



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

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

November/December 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

Senior Center will be closed:

Veteran's Day Observed- Monday, November 12

Thanksgiving Holiday- Thursday, November 22 &
Friday, November 23

Christmas Day- Tuesday, December 25

New Year's Day- Tuesday, January 1

IT STARTS IN PARKS

Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free

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.

Senior Cooking Club

November- Let's Give Thanks 280816B	11/16	F	10:00 am - 12:30 pm	10/3	\$6/\$8
December - NO CLASS					
January- Mediterranean Tapas 380816A	1/18	F	10:00 am - 12:30 pm	12/5	\$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.

Learning Center for

Vision Impaired Seniors	Ongoing	TH	10:00 am - 2:00 pm	Walk-in	Free
--------------------------------	---------	----	--------------------	---------	------

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. ****Due to reconstruction, please contact George for location****

Senior Theatre Workshop New

11/8 - 1/10	TH	11:45 am - 1:00 pm	Now	Free
-------------	----	--------------------	-----	------

Do you have a flair for the dramatic, ever wanted to learn how to act and perform in front of an audience? Well you're in luck, the Senior Center now has a program that will fulfill that desire. Join the new Senior Theatre Workshop led by experienced instructor Myra Graves. You will be introduced to acting exercises, role playing, improv, voice exercises and more. For more information, please stop by or contact the Senior Center Front Desk, 954-746-3670. **Activity # 280890A (**No Class 11/22 & 12/27**)**

Craft Class:

Glass Etching	12/7	F	10:00 am - 11:30 am	11/7	\$6/\$8
----------------------	------	---	---------------------	------	---------

Transform your plain, ol' glass into something beautiful! Our DIY glass etching class will be the perfect way to learn how to make your own, personalized design on a wine glass or cup. With our simple steps you'll turn any glass item into a unique piece great for décor and gifts, just in time for the holidays. All materials will be provided. Space and supplies are limited. **Activity # 280801B**

	Date	Day	Time	Register	Fee
A Salute to Our Veterans Social	11/13	TU	1:00 pm - 3:00 pm	10/5	\$8/\$10
Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. This patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. Activity # 280822B					
Lunch Bunch					
Turkey Bolognese with Zucchini Noodles	12/12	W	12:00 pm - 12:45 pm	11/2	\$5/\$7
Let's treat ourselves to a nice, comforting, warm bowl of pasta...this time, the healthy kind! We're transforming the traditional Bolognese dish in ways people won't even know! This dish will include fresh spiraled "zoodles", which is zucchini noodles with a turkey meat sauce. This dish is so delicious you won't even know you're eating half the carbs and calories! This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 280807B					
Tis The Season Social	12/19	W	1:00 pm - 3:00 pm	11/2	\$8/\$10
Tis the season to celebrate the holidays! Pull out your most festive holiday sweaters, whether ugly or cute and dance the afternoon away to the sounds of the "Fusion Band". We will be serving some of your favorite traditional comfort foods and a tasty dessert. Top the afternoon off with an "ugly sweater" completion, so make sure your sweater lives up to expectations. Activity # 280822C					
3rd Annual "A Walk in the Park"	1/7	M	8:45 am - 12:00 pm	Call to sign up	Free
Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. This year, we'll explore newly renovated Flamingo Park, which features outdoor exercise equipment, three covered outdoor basketball courts, a baseball themed splash pad, a play-ground, and a .77 mile walking path. Enjoy an exercise demonstration, giveaways, music, and a healthy lunch. Sponsored by Humana MarketPoint.					
New Year's Bash Dinner Dance	1/10	TH	6:00 pm - 9:00 pm	12/7	\$22/\$24
Are you ready to party and bring in the new year in style? Join the Sunrise Senior Center as we party the night away! Enjoy an evening of elegance with great music, a delectable catered meal and a complimentary glass of wine or beer. This will be an affair you won't want to miss! Activity # 380832A					

Interested in playing in a 55+ Softball league? Please contact Lauren Gauna at 954-746-3674 with your name and contact information. Additional information will follow as we gauge community demand. Please respond no later than Friday, December 28, 2018.



Savannah & Charleston

(4 Day, 3 Night Trip)

Monday, January 14 - Thursday, January 17, 2019

\$539.00 Per person based on Double Occupancy

\$752.00 Per person based on Single Occupancy

\$469.00 Per person based on Triple Occupancy



TRIP INCLUDES:

Motor Coach
3 nights at the Courtyard Marriott (Historic District) with hot breakfast
Lunch at Hurricane Patty's in St. Augustine
Private Trolley Tour with on/off privileges in GA
5 Course dinner at Hymans in Charleston, SC
Dinner at Fatz Café in Savannah, GA
Visit to Jykell Island, with Trolley Tour of Historic District
Guided Bus Tour of Charleston, SC

OPEN HOUSE

Thursday November 15

Deposit of \$150.00 due at the time of booking
For further details contact ALM
at
954-553-6777

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	Trip & Ticket Policies
---------------	----------------	------------------	-----------------	---------------	-----------------------------------

<p>9:00 am - 9:30 am Tai Chi</p> <p>9:30 am - 10:30 am Walk Your Way to Health</p> <p>10:00 am - 10:45 am Aqua Fitness (Civic Center Pool)</p> <p>10:30 am - 12:00 pm Beginners Beading</p> <p>10:00 am - 12:00 pm Knitting & Crocheting Class</p> <p>11:00 am (Start Time) Classic Movies</p> <p>12:30 pm - 2:30 pm Open Beading</p> <p>1:00 pm - 2:30 pm Beginners Spanish Class</p> <p>1:30 pm - 3:30 pm Monday Dance Mixer</p>	<p>9:00 am - 9:30 am Tai Chi</p> <p>9:00 am - 12:00 pm Mah Jongg Class</p> <p>9:30 am - 10:30 am Senior Aerobics</p> <p>9:30 am - 11:00 am Technology Class (1st and 3rd) (1st - Apple / 3rd - Android)</p> <p>10:00 am - 10:45 am Aqua Fitness (Civic Center Pool)</p> <p>10:00 am - 12:00 pm Billiards Lessons (2nd & 4th)</p> <p>11:30 am (Start Time) New Release Movies</p> <p>1:00 pm - 3:00 pm Sewing Creations</p> <p>4:30 pm - 5:30 pm Senior Aerobics</p>	<p>8:45 am - 9:30 am Tai Chi</p> <p>9:00 am - 12:00 pm Bowling League - Strikers Lanes</p> <p>9:30 am - 10:30 am Walk Your Way to Health</p> <p>9:30 am - 10:30 am Conversational English</p> <p>10:45 am - 11:45 am Conversational Spanish</p> <p>11:00 am - 12:00 pm Ballroom Dance Class</p> <p>11:00 am - 1:00 pm Coloring for Grownups</p> <p>12:30 pm - 3:30 pm Open Game Play</p> <p>1:00 pm - 2:30 pm Let's Talk Discussion Group</p> <p>1:30 pm - 3:30 pm Drawing Class</p> <p>2:30 pm - 4:00 pm Life Changes (1st and 3rd)</p> <p>4:30 pm - 5:30 pm Zumba Gold #3</p> <p>5:00 pm - 5:45 pm Advanced Conversational English</p> <p>5:45 pm - 6:30 pm Advanced Conversational Spanish</p> <p>6:30 pm - 7:30 pm Conversational Spanish</p> <p>7:30 pm - 8:30 pm Conversational English</p>	<p>9:00 am - 10:00 am Beginners Line Dancing</p> <p>9:30 am - 11:00 am Bereavement Support Group</p> <p>10:00 am - 10:45 am Aqua Fitness (Civic Center Pool)</p> <p>10:00 am - 11:00 am Gardening Club</p> <p>10:00 am - 11:00 am Line Dancing</p> <p>11:45 am - 12:45 pm Strong & Stretch</p> <p>11:45 am - 1:00 pm Theatre Workshop (Stop by Front Desk to sign up)</p> <p>Pan Card Game Class 1:00 pm - 2:30 pm (Call front desk to sign up)</p> <p>1:00 pm - 2:30 pm ESOL</p> <p>1:00 pm - 2:00 pm Chair Yoga</p> <p>2:15 pm - 3:15 pm Floor Yoga</p> <p>4:30 pm - 5:30 pm Senior Kickboxing Aerobics</p> <p>5:30 pm - 6:30 pm Strong & Stretch</p> <p>6:00 pm - 6:45 pm Pi-Yo (Pilates/Yoga) **Bring Yoga mat or towel**</p>	<p>8:45 am - 9:30 am Tai Chi</p> <p>9:30 am - 10:30 am Zumba Gold</p> <p>10:30 am - 11:30 am Zumba Gold</p> <p>10:00 am - 12:00 pm Chess Club</p> <p>11:30 am - 1:00 pm Choral Group</p> <p>1:00 pm - 2:30 pm Bingo</p> <p>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.

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.

*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.

*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person, per event, regardless member/guest status.

When purchasing tickets, please indicate the full name, **birth date and phone number** of your guest.

Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates.

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.

If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)

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.

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.

Please occupy the same bus seat on the way to and from an event.

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.



Attention!

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

TUESDAY EVENINGS (Please Contact Front Desk for Program Locations**)**

<p>4:30 pm - 5:30 pm Senior Aerobics</p> <p>6:00 pm New Release Movies</p> <p>6:30 pm - 8:30 pm Coloring For Grown Ups</p> <p>6:00 pm - 9:00 pm Open Game Room</p> <p>6:00 pm - 9:00 pm Wood Carving</p> <p>7:00 pm - 9:00 pm Scottish Dancing**</p>	<p>**1st Tuesday** Sunrise Latin Social Club</p> <p>**3rd Tuesday** Sunrise Orchid Society</p> <p>**4th Tuesday** American Legion Post 365</p> <p>(**Please Contact Front Desk 954-746-3670 for Program Location**)</p>
--	---

WEDNESDAY EVENINGS

<p>4:00 pm - 6:00 pm Women's Bocce, Nob Hill Soccer Club Park</p> <p>4:30 pm - 5:30 pm Zumba Gold #3</p> <p>5:00 pm - 5:45 pm Advance Conversational English</p> <p>5:45 pm - 6:30 pm Advance Conversational Spanish</p> <p>6:00 pm - 7:00 pm Ballroom Dancing</p>	<p>6:00 pm - 9:00 pm Open Game Room</p> <p>6:00 pm - 8:00 pm Mah Jongg</p> <p>6:30 pm - 8:30 pm Mixed Media</p> <p>6:30 pm - 7:30 pm Conversational Spanish</p> <p>7:30 pm - 8:30 pm Conversational English</p>
--	---

THURSDAY EVENINGS

<p>6:00 pm - 9:00 pm Open Game Room</p> <p>6:30 pm - 8:00 pm Open Crafts (Stitchery)</p> <p>6:30 pm - 8:30 pm Billiard Lessons (2nd & 4th) **Call or stop by Front Desk to sign up**</p> <p>4:30 pm - 5:30 pm Kickboxing</p> <p>5:30 pm - 6:30 pm Strong & Stretch</p> <p>6:00 pm - 6:45 pm Senior Exercise Class (Pi-Yo)</p>
--

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
11/5	The 39 Steps	1935	1:26 mins	12/3	The Red House	1942	1:40 mins	11/6	Ant Man and the Wasp	PG-13	1:58 mins	12/4	Loving Pablo	R	2:03 mins
11/12	<u>No Movie *Veterans Day*</u>			12/10	The Good Girl	2002	1:33 mins	11/13	Mama Mia: Here We Go Again	PG-13	1:54 mins	12/11	Christopher Robin	PG	2:00 mins
11/19	Tea with Mussolini	1999	1:57 mins	12/17	Local Hero	1983	1:51 mins	11/20	The Spy Who Dumped Me	R	1:56 mins	12/18	The Incredibles 2	PG	1:58 mins
11/26	Little Women	1949	2:02 mins	12/24	Pride and Prejudice	1940	1:58 mins	11/27	Destination Wedding	R	1:30 mins	12/25	<u>No Movie *Christmas Day*</u>		
				12/31	The Holiday	2006	2:16 mins								

• New Release Movie Titles are subject to change

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	Call for Appt.		Free	
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, until the crisis is past or an alternate agency can fulfill the need. Appointments 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)	11/9,12/14,1/11	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair	11/9,12/14,1/11	F	10:30 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. * 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.					
Property Tax Exemption Assistance	11/9,1/11 11/14, 12/12 ,1/9	F W	10:00 am - 11:30 am 2:30 pm - 4:30 pm	Free Free	Walk-ins welcome 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. * 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. <u>There is no Property Appraiser 12/14</u>					
Veteran's Advisor	11/9,12/14,1/11	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. * 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.					
Talk to Your Congressman	11/13,12/11,1/8	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. * 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.					
F.L.O.W. is here!	11/14,12/12,1/9	W	8:30 am - 12:30 pm		Walk-ins welcome
<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.					
S.H.I.N.E Counselor	1st	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. 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.					
Holiday Blues Lecture	11/9	F	10:00 am - 11:30 am	Free	Call to sign up
Dr. Pathaks will be here to talk about the "Holiday Blues" many people suffer during the Holidays due to loss of a spouse or loved one. The Holiday time should be joyful but to many it creates a sense of despair. Learn how to overcome this sadness. There are coping strategies and suggestions to help. Learn when to seek a doctor's care. A light lunch will be provided to all pre-registered participants.					
Aging Gracefully Lecture	12/14	F	10:00 am - 11:30 am	Free	Call to sign up
We all want to Age Gracefully, listen to Ed Gray, OTR, PTA from Florida Movement Therapy Center as he shares ways to positively affect your health in a way to help you age Gracefully. Your diet, exercise and medication lend a hand in achieving a positive aging process. A light lunch will be provided to all pre-registered participants.					

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
<u>November Ticket Sale</u> Members 11/2: Non-Members 11/9					
Wildlife Walking Tour	12/6	TH	8:30 am - 3:00 pm	\$7/\$9	280848A
Enjoy a one hour guided tour of Arthur Marshall Loxahatchee National Wildlife Refuge. Learn about the Northern Everglades habitat, plants and wildlife. Afterwards, lunch on your own at Wellington Mall.					
Frost Museum of Science	12/11	TU	9:00 am - 3:30 pm	\$28/\$30	280841B
Join us for a dynamic and engaging experience as we take a trip to the Frost Science Museum. Enjoy a thrilling day of adventure and exploration as you take a self-tour of the museum rounded off by the "Journey to the Stars" show at the Planetarium. Lunch on your own at the café, or bring your own brown bag lunch.					
Bonnet House Tour	12/18	TU	9:00 am - 3:00 pm	\$22/\$24	280848B
Travel back in time with a visit to the Bonnet House. Built in the 1920's it offers a variety of unique artwork and personal items that date back in time. Boasting one of the finest orchid collections in the United States, the Bonnet House Museum & Gardens is an extraordinary blend of art, architecture, history, and ecology.					
Calder Casino	12/27	TH	9:00 am - 3:00 pm	\$5/\$7	280826C
Get ready for a great day at the casino. Try you luck at the tables, slots, and more.					
<u>December Ticket Sale</u> Members 12/7: Non-Members 12/14					
Shops of Pembroke Gardens After Holidays Shopping	1/4	F	9:00 am - 3:00 pm	\$5/\$7	380846A
Shop those after the holiday deals and enjoy lunch on your own at the shops of Pembroke Gardens. This Stylish open-air mall with well-known retailers, a diverse range of restaurants & a fountain plaza, is a must for all retail enthusiasts.					
Kai Kai Farm	1/8	TU	8:30 am - 4:30 pm	\$30/\$32	380848A
Take a guided tour and hayride of Kai Kai Farm's beautiful 40-acre farm followed by a fresh farm-to-table lunch. Remember to bring a hat, water, and sunscreen! On-site walking distance approximately 1/2 mile, so please wear walking shoes suitable for sand.					
Everglades Holiday Park Airboat Tour	1/25	F	8:45 am - 4:30 pm	\$34/\$36	380848B
Experience the thrill of the Everglades on a one-hour narrated airboat tour, followed by a 20-minute gator show hosted by the Gator Boys Animal Rescue Team. Then stroll through the park and enjoy exotic wildlife on your own.					
Coconut Creek Casino	1/29	TU	9:00 am - 3:00 pm	\$5/\$7	380826A
Get ready for a great day at the casino. Play the tables, slots, and more.					
<u>January Ticket Sale</u> Members 1/4: Non-Members 1/11					
Gumbo Limbo Nature Center	2/7	TH	8:45 am - 3:30 pm	\$10/\$12	380842A
Join us as we visit Gumbo Limbo Nature Center in Boca Raton. Enjoy an one-hour and 30 minute tour as we stroll through the butterfly garden, walk the Ashley Trail overlooking the Intracoastal. A variety of native fish, sharks, and other marine animals reside in marine aquariums. Then visit the Sea Turtle Rehabilitation Facility to learn about our sea turtle patients. Afterwards, enjoy a picnic style lunch at nearby Red Reef Park (bring your own bag lunch).					
Spady Museum's Remember & Ride Trolley Tour	2/12	TU	8:45 am - 4:00 pm	\$30/\$32	380841B
Climb aboard The Spady Cultural Heritage Museum's popular "Ride & Remember" Historical Tour and enjoy the interactive, personalized stories of Delray Beach's interesting origins and development. This two-hour Historical Tour takes riders on a journey through the city's five historic districts. Riders will also disembark at select historic sites for a closer look at the fascinating history of Delray Beach. Lunch on own.					
Artigras Fine Arts Festival	2/18	M	9:00 am - 3:30 pm	\$18/\$20	380842B
Don't miss your chance to head to Palm Beach and attend Artigras, recently named one of the top 200 fine art festivals in the country. With live music and artists creating everything from oil paintings and pottery to mixed media sculptures and fine jewelry, everyone is sure to find something to capture the eye or touch the soul. Lunch on own at one of the many food vendors.					
Isle Casino	2/26	TU	9:00 am - 3:00 pm	\$5/\$7	380826B
Get ready for a great day at the casino. Try you luck at the tables, slots, and more.					

November/December Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
Beginners	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials.					
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	12/20	TH	9:00 am - 3:00 pm	11/7	\$15/\$20	280853B
	1/24	TH	9:00 am - 3:00 pm	12/5	\$15/\$20	380853A
	2/21	TH	9:00 am - 3:00 pm	1/2	\$15/\$20	380853B
Beading	(Senior Center membership required) No beading experience needed. Limit of one class per person					
	12/3 - 12/17	M	10:30 am - 12:00 pm	11/5	Free	280814C
	1/7 - 1/28	M	10:30 am - 12:00 pm	12/3	Free	380814A
	2/4 - 2/25	M	10:30 am - 12:00 pm	1/7	Free	380814B
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.					
"Beartown"	By: Fredrick Backman 11/30 F 12:00 pm - 1:00 pm Now Free					
Note: No Book Club in December						
"Leonardo do Vinci"	By: Walter Isaacson 1/25 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 6:00 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					
Beginning Spanish	1/7 - 3/4	M	1:00 pm - 2:30 pm	12/5	\$5/\$10	380821A
ESOL- English as a Second Language	1/10 - 2/28	TH	1:00 pm - 2:30 pm	12/5	\$5/\$10	380817A
Conversational English	11/14 - 1/2	W	9:30 am - 10:30 pm	Now	\$5/\$10	280868A
	11/14 - 1/2	W	7:30 pm - 8:30 pm	Now	\$5/\$10	280887A
Adv Conv English	11/14 - 1/2	W	5:00 pm - 5:45 pm	Now	\$5/\$10	280888A
Conversational Spanish	11/14 - 1/2	W	10:45 am - 11:45 am	Now	\$5/\$10	280875A
	11/14 - 1/2	W	6:30 pm - 7:30 pm	Now	\$5/\$10	280886A
Adv Conv Spanish	11/14 - 1/2	W	5:45 pm - 6:30 pm	Now	\$5/\$10	280889A
Art Classes	For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)					
Drawing	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils 1/9 - 2/13 W 1:30 pm - 3:30 pm 12/7 \$20/\$22 380859A					
Mixed Media	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal 1/9 - 2/13 W 6:30 pm - 8:30 pm 12/7 \$20/\$22 380811A					
Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life 1/11 - 2/15 F 1:30 pm - 3:30 pm 12/7 \$20/\$22 380813A					
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.					
	Dec	W	11:00 am - 12:00 pm	11/7	\$12/\$14	280864C
	Dec	W	6:00 pm - 7:00 pm	11/7	\$12/\$14	280865C
	Jan	W	11:00 am - 12:00 pm	12/5	\$15/\$17	380864A
	Jan	W	6:00 pm - 7:00 pm	12/5	\$15/\$17	380865A
	Feb	W	11:00 am - 12:00 pm	1/2	\$12/\$14	380864B
	Feb	W	6:00 pm - 7:00 pm	1/2	\$12/\$14	380865B
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.						
Senior Center Membership Required for each Program Below						
Knitting & Crocheting Class	Come enjoy this class as our volunteer instructor teaches you various knitting & crocheting techniques. Bring your own supplies (See supplies list at the Front Desk)					
	Jan - Mar	M	10:00 am - 12:00 pm	12/3	Free	380869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	12/3	Free	380877A
Choral Group	Come out and lend you voices to this amazing group, led by volunteer instructor Lynford Turpin.					
	Jan - Mar	F	11:30 am - 1:00 pm	12/3	Free	380878A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jan - Mar	TH	6:30 pm - 8:00 pm	12/3	Free	380879A

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. One class per week per session is taught by a live instructor sponsored by Aetna.					
	Dec (No class 12/25)	TU/F	9:00 am - 9:30 am	11/7	Free	280858E
	Dec	M/W	9:00 am - 9:30 am	11/7	Free	280858F
	Jan (No class 1/1)	TU/F	9:00 am - 9:30 am	12/5	Free	380858A
	Jan (No class 1/21)	M/W	9:00 am - 9:30 am	12/5	Free	380858B
	Feb	TU/F	9:00 am - 9:30 am	1/2	Free	380858C
	Feb	M/W	9:00 am - 9:30 am	1/2	Free	380858D
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.					
	Dec (No class 12/25)	TU	9:30 am - 10:30 am	11/7	Free	280857E
	Dec (No class 12/25)	TU	4:30 pm - 5:30 pm	11/7	Free	280857F
	Jan (No class 1/1)	TU	9:30 am - 10:30 am	12/5	Free	380857A
	Jan (No class 1/1)	TU	4:30 pm - 5:30 pm	12/5	Free	380857B
	Feb	TU	9:30 am - 10:30 am	1/2	Free	380857C
	Feb	TU	4:30 pm - 5:30 pm	1/2	Free	380857D
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.					
	Dec	F	9:30 am - 10:30 am	11/7	Free	280863G
	Dec	F	10:30 am - 11:30 am	11/7	Free	280863H
	Dec	W	4:30 pm - 5:30 pm	11/7	Free	280863I
	Jan	F	9:30 am - 10:30 am	12/5	Free	380863A
	Jan	F	10:30 am - 11:30 am	12/5	Free	380863B
	Jan	W	4:30 pm - 5:30 pm	12/5	Free	380863C
	Feb	F	9:30 am - 10:30 am	1/2	Free	380863D
	Feb	F	10:30 am - 11:30 am	1/2	Free	380863E
	Feb	W	4:30 pm - 5:30 pm	1/2	Free	380863F
Chair Yoga	Dec	TH	1:00 pm - 2:00 pm	11/7	\$12/\$14	280861C
	Jan	TH	1:00 pm - 2:00 pm	12/5	\$15/\$17	380861A
	Feb	TH	1:00 pm - 2:00 pm	1/2	\$12/\$14	380861B
Floor Yoga	Dec	TH	2:15 pm - 3:15 pm	11/7	\$12/\$14	280862C
	Jan	TH	2:15 pm - 3:15 pm	12/5	\$15/\$17	380862A
	Feb	TH	2:15 pm - 3:15 pm	1/2	\$12/\$14	380862B
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.					
	Dec	TH	4:30 pm - 5:30 pm	11/7	Free	280873C
	Jan	TH	4:30 pm - 5:30 pm	12/5	Free	380873A
	Feb	TH	4:30 pm - 5:30 pm	1/2	Free	380873B
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.					
	Dec	TH	6:00 pm - 6:45 pm	11/7	Free	280872C
	Jan	TH	6:00 pm - 6:45 pm	12/5	Free	380872A
	Feb	TH	6:00 pm - 6:45 pm	1/2	Free	380872B
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.					
	Dec	TH	11:45 am - 12:45 pm	11/7	\$12/\$14	280870E
	Dec	TH	5:30 pm - 6:30 pm	11/7	\$12/\$14	280870F
	Jan	TH	11:45 am - 12:45 pm	12/5	\$15/\$17	380870A
	Jan	TH	5:30 pm - 6:30 pm	12/5	\$15/\$17	380870B
	Feb	TH	11:45 am - 12:45 pm	1/2	\$12/\$14	380870C
	Feb	TH	5:30 pm - 6:30 pm	1/2	\$12/\$14	380870D
Aqua Fitness	This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility. Senior Center membership is required.					
	Jan - Mar	M/TU/TH	10:00 am - 10:45 am	12/5	Free	380891A