

May/June 2026 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
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Sunrise Latin Social Club 6/2 & 10/6 TU 6:00 pm - 8:00 pm Now \$5
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 the Sunrise Senior Center for quarterly meeting and activity information.

Activity #180804-A

Senior Cooking Club *Please Note Registration Dates*

May - Meal Prep 101	(480816-B)	5/22	F	10:00 am - 1:00 pm	Now	\$6/\$8
June - NO COOKING						
Jul - Summer Flavors	(180816-A)	7/24	F	10:00 am - 1:00 pm	6/1	\$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.

"Nothing to See Here"	5/29	F	12:00 pm - 1:00 pm	Now	Free
By: Kevin Wilson					
"The God of the Woods"	6/26	F	12:00 pm - 1:00 pm	Now	Free
By: Liz Moore					

Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free
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Mother's Day Bouquet

Floral Design Workshop 5/27 W 1:00 pm - 3:00 pm Now \$18/\$20
Get ready to create a stunning 16 Stem Mother's Day paper wrapped bouquet! 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 # 480805-A

Senior Theatre Group (Ageless Wonders)

Auditions	6/18	TH	2:00 pm - 4:00 pm	Now	Free
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The Ageless Wonders Theatre Group will be holding open auditions for eight short plays on Thursday, June 18, from 2:00 pm to 4:00 pm. If you've ever wanted to step on stage, this is your chance to shine. Everyone is welcome to audition and showcase their talent. Auditions will be led by volunteer theatre director Myra Graves. The performance is scheduled for Tuesday, August 25 at 2:00 pm. For more information, please contact the Senior Center Front Desk or call 954-746-3670.

Game Show Night



With Bruce Martin	6/24	W	6:00 pm - 7:30 pm	Now	Free
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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.

Karaoke	6/25	TH	12:00 pm - 1:45 pm	Walk-in	Free
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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!

Ageless Wonders Presents SAGES Theatre's

"Denying Gravity"	7/22	W	2:00 pm	6/1	Free
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Denying Gravity - A Fall Prevention Play tells the story of a woman who tries to live life on her own terms and lets the chips & hips fall where they may! Presented by the Senior Center's Ageless Wonders. Light refreshments will be served. Invite a friend and register at the Front Desk. For more information, visit the Senior Center Front Desk or call 954-746-3670.

Date	Day	Time	Register On	Fee	Activity
AARP Safe Drivers Course	5/21	TH	9:00 am - 3:00 pm	Now	\$20/\$25 480853-A
	7/16	TH	9:00 am - 3:00 pm	6/1	\$20/\$25 180853-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.

May/June 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
Choral Group's Summer Concert	6/4	TH	11:00 am	Now	Free
It's time to groove, so get ready to teleport back to the Motown era! Led by director Lynne Sorrenti and assistant director Emolyn Shaw, our very own senior center group, The Treble Makers, have been hard at work perfecting the soulful harmonies and infectious rhythms that defined a generation. It's more than just a performance, it's a celebration of the hits that kept us all dancing through the decades. Light snacks and refreshments will be served. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!					
"The Coffee House Experience"	6/17	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!					
Summer Billiards Tournament	6/18	TH	11:00 am - 12:30 am	Now	Free
Time to bring out your inner pool shark. Join us for our doubles tournament, and showcase your skills. Prizes will be awarded for 1st, 2nd, and 3rd place teams. A pizza lunch will be served to all participants. All players must be current Senior Center Members. Sign up sheets are available at the Front Desk and in the Game Room. For more information contact Darius at 954-746-3684.					
Senior Center's Got Talent Auditions	6/22	M	11:00 am & 6:00 pm	Sign up Now	Free
Attention all seniors! If you possess a talent or skill and wish to showcase it to the community, enroll for your audition now at the Front Desk. To be eligible for an audition, you must be a current member of the Senior Center. Your audition act should not exceed 4 minutes in length, and all equipment and accessories should be brought to the audition. If required, a piano and microphones will be provided. Each audition will be judged by a panel of judges, and the top acts will move forward to the Senior Talent Show on Wednesday, July 15th. The top three winners of the Talent Show will receive prizes for their performance. Stop by the front desk or call 954 -746-3670 to register.					
Craft Class - Bud Vases on a Plaque	6/26	F	10:00 am - 11:30 am	Now	\$6/\$8
Turn an everyday table item into a charming piece of art. This beginner-friendly class will go from simple salt and pepper shakers to a hanging piece of art. This piece has a vintage, country chic look and will look good in any home. All materials will be provided. Activity # 480801-B					
Lunch Bunch - "Loaded Baked Potato with a Side Salad"	6/30	TU	12:00 pm - 12:45 pm	Now	\$5/\$7
This comforting and filling lunch will be one not to miss! A fluffy, oven-baked potato loaded with your choice of toppings is sure to be a hit. We will help you customize your spud with delicious toppings. A fresh side salad will be a refreshing contrast to the hearty potato. Sign up today! Activity # 180807-A					
Senior Center's Got Talent & Summer Fashion Show	7/15	W	11:00 am - 1:00 pm	6/1	Free
We are thrilled to invite you to join us for an afternoon of fun and entertainment! Your peers will be showcasing their exceptional skills in a talent show here at the Sunrise Senior Center. This event will be unforgettable and full of laughter, joy, and inspiration. In addition to the incredible performances, we will also be serving refreshing drinks and a light snack for your enjoyment. Don't miss out on this fantastic event, and let's celebrate the extraordinary talent of our peers together as a community. Top three performers will be chosen by a panel of judges, and the winners will get to perform at the Senior Center Art Exhibition opening reception on Friday, July 17. We look forward to seeing you there!					
Senior Center Art Exhibition Opening Night Reception	7/17	F	6:00 pm - 8:00 pm	6/1	Free
You are cordially invited to the opening reception of the Seniors Creative Programs Exhibition, at the Civic Center Art Gallery. Join us in celebrating the creative endeavors of our seniors as they showcase their passions for quilting, jewelry design, knitting/crocheting, woodcarving and more. From a collection of captivating photos, to beautifully crafted needlework, and stunning jewelry, you will be amazed by the skillful work of your fellow Senior Center members. The exhibit will run from Friday, July 17 to Saturday, August 1. Call (954) 746-3670 or stop by the front desk to reserve your space.					
Bunco	7/23	TH	1:30 pm - 3:00 pm	6/1	\$5/\$7
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity # 180818-A					

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.					
	5/4 - 5/18	M	10:30 am - 12:00 pm	Now	Free	480814-B
	6/1 - 6/29	M	10:30 am - 12:00 pm	Now	Free	480814-C
	7/6 - 7/27	M	10:30 am - 12:00 pm	6/1	Free	180814-A
	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						
	7/13 - 7/16	M - TH	4:00 pm - 6:00 pm	6/1	\$5/\$10	180868-A
	8/10 - 8/13	M - TH	4:00 pm - 6:00 pm	7/6	\$5/\$10	180868-B
Basic Computer Skills						
	As you begin to interact with a Windows Computer, develop skills to enable you to access information from around the world. You can research, learn and entertain yourself as your skills develop. With additional computer email skills also learn to share information and communicate with family and friends Classes are taught by volunteer instructor Steve Fleisch.					
	5/26 - 7/2	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	480802-A
	7/14 - 8/20	TU/TH	9:30 am - 10:30 am	6/1	\$5/\$10	480802-B
Creative Computer Skills						
	Learn to create videos and presentations utilizing a web based program called Canva. Incorporate photos from your phone and learn to share your videos with family, friends and others throughout the world. Begin to understand how to use AI & Text to Speech to further enhance your videos. This class requires that you have basic computer skills and that you know how to send email Classes are taught by volunteer instructor Steve Fleisch. Bring your google user name and password to the first class, if you have them.					
	5/26 - 7/2	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	480803-A
	7/14 - 8/20	TU/TH	11:00 am - 12:00 pm	6/1	\$5/\$10	480803-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.					
	6/2 - 7/7	TU	6:30 pm - 8:30 pm	Now	\$20	480811-B
	7/21 - 8/25	TU	6:30 pm - 8:30 pm	6/1	\$20	180811-A
Intro to Art	Learn Color Theory, Gridding, Sketching and more. Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal.					
	5/29 - 7/10	F	1:30 pm - 3:30 pm	Now	\$20	480813-B
	7/24 - 8/28	F	1:30 pm - 3:30 pm	6/1	\$20	180813-A
	No class on 6/19 (Juneteenth), and 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. Members can only register for one class per quarter.					
	Jul - Sep	M	10:00 am - 12:30 pm	Now	Free	180828-A
	Jul - Sep	M	2:30 pm - 5:00 pm	Now	Free	180829-A
	Jul - Sep	SA (1st only)	10:00 am - 12:30 pm	Now	Free	180828-B
	No class on 7/4 (Independence Day) and 9/7 (Labor 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>					
	Jul - Sep	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.					
	Jul - Sep	W	10:00 am - 12:00 pm	6/1	Free	180806-A
Knitting & Crocheting	Join volunteer instructor Mercedes Thercellya and practice knitting and crocheting techniques while making new friends.					
	Jul - Sep	TU	10:00 am - 12:00 pm	6/1	Free	180869-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.					
	6/20 & 6/27	SA	9:30 am - 12:30 pm	Now	\$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
	7/25	SA	9:30 am - 12:30 pm	6/1	\$10/\$12	180805-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.					
	Jul - Sep	F	11:30 am - 1:00 pm	6/1	Free	180878-A
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 Herschovich.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	6/1	Free	180877-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)	5/15, 6/12, 7/10	F	11:00 am	Walk-ins welcome
Property Tax Exemption Assistance	5/22, 6/26, 7/24	F	2:00 pm - 4:00 pm	Walk-ins welcome
Additional hours	5/16, 7/11	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	(5/8-cancelled) , 6/12, 7/10	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.	6/10	W	10:00 am - 1:30 pm	<u>By Appointment Only</u>
Florida Licensing on Wheels the DMV 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: This is not a City run program, this date is subject to cancellation without notice, please call before you come to the Senior Center.				
See Well Age Well	6/12	F	10:00 am - 11:30 am	Call to sign up
Join us for an engaging and practical lecture designed to help older adults maintain healthy vision and enhance quality of life as they age. This session explores common age-related changes in eyesight. The lecture also highlights how good vision supports independence, safety, and overall well-being. Participants will learn everyday strategies to protect their vision, such as proper lighting, nutrition for eye health, and the importance of regular eye exams. A light lunch will be provided to all pre-registered participants.				
PACE Program Lecture	6/20	SA	10:00 am - 11:30 am	Call to sign up
PACE is a Medicare program and Medicaid state option that gives community-based care and services to people 55 or older who otherwise would need a nursing home level of care. PACE offers a team of health care professionals to help you make health care decisions. Come and learn the qualifications for this program. A light lunch will be provided to all pre-registered participants.				
Scams and Schemes	7/10	F	10:00 am - 11:30 am	Call to sign up
Research suggests that seniors are a major target for scams. This discussion will focus on why and how to avoid being a victim. Participants will learn how scammers target seniors, the warning signs to watch for, and simple steps to safeguard their identity, money, and peace of mind. This lecture is presented by the University of Miami McKnight Brain Institute. A light lunch will be provided to all pre-registered participants.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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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
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 \$25/\$27 480842-C
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 10:00 am - 3:30 pm \$25/\$27 480848-A
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
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.

PBS Presents "Titanic An Immersive Experience" 6/30 TU 9:30 am - 3:30 pm \$33/\$35 480848-B
Join us as we visit South Florida PBS in Boynton, for Titanic: An Immersive Voyage. This will be a once-in-a-lifetime expedition to experience Titanic, the most luxurious ship to ever set sail. Featuring numerous artifacts, never before seen 3D views, video animations, and cutting-edge technology, it tells the story of the RMS Titanic like never before. Lunch on your own.

June Ticket Sale Members 6/5: Non-Members 6/12

Dania Casino 7/7 TU 9:00 am - 3:30 pm \$5/\$7 180826-A
Try your luck at slots, table games and more. lunch on your own.

Little Havana & Ball & Chain Lounge 7/16 TH 9:30 am - 3:00 pm \$25/\$27 180842-A
Enjoy a fun day in little Havana! Stroll, the neighborhood, relax or play dominos at Maximo Gomez Park. Grab some Cuban coffee or ice cream, and enjoy a Cuban lunch and live music at Ball & Chain. Lunch is included.

Dadeland Mall 7/21 TU 9:00 am - 3:30 pm \$5/\$7 180846-A
Get ready for the ultimate retail escape at Dadeland Mall. Explore over 185 stores including Florida's largest Macy's and a massive Apple flagship, among other fabulous stores. Then grab some lunch or a quick bite on your own at the Dining Terrace from the eatery of your choice. This is the perfect day of fashion and flavor.

July Ticket Sale Members 7/10: Non-Members 7/17 *Please note date/day change due to July 4th*

Harrah's Casino 8/6 TH 9:00 am - 3:30 pm \$5/\$7 180826-B
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Weiner Museum of Decorative Art 8/13 TH 10:00 am - 3:00 pm \$25/\$27 180841-A
Participate in a memorable guided tour of the unique and creative art pieces housed at the Weiner Museum of Decorative Arts. Guest will enjoy participating in one of a kind art inspired scavenger hunt, during your guided tour throughout the museum. Then enjoy lunch on own at the Historic Dockers restaurant.

Town Center at Boca Raton Mall 8/25 TU 10:00 am - 3:30 pm \$5/\$7 180846-B
Visit one of south Florida's top luxury shopping destinations, Town Center at Boca Raton. The mall features an outstanding mix of upscale and elite specialty shops along with your favorite Mall stores in an indoor environment. Lunch on your own at the food court.

Health & Fitness

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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Senior Center membership is required

Exercise Classes

Baptist Health 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).

May	M	9:30 am - 10:20 am	Now	\$9	480870-D
	M	10:30 am - 11:20 am	Now	\$9	480870-E
Jun	M	9:30 am - 10:20 am	Now	\$15	480870-F
	M	10:30 am - 11:20 am	Now	\$15	480870-G
Jul	M	9:30 am - 10:20 am	6/1	\$12	180870-A
	M	10:30 am - 11:20 am	6/1	\$12	180870-B

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

Workout with Willie Get ready to turn up the tempo with Workout with Willie, where instructor Willie Taylor II leads an energetic fusion of aerobics and strength training. It's a high energy program designed for all levels, with easy to follow modifications to ensure everyone stays moving and grooving!

Jun	F	11:00 am - 12:00 pm	Now	\$9	480857-A
Jul	F	11:00 am - 12:00 pm	6/1	\$12	180857-A

****No class on Friday, 6/19 (Juneteenth), and 7/3 (Independence 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.

May	M	6:00 pm - 7:00 pm	Now	\$9	480856-B
Jun	M	6:00 pm - 7:00 pm	Now	\$15	480856-C
Jul	M	6:00 pm - 7:00 pm	6/1	\$12	180856-A

****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.

May	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
Jun	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
Jul	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	

****No class on Saturday, July 4 (Independence Day) ****

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.

May	(Floor) W	1:15 pm - 2:15 pm	N/A	Free	
	(Chair) W	2:30 pm - 3:30 pm	N/A	Free	
Jun	(Floor) W	1:15 pm - 2:15 pm	N/A	Free	
	(Chair) W	2:30 pm - 3:30 pm	N/A	Free	
Jul	(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.

May	(No Classes)				
Jun	(No Classes)				
Jul	W	6:00 pm - 7:00 pm	6/1	\$15	180864-A

****No class in May and June****

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.

May	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
Jun	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
Jul	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	

****No class on 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.

May	TH	5:00 pm - 6:00 pm	Now	\$12	480858-B
Jun	TH	5:00 pm - 6:00 pm	Now	\$12	480858-C
Jul	TH	5:00 pm - 6:00 pm	6/1	\$15	180858-A


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.

May	SA	10:15 am - 11:15 am	Now	\$15	480852-B
Jun	SA	10:15 am - 11:15 am	Now	\$12	480852-C
Jul	SA	10:15 am - 11:15 am	6/1	\$12	180852-A

****No class on Saturday, July 4 (Independence Day) ****

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. (Until further notice, classes will be held at 2:30 pm at Welleby Pool. Please contact Senior Center Front Desk for updated information. Thank you for your patience!)

Apr - Jun	TU/TH	9:00 am - 9:45 am	Now	Free	480891-A
Jul - Sep	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>	<i>Trip, Ticket & Registration Policies</i>
8:45 am - 9:15am Tai Chi (DVD) 9:00 am - 12:00 pm Open Ping Pong (Multipurpose B) 9:30 am - 10:20 am Total Body Fitness w/ Alli 10:00 am - 12:30 pm Quilting Corner 10:30 am - 12:00 pm Beginners Beading 10:30 am - 11:20 am Total Body Fitness w/ Alli 12:30 pm - 2:30 pm Open Beading 1:30 pm - 3:30 pm Let's Dance *Senior Center Membership Required* 2:30 pm - 5:00 pm Quilting Corner 4:00 pm - 5:00 pm Musical Instrument Jam Session 6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 9:00 am - 12:00 pm Mahjong 9:00 am - 12:00 pm Wood Carving 9:30 am - 10:30 am Basic Computer Skills with Steve Fleisch 10:00 am - 12:00 pm Knitting & Crocheting 10:00 am - 11:15 am Line Dancing 11:00 am - 12:00 pm Creative Computer Skills with Steve Fleisch 11:30 am - 12:30 pm Walk Your Way to Health (DVD) 1:00 pm - 3:00 pm Open Sewing (Sophia) 2:00 pm - 4:00 pm Theatre Group 4:15 pm - 5:15 pm Beginners Tai Chi (DVD) 5:30 pm - 6:30 pm Zumba Gold (Baptist Health) 6:30 pm - 8:30 pm Int/Adv Painting (Siddiqah) 7:00 pm - 9:00 pm Scottish Dancing	9:00 am - 9:30 am Tai Chi (DVD) 9:45 am - 10:45 am Walk Your Way to Health (DVD) 10:00 am - 12:00 pm Card/Paper Crafting Class 11:00 am - 2:00 pm Bowling League @ Strikers (Resumes in September) 12:30 pm - 3:30 pm Beginners Rummikub (1st Wednesdays - Experienced Players) (3rd Wednesdays - Beginners ONLY) 12:30 pm - 3:30 pm Spades & Dominos Open Play (2nd & 4th Wednesdays - Experienced Players) *Starts June 10th* NEW! 1:00 pm - 2:00 pm Let's Talk Discussion Group 1:15 pm - 2:15 pm Floor Yoga (Baptist Health) 2:30 pm - 3:30 pm Chair Yoga (Baptist Health) 2:30 pm - 3:30 pm (1st & 3rd Wednesdays ONLY) Life Changes Discussion Group (VITAS) 5:00 pm - 6:00 pm Flex and Stretch w/ Darius 6:00 pm - 7:00 pm Latin Dance (Lidia)	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 9:30 am - 10:30 am Flex and Stretch w/ Darius 9:30 am - 10:30 am Basic Computer Skills with Steve Fleisch 10:00 am - 11:00 am Line Dancing 10:30 am - 11:30 am Bereavement Support Group (Continuum Care Counselor) 11:00 am - 12:00 pm Creative Computer Skills with Steve Fleisch 11:00 am - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk) NEW! 12:30 pm - 3:30 pm Spades & Dominos Tutorial (2nd & 4th - Thursdays) 12:30 pm - 3:30 pm Open Ping Pong (Multipurpose B) 1:00 pm - 2:30 pm Beginners Smartphone Class (Eric) 1:00 pm - 1:45 pm Chair Yoga (DVD) 5:00 pm - 6:00 pm Int/Adv Tai Chi (Marci) 6:00 pm - 8:00 pm Open Crafts	8:45 am - 9:15 am Tai Chi (DVD) 10:45 am - 11:30 am Zumba Cardio (DVD) 11:00 am - 12:00 pm Workout w/ Willie NEW! (Begins Friday, June 5) 11:30 am - 1:00 pm Choral Group 11:45 am - 12:45 pm Walk Your Way to Health (DVD) 1:00 pm - 2:30 pm Bingo 1:30 pm - 3:30 pm Intro to Art (Siddiqah)	9:30 am - 11:30 am Puzzle Exchange 9:30 am - 12:30 pm Bag Making Workshop <i>(Twice a month, see schedule for dates)</i> 10:00 am - 12:30 pm Quilting Corner (1st Saturdays Only) Begins June 6 10:15 am - 11:15 am Step Up to Fitness w/ Rosie 11:30 am - 12:30 pm Zumba Gold (Baptist Health)	<div style="text-align: center;">  <p>TRIP AND TICKET POLICIES</p> <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>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 style="text-align: center;"><u>PROGRAMS AND ACTIVITIES REGISTRATION POLICIES</u></p> <p>Members MUST be present to register for programs and classes. You may, however, register for a member who resides in the same household as you, provided you present their membership I.D. card along with a completed and signed registration form. Both participants in the same household will be charged the member rate as long as they current members.</p> <p style="text-align: center;"><u>REFUND POLICY</u></p> <p>In order to be considered, refund requests must received by the Front Desk at least 48 hours prior to the event or program. 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> </div>
MONTHLY GROUP MEETINGS						
4th Tuesday **2nd Wednesday** **3rd Thursday**		American Legion Post 365 VET Connect (<i>must be a veteran or vet spouse</i>) Gold Coast Woodturners	7:00 pm - 9:00 pm 9:30 am - 11:00 am 6:45 pm - 8:45 pm			
<i>(Contact Senior Center Front Desk for more information)</i>						
NEW PROGRAMS ALERT						
Workout w/ Willie (Demo Class) - Friday, May 15, 11:00 am - 12:00 pm (Call Front Desk to sign up) Workout w/ Willie - Class starts Friday, June 5, 11:00 am - 12:00 pm (Registration required) Spades & Dominos Open Play - Wednesdays 12:30 pm - 3:30 pm (program starts on June 10th) Spades & Dominos Tutorial - 2nd & 4th Thursdays 12:30 pm - 3:30 pm (program starts on June 11th) Saturday Quilting Corner - Starts on June 6, 1st Saturday of each month (program starts on June 6th)						



Closed In Observance of:

**Memorial Day
Monday, May 25, 2026**

**Juneteenth
Friday, June 19, 2026**

&

**Independence Day
Friday, July 3, 2026
&
Saturday, July 4, 2026**