



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

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November/December 2019

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

SUNRISE SENIOR CENTER

SPECIAL FEATURES

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

OR CURRENT RESIDENT

Sunrise Senior Center will be closed:

Veterans Day
Monday, November 11

Thanksgiving Holiday
Thursday, November 28 & Friday, November 29

Christmas Day
Wednesday, December 25

New Year's Day
Wednesday, January 1

IT STARTS IN PARKS

Coaching. Connecting. Community.

*We will be closing at 4:30 pm on Tuesday, December, 24 & 31

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club 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.	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
Senior Cooking Club Dec - No Class					
Jan - Let's Get Healthy 380816A	1/17	F	10:00 am - 12:30 pm	10/8	\$6/\$8
Feb - Sheet Pan Dinner 380816B	2/21	F	10:00 am - 12:30 pm	10/8	\$6/\$8

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

Learning Center for Vision Impaired Seniors
Ongoing TH 10:00 am - 2:00 pm Walk-in Free
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.

Senior Theatre Workshop
1/2 - 2/20 TH 11:45 am - 1:00 pm 12/6 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 now has a program that will fulfill that desire. Join the new Senior Theatre Workshop led by experienced instructor Myra Graves. You will be introduced to acting exercises, role playing, improv, voice exercises and more. For more information, please stop by or contact the Senior Center Front Desk, 954-746-3670. Activity # 380890A

A Salute to Our Veterans 11/12 TU 12:30 pm - 3:00 pm 10/4 \$8/\$10
Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our second annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. Everyone is welcome. **Activity # 280822B**

Medicare Presentation 11/13 W 10:00 am - 11:00 am Call to sign up Free
A SHINE (Serving Health Insurance Needs of Elders) counselor will be here to help you understand Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Supplement Insurance Policies and Medicare Savings Programs. Open enrollment starts October 15 and ends December 7, 2019. This workshop sponsored by the ADRC (Aging and Disability Resource Center)

Craft Class:
Fall In Love Canvas Painting 11/22 F 10:00 am - 11:30 am Now \$6/\$8
Get in the mood for the fall season by painting your own seasonal picture. You'll *Fall In Love* with the warm colors provided and also be able to outline your masterpiece with a unique maple leaf and writing. Painting can be very therapeutic and what's better than making a great piece to display during the Autumn season? All materials will be provided. Space and supplies are limited. **Activity # 280801B**





Lunch Bunch BBQ Pulled Chicken Sandwich & Homemade Coleslaw 12/4 W 12:00 pm - 12:45 pm 11/1 \$5/\$7
One favorite southern cooked meal is the BBQ pulled chicken sandwich. Roasted and tossed in BBQ sauce, the chicken will be made to perfection and will be served on a bun and paired with a refreshing coleslaw. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 280807B**

Holiday Pajama Party Social 12/12 TH 1:00 pm - 3:00 pm 11/1 \$8/\$10
The Holiday Season is finally here, join us for some festive cheer! Pull out your most festive holiday pajamas and dance the afternoon away while being comfy and joyful. We'll have all the winter accessories to make your day complete. As well as your favorite traditional comfort foods and a delicious dessert. This will be just the thing to prepare you for the upcoming holiday season. **Activity #280822C**

Stroke Awareness Lecture 12/13 F 10:00 am - 11:30am Call to sign up Free
Do you know the signs and symptoms of a Stroke? Join Robyn Huebsch, RN Stroke Coordinator, Westside Regional Medical Center, as she addresses the cause and treatment of a stroke. According to the American Heart Association, stroke is the 5th cause of death and the leading cause of adult disability in the USA. Treatment is most effective when given in the first few hours after a stroke has occurred. A light lunch will be provided to all pre-registered participants.

Chinese New Year Dinner Dance 1/23 TH 6:00 pm - 9:00 pm 12/6 \$22/\$24
Join us for our Chinese New Year Dinner Dance! this is a traditional and meaningful event that will remind you of the important things in life - family, friends, food and fun. This celebration will introduce you to many of the good luck customs during this time such as delicious Chinese dishes and entertainment. Let's enter this New Year filled with dancing and good luck. **Activity # 380832A**

4th Annual "A Walk in the Park" 1/29 W 8:30 am - 12:00 pm Call to sign up Free
Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. Enjoy an exercise demonstration, giveaways, music, and a healthy lunch. Sponsored by Humana MarketPoint. . Call (954)746-3670 to sign up today! The Park is TBA.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	 Trip & Ticket Policies 
9:00 am - 9:30 am Tai Chi	9:00 am - 9:30 am Tai Chi	9:00 am - 9:30 am Tai Chi	9:00 am - 10:00 am Beginners Line Dancing	9:00 am - 9:30 am Tai Chi	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.
9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:00 am - 12:00 pm Bowling League - Strikers Lanes	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	10:30 am - 11:30 am Zumba Gold	
9:30 am - 10:30 am Walk Your Way to Health	9:00 am - 12:00 pm Mah Jongg Class	9:30 am - 10:30 am Walk Your Way to Health	9:30 am - 11:00 am Bereavement Support Group	10:00 am - 12:00 pm Chess Club	*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.
10:30 am - 12:00 pm Beginners Beading	9:30 am - 10:30 am Senior Aerobics	11:00 am - 12:00 pm Ballroom Dance Class	10:00 am - 11:00 am Line Dancing	11:30 am - 1:00 pm Choral Group	*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person, per event, regardless member/guest status.
10:00 am - 12:00 pm Knitting & Crocheting Class	9:30 am - 11:00 am Technology Class (1st and 3rd) (1st - Apple / 3rd - Android)	11:00 am - 1:00 pm Coloring for Grownups	11:45 am - 12:45 pm Strong & Stretch	1:00 pm - 2:30 pm Bingo	When purchasing tickets, please indicate the full name, birth date and phone number of your guest.
11:00 am (Start Time) Classic Movies	10:00 am - 12:00 pm Billiards Lessons (2nd & 4th)	12:30 pm - 3:30 pm Open Game Play	11:45 am - 1:00 pm Theatre Workshop (Stop by Front Desk to sign up)		Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates.
12:30 pm - 2:30 pm Open Beading	11:30 am (Start Time) New Release Movies	1:00 pm - 2:30 pm Let's Talk Discussion Group	1:00 pm - 2:00 pm Chair Yoga		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.
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	1:00 pm - 3:00 pm Sewing Creations	2:30 pm - 4:00 pm Life Changes (1st and 3rd)	2:15 pm - 3:15 pm Floor Yoga	We will be closed the following days:	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>
	4:30 pm - 5:30 pm Senior Aerobics	4:30 pm - 5:30 pm Zumba Gold #3	4:30 pm - 5:30 pm Senior Kickboxing Aerobics	Veterans Day, Monday, November 11	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.
			5:30 pm - 6:30 pm Strong & Stretch	Thanksgiving, Thursday & Friday November 28 & 29	Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.
				Christmas Day, Wednesday, December 25	A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.
				New Year's Day, Wednesday, January 1	Please occupy the same bus seat on the way to and from an event.
				*We will be closing at 4:30pm on Tuesday, December 24 & 31	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.
				 Attention! 	
				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!	

TUESDAY EVENINGS (**Please Contact Front Desk for Program Locations**)		WEDNESDAY EVENINGS		THURSDAY EVENINGS	
4:30 pm - 5:30 pm	Senior Aerobics	3:00 pm - 5:00 pm	Women's Bocce, Nob Hill Soccer Club Park	6:00 pm - 9:00 pm	Open Game Room
6:00 pm	New Release Movies (no movie 12.24 & 12/31**1st Tuesday**	4:30 pm - 5:30 pm	Zumba Gold #3	6:00 pm - 8:00 pm	Open Crafts (Stitchery)
6:30 pm - 8:30 pm	Coloring For Grown Ups	5:00 pm - 5:45 pm	Advance Conversational English	6:30 pm - 8:30 pm	Billiard Lessons (2nd & 4th) **Call or stop by Front Desk to sign up**
6:00 pm - 9:00 pm	Open Game Room	5:45 pm - 6:30 pm	Advance Conversational Spanish	4:30 pm - 5:30 pm	Kickboxing
6:00 pm - 9:00 pm	Wood Carving	6:00 pm - 7:00 pm	Ballroom Dancing	5:30 pm - 6:30 pm	Strong & Stretch
7:00 pm - 9:00 pm	Scottish Dancing** (**Please Contact Front Desk 954-746-3670 for Program Location**)				

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
11/4	The Graduate	1967	1:46 mins	12/2	Patch Adams	1988	1:55 mins	11/5	American Woman	R	1:52 mins	12/3	The Art of Racing in The Rain	PG	2:03 mins
11/11	**NO MOVIE - VETERANS DAY**			12/9	Sweet Smell of Success	1957	1:36 mins	11/12	*NO MOVIE - SALUTE TO VETERANS SOCIAL*			12/10	Angel of Mine	R	1:38 mins
11/18	It Happened One Night	1934	1:45 mins	12/16	City Lights	1931	1:27 mins	11/19	Stuber	R	1:33 mins	12/17	Once Upon a Time in Hollywood	R	2:40 mins
11/25	On the Waterfront	1954	1:48 mins	12/23	The Family Stone	2005	1:43 mins	11/26	The Lion King	PG	1:58 mins	12/24	Can You Keep A Secret	NR	1:35 mins
				12/30	Seven Brides for Seven Brothers	1954	1:42 mins					12/31	Blinded by the Light	PG-13	1:58 mins

- New Release Movie Titles are subject to change
- Please call for details

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, until the crisis is past or an alternate agency can fulfill the need. Appointments must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.	Ongoing	Call for Appt.		Free	
Bereavement Support Group This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
Blood Pressure Check (Sunrise Fire/Rescue)	11/8, 12/13, 1/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair Optical City will be in the hallway at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	11/8, 12/13, 1/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center. *No Assistance in the month of December	11/8, 1/10 11/20, 1/15	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Free	Walk-ins welcome
Veteran's Advisor Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral and linkage and benefits and claims processing. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	11/8, 12/13, 1/10	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
S.H.I.N.E Visit the Sunrise Senior Center on the 1st and 3rd Mondays of the month from 10:00 am - 12:00 pm no appointment necessary. 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 help Medicare beneficiaries, their families, and caregivers to understand their health care options. The program sponsored by the ADRC. * 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.					
Talk to Your Congressman A representative from Congressman Alcee Hastings' office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	11/12, 12/10, 1/14	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
F.L.O.W. is here! <u>Florida Licensing on Wheels</u> the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. Residents can renew their drivers license, vehicle registration and get a Florida I.D. Please visit the website to know what documents you will need to bring with you to avoid a second trip! www.GatherGoGet.com. For more information call 954-746-3670. This service is available to all Broward Co. residents. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	11/13, 12/11, 1/8	W	8:30 am - 12:30 pm		Walk-ins welcome
The Aging Foot Lecture The aging process can affect your feet and ankles, causing changes in the skin, bone, joints, and circulation, including arthritis, flat feet, and edema and other foot issues. Join Dr. Becket from Medical Center Affiliates as he presents an overview of the Aging Foot and answers your questions. A light lunch will be provided to all pre-registered participants.	11/8	F	10:00 am - 11:30 am	Free	Call to sign up

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
November Ticket Sale	Members 11/1: Non-Members 11/8				
Fort Lauderdale Christmas Pageant Get in the spirit of the Holidays with the very special opportunity to attend this spectacular Emmy Award winning production with full orchestra, dancing, carolers and the story of Christmas. Floor seats have been reserved and are handicap accessible. Beforehand, enjoy dinner on your own at the Fountains Plaza in Plantation.	12/5	TH	4:15 pm - 10:30 pm	\$42/\$44	280838B
Miccosukee Casino Get ready for a great day at the casino. Try your luck at the tables, slots, and more. Lunch on own.	12/10	TU	9:00 am - 3:00 pm	\$5/\$7	280826C
Jungle Queen Dinner Cruise Set sail on this fully narrated cruise down Fort Lauderdale's New River, through Millionaire's Row with homes and yachts of the rich and famous. Next stop will be the tropical isles, where you will be treated to an All You Can Eat barbeque dinner with all the fixings. Enjoy live entertainment during dinner and a gut splitting variety show after dinner.	12/19	TH	3:45 pm - 11:00 pm	\$63/\$65	280842A
Dolphin Mall Enjoy great indoor shopping at its finest! Then take time to experience the extensive food court for lunch on your own.	12/23	M	9:00 am - 3:30 pm	\$5/\$7	280846C
December Ticket Sale	Members 12/6: Non-Members 12/13				
Seminole Classic Casino Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	1/2	TH	9:00 am - 3:00 pm	\$5/\$7	380826A
Pompano Beach Music Under the Stars Take a stroll on Pompano Beach and treat yourself to dinner at one of the many eateries. Afterwards, grab your blanket or folding chair and enjoy a free live concert on the beach. (Only folding chairs that fits inside a bag allowed)	1/10	F	4:30 pm - 10:15 pm	\$5/\$7	380842A
Cirque du Soleil "Cirquesco" Aventura Cultural Center The magical artistry of Cirque du Soleil meets the flirtatious camp of Moulin Rouge. Critics say the show is: "Captivating," "Artistry in motion," "Simply breathtaking." Featuring seductive choreography and incredible acrobatics that test the limits of the human body, the production is set to an electrifying soundtrack. Cirquesco is a breathtaking production featuring state-of-the-art lighting, costuming, and choreography.	1/18	SA	12:00 pm - 4:30 pm	\$50/\$52	380839A
Art of Chocolate Learn the art of chocolate making and create your own treats on this sweet and savory trip to Schokolad Chocolate Factory in Fort Lauderdale. You will be able to craft your own goodie bag to bring home your confections during this one-hour tour. Afterwards, head to the Galleria Mall for shopping and lunch on your own.	1/28	TU	10:00 am - 4:30 pm	\$19/\$21	380842B
January Ticket Sale	Members 1/3: Non-Members 1/10				
Concert at Delray Beach Marketplace Stroll through the shops of Delray Marketplace and pick a restaurant in the area, for dinner on your own. Bring your blanket or folding golf chair and enjoy the "Don't Stop the Music" concert, featuring the sounds of Doo Wop, Motown, Disco and Classic Rock.	2/5	W	3:00 pm - 9:00 pm	\$5/\$7	380842C
Panthers vs Flyers It's slap shot time! Be there to cheer on your Florida Panthers as they go to battle against the Philadelphia Flyers. Be sure to get your tickets early! Seats are in Section 104 Rows 24 & 25.	2/13	TH	6:00 pm - 10:30 pm	\$55/\$57	380837B
Hard Rock Casino Enjoy a great day at the newly renovated Hard Rock Casino. Try your luck at the tables, slots and more. Lunch on own at casino.	2/18	TU	9:00 am - 3:00 pm	\$5/\$7	380826B
Monkey Jungle Come explore Monkey Jungle... <i>Where Humans are Caged and Monkeys Run Wild!</i> Monkey Jungle is a unique wildlife park and discovery center established in 1935 in a natural subtropical forest in southern Miami-Dade County. Experience up close animal encounters with these amazing creatures in Miami's natural 30-acre Jungle park. Lunch on own! You can bring a bag lunch or purchase a hotdog or pizza and snacks at the snack bar.	2/27	TH	8:45 am - 5:00 pm	\$31/\$33	380848A

November/December Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
Beginners	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
AARP Safe Drivers Course	12/19	TH	9:00 am - 3:00 pm	11/6	\$15/\$20	280853C
	1/16	TH	9:00 am - 3:00 pm	12/4	\$15/\$20	380853A
	2/20	TH	9:00 am - 3:00 pm	1/8	\$15/\$20	380853B
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. Limit of one class per person.					
	12/2 - 12/30	M	10:30 am - 12:00 pm	11/4	Free	280814C
	1/4 - 1/27	M	10:30 am - 12:00 pm	12/2	Free	380814A
	2/3 - 2/24	M	10:30 am - 12:00 pm	1/6	Free	380814B
	No Class 1/20					
Open Beading	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your friends while you bead.					
Book Club	Join our Book Club... Read the book, examine and discuss the story with a friendly group of people. Light refreshments will be served. Must be registered.					
“Before We Were Yours” By: Lisa Wingate	11/22	F	12:00 pm - 1:00 pm	Now	Free	
	* No Book Club in December					
“Night of Miracles” By: Elizabeth Berg	1/24	F	12:00 pm - 1:00 pm	Now	Free	
Chess Club	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free	
	If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.					
Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
	Learn the traditional dances of Scotland. No experience or partner required. (No class 12/24 & 12/31)					
Wood Carving	Weekly	TU	6:00 pm - 9:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris. (No class 12/24 & 12/31)					
Language Classes	The Spanish and ESOL classes are available to Senior Center Members and Non – Members					
Beginning Spanish	1/6 - 3/2	M	1:00 pm - 2:30 pm	12/4	\$5/\$10	380821A
	No Class 1/20					
ESOL– English as a Second Language	1/2 - 2/20	TH	1:00 pm - 2:30 pm	12/4	\$5/\$10	380817A
Conversational English	12/4 - 2/5	W	9:30 am - 10:30 am	12/4	\$5/\$10	280868A
	12/4 - 2/5	W	7:30 pm - 8:30 pm	12/4	\$5/\$10	280887A
Adv Conv English	12/4 - 2/5	W	5:00 pm - 5:45 pm	12/4	\$5/\$10	280888A
Conversational Spanish	12/4 - 2/5	W	10:45 am - 11:45 am	12/4	\$5/\$10	280875A
	12/4 - 2/5	W	6:30 pm - 7:30 pm	12/4	\$5/\$10	280886A
Adv Conv Spanish	12/4 - 2/5	W	5:45 pm - 6:30 pm	12/4	\$5/\$10	280889A
Art Classes	For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)					
• Drawing	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
	1/8 - 2/12	W	1:30 pm - 3:30 pm	12/6	\$20/\$22	380859A
• Beginners Painting	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	1/8 - 2/12	W	6:30 pm - 8:30 pm	12/6	\$20/\$22	380811A
• Int/Adv Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	1/3 - 2/7	F	1:30 pm - 3:30 pm	12/6	\$20/\$22	380813A
Ballroom Dance	Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rumba, Salsa & Cha Cha. For more information, call 954-439-5899.					
	Dec	W	11:00 am - 12:00 pm	11/6	\$9/\$11	280864C
	Dec	W	6:00 pm - 7:00 pm	11/6	\$9/\$11	280865C
	Jan	W	11:00 am - 12:00 pm	12/4	\$12/\$14	380864A
	Jan	W	6:00 pm - 7:00 pm	12/4	\$12/\$14	380865A
	Feb	W	11:00 am - 12:00 pm	1/8	\$9/\$11	380864B
	Feb	W	6:00 pm - 7:00 pm	1/8	\$9/\$11	380865B
Technology Class	1st & 3 rd	TU	9:30 am - 11:00 am	Call to sign up	Free	
	1st Tuesday of each month Apple related devices will be covered and 3rd Tuesday Android devices, Tablets and Laptops will be covered.					
	Senior Center Membership Required for each Program Below					
Knitting & Crocheting Class	Come enjoy this class as our volunteer instructor teaches you various knitting & crocheting techniques. Bring your own supplies (See supplies list at the Front Desk)					
	Jan - Mar	M	10:00 am - 12:00 pm	12/4	Free	380869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	12/4	Free	380877A
Choral Group	Come out and lend your voices to this amazing group, led by instructor Lynford Turpin.					
	Jan - Mar	F	11:30 am - 1:00 pm	12/4	Free	380878A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jan - Mar	TH	6:30 pm - 8:00 pm	12/4	Free	380879A

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
Exercise Classes						
Tai Chi	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, Students may participate in either M/W or TU/F classes. One class per week per session is taught by a live instructor sponsored by Aetna.					
	Dec	TU/F	9:00 am - 9:30 am	11/6	Free	280858E
	Dec	M/W	9:00 am - 9:30 am	11/6	Free	280858F
	Jan	TU/F	9:00 am - 9:30 am	12/4	Free	380858A
	Jan	M/W	9:00 am - 9:30 am	12/4	Free	380858B
	Feb	TU/F	9:00 am - 9:30 am	1/8	Free	380858C
	Feb	M/W	9:00 am - 9:30 am	1/8	Free	380858D
	No Class 12/25 and 1/1					
Senior Aerobics	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Dec	TU	9:30 am - 10:30 am	11/6	Free	280857E
	Dec**	TU	4:30 pm - 5:30 pm	11/6	Free	280857F
	**No class 12/24 & 12/31					
	Jan	TU	9:30 am - 10:30 am	12/4	Free	380857A
	Jan	TU	4:30 pm - 5:30 pm	12/4	Free	380857B
	Feb	TU	9:30 am - 10:30 am	1/8	Free	380857C
	Feb	TU	4:30 pm - 5:30 pm	1/8	Free	380857D
Zumba Gold	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate.					
	Dec	F	10:30 am - 11:30 am	11/6	Free	280863F
	Dec	W	4:30 pm - 5:30 pm	11/6	Free	280863G
	Jan	F	10:30 am - 11:30 am	12/4	Free	380863A
	Jan	W	4:30 pm - 5:30 pm	12/4	Free	380863B
	Feb	F	10:30 am - 11:30 am	1/8	Free	380863C
	Feb	W	4:30 pm - 5:30 pm	1/8	Free	380863D
	No Class 12/25 and 1/1					
Chair Yoga	Dec	TH	1:00 pm - 2:00 pm	11/6	\$12/\$14	280861C
	Jan	TH	1:00 pm - 2:00 pm	12/4	\$15/\$17	380861A
	Feb	TH	1:00 pm - 2:00 pm	1/8	\$12/\$14	380861B
Floor Yoga	Dec	TH	2:15 pm - 3:15 pm	11/6	\$12/\$14	280862C
	Jan	TH	2:15 pm - 3:15 pm	12/4	\$15/\$17	380862A
	Feb	TH	2:15 pm - 3:15 pm	1/8	\$12/\$14	380862B
	No Class 11/28					
Senior Kickboxing	Senior Center membership is required. (Maximum 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program.					
	Dec	TH	4:30 pm - 5:30 pm	11/6	Free	280873C
	Jan	TH	4:30 pm - 5:30 pm	12/4	Free	380873A
	Feb	TH	4:30 pm - 5:30 pm	1/8	Free	380873B
	No Class 11/28					
Strong & Stretch	Classes taught by instructor Marilyn DeMartini. Strong and Stretch incorporates aerobics, Pilates, yoga and strength training to help you to stay fit in a fun environment.					
	Dec	TH	11:45 am - 12:45 pm	11/6	\$12/\$14	280870E
	Dec	TH	5:30 pm - 6:30 pm	11/6	\$12/\$14	280870F
	Jan	TH	11:45 am - 12:45 pm	12/4	\$15/\$17	380870A
	Jan	TH	5:30 pm - 6:30 pm	12/4	\$15/\$17	380870B
	Feb	TH	11:45 am - 12:45 pm	1/8	\$12/\$14	380870C
	Feb	TH	5:30 pm - 6:30 pm	1/8	\$12/\$14	380870D
	No Class 11/28					
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.					
	Jan - Mar	M/TU/TH	9:00 am - 9:45 am	12/4	Free	380891A