



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

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May/June 2019

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

# SUNRISE SENIOR CENTER

## SPECIAL FEATURES

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

OR CURRENT RESIDENT

**Sunrise Senior Center**  
**Will be closed on Memorial Day,**  
**Monday, May 27th**  
**And**  
**Independence Day,**  
**Thursday, July 4th**



# IT STARTS IN PARKS

Coaching. Connecting. Community.

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

Join us the 1st Tuesday night of each month. This Club is geared towards socialization, building friendships, participating in activities and other special events. Everyone is invited. Senior Center membership is required. Queremos invitar a la comunidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center and be a part of our community. Contact the Senior Center Front Desk (954)746-3670 for monthly meeting location.

### Senior Cooking Club

|                              |                |      |   |                     |     |         |
|------------------------------|----------------|------|---|---------------------|-----|---------|
| <b>June- Love the Lemons</b> | <b>480816C</b> | 6/21 | F | 10:00 am - 12:30 pm | 5/3 | \$6/\$8 |
| <b>July - Summer Salads</b>  | <b>180816A</b> | 7/19 | F | 10:00 am - 2:30 pm  | 6/5 | \$6/\$8 |
| <b>August -Veggie Lovers</b> | <b>180816B</b> | 8/16 | F | 10:00 am - 12:30 pm | 7/5 | \$6/\$8 |

If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation. Each month will focus on a different menu that we will get to enjoy at the end of class. \*For the April class we will make our food and take out to a City of Sunrise Park to enjoy eating it together.

### Learning Center for

|                                |         |    |                    |         |      |
|--------------------------------|---------|----|--------------------|---------|------|
| <b>Vision Impaired Seniors</b> | Ongoing | TH | 10:00 am - 2:00 pm | Walk-in | Free |
|--------------------------------|---------|----|--------------------|---------|------|

This group is dedicated to provide continuing education, support, and socialization for any interested Senior. The group meets at Nob Hill Soccer Club Park\*\* 10200 Sunset Strip. For more information contact George Bisbikos at 954-742-3214.

|   |            |    |                    |     |      |
|---|------------|----|--------------------|-----|------|
| <b>Senior Theatre Workshop (no class 7/4)</b> | 6/6 - 7/25 | TH | 11:45 am - 1:00 pm | 5/3 | Free |
|---|------------|----|--------------------|-----|------|






Do you have a flair for the dramatic, ever wanted to learn how to act and perform in front of an audience? Well you're in luck, the Senior Center has a program that will fulfill that desire. Join the Senior Theatre Workshop led by experienced instructor Myra Graves. You will be introduced to acting exercises, role playing, improv, voice exercises and more. For more information, please stop by or contact the Senior Center Front Desk, 954-746-3670. **Activity # 480890A**

|   | Date | Day | Time                | Register        | Fee      |
|---|------|-----|---------------------|-----------------|----------|
| <b>Cancer Prevention Lecture</b><br>Dr. Pathak will be here to speak about healthy living to avoid cancer and screenings that can detect different types of cancers. Learn the signs and symptoms of some cancers and what you can do to live healthy to prevent cancer. A light lunch will be provided to all pre-registered participants.   | 5/10 | F   | 10:00 am - 11:30 am | Call to Sign Up | Free     |
| <b>Mother's Day Tea Party</b><br>What could be more delightful than a tea party? You'll be transported to an elegant, bygone era of impeccable manners and beautiful hats. Wear your best tea party outfit and enjoy delicate finger foods and a variety of teas. Our Mother's Day Tea Party is sponsored by Care Plus. (Purchase a guest ticket and share the afternoon with someone special!) Space is limited: Call (954) 746-3670 or stop by the front desk to register. <b>Activity # 480822B</b>          | 5/13 | M   | 2:00 pm - 4:00 pm   | Now             | \$5/\$7  |
| <b>Craft Class: DIY Ceramic Vase</b><br>Want to add a creative touch to your Spring home décor? Our DIY Ceramic Vases will be just the thing that adds that 'WOW' factor that you are looking for. All Vases will come with a choice of paint colors and materials to help make your project just the way you like it. Join today! Space and supplies are limited. <b>Activity #480801A</b>   | 5/24 | F   | 10:00 am - 11:30 am | Now             | \$6/\$8  |
| <b>Lunch Bunch Build Your Own Burrito</b><br>BYOB (Build Your Own Burrito)!!! Enjoy the taste of Mexico with a traditional chicken burrito! Complete with an array of toppings such as white rice, black beans, sour cream, lettuce and salsa. You'll be able to pick and choose which toppings you'll like to accompany your chicken burrito to make it pure perfection. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! <b>Activity # 480807B</b> | 6/5  | W   | 12:00 pm - 12:45 pm | 5/3             | \$5/\$7  |
| <b>Salsa &amp; Sangria</b><br>Come dance the night away to Live Latin Music. The event will also feature tapas sponsored by Bahama Breeze of Sunrise and a complimentary glass of Sangria for each ticketed participant. Don't delay, this event always sells out! <b>Activity # 480832A</b>  | 6/11 | TU  | 6:00 pm - 9:00 pm   | 5/3             | \$8/\$10 |

### May is Older Americans Month! Join us as we celebrate!

**'Cruising into Summer' Event** 5/30 TH 10:00 am - 2:00 pm Call to sign up Free  
Summer is almost here – and for some, that means a cruise vacation. Didn't plan one this year? Don't worry, we have you covered! Join the Sunrise Senior Center as we embark on a fantastic voyage filled with entertainment, food and fun. You'll enjoy an exciting itinerary – including theatre, ballroom dancing, choral group, and fashion – that showcases our crew members. A tasty lunch of hot dogs, chips and soda will be served, and we'll have a photo booth sponsored by Care Plus. No need to pack – just arrive and enjoy this **FREE** event! Call (954) 746-3670 or stop by the front desk to register.



| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>                                      | <i>Thursday</i>  | <i>Friday</i>  |  <b>Trip &amp; Ticket Policies</b>   |
|--|---|---|--|--|--|
| 9:00 am - 9:30 am<br>Tai Chi   | 9:00 am - 9:30 am<br>Tai Chi  | 8:45 am - 9:30 am<br>Tai Chi                          | 9:00 am - 10:00 am<br>Beginners Line Dancing                                     | 8:45 am - 9:30 am<br>Tai Chi   | <p>No tickets will be sold before the published sale date. <b>Sales commence at 8:30 am.</b> Current I.D. cards must be presented for any transaction.</p> <p>Members <b>MUST</b> 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, <b>birth date and phone number</b> of your guest.</p> <p>Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates.</p> <p>If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. In the event of a trip cancellation, a refund will go to the original buyer unless we have the new buyers information.</p> <p>If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u></p> <p>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</p> <p>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.</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>Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City. If a minimum number of people is not reached the program may be cancelled.</p> |
| 9:30 am - 10:30 am<br>Walk Your Way to Health                                  | 9:00 am - 12:00 pm<br>Mah Jongg Class   | 9:00 am - 12:00 pm<br>Bowling League - Strikers Lanes | 9:30 am - 11:00 am<br>Bereavement Support Group                                  | 9:30 am - 10:30 am<br>Zumba Gold   |  |
| 10:00 am - 10:45 am<br>Aqua Fitness<br><b>(Civic Center Pool)</b>              | 9:30 am - 10:30 am<br>Senior Aerobics   | 9:30 am - 10:30 am<br>Walk Your Way to Health         | 10:00 am - 10:45 am<br>Aqua Fitness<br><b>(Civic Center Pool)</b>                | 10:30 am - 11:30 am<br>Zumba Gold  |  |
| 10:30 am - 12:00 pm<br>Beginners Beading                                       | 9:30 am - 11:00 am<br>Technology Class (1st and 3rd)<br>(1st - Apple / 3rd - Android) | 9:30 am - 10:30 am<br>Conversational English          | 10:00 am - 11:00 am<br>Gardening Club  | 10:00 am - 12:00 pm<br>Chess Club  |  |
| 10:00 am - 12:00 pm<br>Knitting & Crocheting Class                             | 10:00 am - 10:45 am<br>Aqua Fitness<br><b>(Civic Center Pool)</b>                     | 10:45 am - 11:45 am<br>Conversational Spanish         | 10:00 am - 11:00 am<br>Line Dancing  | 11:30 am - 1:00 pm<br>Choral Group   |  |
| 11:00 am (Start Time)<br>Classic Movies  | 10:00 am - 12:00 pm<br>Billiards Lessons (2nd & 4th)                                  | 11:00 am - 12:00 pm<br>Ballroom Dance Class           | 11:45 am - 12:45 pm<br>Strong & Stretch  | 1:00 pm - 2:30 pm<br>Bingo   |  |
| 12:30 pm - 2:30 pm<br>Open Beading   | 11:30 am (Start Time)<br>New Release Movies   | 11:00 am - 1:00 pm<br>Coloring for Grownups           | 11:45 am - 1:00 pm<br>Theatre Workshop<br><b>(Stop by Front Desk to sign up)</b> | 1:30 pm - 3:30 pm<br>Painting  |  |
| 1:00 pm - 2:30 pm<br>Beginners Spanish Class                                   | 1:00 pm - 3:00 pm<br>Sewing Creations   | 12:30 pm - 3:30 pm<br>Open Game Play                  | Pan Card Game Class<br>1:00 pm - 2:30 pm<br><b>(Call front desk to sign up)</b>  | <br><b>MEMORIAL DAY</b>  |  |
| 1:30 pm - 3:30 pm<br>Monday Mixer Dance<br>*Senior Center Membership Required* | 4:30 pm - 5:30 pm<br>Senior Aerobics  | 1:00 pm - 2:30 pm<br>Let's Talk Discussion Group      | 1:00 pm - 2:30 pm<br>ESOL  |  |  |
|  |   | 1:30 pm - 3:30 pm<br>Drawing Class                    | 1:00 pm - 2:00 pm<br>Chair Yoga  |  |  |
|  |   | 2:30 pm - 4:00 pm<br>Life Changes (1st and 3rd)       | 2:15 pm - 3:15 pm<br>Floor Yoga  |  |  |
|  |   | 4:30 pm - 5:30 pm<br>Zumba Gold #3                    | 4:30 pm - 5:30 pm<br>Senior Kickboxing Aerobics                                  |  <b>Attention!</b> <br><b>The Senior Center is undergoing construction and renovation. Please check with the Front Desk for updates on class relocations or cancellations. Sorry for any inconveniences!</b> |  |
|  |   | 5:00 pm - 5:45 pm<br>Advanced Conversational English  | 5:30 pm - 6:30 pm<br>Strong & Stretch  |  |  |
|  |   | 5:45 pm - 6:30 pm<br>Advanced Conversational Spanish  | 6:00 pm - 6:45 pm<br>Pi-Yo (Pilates/Yoga)<br><b>**Bring Yoga mat or towel**</b>  |  |  |
|  |   | 6:30 pm - 7:30 pm<br>Conversational Spanish           |  |  |  |
|  |   | 7:30 pm - 8:30 pm<br>Conversational English           |  |  |  |

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

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

**WEDNESDAY EVENINGS**

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

**THURSDAY EVENINGS**

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

| <b>Monday Classic Movies - 11:00 am</b> |                           |      |           |      | <b>At The Movies</b> |      |           |      |                     | <b>Tuesday New Release Movies - 11:30 am</b> |           |      |                      |       |           |
|---|---------------------------|------|-----------|------|----------------------|------|-----------|------|---------------------|--|-----------|------|----------------------|-------|-----------|
| 5/6                                     | Singing in the Rain       | 1952 | 1:43 mins | 6/3  | Metropolis           | 1927 | 2:23 mins | 5/7  | Vice                | R  | 2:13 mins | 6/4  | Watson & Homes       | PG-13 | 1:48 mins |
| 5/13                                    | Casablanca                | 1942 | 1:42 mins | 6/10 | An American in Paris | 1951 | 1:54 mins | 5/14 | On The Basis of Sex | PG-13  | 2:00 mins | 6/11 | Fighting With Family | PG-13 | 1:29 mins |
| 5/20                                    | Meet Me in St. Louis      | 1945 | 1:53 mins | 6/17 | My Fair Lady         | 1964 | 2:50 mins | 5/21 | Welcome to Marwen   | PG-13  | 1:55 mins | 6/17 | Isn't it Romantic    | PG-13 | 2:06 mins |
| 5/27                                    | NO MOVIE **MEMORIAL DAY** |      |           | 6/24 | The Sound of Music   | 1965 | 2:55 mins | 5/28 | The Mule            | R  | 1:55 mins | 6/25 | The Upside           | PG-13 | 1:30 mins |

• New Release Movie Titles are subject to change

# Social Services & Wellness Programs

| Program  | Date (s)                         | Day            | Time                                     | Fee  | Registration     |
|--|----------------------------------|----------------|--|------|------------------|
| <b>Emergency Food Pantry</b><br>The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, until the crisis is past or an alternate agency can fulfill the need. Appointments must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.  | Ongoing                          | Call for Appt. |  | Free |                  |
| <b>Bereavement Support Group</b><br>This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.   | Weekly                           | TH             | 9:30 am - 11:00 am                       | Free | Ongoing          |
| <b>Blood Pressure Check</b><br>(Sunrise Fire/Rescue)   | 5/10,6/14,7/12                   | F              | 10:30 am - 11:30 am                      | Free | Walk-ins welcome |
| <b>Eyeglass Repair</b><br>Optical City will be in the hallway at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments. * <b>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.</b>   | 5/10,6/14,7/12                   | F              | 10:30 am -11:30 am                       | Free | Walk-ins welcome |
| <b>Property Tax Exemption Assistance</b><br>Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. * <b>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.</b>                              | 5/10,6/14,7/12<br>5/15,6/19,7/17 | F<br>W         | 10:00 am - 11:30 am<br>4:30 pm - 6:00 pm | Free | Walk-ins welcome |
| <b>Veteran's Advisor</b><br>Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral and linkage and benefits and claims processing. * <b>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.</b>   | 5/10,6/14,7/12                   | F              | 9:00 am - 12:00 pm                       | Free | Walk-ins welcome |
| <b>Talk to Your Congressman</b><br>A representative from Congressman Alcee Hastings' office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800. * <b>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.</b>  | 5/14,6/11,7/9                    | TU             | 9:00 am - 11:00 am                       | Free | Walk-ins welcome |
| <b>F.L.O.W. is here!</b><br><u>Florida Licensing on Wheels</u> the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. Residents can renew their drivers license, vehicle registration and get a Florida I.D. Please visit the website to know what documents you will need to bring with you to avoid a second trip! www.GatherGoGet.com. For more information call 954-746-3670. This service is available to all Broward Co. residents. * <b>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.</b>   | 5/8,6/12,7/10                    | W              | 8:30 am - 12:30 pm                       |      | Walk-ins welcome |
| <b>S.H.I.N.E Counselor</b><br>A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provide information, counseling, and assistance about Medicare, Medicaid, Medicare Health and Drug Plans choices, Medicare Supplemental Insurance, Long term Care Insurance, Medicare Fraud and Prescription Assistance. The program is sponsored by the ADRC and Sunrise Senior Center. Please call ahead to make sure the S.H.I.N.E. will be there. * <b>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. (starting date TBA please call front desk 954-746-3670)</b> | 1st and 3rd                      | M              | 10:00 am - 12:00 pm                      |      | Walk-ins welcome |
| <b>Aging Skin Lecture</b><br>Join us to hear Ondene F. Forrest, PA. from Memorial Health Care she will speak about aging skin. A myriad of factors cause our skin to age, some we cannot change and is the natural aging process. However we can learn how to age well. A light lunch will be provided.  | 6/14                             | F              | 10:00 am - 11:30am                       |      | Call to sign up  |

# Senior Trips

| Program  | Date(s) | Day(s) | Time               | Fee<br>(Members/Non Members) | Activity # |
|--|---------|--------|--------------------|------------------------------|------------|
| <b>May Ticket Sale Members 5/3: Non-Members 5/10</b>   |         |        |                    |                              |            |
| <b>Dolphin Mall</b><br>Enjoy great indoor shopping at its finest! Then take time to experience the extensive food court for lunch on your own.   | 6/4     | TU     | 9:00 am - 3:30 pm  | \$5/\$7                      | 480846A    |
| <b>Fishing Trip</b><br>Back by popular demand! Tap into your inner fisherman and fisherwoman with a four-hour fishing trip aboard a private vessel. Everything you will need on your trip: rods, bait, tackle and licenses are included. NO EXPERIENCE NECESSARY! You will have an experienced, professional and friendly crew, there to assist with everything. Pack a lunch!   | 6/13    | TH     | 8:15 am - 3:30 pm  | \$40/\$42                    | 480844A    |
| <b>Adrienne Arsht Center<br/>Come From Away</b><br>Experience the remarkable true story of true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Come From Away is based on actual events that took place on September 11, 2001 and the days that followed. Don't miss this breathtaking musical written by Tony nominees Irene Sankoff and David Hein. Recommended to eat before boarding for trip. Light snacks available at venue.   | 6/21    | F      | 6:00 pm - 11:00 pm | \$81/\$83                    | 480840A    |
| <b>Magic City Casino</b><br>Feeling lucky? Try you luck and enjoy a great day at the casino. Get ready for a great day at the casino. Play the tables, slots, and more.  | 6/25    | TU     | 9:00 am - 3:00 pm  | \$5/\$7                      | 480826C    |
| <b>June Ticket Sale Members 6/7: Non-Members 6/14</b>  |         |        |                    |                              |            |
| <b>Perez Art Museum</b><br>Participate in a memorable and unique one hour guided tour of Modern and Contemporary art pieces housed at the Perez Art Museum. Then enjoy lunch on your own atone of the many eateries at Bayside.  | 7/2     | TU     | 9:00 am - 3:30 pm  | \$7/\$9                      | 180841A    |
| <b>Butterfly World<br/>And Festival Flea Market</b><br>Explore the entire life cycle of the butterfly as it occurs, the wonders of exotic bird aviaries and more on a one-hour guided tour. Afterwards shop to your hearts content and enjoy lunch on your own at the Festival Flea Market.  | 7/11    | TH     | 8:30 am - 3:30 pm  | \$15/\$17                    | 180842A    |
| <b>Gulfstream Casino</b><br>Get ready for a great day at the casino. Try you luck at the tables, slots, and more.  | 7/16    | TU     | 9:00 am - 3:00 pm  | \$5/\$7                      | 180826A    |
| <b>Mai-Kai Restaurant</b><br>Indulge in a Polynesian themed dinner and show at Mai-Kai restaurant. Enjoy an included dinner of salad, beef or chicken, dessert and unlimited hot coffee and tea. Then sit back and get ready to be blown away as the essence of Polynesia comes alive in the songs and dances of the celebrated Islanders Revue.   | 7/25    | TH     | 4:45 pm - 10:00 pm | \$55/\$57                    | 180838A    |
| <b>July Ticket Sale Members 7/5: Non-Members 7/12</b>  |         |        |                    |                              |            |
| <b>Aventura Mall</b><br>Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury shopping destination & shopping mall for Miami & Fort Lauderdale. Featuring a collection of upscale boutiques and more than 300 of the world's most iconic, recognized retailers. Then enjoy lunch on your own at one of the 12 restaurants on site.   | 8/8     | TH     | 9:00 am - 3:00 pm  | \$5/\$7                      | 180846A    |
| <b>South Florida Science Center and Aquarium</b><br>Join us as we visit the South Florida Science Center and Aquarium for an entertaining and educational journey through science and technology. The Science Center is for curious minds of all ages and features more than 50 hands-on exhibits, a digital planetarium, freshwater and saltwater aquariums, as well as natural history exhibitions. With so much to see and do, you're sure to have a great time. Bring a bag lunch or purchase lunch on own at concession.  | 8/15    | TH     | 8:45 am - 4:30 pm  | \$21/\$23                    | 180841B    |
| <b>Hialeah Park Casino</b><br>Join us as we visit Miami's first casino to feature Las Vegas style slot machines! With over 800 machines, try your the tables, slots, and more.   | 8/20    | TU     | 9:00 am - 3:00 pm  | \$5/\$7                      | 180826B    |
| <b>Joe Picasso's Mosaic Art Class</b><br>Have you ever wanted to create your own work of art? Well now you can, at Joe Picasso's! You choose from one of two plaque designs, they will show you how to cut and arrange the glass (don't worry, it's a lot easier than it sounds!) While you are waiting for your masterpiece to dry, have lunch on your own nearby. After your glue dries choose the grout color to finish your piece with and once you're finished you can take it home the same day! All supplies needed to create your own mosaic masterpiece are included. | 8/29    | TH     | 10:00 am - 4:00 pm | \$35/\$37                    | 180842B    |



# May/June Classes & Programs

| Program   | Date(s)  | Day(s) | Time                | Register On     | Fee       | Activity |
|---|--|--------|---------------------|-----------------|-----------|----------|
| <b>Beginners</b>  | Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)   |        |                     |                 |           |          |
| <b>AARP Safe</b>  | 6/20   | TH     | 9:00 am - 3:00 pm   | 5/1             | \$15/\$20 | 480853C  |
| <b>Drivers Course</b>   | 7/18   | TH     | 9:00 am - 3:00 pm   | 6/5             | \$15/\$20 | 180853A  |
|   | 8/15   | TH     | 9:00 am - 3:00 pm   | 7/3             | \$15/\$20 | 180853B  |
| <b>Beading</b>  | 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. Limit of one class per person. |        |                     |                 |           |          |
|   | 6/3 - 6/24   | M      | 10:30 am - 12:00 pm | 5/6             | Free      | 480814C  |
|   | 7/1 - 7/29   | M      | 10:30 am - 12:00 pm | 6/3             | Free      | 180814A  |
|   | 8/5 - 8/26   | M      | 10:30 am - 12:00 pm | 7/1             | Free      | 180814B  |
| <b>Open Beading</b>   | 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.   |        |                     |                 |           |          |
| <b>Book Club</b>  | 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.   |        |                     |                 |           |          |
| <b>“Sycamore”</b>   | 5/24   | F      | 12:00 pm - 1:00 pm  | Now             | Free      |          |
| By: Bryn Chancellor   |  |        |                     |                 |           |          |
| <b>“My Grandmother Asked Me to Tell You She is Sorry”</b>             | 6/21   | F      | 12:00 pm - 1:00 pm  | Now             | Free      |          |
| By: Fredrick Backman  |  |        |                     |                 |           |          |
| <b>Chess Club</b>   | Weekly   | F      | 10:00 am - 12:00 pm | Walk-in         | Free      |          |
|   | If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.   |        |                     |                 |           |          |
| <b>Scottish Dancing</b>   | Weekly   | TU     | 7:00 pm - 9:00 pm   | Walk-in         | Free      |          |
|   | Learn the traditional dances of Scotland. No experience or partner required.   |        |                     |                 |           |          |
| <b>Wood Carving</b>   | Weekly   | TU     | 6:00 pm - 9:00 pm   | Walk-in         | Free      |          |
|   | Learn the techniques of wood carving with instructor Jim Harris.   |        |                     |                 |           |          |
| <b>Language Classes</b>   | The Spanish and ESOL classes are available to Senior Center Members and Non – Members  |        |                     |                 |           |          |
| <b>Conversational English</b>   | 5/22 - 7/10  | W      | 9:30 am - 10:30 pm  | Now             | \$5/\$10  | 480868A  |
|   | 5/22 - 7/10  | W      | 7:30 pm - 8:30 pm   | Now             | \$5/\$10  | 480887A  |
| <b>Adv Conv English</b>   | 5/22 - 7/10  | W      | 5:00 pm - 5:45 pm   | Now             | \$5/\$10  | 480888A  |
| <b>Conversational Spanish</b>   | 5/22 - 7/10  | W      | 10:45 am - 11:45 am | Now             | \$5/\$10  | 480875A  |
|   | 5/22 - 7/10  | W      | 6:30 pm - 7:30 pm   | Now             | \$5/\$10  | 480886A  |
| <b>Adv Conv Spanish</b>   | 5/22 - 7/10  | W      | 5:45 pm - 6:30 pm   | Now             | \$5/\$10  | 480889A  |
| <b>Art Classes</b>  | For questions contact Margo Kawashima at 954-684-6163. <b>Bring your own supplies (See supplies list at the Front Desk)</b>  |        |                     |                 |           |          |
| • <b>Drawing</b>  | 5/1 - 6/5  | W      | 1:30 pm - 3:30 pm   | Now             | \$20/\$22 | 480859A  |
| • <b>Mixed Media</b>  | 5/1 - 6/5  | W      | 6:30 pm - 8:30 pm   | Now             | \$20/\$22 | 480811A  |
| • <b>Painting</b>   | 5/3 - 6/7  | F      | 1:30 pm - 3:30 pm   | Now             | \$20/\$22 | 480813A  |
| <b>Ballroom Dance</b>   | Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rumba, Salsa & Cha Cha. For more information, call 954-439-5899.          |        |                     |                 |           |          |
|   | Jun  | W      | 11:00 am - 12:00 pm | 5/1             | \$12/\$14 | 480864C  |
|   | Jun  | W      | 6:00 pm - 7:00 pm   | 5/1             | \$12/\$14 | 480865C  |
|   | Jul  | W      | 11:00 am - 12:00 pm | 6/5             | \$15/\$17 | 180864A  |
|   | Jul  | W      | 6:00 pm - 7:00 pm   | 6/5             | \$15/\$17 | 180865A  |
|   | Aug  | W      | 11:00 am - 12:00 pm | 7/3             | \$12/\$14 | 180864A  |
|   | Aug  | W      | 6:00 pm - 7:00 pm   | 7/3             | \$12/\$14 | 180865A  |
| <b>Technology Class</b>   | 1st & 3 <sup>rd</sup>  | TU     | 9:30 am - 11:00 am  | Call to sign up | Free      |          |
|   | 1st Tuesday of each month Apple related devices will be covered and 3rd Tuesday Android devices, Tablets and Laptops will be covered.  |        |                     |                 |           |          |
| <b>***Senior Center Membership Required for each Program Below***</b> |  |        |                     |                 |           |          |
| <b>Knitting &amp; Crocheting Class</b>                                | Come enjoy this class as our volunteer instructor teaches you various knitting & crocheting techniques. <b>Bring your own supplies (See supplies list at the Front Desk)</b>                             |        |                     |                 |           |          |
|   | Jul - Sept   | M      | 10:00 am - 12:00 pm | 6/3             | Free      | 180869A  |
| <b>Sewing Creations</b>   | Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.  |        |                     |                 |           |          |
|   | Jul - Sept   | TU     | 1:00 pm - 3:00 pm   | 6/3             | Free      | 180877A  |
| <b>Choral Group</b>   | Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.  |        |                     |                 |           |          |
|   | Jul - Sept   | F      | 11:30 am - 1:00 pm  | 6/5             | Free      | 180878A  |
| <b>Open Crafts (Stitchery)</b>  | Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.  |        |                     |                 |           |          |
|   | Jul - Sept   | TH     | 6:30 pm - 8:00 pm   | 6/3             | Free      | 180879A  |

| Program                     | Date(s)  | Day(s)  | Time                | Register On | Fee       | Activity # |
|-----------------------------|--|---------|---------------------|-------------|-----------|------------|
| <b>Exercise Classes</b>     |  |         |                     |             |           |            |
| <b>Tai Chi</b>              | Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, Students may participate in either M/W or TU/F classes. One class per week per session is taught by a live instructor sponsored by Aetna.  |         |                     |             |           |            |
|                             | Jun  | TU/F    | 9:00 am - 9:30 am   | 5/1         | Free      | 480858E    |
|                             | Jun  | M/W     | 9:00 am - 9:30 am   | 5/1         | Free      | 480858F    |
|                             | Jul  | TU/F    | 9:00 am - 9:30 am   | 6/5         | Free      | 180858A    |
|                             | Jul  | M/W     | 9:00 am - 9:30 am   | 6/5         | Free      | 180858B    |
|                             | Aug  | TU/F    | 9:00 am - 9:30 am   | 7/3         | Free      | 180858C    |
|                             | Aug  | M/W     | 9:00 am - 9:30 am   | 7/3         | Free      | 180858D    |
| <b>Senior Aerobics</b>      | Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.  |         |                     |             |           |            |
|                             | Jun  | TU      | 9:30 am - 10:30 am  | 5/1         | Free      | 480857E    |
|                             | Jun  | TU      | 4:30 pm - 5:30 pm   | 5/1         | Free      | 480857F    |
|                             | Jul  | TU      | 9:30 am - 10:30 am  | 6/5         | Free      | 180857A    |
|                             | Jul  | TU      | 4:30 pm - 5:30 pm   | 6/5         | Free      | 180857B    |
|                             | Aug  | TU      | 9:30 am - 10:30 am  | 7/3         | Free      | 180857C    |
|                             | Aug  | TU      | 4:30 pm - 5:30 pm   | 7/3         | Free      | 180857D    |
| <b>Zumba Gold</b>           | Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate.   |         |                     |             |           |            |
|                             | Jun  | F       | 9:30 am - 10:30 am  | 5/1         | Free      | 480863G    |
|                             | Jun  | F       | 10:30 am - 11:30 am | 5/1         | Free      | 480863H    |
|                             | Jun  | W       | 4:30 pm - 5:30 pm   | 5/1         | Free      | 480863I    |
|                             | Jul  | F       | 9:30 am - 10:30 am  | 6/5         | Free      | 180863A    |
|                             | Jul  | F       | 10:30 am - 11:30 am | 6/5         | Free      | 180863B    |
|                             | Jul  | W       | 4:30 pm - 5:30 pm   | 6/5         | Free      | 180863C    |
|                             | Aug  | F       | 9:30 am - 10:30 am  | 5/1         | Free      | 180863D    |
|                             | Aug  | F       | 10:30 am - 11:30 am | 5/1         | Free      | 180863E    |
|                             | Aug  | W       | 4:30 pm - 5:30 pm   | 5/1         | Free      | 180863F    |
| <b>Chair Yoga</b>           | Jun  | TH      | 1:00 pm - 2:00 pm   | 5/1         | \$12/\$14 | 480861C    |
|                             | Jul (no class 7/4)   | TH      | 1:00 pm - 2:00 pm   | 6/5         | \$9/\$11  | 180861A    |
|                             | Aug  | TH      | 1:00 pm - 2:00 pm   | 7/3         | \$15/\$17 | 180861B    |
| <b>Floor Yoga</b>           | Jun  | TH      | 2:15 pm - 3:15 pm   | 5/1         | \$12/\$14 | 480862C    |
|                             | Jul (no class 7/4)   | TH      | 2:15 pm - 3:15 pm   | 6/5         | \$9/\$11  | 180862A    |
|                             | Aug  | TH      | 2:15 pm - 3:15 pm   | 7/3         | \$15/\$17 | 180862B    |
| <b>Senior Kickboxing</b>    | Senior Center membership is required. (Maximum 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program.  |         |                     |             |           |            |
|                             | Jun  | TH      | 4:30 pm - 5:30 pm   | 5/1         | Free      | 480873C    |
|                             | Jul (no class 7/4)   | TH      | 4:30 pm - 5:30 pm   | 6/5         | Free      | 180873A    |
|                             | Aug  | TH      | 4:30 pm - 5:30 pm   | 7/3         | Free      | 180873B    |
| <b>Senior Pi-Yo</b>         | Pi-Yo combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. It was designed for people who want the mind-body benefits of a Yoga or Pilates workout, but with a higher-energy class. Senior Center membership is required. A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required. |         |                     |             |           |            |
|                             | Jun  | TH      | 6:00 pm - 6:45 pm   | 5/1         | Free      | 480872C    |
|                             | Jul (no class 7/4)   | TH      | 6:00 pm - 6:45 pm   | 6/5         | Free      | 180872A    |
|                             | Aug  | TH      | 6:00 pm - 6:45 pm   | 7/3         | Free      | 180872B    |
| <b>Strong &amp; Stretch</b> | Classes taught by instructor Marilyn DeMartini. Strong and Stretch incorporates aerobics, Pilates, yoga and strength training to help you to stay fit in a fun environment.  |         |                     |             |           |            |
|                             | Jun  | TH      | 11:45 am - 12:45 pm | 5/1         | \$12/\$14 | 480870E    |
|                             | Jun  | TH      | 5:30 pm - 6:30 pm   | 5/1         | \$12/\$14 | 480870F    |
|                             | Jul (no class 7/4)   | TH      | 11:45 am - 12:45 pm | 6/5         | \$9/\$11  | 180870A    |
|                             | Jul (no class 7/4)   | TH      | 5:30 pm - 6:30 pm   | 6/5         | \$9/\$11  | 180870B    |
|                             | Aug  | TH      | 11:45 am - 12:45 pm | 7/3         | \$15/\$17 | 180870C    |
|                             | Aug  | TH      | 5:30 pm - 6:30 pm   | 7/3         | \$15/\$17 | 180870D    |
| <b>Aqua Fitness</b>         | This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility. <b>Senior Center membership is required.</b>  |         |                     |             |           |            |
|                             | Jul – Sept   | M/TU/TH | 9:00 am - 9:45 am   | 6/5         | Free      | 180891A    |
|                             | (no class on Thurs 7/4)  |         |                     |             |           |            |