July/August 2026 Senior Programs Continued…

Program	Date	Day	Time	Register	Fee
Sunrise Latin Social Club Hispanic Heritage Month	10/6	TU	6:00 pm - 8:00 pm	Now	$5

Come enjoy music, culture, and the spirit of Latin America in a warm and welcoming atmosphere. Our Senior Center Latin Club will include listening and dancing to Latin music, exploring Latin American traditions and holidays, and most of all sharing stories, food, and friendship! This month to celebrate Hispanic Heritage Month, all attendee's will bring a dish from their Latin American country. Sign up for your dish while purchasing your ticket. Senior Center membership is required. Ven a disfrutar de la música, la cultura y el espíritu de América Latina en un ambiente cálido y acogedor. ¡Nuestro Club Latino del Senior Center.incluirá escuchar y bailar música latina, aprender frases sencillas en español, explorar tradiciones y festividades latinoamericanas y, sobre todo, compartir historias, comida y amistad! Este mes, para celebrar el Mes de la Herencia Hispana, todos los asistentes traerán un plato de su país latinoamericano. Regístrate para traer tu plato al comprar tu entrada. Se requiere membresía del Senior Center. **Activity# 280804-A**

Senior Cooking Club ***Please Note Registration Dates***

Jul -	**Summer Flavors**	**(180816-A)**	7/17	F	10:00 am - 1:00 pm	Now	$6/$8
Aug -	**Tomato Time**	**(180816-B)**	8/28	F	10:00 am - 1:00 pm	7/6	$6/$8
Sep -	**No Cooking**						

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.

"The Lost and Found Bookshop" *By: Susan Wiggs*	7/31	F	12:00 pm - 1:00 pm	Now	Free
"Someone Elses Shoes" *By: Jo Jo Moyes*	8/28	F	12:00 pm - 1:00 pm	Now	Free

Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free

"Hooked on Love" Auditions 8/4 TU 2:00 pm - 4:00pm

The Ageless Wonders Theatre Group will be holding open auditions for our October 20th production; "Hooked on Love". This play is inspired by the themes and romantic spirit of Pretty Woman. Everyone is welcome to audition for the remaining available roles. Auditions will be led and directed by Volunteer Theatre Director Myra Graves. Rehearsals will be on Tuesdays and Thursdays from 2:00pm-5:00pm starting with first read through on August 11. We look forward to seeing you shine!

Ageless Wonders Eight Short Plays 8/25 TU 2:00 pm Now Free

Join the Ageless Wonders Theatre Group for their presentation of "Eight Theatre Short Plays". These plays are feel-good and wholesome for anyone to enjoy! Tell a friend and stop by the Front Desk to register. Light refreshments will be provided. For more information, visit the Senior Center Front Desk or call 954-746-3670.

Karaoke 8/27 TH 6:00 pm - 8:30 pm Walk-in Free

Ready to belt out your favorite tunes? Join us for an evening 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!

Floral Design Workshop 9/23 W 6:00 pm - 8:00 pm 8/7 $18/$20

Get ready to learn the art of flower arranging while exploring the design and technique of line and space. You will learn professional techniques to craft a truly breathtaking floral piece and you will work with high quality seasonal blooms and festive accents, guided, step by step to create your own masterful design. Workshop is led by Chasity of Blossom Street Florist. **Activity # 180866-A**

Co-Ed Bocce Open House 9/17 TH 3:00 pm Walk- in

Come to the Senior Center to sign up for the 2026-2027 Co-ed Bocce season. Last season was fun filled and competitive, and we are excited for this new season which begins on Thursday, October 1, 2026. Please call Brenda Remus at 954-801-4531 for more information. **Activity # 180855-A**

Bowling League Open House 9/23 W 11:30 am Walk- in

Come sign up for the 2026-2027 Bowling season during this Open House at Strikers Bowling. Season begins on Wednesday, October 7, 2026. Please call Wayne Skervin or Danielle Forem at 954-746-3670 for more information. **Activity # 180854-A**

	Date	Day	Time	Register On	Fee	Activity
AARP Safe Drivers Course	8/20	TH	9:00 am - 3:00 pm	7/6	$20/$25	180853-A
	10/15	TH	9:00 am - 3:00 pm	9/14	$20/$25	280853-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.*****

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
Senior Center's Got Talent & Summer Fashion Show	7/15	W	11:00 am - 1:00 pm	Now	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!

Craft Club - Reuseable Bags for Food Pantry 7/17 F 10:00 am - 11:30 am Now Free

Join us for a creative community service project where participants will decorate reusable bags that will be donated to the city's food pantry clients. Using markers, fabric paints, stencils, and positive messages, you'll transform plain bags into a colorful, uplifting gifts that add a personal touch to food distribution efforts. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!

Senior Center Art Exhibition Opening Night Reception 7/17 F 6:00 pm - 8:00 pm Now 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.

Ageless Wonders Presents SAGES Theatre's "Denying Gravity" 7/22 W 2:00 pm Now Free

Back by popular demand, 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, this genuine story converts audience members into advocates and can quite literally save lives. 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.

Bunco 7/23 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 # 180818-A**

"The Coffee House Experience" 8/5 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!

Game Show Night With Bruce Martin 8/12 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.

Craft Class - Cheese Board 8/21 F 10:00 am - 11:30 am 7/10 $6/$8

Create a beautiful, custom cheese board that is both functional and decorative. We will start by personalizing a wooden cheese board using techniques such as decoupage technique. Whether you're making a unique piece for your home, a thoughtful gift, or an entertaining essential, you'll be guided step-by-step through the creative process. No prior crafting experience is necessary. All materials and supplies are provided. **Activity # 180801-A**

Lunch Bunch - Mediterranean Greek Bowl 8/26 W 12:00 pm - 12:45 pm 7/10 $5/$7

This lunch will introduce participants to a fresh, healthy lunch that will feature a mix of chicken, grains, and fresh vegetables to keep your stomachs satisfied. This is a great program to mix and mingle with friends before afternoon activities. Sign up today! **Activity # 180807-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.					
	7/6 - 7/27	M	10:30 am - 12:00 pm	Now	Free	180814-A
	8/3 - 8/31	M	10:30 am - 12:00 pm	7/6	Free	180814-B
	9/14 - 9/28	M	10:30 am - 12:00 pm	8/3	Free	180814-C
	No class on 9/7 (Labor Day)					
Wood Carving	Weekly	TU	9:00 am - 12:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris.					
Photography Workshop	Enjoy a fun and creative group of aspiring photographers and learn how to take impressive photos with your digital cameras. You will receive personal hands on instruction from award winning photographer and educator Jeremiah Jenner. *Please note that three (3) projects may incur additional cost for prints and poster board. Total additional costs may be between $10 - $15.*					
	7/11 - 8/15	SA	10:00 am - 12:00 pm	Now	$30/$32	180833-A
	8/22 - 9/26	SA	10:00 am - 12:00 pm	7/6	$30/$32	180833-B
Conversational English Workshop						
	8/10 - 8/13	M - TH	4:00 pm - 6:00 pm	7/6	$5/$10	180868-B
	9/14 - 9/17	M - TH	4:00 pm - 6:00 pm	8/3	$5/$10	180868-C
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.					
	7/14 - 8/20	TU/TH	9:30 am - 10:30 am	Now	$5/$10	180802-A
	8/27 - 10/6	TU/TH	9:30 am - 10:30 am	7/6	$5/$10	180802-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. 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.					
	7/14 - 8/20	TU/TH	11:00 am - 12:00 pm	Now	$5/$10	180803-A
	8/27 - 10/6	TU/TH	11:00 am - 12:00 pm	7/6	$5/$10	180803-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.					
	7/21 - 8/25	TU	6:30 pm - 8:30 pm	Now	$20	180811-A
	9/8 - 10/13	TU	6:30 pm - 8:30 pm	8/3	$20	180811-B
Intro to Art	Learn Color Theory, Gridding, Sketching and more. Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal.					
	7/24 - 8/28	F	1:30 pm - 3:30 pm	Now	$20	180813-A
	9/11 - 10/16	F	1:30 pm - 3:30 pm	8/3	$20	180813-B
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
New	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 enjoy some great conversations and laughs. ***(No registration required)***					
	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	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. Facilitated by volunteer instructor Alice Ollivierre.					
	Jul - Sep	W	10:00 am - 12:00 pm	Now	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	Now	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.					
	8/22 & 8/29	SA	9:30 am - 12:30 pm	Now	$5/$7	180830-A
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. Space is limited, stop by the Front Desk to sign up today.					
	7/25	SA	9:30 am - 12:30 pm	Now	$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	Now	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 Herschcovich.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	Now	Free	180877-A
Open Craft (Stitchery)	Jul - Sep	TH	6:00 pm - 8:00 pm	Now	Free	180879-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)	7/24, 8/14	F	11:00 am	Walk-ins welcome
Property Tax Exemption Assistance	7/24, 8/28	F	2:00 pm - 4:00 pm	Walk-ins welcome
Additional hours	7/11, 9/12	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	7/10, 8/14	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.	8/12	W	10:00 am - 1:30 pm	By Appointment Only

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.***

Understanding Loneliness & Emotional Well-Being Lecture	8/14	F	10:00 am– 11:30 am	Call to sign up

This lecture explores what loneliness is and how it develops, and why it is more common than we think. Participants will learn how loneliness affects both mental and physical health and begin to normalize these experiences in a supportive environment. A light lunch provided for all pre-registered participants. Sponsored by: For A Better Day Foundation & SOFLO Behavioral Health.

Causes for Loneliness & Social Isolation Lecture	9/11	F	10:00 am– 11:30 am	Call to sign up

This session focuses on common life transitions and circumstances that contribute to loneliness, particularly in later life. Participants will reflect on personal and societal factors that impact connection and social support. A light lunch provided for all pre-registered participants. Sponsored by: For A Better Day Foundation & SOFLO Behavioral Health.

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #

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 - 3:30 pm $20/$22 180841-A
Enjoy a welcome orientation upon arrival from a knowledgeable Gallery Guide. Explore the museum at your leisure using their informative Self-Guided Cellphone Audio Tour (headphones or earbuds are recommended for the best listening experience). Helpful interpretations of each exhibit are available on signs and videos throughout the museum, and Gallery Guides are always on hand to answer questions. Guest will enjoy participating in one of a kind art inspired scavenger hunt, during your tour throughout the museum. Afterwards, we will head to Dania Pointe where you can enjoy lunch on own at the one of the many eateries.

Miami Dolphins vs NY Giants Pre-Season Game 8/22 SA 1:45 pm - 8:00 pm $45/$47 180837-A
Are you ready for some football? It's that time of the year again, football season is upon us. Join us for the Miami Dolphins' first pre-season home game as they take on the NY Giants. Seats are covered and shaded from the sun and are located in Section 115, Rows 39 and 40. Get your tickets now!

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.

The Parker Presents: Rodrigo Teaser Michael Lives Forever 9/27 SU 5:00 pm - 10:00 pm $75/$77 180839-A
Rodrigo Teaser is internationally recognized as the greatest Michael Jackson tribute artists in the world. Born in Brazil, he has dedicated his life to mastering every detail of Michael Jackson's artistry - from vocals and choreography to stage presence and visual production. His show, "Michael Jackson Live Forever", features: Live band & dancers, authentic choreography and costumes, stunning visual effects. He is a full theatrical experience, widely regarded as the closest thing to seeing Michael Jackson live again. Please have dinner before arriving at the Senior Center. **(**Show is on September 27**)**

August Ticket Sale **Members 8/7: Non-Members 8/14**

Seminole Hard Rock Casino 9/3 TH 9:00 am - 3:30 pm $5/$7 180826-C
Try your luck at slots, table games and more. lunch on your own.

Marlins vs Mets 9/9 W 4:00 pm - 11:00 pm $45/$47 180837-B
This is a game that many have requested! Don't miss your chance to see the Marlins take on the Mets. These tickets won't last long, so be sure to get your tickets early! Seats are in Section 10, Rows TBD (seats may be subject to change).

Jellyfish Museum 9/15 TU 10:15 am - 3:30 pm $28/$30 180846-A
Step into a world dedicated entirely to live jellyfish, where science, nature and art come together. The Jellyfish museum is home to up to 25 unique species of jellyfish collected from different corners of the world's ocean. With beautifully designed aquariums, from intimate nano tanks to large panoramic displays it creates a true underwater spectacle. There is also a mini laboratory, which offers a behind-the-scenes look at how jellyfish grow, reproduce, and what they eat. Lunch on your own.

Miami Heat vs. New Orleans Pelican Pre-season Game 10/8 TH 4:30 pm - 10:30 pm $60/$62 280837-A
Be there for a historic moment at the Kaseya Center as Giannis Antetokounmpo joins Bam Adebayo and the Miami Heat for their home preseason opener against the New Orleans Pelicans. Don't miss your chance to witness this new chapter of Heat basketball in person! Seats are in 100 Level (Rows/Seats TBD). **(**Game is on October 8**)**

September Ticket Sale **Members 9/4: Non-Members 9/11**

Seminole Classic Casino 10/15 TH 9:00 am - 3:30 pm $5/$7 280826-A
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Pembroke Lakes Mall 10/20 TU 10:00 am - 3:30 pm $5/$7 280846-A
Discover the ultimate shopping and dining destination at Pembroke Lakes Mall, where you can explore a wide variety of your favorite national retailers and unique specialty shops all in one place. Whether you're hunting for a special gift or simply looking for an enjoyable outing, Pembroke Lakes Mall offers a convenient and vibrant experience for every visitor. Lunch on your own at the food court.

Health & Fitness

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #

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. (Max. 24 students per Class).**

Jul	M	9:30 am - 10:20 am	Now	$12	180870-A
	M	10:30 am - 11:20 am	Now	$12	180870-B
Aug	M	9:30 am - 10:20 am	7/6	$15	180870-C
	M	10:30 am - 11:20 am	7/6	$15	180870-D
Sep	M	9:30 am - 10:20 am	8/3	$9	180870-E
	M	10:30 am - 11:20 am	8/3	$9	180870-F

No class on Monday, 9/7 (Labor Day)

Workout with Willie Get ready to turn up the tempo with Workout with Wille, 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!

Jul	TU	2:30 pm - 3:30 pm	Now	$12	180857-B
	F	11:00 am - 12:00 pm	Now	$12	180857-A
Aug	TU	2:30 pm - 3:30 pm	7/6	$12	180857-C
	F	11:00 am - 12:00 pm	7/6	$12	180857-D
Sep	TU	2:30 pm - 3:30 pm	8/3	$15	180857-E
	F	11:00 am - 12:00 pm	8/3	$12	180857-F

**No class on Friday, 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.

Jul	M	6:00 pm - 7:00 pm	Now	$12	180856-A
Aug	M	6:00 pm - 7:00 pm	7/6	$15	180856-B
Sep	M	6:00 pm - 7:00 pm	8/3	$9	180856-C

No class on Monday, 9/7 (Labor 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.

Jul	TU	5:30 pm - 6:30 pm	N/A	Free
	SA	11:30 am - 12:30 pm	N/A	Free
Aug	TU	5:30 pm - 6:30 pm	N/A	Free
	SA	11:30 am - 12:30 pm	N/A	Free
Sep	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.

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

Jul	W	6:00 pm - 7:00 pm	Now	$15	180864-A
Aug	W	6:00 pm - 7:00 pm	7/6	$12	180864-B
Sep	W	6:00 pm - 7:00 pm	8/3	$15	180864-C

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 have limited or full 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.

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

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

New! Jul	(Beginners)	TH	4:00 pm - 5:00 pm	Now	$15	180827-A
	(Int/Adv)	TH	5:15 pm - 6:15 pm	Now	$15	180858-A
Aug	(Beginners)	TH	4:00 pm - 5:00 pm	7/6	$12	180827-B
	(Int/Adv)	TH	5:15 pm - 6:15 pm	7/6	$12	180858-B
Sep	(Beginners)	TH	4:00 pm - 5:00 pm	8/3	$12	180827-C
	(Int/Adv)	TH	5:15 pm - 6:15 pm	8/3	$12	180858-C

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.

Jul	SA	10:15 am - 11:15 am	Now	$12	180852-A
Aug	SA	10:15 am - 11:15 am	7/6	$15	180852-B
Sep	SA	10:15 am - 11:15 am	8/3	$12	180852-C

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

Aqua Fitness **(**Classes cancelled from July 21 to August 27, 2026**)**

Monday

8:45 am - 9:15am
Tai Chi **(DVD)**

9:00 am - 12:00 pm
Open Ping Pong

9:30 am - 10:20 am
Total Body Fitness w/ Alli

10:00 am - 12:30 pm
Quilting Corner **(Alice)**

10:30 am - 12:00 pm
Beginners Beading **(Lazira)**

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 **(Alice)**

4:00 pm - 4:45 pm New!
Walking Club
(Civic Center - Athletic Club)
***Senior Center Membership Required* Begins July 20**

4:00 pm - 5:00 pm
Musical Instrument Jam Session

6:00 pm - 7:00 pm
Full Body Cardio w/ Rosie

Tuesday

9:00 am - 9:30 am
Tai Chi **(DVD)**

10:00 am - 2:00 pm
Mahjong

9:00 am - 12:00 pm
Wood Carving (Jim)

9:30 am - 10:30 am
Basic Computer Skills **(Steve)**

10:00 am - 12:00 pm
Knitting & Crocheting (Mercedes)

10:00 am - 11:15 am
Line Dancing **(Larry)**

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 **(Myra)**

2:30 pm - 3:30 pm
Workout w/ Willie

4:15 pm - 5:15 pm
Balance & Strength **(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 **(Rinthy)**

Wednesday

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 **(Alice)**

11:00 am - 11:45 am New!
Walking Club
(Civic Center-Athletic Club)
Begins July 22

11:00 am - 2:00 pm
Bowling League @ Strikers
(Resumes in October)

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)

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
In Line Latin Dance **(Lidia)**

Thursday

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 (Steve)

10:00 am - 11:00 am
Line Dancing

10:00 am - 1:00pm
Cut & Chat **(Alice)**

10:30 am - 11:30 am
Bereavement Support Group
(Continuum Care Counselor)

11:00 am - 12:00 pm
Creative Computer Skills **(Steve)**

11:00 am - 1:00 pm
Billiards Lessons **(Robb Timm)**
(Register at Front Desk)

12:30 pm - 3:30 pm
Spades & Dominos Tutorial
(2nd & 4th - Thursdays—Beginners ONLY)

1:00 pm - 1:45 pm New!
Hasfit **(DVD)**

1:00 pm - 2:30 pm
Beginners Smartphone Class **(Eric)**

3:00 pm - 5:00 pm New Day!
Co-Ed Bocce @ Nob Hill Soccer Club **(Resumes in October)**

4:00 pm - 5:00 New!
Beginners Tai Chi **(Marci)**

4:30 pm - 6:00 pm New!
Tech Buddies

5:15 pm - 6:15 pm
Int/Adv Tai Chi **(Marci)**

6:00 pm - 8:00 pm
Open Crafts

Friday

9:00 am - 9:30 am
Tai Chi **(DVD)**

9:45 am - 10:30 am
Zumba Cardio **(DVD)**

11:00 am - 12:00 pm
Workout w/ Willie

11:30 am - 1:00 pm
Choral Group **(Lynne & Emolyn)**

12:45 pm - 1:30 pm
Walk Your Way to Health **(DVD)**

1:00 pm - 2:30 pm
Bingo

1:30 pm - 3:30 pm
Intro to Art **(Siddiqah)**

Saturday

9:30 am - 11:30 am
Puzzle Exchange

9:30 am - 12:30 pm
Bag Making Workshop
(Twice a month, see schedule for dates)

10:30 am - 12:00 pm New!
Open Wii Play
(1st & 3rd Saturday)

10:00 am - 12:30 pm New!
Quilting Corner **(Alice)**
(1st Saturdays Only) Begins August 1

10:15 am - 11:15 am
Step Up to Fitness w/ Rosie

11:30 am - 12:30 pm
Zumba Gold **(Baptist Health)**

10:00 am - 12:00 pm
Photography **Begins July 11**

Closed In Observance of:

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

&

Labor Day
Monday, September 7, 2026

MONTHLY GROUP MEETINGS

4th Tuesday	American Legion Post 365	7:00 pm - 9:00 pm
2nd Wednesday	VET Connect *(must be a veteran or vet spouse)*	9:30 am - 11:00 am
3rd Thursday	Gold Coast Woodturners	6:45 pm - 8:45 pm

(Contact Senior Center Front Desk for more information)

NEW PROGRAMS / UPDATES

- **Beginners Tai Chi - Classes start Thursday, July 2, 4:00 pm - 5:00 pm**
- **Walking Club - Classes starts Monday, July 20, 4:00 pm - 4:45 pm and Wednesday, July 22, 11:00 am - 11:45 pm (Online registration required)**
- **Aqua Fitness - Classes cancelled from July 21 to August 27, 2026**
- **Spades & Dominos Open Play - 2nd & 4th Wednesdays 12:30 pm - 3:30 pm (Experienced Players)**
- **Spades & Dominos Tutorial - 2nd & 4th Thursdays 12:30 pm - 3:30 pm (Beginners ONLY)**
- **Saturday Quilting Corner - 1st Saturday of each month (Begins August 1, 10:00 am - 12:30 pm)**

(Contact Senior Center Front Desk for more information)

Trip, Ticket & Registration Policies

TRIP AND TICKET POLICIES

No tickets will be sold before the published sale date. **Sales commence at 8:30 am.** Current I.D. cards must be presented for any transaction.

Members **MUST** be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.

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

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

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

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

If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. In the event of a trip cancellation, a refund will go to the original buyer unless we have the new buyers information.

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

When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.

A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.

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

PROGRAMS AND ACTIVITIES REGISTRATION POLICIES

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.

REFUND POLICY

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.