvas and a few tools, our new method of art is a fun way to create a lasting masterpiece. All materials will be provided. Space and supplies are limited.	8/17	F	10:00 am - 11:30 am	Now	\$6/\$8
Hearing Screening and Free Amplified Phone An Audiologist will be at the Senior Center to test hearing and issue a free amplified phone to anyone who is hard of hearing. You must be a resident of Florida and have a valid state identification card. One phone per person will be issued. If you have an amplified phone that is no longer working or would like to exchange the phone for a new cordless one, you must bring the original phone with you for an exchange. Space is limited, call for an appointment (954) 746-3670.	8/21	TU	9:00 am - 11:00 am	Now	Free
Dementia Lecture Dr. Michael Ehrenman is a board certified Internal Medicine graduate from NYU. He has been working with Plaza Medical for the past 10 years. He will be speaking about dementia, the levels of diagnosis, and the names of each level. You will learn about symptoms and treatment. A light lunch will be provided to all pre-registered participants. Sponsored by Care Plus.	9/14	F	10:00 am - 11:30 am	Call to sign up	Free
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity #180818B	9/20	TH	1:30 pm - 3:00 pm	8/4	\$5/\$7

<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 Beginners 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) (1st - Apple / 3rd - Android) 10:00 am - 12:00 pm Billiards Lessons (2nd & 4th) 11:30 am (Start Time) New Release Movies 1:00 pm - 3:00 pm Sewing Creations 4:30 pm - 5:30 pm Senior Aerobics	8:45 am - 9:30 am Tai Chi 9:00 am - 12:00 pm Bowling League - Strikers Lanes 9:30 am - 10:30 am Walk Your Way to Health 9:30 am - 10:30 am Conversational English 10:45 am - 11:45 am Conversational Spanish 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 - 2:30 pm Let's Talk Discussion Group 1:30 pm - 3:30 pm Drawing Class 2:30 pm - 4:00 pm Life Changes (1st and 3rd) 4:30 pm - 5:30 pm Zumba Gold #3 5:00 pm - 5:45 pm Advanced Conversational English 5:45 pm - 6:30 pm Advanced Conversational Spanish  6:30 pm - 7:30 pm Conversational Spanish 7:30 pm - 8:30 pm Conversational English	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 - 11:00 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 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 (Sessions Begin on 9/7/18) 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. 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 (**Please Contact Front Desk for Program Locations**) 4:30 pm - 5:30 pm Senior Aerobics 6:00 pm New Release Movies **1st Tuesday** Sunrise Latin Social Club 6:30 pm - 8:30 pm Coloring For Grown Ups **3rd Tuesday** Sunrise Orchid Society 6:00 pm - 9:00 pm Open Game Room **4th Tuesday** American Legion Post 365 6:00 pm - 9:00 pm Wood Carving 7:00 pm - 9:00 pm Scottish Dancing** (**Please Contact Front Desk 954-746-3670 for Program Location**)		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 5:00 pm - 5:45 pm Advance Conversational English 5:45 pm - 6:30 pm Advance Conversational Spanish 6:00 pm - 7:00 pm Ballroom Dancing		THURSDAY EVENINGS 6:00 pm - 9:00 pm Open Game Room 6:00 pm - 8:00 pm Mah Jongg 6:30 pm - 8:30 pm Mixed Media 6:30 pm - 7:30 pm Conversational Spanish 7:30 pm - 8:30 pm Conversational English 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) **Call or stop by Front Desk to sign up** 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!

Monday Classic Movies - 11:00 am					At The Movies					Tuesday New Release Movies - 11:30 am					
7/2	Guys & Doll	1955	2:29 mins	8/6	Brief Encounter	1945	1:26 mins	7/3	Ant Man	PG-13	1:53 mins	8/7	Love Simon	PG-13	1:50 mins
7/9	Captain Courageous	1937	1:55 mins	8/13	The Untouchables	1987	1:59 mins	7/10	I Can Only Imagine	PG	1:50mins	8/14	Beirut	R	1:49 mins
7/16	You Can't Take it With You	1938	2:06 mins	8/20	Desk Set	1957	1:43 mins	7/17	12 Strong	R	2:10 mins	8/21	Finding Your Feet	PG-13	1:51 mins
7/23	The Lady EVE	1941	1:33 mins	8/27	Gypsy	1974	1:53 mins	7/24	Game Night	R	1:40 mins	8/28	Chappaquiddick	PG-13	1:41 mins
7/30	Defending Your Life	1991	1:51 mins					7/31	Black Panther	PG-13	2:15 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 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	
Bereavement Support Group 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
Blood Pressure Check (Sunrise Fire/Rescue)	7/13,8/10,9/14	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair 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. * 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.	7/13,8/10,9/14	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance 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. * 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.	7/13,8/10,9/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
Veteran's Advisor 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. * 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.	7/13,8/10,9/14	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
Talk to Your Congressman 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. * 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.	7/10,8/14,9/11	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
F.L.O.W. is here! <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. * 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.	7/11,8/8,9/12	W	8:30 am - 12:30 pm		Walk-ins welcome
S.H.I.N.E Counselor 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. * 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.	1st	M	10:00 am - 12:00 pm		Walk-ins welcome

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
July Ticket Sale Members 7/6: Non-Members 7/13					
Sawgrass Lanes Bowling and Dinner 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
Lips Restaurant 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
Broward Center For The Performing Arts Tour 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
Miami Marlins vs NY Yankees Don't miss your chance to see the Marlins take on the Yankees. Be sure to get your tickets early! Seats are in Section 5, Rows 22 - 26.	8/22	W	4:30 am - 11:00 pm	\$55/\$57	180837A
Dania Casino 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
August Ticket Sale Members 8/3: Non-Members 8/10					
Perez Art Museum 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 Marketplace.	9/6	TH	9:30 am - 3:30 pm	\$7/\$9	180841B
Aventura Mall Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury shopping destination 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 own at one of the 12 restaurants on site.	9/13	TH	9:15 am - 3:30 pm	\$5/\$7	180842D
La Cage Lauderhill Performing Arts Get your tickets and join the Sunrise Senior Center as we visit the Lauderhill Performing Arts to see La Cage. Based on Jean Poiret's 1973 French play of the same name, the multi-Tony award-winning LA CAGE AUX FOLLES is a musical filled with delightful spectacle and great heart. Please have dinner before the trip.	9/21	F	6:30 pm - 10:30 pm	\$49/\$51	180839A
Gulfstream Casino Get ready for a great day at the casino. Try your luck at slots and more.	9/25	TU	9:00 am - 3:00 pm	\$5/\$7	180826C
September Ticket Sale Members 9/7: Non-Members 9/14					
Festival Flea Market Shop to your hearts 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 a shopping excursion you won't want to miss.	10/2	TU	9:00 am - 3:30 pm	\$5/\$7	280846A
Hialeah Park Casino Get ready for a great day at the casino. Play the tables, slots, and more.	10/9	TU	9:00 am - 3:00 pm	\$5/\$7	280826A
Crime Tours Museum Join us and learn about the untold stories that have helped to shape South Florida. From celebrity homes, historical destinations, gangsters, to murder mysteries, Crime Tours is the only tour that tells you the truly twisted history of South Florida. Start off with a 45-minute tour of the museum, then board a bus and visit significant and historical locations in the Fort Lauderdale area. Afterward, lunch on your own on Las Olas.	10/18	TH	9:30 am - 3:30 pm	\$27/\$29	280841A
Art of Chocolate Learn the art of chocolate making and create your own treats on this sweet and savory trip to Schokolad Chocolate Factory in Fort Lauderdale. You will also be able to craft you own goodie bag to bring home your confections during this one-hour tour. Afterwards, head to the Galleria Mall for shopping and lunch on your own.	10/23	TU	10:00 am - 4:30 pm	\$17/\$19	280842A
Ancient Spanish Monastery Take a trip back in time and marvel at this architectural wonder that was shipped piece by piece from Europe and then reassembled in Miami. Enjoy a guided one hour tour of the Monastery and its beautiful and breath taking gardens that surround it. Afterwards, lunch on your own at one of the eateries at the Villa of Gulfstream Park.	10/29	M	9:00 am - 4:00 pm	\$15/\$17	280842B

July/August Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
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					
	8/6 - 8/27	M	10:30 am - 12:00 pm	7/2	Free	180814B
	9/3 - 9/24	M	10:30 am - 12:00 pm	8/6	Free	180814C
	10/1 - 10/29	M	10:30 am - 12:00 pm	9/3	Free	180814D
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 Couple Next Door” By: Shari Lapena	7/27	F	12:00 pm - 1:00 pm	Now	Free	
“The Zookeeper’s Wife” By: Diane Ackerman	8/24	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.
Wood Carving	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	Learn the techniques of wood carving with instructor Jim Harris.
Language Classes	The Spanish and ESOL classes are available to Senior Center Members and Non- Members					
Conversational English	7/11 - 8/29	W	9:30 am - 10:30 pm	Now	\$5/\$10	180868A
	**7/11 - 8/29	W	5:00 pm - 5:45 pm	Now	\$5/\$10	180888A
	7/11 - 8/29	W	7:30 pm - 8:30 pm	Now	\$5/\$10	180887A
Conversational Spanish	7/11 - 8/29	W	10:45 am - 11:45 am	Now	\$5/\$10	180875A
	**7/11 - 8/29	W	5:45 pm - 6:30 pm	Now	\$5/\$10	180889A
	7/11 - 8/29	W	6:30 pm - 7:30 pm	Now	\$5/\$10	180886A
	(** New Advance Conversational classes)					
Art Classes	For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)					
Drawing	10/3 - 11/7	W	1:30 pm - 3:30 pm	9/7	\$20/\$22	280859A
Mixed Media	10/3 - 11/7	W	6:30 pm - 8:30 pm	9/7	\$20/\$22	280811A
Painting	10/5 - 11/9	F	1:30 pm - 3:30 pm	9/7	\$20/\$22	280813A
Ballroom Dance	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.					
	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
	Sep	W	11:00 am - 12:00 pm	8/1	\$12/\$14	180864C
	Sep	W	6:00 pm - 7:00 pm	8/1	\$12/\$14	180865C
	Oct	W	11:00 am - 12:00 pm	9/5	\$15/\$17	280864A
	Oct	W	6:00 pm - 7:00 pm	9/5	\$15/\$17	280865A
Technology Class	1st & 3 rd	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.
Knitting & Crocheting Class	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. Bring your own supplies (See supplies list at the Front Desk)					
	Aug	M	10:30 am - 12:00 pm	7/2	Free	180869B
	Sep	M	10:30 am - 12:00 pm	8/6	Free	180869C
	Oct	M	10:30 am - 12:00 pm	9/3	Free	280869A
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. Classes sponsored by Aetna.					
	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
	Sep	TU/F	9:00 am - 9:30 am	8/1	Free	180858E
	Sep	M/W	9:00 am - 9:30 am	8/1	Free	180858F
	Oct	TU/F	9:00 am - 9:30 am	9/5	Free	280858A
	Oct	M/W	9:00 am - 9:30 am	9/5	Free	280858B
	No Class Wednesday, July 4th					
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.					
	Aug	TU	9:30 am - 10:30 am	7/11	Free	180857C
	Aug	TU	4:30 pm - 5:30 pm	7/11	Free	180857D
	Sep	TU	9:30 am - 10:30 am	8/1	Free	180857E
	Sep	TU	4:30 pm - 5:30 pm	8/1	Free	180857F
	Oct	TU	9:30 am - 10:30 am	9/5	Free	280857A
	Oct	TU	4:30 pm - 5:30 pm	9/5	Free	280857B
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.					
	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
	Sep	F	9:30 am - 10:30 am	8/1	Free	180863G
	Sep	F	10:30 am - 11:30 am	8/1	Free	180863H
	Sep	W	4:30 pm - 5:30 pm	8/1	Free	180863I
	Oct	F	9:30 am - 10:30 am	9/5	Free	280863A
	Oct	F	10:30 am - 11:30 am	9/5	Free	280863B
	Oct	W	4:30 pm - 5:30 pm	9/5	Free	280863C
	No Class Wednesday, July 4th					
Chair Yoga	Aug	TH	1:00 pm - 2:00 pm	7/11	\$15/\$17	180861B
	Sep	TH	1:00 pm - 2:00 pm	8/1	\$12/\$14	180861C
	Oct	TH	1:00 pm - 2:00 pm	9/5	\$12/\$14	280861A
Floor Yoga	Aug	TH	2:15 pm - 3:15 pm	7/11	\$15/\$17	180862B
	Sep	TH	2:15 pm - 3:15 pm	8/1	\$12/\$14	180862C
	Oct	TH	2:15 pm - 3:15 pm	9/5	\$12/\$14	280862A
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.					
	Aug	TH	4:30 pm - 5:30 pm	7/11	Free	180873B
	Sep	TH	4:30 pm - 5:30 pm	8/1	Free	180873C
	Oct	TH	4:30 pm - 5:30 pm	9/5	Free	280873A
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.					
	Aug	TH	6:45 pm - 7:45 pm	7/11	Free	180872B
	Sep	TH	6:45 pm - 7:45 pm	8/1	Free	180872C
	Oct	TH	6:45 pm - 7:45 pm	9/5	Free	280872A
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.					
	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
	Sep	TH	11:45 am - 12:45 pm	8/1	\$12/\$14	180870E
	Sep	TH	5:30 pm - 6:30 pm	8/1	\$12/\$14	180870F
	Oct	TH	11:45 am - 12:45 pm	9/5	\$12/\$14	280870A
	Oct	TH	5:30 pm - 6:30 pm	9/5	\$12/\$14	280870B