

March /April 2026 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
Sunrise Latin Social Club	Quarterly	TU	6:00 pm - 8:00 pm		
Join us quarterly, on the 1st Tuesday night of 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 Elizabeth Lasprilla (954) 328-7483 for quarterly meeting and ticket information.					

Senior Theatre Group Presents

“Leather Jackets and Poodle Skirts”	3/25	W	2:00 pm & 6:00 pm	Now	Free
Travel back in time to the fabulous 50s. You will feel like you want to slick your hair back and put on our dancing shoes for this latest musical production “Leather Jackets and Poodle Skirts”. Performed by the incredibly talented Not Your Average Theater Group and directed by Myra Graves, this Grease inspired musical promises a rockin’ good time filled with nostalgia, laughter, and toe tapping hits. We have two performances, 2:00 pm and 6:00 pm, so be there or be square.					

Senior Cooking Club *Please Note Registration Dates*

March - Spring is in the Air	(380816-C)	3/27	F	10:00 am - 1:00 pm	Now	\$6/\$8
April - Brunch is Back	(480816-A)	4/24	F	10:00 am - 1:00 pm	3/2	\$6/\$8
May - Meal Prep 101	(480816-B)	5/22	F	10:00 am - 1:00 pm	4/6	\$6/\$8

If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation during a live demo. Each month will focus on a different menu that we will get to enjoy at the end of class.

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.

“We All Live Here” By: Jojo Moyes	3/27	F	12:00 pm - 1:00 pm	Now	Free
“Remarkably Bright Creatures” By: Shelby Van Pelt	4/24	F	12:00 pm - 1:00 pm	Now	Free

Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free
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World Health Day Expo	4/7	TU	9:00 am - 12:00 pm	Call to sign up	Free
Celebrate World Health day with us! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. Sign up for the breakout session, featuring a speaker from Memorial Health Care System. You can sign up for the breakout session at the Senior Center Front Desk. There will be free health screenings and giveaways! (Sunrise Athletic Complex - 11501 NW 44th St. Sunrise, 33323)					

Spring Floral Design

Workshop	3/18	W	6:00 pm - 8:00 pm	Now	\$18/\$20
Get ready to create a stunning floral centerpiece that will absolutely wow your guests this holiday season! You will learn professional techniques to craft a truly breathtaking bouquet, and work with high quality holiday blooms and festive accents, guided step by step to create a masterful design. Workshop is led by Chasity of Blossom Street Florist. Activity # 380805-A					

Karaoke	3/26	TH	12:00 pm - 1:45 pm	Walk-in	Free
Ready to belt out your favorite tunes? Join us for an afternoon of Karaoke, where everyone is welcome to grab the mic and have some fun! No experience needed, no judges, just good music and great company. Come sing, cheer and let loose. It’s all about the joy of music!					

Game Show Night With Bruce Martin



	4/22	W	6:00 pm - 7:30 pm	Now	Free
Join us for some fun and entertainment as we host “Game Show Night”. The event where laughter is the prize! Invite your friends to this fun filled event, where everyone becomes contestants in games that hardly resemble real game shows. Come play “Family Fraud”, “Trivial Lawsuit”, “Unscrambled Eggs”, or other conjured games from your Game Show Host’s warped mind. Come join Game Show Host Bruce Martin, whose background includes imagining years of professional Game Hosting and win the grand prize...of having FUN! Stop by the front desk or call 954 -746-3670 to register.					

	Date	Day	Time	Register On	Fee	Activity
AARP Safe Drivers Course	3/19	TH	9:00 am - 3:00 pm	2/3	\$20/\$25	380853-B
	5/21	TH	9:00 am - 3:00 pm	2/3	\$20/\$25	480853-A

AARP classes are now being offered on an every other month basis. Please stop by the front desk or contact the Senior Center 954-746-3670 to confirm program occurrence.

March/April 2026

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

SUNRISE SENIOR CENTER

SPECIAL FEATURES

Senior Center Hours: Monday, Tuesday, Wednesday, and Thursday
8:30 am - 9:00 pm, Friday 8:30 am - 4:30 pm, Saturday 9:00 am - 1:00 pm

	Date	Day	Time	Register	Fee
“The Coffee House Experience”	3/11	W	6:00 pm - 8:00 pm	Now	Free
It’s time to take the stage! Come out and showcase your skills, or just sit, sip and listen to some local talents. This event is for anyone (high school students to seniors) who wants to showcase their talent. Enjoy a combination of live music, spoken word and more in this coffee house setting. It will be hosted by volunteer Dennis Bader. So grab your instrument, warm up those vocal chords, memorize your spoken words poetry, and come participate. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!					
St. Patrick’s Day Social	3/17	TU	1:00 pm - 3:00 pm	Now	\$8/\$10
It’s the luck of the Irish! Celebrate St. Patrick’s Day with great food, good company, and non-stop music. A live DJ will be playing tracks to keep the energy high and the dance floor hopping. Get your tickets now before they are all gone, and don’t forget to wear green! Activity # 380822-A					
Theater Showing- “Red Tails”	4/8	W	7:00 pm - 9:00 pm	Now	Free
In honor of Tuskegee Airmen Commemoration Day”, a state holiday honoring the first Black military pilots and their contributions to WWII, join us for a showing of “Red Tails”. The film follows a fictionalized squadron in Italy (1944) as they battle racial discrimination while proving their skills in intense aerial dogfights starring Terrence Howard and Cuba Gooding Jr. This film will be shown in the comfort of the Civic Center Theater. Please call the Senior Center front desk to sign up.					
Pirate Party Social	4/15	W	1:00 pm - 3:00 pm	3/6	\$8/\$10
Ahoy, mateys! Set sail for an unforgettable adventure at our Pirate-Themed Social! A swashbuckling celebration filled with lively entertainment and a delicious feast. Whether you be a daring captain, a mischievous deckhand, or a glamorous pirate queen, this immersive experience promises adventure, laughter, and a chest full of memories. Don’t forget to put on your finest pirate attire because X marks the spot for the party of the season! Activity # 480822-A.					
Craft Class: DIY Beaded Plants	4/17	F	10:00 am - 11:30 am	3/6	\$6/\$8
Join us to make a charming handmade decoration made from colorful beads and wire, shaped to resemble small plants like succulents, cacti, or flowers. This craft combines basic jewelry-making techniques with floral design, resulting in a long-lasting “plant” that never needs watering. <i>All materials will be provided.</i> Activity # 480801-A.					
Lunch Bunch “Sheet Pan Gnocchi”	4/28	TU	12:00 pm - 12:45 pm	3/6	\$5/\$7
This easy, one pan lunch with chicken sausage, roasted spring vegetables and potato gnocchi is packed with flavor. The gnocchi becomes crispy on the outside, pillowy soft on the inside and the veggies gets this yummy roasted flavor. Lunch Bunch is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 480807-A *Dish is available as vegetarian. Please request at front desk.					
Craft Club: Quilling on Flat Canvas	5/4 & 5/5	M & TU	(5/4) 6:00 pm & (5/5) 4:00 pm	4/3	\$10/\$12
Learn a new way to make art. This delicate and mesmerizing way to use thin paper and rolling it to make a quilling design. This hands-on craft class designed for beginners and creative enthusiasts alike. In this workshop, you’ll learn how to transform simple strips of colorful paper into intricate designs and dimensional artwork mounted on canvas. This class is taught by volunteer instructors Elinor Kaplan and Judy Martin. <i>All materials will be provided.</i> Space is limited. Activity # 480874-A					
Pastel Paradise Mother’s Day Social	5/8	F	1:00 pm - 3:00 pm	4/3	\$8/\$10
A Pastel Paradise Mother’s Day Social is a soft, dreamy celebration designed to honor moms in a warm, elegant, and joy-filled atmosphere. Guests are encouraged to wear their pastels and enjoy an afternoon full of feel good music and a lunch that will be sure to satisfy. You wont want to miss this beautiful, memory-making experience filled with appreciation, laughter, and love for the special women in our lives. Activity # 480822-B.					

Sunrise Loves Our Seniors (SLOS) - Ticket Distribution

Thursday, April 9, 2026

9:00 am - 11:00 am at the Senior Center Multipurpose Room



The City of Sunrise will once again be hosting our annual Sunrise Loves Our Seniors (SLOS) dinner dance. This event is for City of Sunrise senior residents ages 55+ and is totally FREE! With live music from a fabulous band and a delicious three-course meal, this will be an event you won’t want to miss. Tickets are limited and are distributed on a first come first served basis.

This year’s events will be held on Wednesday, May 6th, Wednesday, May 13th and Wednesday, May 20th. For more information, stop by the Senior Center Front Desk or call 954-746-3670. **(Maximum of two (2) tickets per household. Must be a current Sunrise Senior Center member, and Resident and present to receive your tickets! Proof of residency and membership will be required during ticket distribution)**

Creative Corner

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
Please Note Registration Dates						
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.					
	3/2 - 3/30	M	10:30 am - 12:00 pm	Now	Free	380814-C
	4/6 - 4/27	M	10:30 am - 12:00 pm	3/2	Free	480814-A
	5/4 - 5/18	M	10:30 am - 12:00 pm	4/6	Free	480814-B
	No class on 5/25 (Memorial Day)					
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.					
	No class on 5/25 (Memorial Day)					
Wood Carving	Weekly	TU	9:00 am - 12:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris.					
Language Classes						
Conversational English Workshop						
	3/9 - 3/12	M - TH	4:00 pm - 6:00 pm	Now	\$5/\$10	380868-C
	4/13 - 4/16	M - TH	4:00 pm - 6:00 pm	3/2	\$5/\$10	480868-A
	5/11 - 5/14	M - TH	4:00 pm - 6:00 pm	4/6	\$5/\$10	480868-B
Art Classes						
	Join instructor Siddiqah Ali and learn how develop your artistic skills. Bring your own supplies (See supplies list at the Front Desk). Senior Center Membership Required!					
Int/Advance Painting	Dive deeper into your creative side and improve your artistic skills, with a focus on realistic rendering of images such as portraits, landscapes, and still life.					
	4/14 - 5/19	TU	6:30 pm - 8:30 pm	Now	\$20	480811-A
	6/2 - 7/7	TU	6:30 pm - 8:30 pm	5/4	\$20	480811-B
Intro to Art	Learn Color Theory, Gridding, Sketching and more. Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal.					
	4/10 - 5/15	F	1:30 pm - 3:30 pm	Now	\$20	480813-A
	5/29 - 7/10	F	1:30 pm - 3:30 pm	5/4	\$20	480813-B
	No class on 7/3 (Independence Day)					
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Apr - Jun	M	10:00 am - 12:30 pm	Now	Free	480828-A
	Apr - Jun	M	2:30 pm - 5:00 pm	Now	Free	480829-A
	No class on 5/25 (Memorial Day)					
Cut and Chat	Join the fun and get creative at our "Cut and Chat" class with volunteer instructor Alice Ollivierre. Gather with a group of friendly individuals and cut fabric for your next project while enjoying some great conversations and laughs. Whether you are a seasoned pro or new to crafts, this is the perfect way to spend the morning. <u>(No registration required)</u>					
	Apr - Jun	TH	10:00 am - 1:00 pm	Now	Free	
	The 3rd Thursday of each month will be at 11:45 am					
Card/Paper Crafting Class	Who doesn't enjoy receiving that special card in the mail or handed directly to them? The receiver will feel blessed by your hand made thoughtfulness. Learn the fundamentals of cutting, using ink, rubber stamps and paper to create your own cards. Some supplies are needed or this program. Stop by the front desk for a list of supplies.					
	Apr - Jun	W	10:00 am - 12:00 pm	Now	Free	480806-A
Knitting & Crocheting	Join volunteer instructor Mercedes Thercellya and practice knitting and crocheting techniques while making new friends.					
	Apr - Jun	TU	10:00 am - 12:00 pm	Now	Free	480869-A
Bag-Making Workshop	Learn the secrets of bag-making from our volunteer instructor Alice Ollivierre. Get ready to unleash your creativity! Choose your own fabrics, and design a bag that reflects your unique personality. Whether you're a seasoned sewer or a beginner, our workshop will leave you feeling confident and proud of your new creation. Stop by Front Desk for supply list and sample.					
	4/25 & 5/2	SA	9:30 am - 12:30 pm	Now	\$5/\$7	480830-A
	6/20 & 6/27	SA	9:30 am - 12:30 pm	5/4	\$5/\$7	480830-B
Paint Pouring Workshop	Discover the art of paint pouring with volunteer instructor Alice Ollivierre. Join this interactive class and learn how to create stunning fluid art masterpieces. Perfect for all skill levels, you'll explore unique techniques and vibrant colors in a fun relaxed atmosphere. Unleash your creativity and take home your very own abstract artwork! Space is limited, stop by the Front Desk to sign up today.					
	5/23	SA	9:30 am - 12:30 pm	Now	\$10/\$12	480805-A
Choral Group	Come out and lend your voices to this amazing group. Senior Center membership required. Led by volunteer instructors Lynne Sorrenti and Emolyn Shaw.					
	Apr - Jun	F	11:30 am - 1:00 pm	Now	Free	480878-A
Music Jam Session	Do you play an instrument, or even have an instrument that you are learning how to play? Would you like to jam out with others and have fun? If you do, then this activity is for you! Join us and learn how to infuse your talent with others around you. You will need to bring your own instrument. Senior Center membership required.					
	Apr - Jun	M	4:00 pm - 5:00 pm	Now	Free	
	No class on 5/25 (Memorial Day)					
Open Sewing	Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use. Lead by volunteer Sophia Herschcovich.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	Now	Free	480877-A
Open Craft (Stitchery)	Apr - Jun	TH	6:00 pm - 8:00 pm	Now	Free	480879-A

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Registration
Emergency Food Pantry	Ongoing			Call for Appointment
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.				
SHINE Counselor	1st and 3rd month	TU	10:00 am - 12:00 pm	Call for Appointment
A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provides free unbiased and confidential Medicare counseling to empower you to make the best decisions for your individual needs. Specially trained volunteers from the ADRC –Aging and Disability Resource Center.				
Bereavement Support Group		TH	10:30 am - 11:30 am	Walk-ins welcome
This group is facilitated by a Continuum Care Health professional grief counselor and is a valuable source of support for those dealing with grief and mourning. For more information call 954-746-3670 or stop by the Senior Center Front Desk.				
Blood Pressure Check (Sunrise Fire Rescue)	3/13, 4/10, 5/15	F	11:00 am	Walk-ins welcome
Property Tax Exemption Assistance	3/27,4/24,5/22	F	2:00 pm - 4:00 pm	Walk-ins welcome
Additional hours	3/14, 5/16	SA	9:30 am - 11:30 am	
Representatives from the Broward County Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Driver's License; a Broward voter registration card; 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.				
Veteran's Advisor	3/13,4/10, 5/8	F	9:00 am - 12:00 pm	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, linkage, 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.				
Life Changes Group	1st & 3rd	W	2:30 pm - 3:30 pm	Walk-ins welcome
VITAS Health Care will be facilitating this support group with a counselor to talk about "Life Changes". This group is designed to help people deal with changes related to the aging process. It is a peer support group, talk about the seasons of your life and how with each season there are new changes and challenges. Learn how others cope, or deal with what they are going through.				
F.L.O.W.	4/8	W	10:00 am - 1:30 pm	<u>By Appointment Only</u>
Florida Licensing on Wheels the DMV BUS will be at the Sunrise Senior Center. Residents can renew their driver's 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 https://www.flhsmv.gov/driver-licenses . For more information call 954-746-3670. This service is available to all Broward Co. Residents. Note: <u>This is not a City run program, this date is subject to cancellation without notice, please call before you come to the Senior Center.</u> This will be a FLOW BUS event– you will board the bus for your services!				
Fitness for Life	 3/13	F	10:00 am - 11:30 am	Call to sign up
This lecture explores the lifelong benefits of fitness; from boosting energy and improving mental health to preventing chronic disease. Learn practical strategies to stay active at any age and build habits that support a stronger, healthier, and happier you. Lunch will be provided for all pre-registered participants.				
Senior Scams	 4/10	F	10:00 am -11:30 am	Call to sign up
With a national rise in scam and fraud - related crimes, such as Crypto Scams, Grandparent Scams, and Romance Scams, the Sunrise Police Department has taken a proactive approach by creating a prevention and awareness program. Join us to learn how to identify scams and fraud and how to protect yourself. A light lunch will be offered to all pre-registered participants space is limited.				

World Health Day Expo 4/7 TU 9:00 am - 12:00 pm Call to sign up Free
(Sunrise Athletic Complex - 11501 NW 44th St. Sunrise, 33323)

April 7th is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. There will be free health screenings and giveaways!
Sponsored by: Baptist Health and Memorial Health Care

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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March Ticket Sale Members 3/6: Non-Members 3/13

Program	Date(s)	Day(s)	Time	Fee	Activity #
Delray Affair	4/10	F	9:00 am - 4:00 pm	\$5/\$7	480842-A

Celebrate the 64th year of the Delray Affair, the largest arts and crafts 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. The outdoor Delray Affair takes place downtown and stretches 12 city blocks. Food and beverages available for purchase.

Seminole Classic Casino	4/16	TH	9:00 am - 3:30 pm	\$5/\$7	480826-A
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Feeling lucky? Enjoy a great day at the casino! Play the tables, slots, and more.

Morikami Japanese Gardens	4/23	TH	9:15 am - 3:30 pm	\$20/\$22	480841-A
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Enjoy a docent led tour of the current exhibit, the Seishin-an Tea House, the dry garden, and an overview of the Yamato Colony. After the tour, you can continue to stroll thru the Morikami Museum at your leisure. You can enjoy lunch on your own at the Cornell Cafe.

April Ticket Sale Members 4/3: Non-Members 4/10

Calder Casino	5/5	TU	9:00 am - 3:30 pm	\$5/\$7	480826-B
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Try your luck at slots, table games and more. lunch on your own.

Beach Day & Lunch

Lauderdale by the Sea	5/14	TH	9:30 am - 3:00 pm	\$5/\$7	480851-A
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Spend the morning relaxing on the beach at Lauderdale by the Sea . Bring your beach chair or beach blanket and catch some sun or take a dip in the ocean. Afterwards enjoy lunch on your own at one of the many local restaurants.

Top Golf Pompano	5/21	TH	9:30 am - 3:30 pm	\$43/\$45	480842-B
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Start the day off with a visit to Topgolf Pompano Beach, a state-of-the-art driving range. You will enjoy a climate controlled hitting bay, with high-tech tracking technology that allows players to compete in various games and challenges. Brunch buffet is included. Afterwards, head over to nearby Harrah’s casino and try your luck on a variety of gaming options.

The Shops at Pembroke Gardens	5/28	TH	9:30 am - 3:30 pm	\$5/\$7	480846-A
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Enjoy some shopping and socializing at The Shops at Pembroke Gardens. It’s the perfect place to stroll, browse over 75 shops, or simply sit on a shaded bench and catch up with friends. Lunch is on your own and you will have plenty of delicious options to choose from.

May Ticket Sale Members 5/1: Non-Members 5/8

Coconut Creek Casino	6/2	TU	9:00 am - 3:30 pm	\$5/\$7	480826-C
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Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Bass Pro Shop and Lunch

At Islamorada Fish Company	6/9	TU	9:00 am - 3:00 pm	\$30/\$32	480842-C
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Spend some time walking through Bass Pro Shop Outdoor World. Featuring an indoor waterfall, a 39,000-gallon aquarium and tons of sporting goods, clothing, home décor, and more, you will not be bored. After exploring Outdoor World, enjoy an included lunch at Islamorada Fish Company.

Superblue Miami	6/18	TH	9:30 am - 3:30 pm	\$25/\$27	480848-A
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Get ready to experience Superblue Miami, and explore over 50,000 square feet of immersive art experiences. The full sensory, awe-inspiring tour will be an unforgettable experience. Afterwards the group will head to Julia & Henry’s, a beautiful food hall boasting 3 levels for your dining pleasure. Lunch is on your own.

The Mall at Wellington Green & Trader Joe’s

	6/25	TH	9:00 am - 3:30 pm	\$5/\$7	480846-B
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Experience a premier shopping destination in West Palm Beach for your shopping needs. Enjoy lunch on your own at one of the many dine-in restaurants, or grab a quick bite in the Food Court. Then visit Trader Joe’s, where you can find great quality items at great prices.

Health & Fitness

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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Please Note Registration Dates

Exercise Classes

Baptist Health and AAABC led programs are being offered as “Drop In” programs, with no registration required, however Senior Center membership is still required to participate in **ALL** exercise programs. Please see below for a list of “Drop In” programs and their dates and times. Remember to please be on time for all instructor led programs, as it is disruptive to enter after the class has started. Also listed are classes requiring registration.

Total Body Fitness With Alli Experience a blend of heart health, strength training, cardio and balance exercises in this totally invigorating and energizing program. With upbeat and energy inducing music, you will have no choice but to stay fit and have fun as you do! Chair modifications available.
Senior Center membership is required. You can only register for one session per month (Monday or Friday). (Max. 24 students per Class).

<u>Mar</u>	M	9:30 am - 10:30 am	Now	\$12	380870-G
	M	10:45 am - 11:45 pm	Now	\$12	380870-H
	F	9:30 am - 10:30 am	Now	\$12	380870-I
<u>Apr</u>	M	9:30 am - 10:30 am	3/6	\$12	480870-A
	M	10:45 am - 11:45 pm	3/6	\$12	480870-B
	F	9:30 am - 10:30 am	3/6	\$12	480870-C
<u>May</u>	M	9:30 am - 10:30 am	4/3	\$9	480870-D
	M	10:45 am - 11:45 pm	4/3	\$9	480870-E
	F	9:30 am - 10:30 am	4/3	\$12	480870-F

****No class on Monday, 5/25 (Memorial Day) ****

Full Body Cardio With Rosie Classes taught by instructor Rose Michaelson. This program incorporates Cardio Aerobics, Yoga and strength training to help you to stay fit in a fun environment.

<u>Mar</u>	M	6:00 pm - 7:00 pm	Now	\$15/\$17	380856-C
<u>Apr</u>	M	6:00 pm - 7:00 pm	3/6	\$12/\$14	480856-A
<u>May</u>	M	6:00 pm - 7:00 pm	4/3	\$9/\$11	480856-B

****No class on Monday, 5/25 (Memorial Day) ****

Zumba Gold (Maximum 24 students per class) A certified instructor will be teaching the class which is Sponsored by Baptist Health of South Florida. Classes are being offered as “Drop In” with no registration required, however Senior Center membership is still required to participate. An additional waiver is required to participate in this program.

<u>Mar</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>Apr</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>May</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	

****No class on Saturday, 4/18****

Floor/Chair Yoga (Maximum 24 students per class) A certified instructor will be teaching the class which is Sponsored by Baptist Health of South Florida. Classes are being offered as “Drop In” with no registration required, however Senior Center membership is still required to participate. An additional waiver is required to participate in this program.

<u>Mar</u>	(Floor)	W	1:15 pm - 2:15 pm	N/A	Free
	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
<u>Apr</u>	(Floor)	W	1:15 pm - 2:15 pm	N/A	Free
	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
<u>May</u>	(Floor)	W	1:15 pm - 2:15 pm	N/A	Free
	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free

In Line

Latin Dance Classes taught by Lidia Dumenigo, a NDTA Certified Latin and Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Swing, Bachata, Merengue, Salsa & Cha Cha. **No partner needed.** For more information, call 954-439-5899.

<u>Mar</u>	W	6:00 pm - 7:00 pm	Now	\$12/\$14	380864-C
<u>Apr</u>	W	6:00 pm - 7:00 pm	3/6	\$15/\$17	480864-A
<u>May</u>	W	6:00 pm - 7:00 pm	4/3	\$3/\$5	480864-B

****No class on Wednesday, 5/6, 5/13, 5/20 (SLOS Dances)****

Flex and Stretch with Darius

This Stretching Exercise Class offers a perfect blend of gentle movements, dynamic stretches, and muscle and joint flexibility exercises for individuals of all fitness levels. Whether you are a beginner looking to improve flexibility or are seeking to enhance your range of motion, this class is designed to cater to all. Classes are being offered as “Drop In” with no registration required, however Senior Center membership is still required to participate.

<u>Mar</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Apr</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>May</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	

****No class on Thursday, 4/9, Wednesday, 5/6, 5/13, 5/20 (SLOS Dances) ****

Int/Adv Tai Chi Classes taught by Marci Casallo. Tai Chi is a great way to improve your balance and help prevent falls.

<u>Mar</u>	TH	5:00 pm - 6:00 pm	Now	\$12/\$14	380858-C
<u>Apr</u>	TH	5:00 pm - 6:00 pm	3/6	\$12/\$14	480858-A
<u>May</u>	TH	5:00 pm - 6:00 pm	4/3	\$12/\$14	480858-B

****No class on Thursday, 4/9****

Step Up to Fitness With Rosie Classes taught by instructor Rose Michaelson. Step Up to Fitness incorporates Step Aerobics, dynamic stretches and strength training to help you to stay fit in a fun environment.

<u>Mar</u>	SA	10:15 am - 11:15 am	Now	\$12/\$14	380852-C
<u>Apr</u>	SA	10:15 am - 11:15 am	3/6	\$9/\$11	480852-A
<u>May</u>	SA	10:15 am - 11:15 am	4/3	\$15/\$17	480852-B




****No class on Saturday, 4/18****

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.

<u>Apr - Jun</u>	TU/TH	9:00 am - 9:45 am	Now	Free	480891-A
<u>Jul - Sep</u>	TU/TH	9:00 am - 9:45 am	6/1	Free	180891-A

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	 Trip & Ticket Policies 
8:45 am - 9:15am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	8:45 am - 9:15 am Tai Chi (DVD)	9:30 am - 11:30 am Puzzle Exchange	<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, <u>birth date and phone number</u> 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>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><u>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.</u></p>
9:00 am - 12:00 pm Open Ping Pong (Multipurpose B)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:45 am - 10:45 am Walk Your Way to Health (DVD)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:30 am - 10:30 am Total Body Fitness w/ Alli	9:30 am - 12:30 pm Bag Making Workshop <i>(Twice a month, see schedule for dates)</i>	
9:30 am - 10:30 am Total Body Fitness w/ Alli	9:00 am - 12:00 pm Mahjong	10:00 am - 12:00 pm Card/Paper Crafting Class	9:30 am - 10:30 am Flex and Stretch w/ Darius	10:45 am - 11:30 am Zumba Cardio (DVD)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
10:00 am - 12:30 pm Quilting Corner	9:00 am - 12:00 pm Wood Carving	11:00 am - 2:00 pm Bowling League @ Strikers	10:00 am - 11:00 am Line Dancing	11:30 am - 1:00 pm Choral Group	11:30 am - 12:30 pm Zumba Gold (Baptist Health)	
10:30 am - 12:00 pm Beginners Beading	10:00 am - 12:00 pm Knitting & Crocheting	12:30 pm - 3:30 pm Open Game Play	10:30 am - 11:30 am Bereavement Support Group (Continuum Care Counselor)	11:45 am - 12:45 pm Walk Your Way to Health (DVD)	 <p>Closed In Observance of:</p> <p>Earth Day Saturday, April 18, 2026</p> <p>Memorial Day Monday, May 25, 2026</p> <p>&</p> <p>Juneteenth Friday, June 19, 2026</p>	
10:45 am - 11:45 am Total Body Fitness w/ Alli	10:00 am - 11:15 am Line Dancing	12:30 pm - 3:30 pm Beginners Rummikub (1st Wednesdays - Experienced Players) (3rd Wednesdays - Beginners ONLY)	11:00 am - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk)	1:00 pm - 2:30 pm Bingo		
11:00 am Start Time Classic Movie	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	1:00 pm - 2:00 pm Let's Talk Discussion Group	12:30 pm - 3:30 pm Open Ping Pong (Multipurpose B)	1:30 pm - 3:30 pm Intro to Art (Siddiqah)		
12:30 pm - 2:30 pm Open Beading	1:00 pm - 3:00 pm Open Sewing (Sophia)	1:15 pm - 2:15 pm Floor Yoga (Baptist Health)	1:00 pm - 2:30 pm Beginners Smartphone Class (Eric)			
1:30 pm - 3:30 pm Let's Dance *Senior Center Membership Required*	2:00 pm - 4:00 pm Theatre Group	2:30 pm - 3:30 pm Chair Yoga (Baptist Health)	1:00 pm - 1:45 pm Chair Yoga (DVD)			
2:30 pm - 5:00 pm Quilting Corner	4:15 pm - 5:15 pm Beginners Tai Chi (DVD)	2:30 pm - 3:30 pm (1st & 3rd Wednesdays ONLY) Life Changes Discussion Group (VITAS)	5:00 pm - 6:00 pm Int/Adv Tai Chi (Marci)			
4:00 pm - 5:00 pm Musical Instrument Jam Session	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)	5:00 pm - 6:00 pm Flex and Stretch w/ Darius	6:00 pm - 8:00 pm Open Crafts			
6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	6:30 pm - 8:30 pm Int/Adv Painting (Siddiqah)	6:00 pm - 7:00 pm Latin Dance (Lidia)				
MONTHLY GROUP MEETINGS						
1st Tuesday	Sunrise Latin Social Club	6:00 pm - 8:00 pm				
4th Tuesday	American Legion Post 365	7:00 pm - 9:00 pm				
2nd Wednesday	VET Connect	9:30 am - 11:00 am				
3rd Thursday	Gold Coast Woodturners	6:45 pm - 8:45 pm				
<i>(Contact Senior Center Front Desk for more information)</i>						

Monday Classic Movies - 11:00 am			At The Movies			Tuesday New Release Movies - 11:30 am									
3/2	*NO MOVIE*		4/6	Rumor Has it	2005	1hr 37mins	3/3	The Rip	2025	2hr 13mins	3/31	Joe's College Road Trip	2026	1hr 49mins	
3/9	You've Got Mail	1998	1hr 59mins	4/13	Hell or High Water	2016	1hr 42mins	3/10	People we meet on vacation	2026	1hr 49mins	4/7	*NO MOVIE*- World Health Day	2026	1hr 47mins
3/16	Crazy Stupid Love	2011	1hr 47mins	4/20	Homefront	2013	1hr 40mins	3/17	*NO MOVIE*- St. Patrick's Day Social			4/14	Firebreak	2026	1hr 47mins
3/23	Dr. NO	1962	1hr 50mins	4/27	License to Wed	2007	1hr 31mins	3/24	*NO MOVIE*-Theatre Show Rehearsal			4/21	Kevin Hart: Acting My Age	2025	1hr 6mins
3/30	The Cable Guy	1996	1hr 36mins									4/28	My Sweet Girl	2021	1hr 50mins

New Format: New Release Movies are Netflix Movies and subject to change.