



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

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January/February 2019

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:

New Year's Day Holiday
Tuesday, January 1
and
Martin Luther King Day
Monday, January 21



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)746-3670 for monthly meeting location.

Senior Cooking Club

January - Mediterranean Tapas	380816A	1/18	F	10:00 am - 12:30 pm	Now	\$6/\$8
February - Italian Sauces	380816B	2/8	F	10:00 am - 12:30 pm	1/5	\$6/\$8
March - Love the Lemons	380816C	3/15	F	10:00 am - 12:30 pm	2/6	\$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
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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 construction, please contact George for location****

Senior Theatre Workshop

	1/17 - 3/14	TH	11:45 am - 1:00 pm	Now	Free
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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 # 380890A**

Craft Class:

Duct Tape Wristlet or Wallet	2/22	F	10:00 am - 11:30 am	1/4	\$6/\$8
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The best way to make a statement is to stand out from the crowd. Our DIY Duct Tape Wristlet or Wallet is just the thing to help you. This accessory will be a conversation piece that will have people amazed by your work. With many colors, designs and styles... the possibly is endless. All materials will be provided. Space and supplies are limited. **Activity # 380801A**

	Date	Day	Time	Register	Fee
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 playground, 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	Now	\$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 a live band, 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					
Acupuncture Medicine Lecture	1/11	F	10:00 am - 11:30 am	Call to sign up	Free
Jonathan M. Fields AP, DOM, Integrative Medicine will be here to speak about Acupuncture Therapy. You will learn about Holistic Medicine and Nutrition as alternatives or additions to your general care. A light lunch will be provided to all pre-registered participants. Sponsored by Aetna/Coventry.					
Bunco	1/24	TH	1:30 pm - 3:00 pm	Now	\$5/\$7
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity # 380818A					
Cardiovascular Health Lecture	2/8	F	10:00 am - 11:30 am	Call to sign up	Free
Join doctor, Dr. E Mascarenhas who will discuss, Strategies to prevent heart disease: Heart disease may be a leading cause of death, but that doesn't mean you have to accept it as your fate. Learn what you can do to prevent it, or ways to manage the disease. Light refreshments provided. Sponsored by: Medical Center Affiliates					
Fallin' In Love Social	2/15	F	1:00 pm - 3:00 pm	1/4	\$8/\$10
Love is in the Air! Grab your sweetheart or if you're single come and mingle for an afternoon of dancing and fun. Our Valentine's Day inspired social will have you "Fallin' in Love" with live romantic music, a delicious catered meal and all things love. What could be sweeter? Activity # 380822B					
Lunch Bunch					
Greek Chicken Salad	2/20	W	12:00 pm - 12:45 pm	1/4	\$5/\$7
Let's travel to Greece together! Our vibrant and fresh Greek salad is just the dish to keep you satisfied and full without the regret. This delicious and healthy meal will be made out of garden-fresh ingredients such as tomatoes, cucumbers, Kalamata olives, and red onion. A light dressing, feta cheese and chicken to top it all off. This is a great way to mingle and eat with your friends before afternoon activities at the center. Activity # 380807A					
Arabian Nights					
Dinner Dance	3/13	W	6:00 pm - 9:00 pm	2/1	\$22/\$24
Hop on your magic carpet and take a mystical journey back in time! You'll be transformed to a life of lavish luxury and paradise. Put on your best pop of color and party the night away with enchanting entertainment and a delightful dinner. This unique and elegant night will be one you don't want to forget! Activity # 380822C					
Game Show Social	4/23	TU	1:00 pm - 3:00 pm	3/1	\$8/\$10
Come on down! The Sunrise Senior Center is hosting its very own Game Show where YOU can be the contestant. We will compete in a live show filled with friendly competition, many laughs and prizes for the winners. Wear your best game show outfit and enjoy a savory lunch. Activity # 480822A					

Income Tax Preparation

January 30 - April 11

W- 10:45 am - 1:30 pm




TH- 12:45 pm - 3:30 pm

IRS Certified volunteers will assist taxpayers whose income does not exceed \$54,000. **BY APPOINTMENT ONLY.** Call the Sunrise Senior Center to sign up. This service is FREE! Call for appointment.

The location for the Income Tax Appointment will be at:

Sunrise Dan Pearl Library- 10500 W Oakland Park Blvd. Sunrise, FL 33351

(Sponsored by Hispanic Unity)

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

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	6:00 pm - 9:00 pm	Open Game Room
4:30 pm - 5:30 pm	Zumba Gold #3	6:00 pm - 8:00 pm	Mah Jongg
5:00 pm - 5:45 pm	Advance Conversational English	6:30 pm - 8:30 pm	Mixed Media
5:45 pm - 6:30 pm	Advance Conversational Spanish	6:30 pm - 7:30 pm	Conversational Spanish
6:00 pm - 7:00 pm	Ballroom Dancing	7:30 pm - 8:30 pm	Conversational English

THURSDAY EVENINGS

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
6:00 pm - 6:45 pm	Senior Exercise Class (Pi-Yo)

Monday Classic Movies - 11:00 am					At The Movies					Tuesday New Release Movies - 11:30 am					
1/7	King of New York	1990	1:43 mins	2/4	Dark Victory	1939	1:44 mins	1/8	Crazy Rich Asian	PG-13	2:00 mins	2/5	Small Foot	PG	1:36 mins
1/14	The Sandpiper	1965	1:57 mins	2/11	The Sixth Sense	1999	1:47 mins	1/15	Mission Impossible Fallout	PG-13	2:27 mins	2/12	Colette	R	1:51 mins
1/21	<u>No Movie *Martin Luther King Jr Day*</u>			2/18	Time Out For Rhythm	1983	1:20 mins	1/22	Searching	PG-13	1:41 mins	2/19	Venom	PG-13	1:52 mins
1/28	The Pianist	2002	2:30 mins	2/25	The Anderson Tapes	1940	1:39 mins	1/29	The Equalizer 2	R	2:01 mins	2/26	A Simple Favor	R	1:57 mins

• New Release Movie Titles are subject to change

Social Services & Wellness Programs

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, 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.	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)	1/11, 2/8, 3/8	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.	1/11, 2/8, 3/8	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance	1/11, 2/8, 3/8 1/16, 2/20, 3/20	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 Appr. 12/14</u>					
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.	1/11, 2/8, 3/8	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.	1/8, 2/12, 3/12	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.	1/9, 2/13, 3/13	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
Fall Prevention Lecture A Physical Therapist will discuss ways you can prevent falls from occurring in your home and away. Most falls happen in the bathroom and if you do not prepare for the possibility of a fall you may be helpless when it happens. Learn ways you can build strength and safety measures you can take so that you can prevent a fall. A light lunch will be provided to all pre-registered participants.	3/8	F	10:00 am - 11:30 am	Free	Call to sign up

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
<u>January Ticket Sale Members 1/4: Non-Members 1/11</u>					
Gumbo Limbo Nature Center Join us as we visit Gumbo Limbo Nature Center in Boca Raton. Enjoy a one-hour and 30 minute tour as we stroll through the butterfly garden and 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).	2/7	TH	8:45 am - 3:30 pm	\$10/\$12	380842A
Spady Museum's Remember & Ride Trolley Tour 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.	2/12	TU	8:45 am - 4:00 pm	\$30/\$32	380841B
Artigras Fine Arts Festival Don't miss your chance to 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.	2/18	M	9:00 am - 3:30 pm	\$18/\$20	380842B
Isle Casino Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	2/26	TU	9:00 am - 3:00 pm	\$5/\$7	380826B
<u>February Ticket Sale Members 2/1: Non-Members 2/8</u>					
Downton Abbey Dinner and Dancing Join us as we visit Downton Abbey: The Exhibition, at City Place in West Palm Beach. The exhibit, based on the beloved television show, transports you to post-Edwardian England, where the characters and the iconic house come to life. You'll be immersed in the fascinating social history, culture, and some of the most memorable moments from the show's six-season run. Afterwards, take a stroll through City Place and enjoy dinner on your own.	3/8	F	4:15 pm - 10:30 pm	\$38/\$40	380842C
Miami Heat Vs Milwaukee Bucks Enjoy an evening of fun and exciting basketball. Don't miss your Heat as they take on the Bucks and the "Greek Freak" Giannis Antetokounmpo. Seats to be determined! Stop by the front desk and get your tickets while they last!	3/15	F	4:30 pm - 11:30 pm	\$65/\$67	380837A
Palm Beach Outlets Get ready to shop, shop, shop! Join us as we take to trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.	3/19	TU	9:00 am - 4:00 pm	\$5/\$7	380842D
Miccosukee Casino Feeling lucky? Try your luck and enjoy a great day at the casino. Get ready for a great day at the casino. Play the tables, slots, and more.	3/26	TU	9:00 am - 3:00 pm	\$5/\$7	380826C
<u>March Ticket Sale Members 3/1: Non-Members 3/8</u>					
Lion Country Safari Florida's only drive-through safari and walk-through park invites you to spend the day on a safari with over 900 animals. With animal displays and encounters, animal feeding experiences, food, shopping and more. Bring your own lunch or have lunch at the park.	4/2	TU	9:00 am - 4:30 pm	\$19/\$21	480848A
Delray Affair Celebrate the 57th year of the Delray Affair, the largest arts & craft festival in the Southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food and funky products from around the world. It takes place along the palm tree lined downtown streets of Delray Beach and stretches 12 city blocks. Food and beverages available for purchase.	4/12	F	9:00 am - 4:00 pm	\$5/\$7	480842A
Fairchild Tropical Gardens Enjoy a guided 1 1/2 hours tour of the Garden's 83-acres and learn the history and mission while you explore Fairchild's plant collections. The tours give an excellent overview of the Garden, after which you can explore on your own. Lunch on own.	4/16	TU	9:00 am - 3:00 pm	\$23/\$25	480848B
Friday Night Soundwaves With the surf and ocean breezes as a beautiful backdrop, Friday Night Sound Waves events offer free entertainment at Fort Lauderdale Beach. Featuring some of South Florida's best musical talents and national touring bands performing an eclectic range blues to Motown, disco to reggae and classic rock to country. If you are a music lover, this will be the perfect trip for you. Dinner on own.	4/26	F	4:30 pm - 10:30 pm	\$5/\$7	480842B
Seminole Classic Casino Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	4/30	TU	9:00 am - 3:00 pm	\$5/\$7	480826A

January/February 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	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
Drivers Course	2/21	TH	9:00 am - 3:00 pm	1/2	\$15/\$20	380853B
	3/21	TH	9:00 am - 3:00 pm	2/6	\$15/\$20	380853C
	4/18	TH	9:00 am - 3:00 pm	3/6	\$15/\$20	480853A
Beading	(Senior Center membership required) No beading experience needed. Limit of one class per person					
	2/4 - 2/25	M	10:30 am - 12:00 pm	1/7	Free	380814B
	3/4 - 3/25	M	10:30 am - 12:00 pm	2/4	Free	380814C
	4/1 - 4/29	M	10:30 am - 12:00 pm	3/4	Free	480814A
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.					
“Leonardo do Vinci”						
By: Walter Isaacson	1/18	F	12:00 pm - 1:00 pm	Now	Free	
“Little Fires Everywhere”						
By: Celeste Ng	2/22	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	4/1 - 5/20	M	1:00 pm - 2:30 pm	2/6	\$5/\$10	480821A
ESOL- English as a Second Language						
	4/4 - 5/23	TH	1:00 pm - 2:30 pm	2/6	\$5/\$10	480817A
Conversational English	1/16 - 3/6	W	9:30 am - 10:30 pm	Now	\$5/\$10	380868A
	1/16 - 3/6	W	7:30 pm - 8:30 pm	Now	\$5/\$10	380887A
Adv Conv English	1/16 - 3/6	W	5:00 pm - 5:45 pm	Now	\$5/\$10	380888A
Conversational Spanish	1/16 - 3/6	W	10:45 am - 11:45 am	Now	\$5/\$10	380875A
	1/16 - 3/6	W	6:30 pm - 7:30 pm	Now	\$5/\$10	380886A
Adv Conv Spanish	1/16 - 3/6	W	5:45 pm - 6:30 pm	Now	\$5/\$10	380889A
Art Classes	For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)					
• Drawing	3/6 - 4/10	W	1:30 pm - 3:30 pm	2/6	\$20/\$22	380859B
• Mixed Media	3/6 - 4/10	W	6:30 pm - 8:30 pm	2/6	\$20/\$22	380811B
• Painting	3/8 - 4/12	F	1:30 pm - 3:30 pm	2/6	\$20/\$22	380813B
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.					
	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
	Mar	W	11:00 am - 12:00 pm	2/6	\$12/\$14	380864C
	Mar	W	6:00 pm - 7:00 pm	2/6	\$12/\$14	380865C
	Apr	W	11:00 am - 12:00 pm	3/6	\$12/\$14	480864A
	Apr	W	6:00 pm - 7:00 pm	3/6	\$12/\$14	480865A
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)					
	Apr - Jun	M	10:00 am - 12:00 pm	3/4	Free	480869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	3/4	Free	480877A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Apr - Jun	F	11:30 am - 1:00 pm	3/4	Free	480878A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Apr - Jun	TH	6:30 pm - 8:00 pm	3/4	Free	480879A

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.					
	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
	Mar	TU/F	9:00 am - 9:30 am	2/6	Free	380858E
	Mar	M/W	9:00 am - 9:30 am	2/6	Free	380858F
	Apr	TU/F	9:00 am - 9:30 am	3/6	Free	480858A
	Apr	M/W	9:00 am - 9:30 am	3/6	Free	480858B
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.					
	Feb	TU	9:30 am - 10:30 am	1/2	Free	380857C
	Feb	TU	4:30 pm - 5:30 pm	1/2	Free	380857D
	Mar	TU	9:30 am - 10:30 am	2/6	Free	380857E
	Mar	TU	4:30 pm - 5:30 pm	2/6	Free	380857F
	Apr	TU	9:30 am - 10:30 am	3/6	Free	480857A
	Apr	TU	4:30 pm - 5:30 pm	3/6	Free	480857B
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.					
	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
	Mar	F	9:30 am - 10:30 am	2/6	Free	380863G
	Mar	F	10:30 am - 11:30 am	2/6	Free	380863H
	Mar	W	4:30 pm - 5:30 pm	2/6	Free	380863I
	Apr	F	9:30 am - 10:30 am	3/6	Free	480863A
	Apr	F	10:30 am - 11:30 am	3/6	Free	480863B
	Apr	W	4:30 pm - 5:30 pm	3/6	Free	480863C
Chair Yoga	Feb	TH	1:00 pm - 2:00 pm	1/2	\$12/\$14	380861B
	Mar	TH	1:00 pm - 2:00 pm	2/6	\$12/\$14	380861C
	Apr	TH	1:00 pm - 2:00 pm	3/6	\$12/\$14	480861A
Floor Yoga	Feb	TH	2:15 pm - 3:15 pm	1/2	\$12/\$14	380862B
	Mar	TH	2:15 pm - 3:15 pm	2/6	\$12/\$14	380862C
	Apr	TH	2:15 pm - 3:15 pm	3/6	\$12/\$14	480862A
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.					
	Feb	TH	4:30 pm - 5:30 pm	1/2	Free	380873B
	Mar	TH	4:30 pm - 5:30 pm	2/6	Free	380873C
	Apr	TH	4:30 pm - 5:30 pm	3/6	Free	480873A
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.					
	Feb	TH	6:00 pm - 6:45 pm	1/2	Free	380872B
	Mar	TH	6:45 pm - 7:45 pm	2/6	Free	380872C
	Apr	TH	6:45 pm - 7:45 pm	3/6	Free	480872A
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.					
	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
	Mar	TH	11:45 am - 12:45 pm	2/6	\$12/\$14	380870E
	Mar	TH	5:30 pm - 6:30 pm	2/6	\$12/\$14	380870F
	Apr	TH	11:45 am - 12:45 pm	3/6	\$12/\$14	480870A
	Apr	TH	5:30 pm - 6:30 pm	3/6	\$12/\$14	480870B
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.					
	April - June	M/TU/TH	10:00 am - 10:45 am	3/6	Free	480870B