



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

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September/October 2018

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
Labor Day Monday, September 3rd**



IT STARTS IN PARKS

Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club	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)749-3670 for monthly meeting location.

Senior Cooking Club

October - Fall Favorites	280816A	10/26	F	10:00 am - 12:30 pm	9/5	\$6/\$8
November- Let's Give Thanks	280816B	11/16	F	10:00 am - 12:30 pm	10/3	\$6/\$8

December - NO CLASS

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
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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. ****Due to reconstruction, please contact George for location****

Women's Bocce Open House

Come to the Senior Center to sign up for the 2018-2019 Bocce season. Season begins on Wednesday, October 17, 2018. Please call Wanda Joyce at 954-746-6376 or Mary Robertson at 954-749-4733 for more information. **Activity # 180855A**

Senior Theatre Workshop

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 # 180890A**

Craft Class:

Chalk Paint Planters	10/19	F	10:00 am - 11:30 am	9/7	\$6/\$8
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Add some greenery to your window sill as well as adding that extra flavor to your homemade dishes. Our DIY chalkboard planters will be the first steps to growing your very own herb garden, while beautifying your home. The chalkboard paint on the terra cotta pots will help personalize your pots as well as help you identify your herbs for each dish. What a investment! All materials will be provided. Space and supplies are limited. **Activity # 280801A**

	Date	Day	Time	Register	Fee
Grandparents Day Event Bring your grandchildren of all ages. No grandchildren? No problem. Come and enjoy an afternoon filled with music, dancing, activities and sweet treats. This is a free event and space is limited! <u>Senior Center membership required</u> . Please call 954-746-3670 or stop by the Senior Center Front Desk to RSVP.	9/18	TU	2:00 pm - 4:00 pm	Now	Free
Dementia Lecture Dr. Michael Ehrenman is a board certified Internal Medicine graduate from NYU. He has been working with Plaza Medical for the past 10 years. He will be speaking about dementia, the levels of diagnosis, and the names of each level. You will learn about symptoms and treatment. A light lunch will be provided to all pre-registered participants. Sponsored by Care Plus.	9/14	F	10:00 am - 11:30 am	Call to sign up	Free
Memories of a Holocaust Survivor Join Sunrise Resident, Gerty Graber as she discusses her experiences during the Holocaust. She will also discuss her late husband, Norman Graber and his time at Post Office Box 1142. Post Office Box 1142 was a secret military facility in Virginia used to interrogate German Prisoners during World War II.	10/9	TU	10:00 am - 11:30 am	Call to sign up	Free
Lunch Bunch Teriyaki Chicken Bowls Better than Asian takeout! Join us for our homemade sweet and savory Teriyaki Chicken Bowl This dish will include fresh Asian vegetables mixed with a sweet glazed chicken over a bed of delicious white rice. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 280807A	10/10	W	12:00 pm - 12:45 pm	9/7	\$5/\$7
Headaches & Migraines Lecture Learn the difference between a headache and a migraine. There are many types of headaches as well as different types of migraines. Learn the symptoms and treatments and when to seek a doctor's care. A light lunch will be provided to all preregistered participants. Sponsored by Chen Senior Medical Center.	10/12	F	10:00 am - 11:30 am	Call to sign up	Free
Party Like a Mon-Star Halloween Social Join us as we get in the spirit of Halloween and party with our friends! Enjoy an afternoon of tasty food, live entertainment and a costume contest with prizes for the winners! Warning!!! Refusal to attend our Spooktacular Halloween Party will result in loss of fun for everyone. It's going to be a boo-tiful event! Activity # 280822A	10/30	TU	1:00 pm - 3:00 pm	9/7	\$8/\$10
A Salute to Our Veterans Social Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. This 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. Activity # 280822B	11/13	TU	1:00 pm - 3:00 pm	10/5	\$8/\$10



Savannah & Charleston

(4 Day, 3 Night Trip)

Monday, January 14 - Thursday, January 17, 2019

\$539.00 Per person based on Double Occupancy

\$752.00 Per person based on Single Occupancy

\$469.00 Per person based on Triple Occupancy



TRIP INCLUDES:

Motor Coach
3 nights at the Courtyard Marriott (Historic District) with hot breakfast
Lunch at Hurricane Patty's in St. Augustine
Private Trolley Tour with on/off privileges in GA
5 Course dinner at Hymans in Charleston, SC
Dinner at Fatz Café in Savannah, GA
Visit to Jykell Island, with Trolley Tour of Historic District
Guided Bus Tour of Charleston, SC




OPEN HOUSE

Friday, September 14 & Thursday November 15

Deposit of \$150.00 due at the time of booking

For further details contact ALM

at
561-852-7919

<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 9:30 am - 10:30 am Walk Your Way to Health 10:30 am - 12:00 pm Beginners Beading 10:00 am - 12:00 pm Knitting & Crocheting Class 11:00 am (Start Time) Classic Movies 12:30 pm - 2:30 pm Open Beading 1:00 pm - 2:30 pm Beginners Spanish Class 1:30 pm - 3:30 pm Monday Dance Mixer	9:00 am - 9:30 am Tai Chi 9:00 am - 12:00 pm Mah Jongg Class 9:30 am - 10:30 am Senior Aerobics 9:30 am - 11:00 am Technology Class (1st and 3rd) (1st - Apple / 3rd - Android) 10:00 am - 12:00 pm Billiards Lessons (2nd & 4th) 11:30 am (Start Time) New Release Movies 1:00 pm - 3:00 pm Sewing Creations 4:30 pm - 5:30 pm Senior Aerobics	8:45 am - 9:30 am Tai Chi 9:00 am - 12:00 pm Bowling League - Strikers Lanes 9:30 am - 10:30 am Walk Your Way to Health 9:30 am - 10:30 am Conversational English 10:45 am - 11:45 am Conversational Spanish 11:00 am - 12:00 pm Ballroom Dance Class 11:00 am - 1:00 pm Coloring for Grownups 12:30 pm - 3:30 pm Open Game Play 1:00 pm - 2:30 pm Let's Talk Discussion Group 1:30 pm - 3:30 pm Drawing Class 2:30 pm - 4:00 pm Life Changes (1st and 3rd) 4:30 pm - 5:30 pm Zumba Gold #3 5:00 pm - 5:45 pm Advanced Conversational English 5:45 pm - 6:30 pm Advanced Conversational Spanish 6:30 pm - 7:30 pm Conversational Spanish 7:30 pm - 8:30 pm Conversational English	9:00 am - 10:00 am Beginners Line Dancing 9:30 am - 11:00 am Bereavement Support Group 10:00 am - 11:00 am Gardening Club 10:00 am - 11:00 am Line Dancing 11:45 am - 12:45 pm Strong & Stretch 11:45 am - 1:00 pm  Theatre Workshop (Stop by Front Desk to sign up) Pan Card Game Class 1:00 pm - 2:30 pm (Call front desk to sign up) 1:00 pm - 2:30 pm ESOL 1:00 pm - 2:00 pm Chair Yoga 2:15 pm - 3:15 pm Floor Yoga 4:30 pm - 5:30 pm Senior Kickboxing Aerobics 5:30 pm - 6:30 pm Strong & Stretch 6:00 pm - 6:45 pm Pi-Yo (Pilates/Yoga) **Bring Yoga mat or towel**	8:45 am - 9:30 am Tai Chi 9:30 am - 10:30 am Zumba Gold 10:30 am - 11:30 am Zumba Gold 10:00 am - 12:00 pm Chess Club 11:30 am - 1:00 pm Choral Group (Sessions Begin on 10/5) 1:00 pm - 2:30 pm Bingo 1:30 pm - 3:30 pm Painting	<p>No tickets will be sold before the published sale date. Sales commence at 8:30 am. Current I.D. cards must be presented for any transaction.</p> <p>Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.</p> <p>*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.</p> <p>*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person, per event, regardless member/guest status.</p> <p>When purchasing tickets, please indicate the full name, birth date and phone number of your guest.</p> <p>Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates.</p> <p>If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. In the event of a trip cancellation, a refund will go to the original buyer unless we have the new buyers information.</p> <p>If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u></p> <p>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</p> <p>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot. 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>
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** (**Please Contact Front Desk 954-746-3670 for Program Location**)		WEDNESDAY EVENINGS 4:00 pm - 6:00 pm Women's Bocce, Nob Hill Soccer Club Park 4:30 pm - 5:30 pm Zumba Gold #3 5:00 pm - 5:45 pm Advance Conversational English 5:45 pm - 6:30 pm Advance Conversational Spanish 6:00 pm - 7:00 pm Ballroom Dancing		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) **Call or stop by Front Desk to sign up** 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)	



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!

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
9/3	**NO MOVIE (LABOR DAY)**			10/1	The Day the Earth Stood Still	1951	1:32 mins	9/4	Thor	PG-13	2:10 mins	10/9	Book Club	PG-13	1:44 mins
9/10	The Night of the Hunter	1955	1:33 mins	10/8	The Umbrellas of Cherbourg	1964	1:32 mins	9/11	The Miracle Season	PG	1:39 mins	10/16	Won't You Be My Neighbor	PG-13	1:34 mins
9/17	The Third Man	1949	1:44 mins	10/15	Gentlemen Prefer Blondes	1953	1:37 mins	9/18	Patriots Day	R	2:10 mins	10/23	Ocean's 8	PG-13	1:40 mins
9/24	The Hustler	1941	2:15 mins	10/22	Going My Way	1944	1:41 mins	9/25	Tully	R	1:40 mins	10/30	Jurassic World	PG-13	2:09 mins
				10/29	Frankenstein	1931	1:11 mins	10/2	Avengers: Infinity War	PG-13	2:29 mins				

• New Release Movie Titles are subject to change



Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	Call for Appt.		Free	
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.					
Bereavement Support Group	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.					
Blood Pressure Check (Sunrise Fire/Rescue)	9/14,10/12,11/9	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair	9/14,10/12,11/9	F	10:30 am -11:30 am	Free	Walk-ins welcome
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.					
Property Tax Exemption Assistance	9/14, 10/12, 11/9 9/19, 10/17, 11/14	F W	10:00 am - 11:30 am 2:30 pm - 4:30 pm	Free Free	Walk-ins welcome Walk-ins welcome
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.					
Veteran's Advisor	9/14, 10/12, 11/9	F	9:00 am - 12:00 pm	Free	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 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.					
Talk to Your Congressman	9/11,10/9,11/13	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
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.					
F.L.O.W. is here! <u>Florida Licensing on Wheels</u>	9/12, 10/10, 11/14	W	8:30 am - 12:30 pm		Walk-ins welcome
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.					
S.H.I.N.E Counselor	1st	M	10:00 am - 12:00 pm		Walk-ins welcome
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. * 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.					
Holiday Blues Lecture	11/9	F	10:00 am - 11:30 am	Free	Call to sign up
Dr. Pathaks will be here to talk about the "Holiday Blues" many people suffer during the Holidays due to loss of a spouse or loved one. The Holiday time should be joyful but to many it creates a sense of despair. Learn how to overcome this sadness. There are coping strategies and suggestions to help. Learn when to seek a doctor's care. A light lunch will be provided to all pre-registered participants.					

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
September Ticket Sale Members 9/7: Non-Members 9/14					
Festival Flea Market	10/2	TU	9:00 am - 3:30 pm	\$5/\$7	280846A
Shop to your hearts content and enjoy lunch on your own at the largest indoor flea market in Florida. Over a quarter-mile long and featuring over 500 stores with name brand merchandise at below outlet prices, this is a shopping excursion you won't want to miss.					
Hialeah Park Casino	10/9	TU	9:00 am - 3:00 pm	\$5/\$7	280826A
Get ready for a great day at the casino. Play the tables, slots, and more.					
Crime Tours Museum	10/18	TH	9:30 am - 3:30 pm	\$27/\$29	280841A
Join us and learn about the untold stories that have helped to shape South Florida. From celebrity homes, historical destinations, gangsters, to murder mysteries. Crime Tours is the only tour that tells you the truly twisted history of South Florida. Start off with a 45-minute tour of the museum. Next, board a bus and visit significant and historical locations in the Fort Lauderdale area. Afterward, lunch on your own on Las Olas.					
Art of Chocolate	10/23	TU	10:00 am - 4:30 pm	\$17/\$19	280842A
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 you 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.					
Ancient Spanish Monastery	10/29	M	9:00 am - 4:00 pm	\$15/\$17	280842B
Take a trip back in time and marvel at this architectural wonder that was shipped piece by piece from Europe and then reassembled in Miami. Enjoy a guided one hour tour of the Monastery and its beautiful and breath taking gardens that surround it. Afterwards, lunch on your own at one of the eateries at the Villa of Gulfstream Park.					
October Ticket Sale Members 10/5: Non-Members 10/12					
American Rock Bar Dinner and Dancing	11/6	TU	5:00 pm - 10:30 pm	\$5/\$7	280838A
Its "Mambo Night" at American Rock Bar! Dance to the music of Qoquesta Nostalgia, a thirteen-piece mambo band as they play the sounds of Tito Puente, Machita, Tito Rodriguez and many more. Treat yourself to a delicious dish from their menu. <u>Cover charge of \$7 per person will be collected by venue at the door. Dinner will also be on own.</u>					
Beach Day and Lunch	11/15	TH	9:15 am - 3:00 pm	\$5/\$7	280851A
Enjoy a relaxing day at Hollywood Beach. Bring your beach chair or blanket and catch some sun, walk along the beach, or take a dip in the ocean. Then enjoy lunch on your own along the Boardwalk.					
Magic City Casino	11/20	TU	9:00 am - 3:00 pm	\$5/\$7	280826B
Get ready for a great day at the casino. Play the tables, slots, and more.					
Clematis by Night "Holiday in Paradise"	11/29	TH	4:00 pm - 10:15 pm	\$5/\$7	280842C
Take a stroll down Clematis Street and enjoy the sights sounds, restaurants and shops, all topped off by a magnificent event, "Holiday in Paradise". Witness the lighting of Sandi, a 35-foot-tall holiday tree made of sand and strung with over 5,000 sparkling lights. Sandi will dazzle visitors with electrifying light shows and its very own dance troupe, the Sandettes. Food and refreshment available for purchase.					
November Ticket Sale Members 11/2: Non-Members 11/9					
Wildlife Walking Tour	12/6	TH	8:30 am - 3:00 pm	\$7/\$9	280848A
Enjoy a one hour guided tour of Arthur Marshall Loxahatchee National Wildlife Refuge. Learn about the Northern Everglades habitat, plants and wildlife. Afterwards, lunch on your own at Wellington Mall.					
Frost Museum of Science	12/11	TU	9:00 am - 3:30 pm	\$28/\$30	280841B
Join us for a dynamic and engaging experience as we take a trip to the Frost Science Museum. Enjoy a thrilling day of adventure and exploration as you take a self-tour of the museum rounded off by the "Journey to the Stars" show at the Planetarium. Lunch on your own at the café, or bring your own brown bag lunch.					
Bonnet House Tour	12/18	TU	9:00 am - 3:00 pm	\$22/\$24	280848B
Travel back in time with a visit to the Bonnet House. Built in the 1920's it offers a variety of unique artwork and personal items that date back in time. Boasting one of the finest orchid collections in the United States, the Bonnet House Museum & Gardens is an extraordinary blend of art, architecture, history, and ecology.					
Calder Casino	12/27	TH	9:00 am - 3:00 pm	\$5/\$7	280826C
Get ready for a great day at the casino. Try you luck at the tables, slots, and more.					

September/October Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
Beginners 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					
	10/1 - 10/29	M	10:30 am - 12:00 pm	9/3	Free	280814A
	11/5 - 11/26	M	10:30 am - 12:00 pm	10/1	Free	280814B
	12/3 - 12/17	M	10:30 am - 12:00 pm	11/5	Free	280814C
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.					
“Turning Angel” By: Greg Iles	9/28	F	12:00 pm - 1:00 pm	Now	Free	
“The Light Between Oceans” By: M. L. Stedman	10/26	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.					
Wood Carving	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris.					
Language Classes	The Spanish and ESOL classes are available to Senior Center Members and Non- Members					
Conversational English	9/12 - 10/31	W	9:30 am - 10:30 pm	Now	\$5/\$10	180868B
	9/12 - 10/31	W	7:30 pm - 8:30 pm	Now	\$5/\$10	180887B
Adv Conv English 	9/12 - 10/31	W	5:00 pm - 5:45 pm	Now	\$5/\$10	180888B
Conversational Spanish	9/12 - 10/31	W	10:45 am - 11:45 am	Now	\$5/\$10	180875B
	9/12 - 10/31	W	6:30 pm - 7:30 pm	Now	\$5/\$10	180886B
Adv Conv Spanish 	9/12 - 10/31	W	5:45 pm - 6:30 pm	Now	\$5/\$10	180889B
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					
	10/3 - 11/7	W	1:30 pm - 3:30 pm	9/7	\$20/\$22	280859A
• Mixed Media	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	10/3 - 11/7	W	6:30 pm - 8:30 pm	9/7	\$20/\$22	280811A
• Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	10/5 - 11/9	F	1:30 pm - 3:30 pm	9/7	\$20/\$22	280813A
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.					
	Oct	W	11:00 am - 12:00 pm	9/5	\$15/\$17	280864A
	Oct	W	6:00 pm - 7:00 pm	9/5	\$15/\$17	280865A
	Nov	W	11:00 am - 12:00 pm	10/3	\$12/\$14	280864B
	Nov	W	6:00 pm - 7:00 pm	10/3	\$12/\$14	280865B
	Dec	W	11:00 am - 12:00 pm	11/7	\$12/\$14	280864C
	Dec	W	6:00 pm - 7:00 pm	11/7	\$12/\$14	280865C
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)					
	Oct - Dec	M	10:00 am - 12:00 pm	9/3	Free	280869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/3	Free	280877A
Choral Group	Come out and lend you voices to this amazing group, led by volunteer instructor Lynford Turpin.					
	Oct - Dec	F	11:30 am - 1:00 pm	9/3	Free	280878A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Oct - Dec	TH	6:30 pm - 8:00 pm	9/3	Free	280879A

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.					
	Oct	TU/F	9:00 am - 9:30 am	9/5	Free	280858A
	Oct	M/W	9:00 am - 9:30 am	9/5	Free	280858B
	Nov (No class 11/23)	TU/F	9:00 am - 9:30 am	10/3	Free	280858C
	Nov	M/W	9:00 am - 9:30 am	10/3	Free	280858D
	Dec (No class 12/25)	TU/F	9:00 am - 9:30 am	11/7	Free	280858E
	Dec (No class 12/25)	M/W	9:00 am - 9:30 am	11/7	Free	280858F
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.					
	Oct	TU	9:30 am - 10:30 am	9/5	Free	280857A
	Oct	TU	4:30 pm - 5:30 pm	9/5	Free	280857B
	Nov	TU	9:30 am - 10:30 am	10/3	Free	280857C
	Nov	TU	4:30 pm - 5:30 pm	10/3	Free	280857D
	Dec (No class 12/25)	TU	9:30 am - 10:30 am	11/7	Free	280857E
	Dec (No class 12/25)	TU	4:30 pm - 5:30 pm	11/7	Free	280857F
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.					
	Oct	F	9:30 am - 10:30 am	9/5	Free	280863A
	Oct	F	10:30 am - 11:30 am	9/5	Free	280863B
	Oct	W	4:30 pm - 5:30 pm	9/5	Free	280863C
	Nov (No class 11/23)	F	9:30 am - 10:30 am	10/3	Free	280863D
	Nov (No class 11/23)	F	10:30 am - 11:30 am	10/3	Free	280863E
	Nov	W	4:30 pm - 5:30 pm	10/3	Free	280863F
	Dec	F	9:30 am - 10:30 am	11/7	Free	280863G
	Dec	F	10:30 am - 11:30 am	11/7	Free	280863H
	Dec	W	4:30 pm - 5:30 pm	11/7	Free	280863I
Chair Yoga	Oct	TH	1:00 pm - 2:00 pm	9/5	\$12/\$14	280861A
	Nov (No class 11/22)	TH	1:00 pm - 2:00 pm	10/3	\$12/\$14	280861B
	Dec	TH	1:00 pm - 2:00 pm	11/7	\$12/\$14	280861C
Floor Yoga	Oct	TH	2:15 pm - 3:15 pm	9/5	\$12/\$14	280862A
	Nov (No class 11/22)	TH	2:15 pm - 3:15 pm	10/3	\$12/\$14	280862B
	Dec	TH	2:15 pm - 3:15 pm	11/7	\$12/\$14	280862C
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.					
	Oct	TH	4:30 pm - 5:30 pm	9/5	Free	280873A
	Nov (No class 11/22)	TH	4:30 pm - 5:30 pm	10/3	Free	280873B
	Dec	TH	4:30 pm - 5:30 pm	11/7	Free	280873C
Senior Pi-Yo	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.					
	Oct	TH	6:00 pm - 6:45 pm	9/5	Free	280872A
	Nov (No class 11/22)	TH	6:00 pm - 6:45 pm	10/3	Free	280872B
	Dec	TH	6:00 pm - 6:45 pm	11/7	Free	280872C
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.					
	Oct	TH	11:45 am - 12:45 pm	9/5	\$12/\$14	280870A
	Oct	TH	5:30 pm - 6:30 pm	9/5	\$12/\$14	280870B
	Nov (No class 11/22)	TH	11:45 am - 12:45 pm	10/3	\$12/\$14	280870C
	Nov (No class 11/22)	TH	5:30 pm - 6:30 pm	10/3	\$12/\$14	280870D
	Dec	TH	11:45 am - 12:45 pm	11/7	\$12/\$14	280870E
	Dec	TH	5:30 pm - 6:30 pm	11/7	\$12/\$14	280870F