



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

PRSR STD  
US POSTAGE PAID  
FT. LAUD. FL  
PERMIT NO. 825

March/April 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



## 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>March - Love the Lemons</b>	380816C	3/15	F	10:00 am - 12:30 pm	Now	\$6/\$8
<b>Aril - Picnic Foods*</b>	480816A	4/26	F	10:00 am - 2:30 pm	3/1	\$6/\$8
<b>May - Mexican Fiesta</b>	480816B	5/17	F	10:00 am - 12:30 pm	4/5	\$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</b>	4/4 - 5/23	TH	11:45 am - 1:00 pm	3/1	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 # 480890A**

### Craft Class

<b>DIY Salt &amp; Sugar Scrub</b>	3/22	F	10:00 am - 11:30 am	Now	\$6/\$8
-----------------------------------	------	---	---------------------	-----	---------

It's time for some self-care. Our DIY Salt & Sugar Scrubs will be just the thing you need take care of your body and leave your skin feeling silky smooth. There are many benefits of taking care of your outer body, one of them being your internal state of mind. Learn how to make your own scrub that will turn your home into your very own spa. All materials will be provided. Space and supplies are limited.

**Activity # 380801C**

	Date	Day	Time	Register	Fee
<b>Arabian Nights Dinner Dance</b>	3/13	W	6:00 pm - 9:00 pm	Now	\$22/\$24
Hop on your magic carpet and take a mystical journey back in time! You'll be transformed to a life of lavish luxury and paradise. Put on your best pop of color and party the night away with enchanting entertainment and a delightful dinner. This unique and elegant night will be one you won't forget! <b>Activity # 380822C</b>					
<b>"The Odd a' Sea" Play</b>	3/28	TH	1:00 pm - 2:15 pm	Call to sign up	Free
The Sunrise Senior Theatre Group proudly presents our first production, a one act play called "The Odd a'Sea". This floating fantasy is about six aging, women who were pirates who ruled the sea. All done in rhyme so take the time and come see our Sunrise Stars shine! You won't want to miss it. Please call 954-746-3670 or stop by the Senior Center Front Desk to RSVP.					
<b>Lunch Bunch Pizza Party</b>	4/9	TU	12:00 pm - 12:45 pm	3/1	\$5/\$7
Nothing beats a hot, fresh cheese pizza. This month's Lunch Bunch will be sure not to disappoint. With two savory slices of cheese pizza, a healthy side salad and a refreshing soda our pizza lunch will be one you don't want to miss. This is a great way to mingle and eat with your friends before afternoon activities at the center. <b>Activity # 480807A</b>					
<b>"Healthy Eating After 50"</b>	4/12	F	10:00 am - 11:30 am	Call to sign up	Free
Join Cathy Bonnot MS, RDN, LD/N Registered Dietitian as she speaks about how to eat as we get older. It's not just our wardrobe and taste in music that change, after age 50, our metabolism begins to gradually decline, which means we have to be even more selective about the foods we eat. Learn what foods are nutritional bang for your buck than others. A light lunch will be provided to all preregistered participants.					
<b>Game Show Social</b>	4/23	TU	1:00 pm - 3:00 pm	3/1	\$8/\$10
Come on down! The Sunrise Senior Center is hosting its very own Game Show where YOU can be the contestant. We will compete in a live show filled with friendly competition, many laughs and prizes for the winners. Wear your best game show outfit and enjoy a tasty lunch. <b>Activity # 480822A</b>					
<b>CARFIT Event</b>	4/26	F	9:30 am - 1:00 pm	Call to sign up	Free
The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others. A CARFIT technician goes through a checklist during a 20-minute session with a senior driver.					



### Sunrise Loves Our Seniors (SLOS) - Ticket Distribution




April 3, 2019

9:00 am - 11:00 am at the Civic Center Ballroom

The City of Sunrise will once again be hosting our annual Sunrise Loves Our Seniors (SLOS) dinner dance. This event is for City of Sunrise senior residents ages 55+ and is totally FREE! With live music from a fabulous band and a delicious three-course meal, this will be an event you won't want to miss. Tickets are limited and are distributed on a first come first served basis.

This year's events will be held on Wednesday, May 1st and Wednesday, May 8th. A 3rd day may become available if both dates become filled. For more information, stop by the Senior Center Front Desk or call 954-746-3670. **(Maximum of two (2) tickets per household. Must be a Sunrise Resident and present to receive your tickets! Proof of residency will be required during ticket distribution)**

<b>World Health Day Expo</b>	4/5	F	9:00 am - 12:00 pm	Call to sign up	Free
April 5 is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. The topic for the expo is Active Aging. Sign up for the mini breakout sessions. A doctor will speak on How to Age Well. There will be free health screenings and giveaways! Refreshments will be served. Sponsored in part by: Baptist Health, VITAS, and Garden Plaza at Inverrary.					

<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 Tai Chi	9:00 am - 9:30 am Tai Chi	8:45 am - 9:30 am Tai Chi	9:00 am - 10:00 am Beginners Line Dancing	8:45 am - 9:30 am 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. 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 Walk Your Way to Health	9:00 am - 12:00 pm Mah Jongg Class	9:00 am - 12:00 pm Bowling League - Strikers Lanes	9:30 am - 11:00 am Bereavement Support Group	9:30 am - 10:30 am Zumba Gold	
10:00 am - 10:45 am Aqua Fitness <b>(Civic Center Pool)</b>	9:30 am - 10:30 am Senior Aerobics	9:30 am - 10:30 am Walk Your Way to Health	10:00 am - 10:45 am Aqua Fitness <b>(Civic Center Pool)</b>	10:30 am - 11:30 am Zumba Gold	
10:30 am - 12:00 pm Beginners Beading	9:30 am - 11:00 am Technology Class (1st and 3rd) (1st - Apple / 3rd - Android)	9:30 am - 10:30 am Conversational English	10:00 am - 11:00 am Gardening Club	10:00 am - 12:00 pm Chess Club	
10:00 am - 12:00 pm Knitting & Crocheting Class	10:00 am - 10:45 am Aqua Fitness <b>(Civic Center Pool)</b>	10:45 am - 11:45 am Conversational Spanish	10:00 am - 11:00 am Line Dancing	11:30 am - 1:00 pm Choral Group	
11:00 am (Start Time) Classic Movies	10:00 am - 12:00 pm Billiards Lessons (2nd & 4th)	11:00 am - 12:00 pm Ballroom Dance Class	11:45 am - 1:00 pm Theatre Workshop <b>(Stop by Front Desk to sign up)</b>	1:00 pm - 2:30 pm Bingo	
12:30 pm - 2:30 pm Open Beading	11:30 am (Start Time) New Release Movies	11:00 am - 1:00 pm Coloring for Grownups	11:45 am - 1:00 pm Pan Card Game Class 1:00 pm - 2:30 pm <b>(Call front desk to sign up)</b>	1:30 pm - 3:30 pm Painting	
1:00 pm - 2:30 pm Beginners Spanish Class	1:00 pm - 3:00 pm Sewing Creations	12:30 pm - 3:30 pm Open Game Play	1:00 pm - 2:30 pm ESOL	 <p><b>Attention!</b></p> <p>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!</p>	
1:30 pm - 3:30 pm Monday Mixer Dance * *Senior Center Membership Required	4:30 pm - 5:30 pm Senior Aerobics	1:00 pm - 2:30 pm Let's Talk Discussion Group	1:00 pm - 2:00 pm Chair Yoga		
		1:30 pm - 3:30 pm Drawing Class	2:15 pm - 3:15 pm Floor Yoga		
		2:30 pm - 4:00 pm Life Changes (1st and 3rd)	4:30 pm - 5:30 pm Senior Kickboxing Aerobics		
		4:30 pm - 5:30 pm Zumba Gold #3	5:30 pm - 6:30 pm Strong & Stretch		
		5:00 pm - 5:45 pm Advanced Conversational English	6:00 pm - 6:45 pm Pi-Yo (Pilates/Yoga) <b>**Bring Yoga mat or towel**</b>		
		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			

**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>					
3/4	Dinner at Eight	1933	1:51 mins	4/1	Cat on a Hot Tin Roof	1958	1:48 mins	3/5	Hunter Killer	R	2:01 mins	4/2	The Girl in the Spider's Web	R	1:56 mins
3/11	Primal Fear	1996	2:10 mins	4/8	Executive Action	1973	1:31 mins	3/12	First Man	PG-13	2:11 mins	4/9	Green Book	PG-13	2:10 mins
3/18	Oliver Twist	1993	1:20 mins	4/15	Usual Suspects	1995	1:46 mins	3/19	The Wife	R	1:40 mins	4/16	A Star is Born	R	2:15 mins
3/25	Hairspray	2007	1:57 mins	4/22	Room Service	1938	1:39 mins	3/26	Boy Erased	R	1:55 mins	4/23	Creed II	PG-13	1:57 mins
				4/29	Master and Commander	2003	2:18 mins					4/30	A Dog's Way Home	PG	2:17 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> 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> 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> (Sunrise Fire/Rescue)	3/8,4/12,5/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Eyeglass Repair</b> 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>	3/8,4/12,5/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Property Tax</b> Exemption Assistance	3/8, 4/12, 5/10 3/20, 4/17, 5/15	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. * <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. <u>There is no Property Appr. 12/14</u></b>					
<b>Veteran's Advisor</b> 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>	3/8,4/12,5/10	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
<b>Talk to Your Congressman</b> 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>	3/12,4/9,5/14	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
<b>F.L.O.W. is here!</b> <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>	3/13,4/10,5/8	W	8:30 am - 12:30 pm		Walk-ins welcome
<b>S.H.I.N.E Counselor</b> 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.</b>	1st (Beginning 3/4)	M	10:00 am - 12:00 pm		Walk-ins welcome
<b>Fall Prevention Lecture</b> A Physical Therapist will discuss ways you can prevent falls from occurring in your home and away. Most falls happen in the bathroom and if you do not prepare for the possibility of a fall you may be helpless when it happens. Learn ways you can build strength and safety measures you can take so that you can prevent a fall. A light lunch will be provided to all pre-registered participants.	3/8	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 #
<b>March Ticket Sale Members 3/1: Non-Members 3/8</b>					
<b>Lion Country Safari</b> Florida's only drive-through safari and walk-through park invites you to spend the day on a safari with over 900 animals. With animal displays and encounters, animal feeding experiences, food, shopping and more. Bring your own lunch or have lunch at the park.	4/2	TU	9:00 am - 4:30 pm	\$19/\$21	480848A
<b>Delray Affair</b> Celebrate the 57th year of the Delray Affair, the largest arts & craft festival in the Southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food and funky products from around the world. It takes place along the palm tree lined downtown streets of Delray Beach and stretches 12 city blocks. Food and beverages available for purchase.	4/12	F	9:00 am - 4:00 pm	\$5/\$7	480842A
<b>Fairchild Tropical Gardens</b> Enjoy a guided 1 1/2 hours tour of the Garden's 83-acres and learn the history and mission while you explore Fairchild's plant collections. The tours give an excellent overview of the Garden, after which you can explore on your own. Lunch on own.	4/16	TU	9:00 am - 3:00 pm	\$23/\$25	480848B
<b>Friday Night Soundwaves</b> With the surf and ocean breezes as a beautiful backdrop, Friday Night Sound Waves events offer free entertainment at Fort Lauderdale Beach. Featuring some of South Florida's best musical talents and national touring bands performing an eclectic range blues to Motown, disco to reggae and classic rock to country. If you are a music lover, this will be the perfect trip for you. Dinner on own.	4/26	F	4:30 pm - 10:30 pm	\$5/\$7	480842B
<b>Seminole Classic Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	4/30	TU	9:00 am - 3:00 pm	\$5/\$7	480826A
<b>April Ticket Sale Members 4/5: Non-Members 4/12</b>					
<b>Beach Day &amp; Lunch Lauderdale by the Sea</b> Enjoy a relaxing morning at the beach at Lauderdale by the Sea. 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 at one of the local eateries.	5/7	TU	9:00 am - 3:30 pm	\$5/\$7	480851A
<b>Miami Marlins Vs NY Mets</b> Don't miss your chance to see the Marlins take on the Mets. Be sure to get your tickets early! Seats are in Section 6, Rows 6-10 (seats may be subject to change).	5/17	F	4:15 pm - 11:00 pm	\$37/\$39	480837A
<b>Live Music and Shopping at Delray Marketplace</b> Pick a restaurant for dinner on your own and stroll through the shops at Delray Marketplace. Bring your blanket or lawn chairs and enjoy live performances at the Amphitheatre.	5/22	W	3:30 pm - 9:30 pm	\$5/\$7	480842C
<b>Dania Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	5/28	TU	9:00 am - 3:00 pm	\$5/\$7	480826B
<b>May Ticket Sale Members 5/3: Non-Members 5/10</b>					
<b>Dolphin Mall</b> 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> 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 Come From Away</b> 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> Feeling lucky? Try your 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

# March/April Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>Beginners</b>	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials.					
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	4/18	TH	9:00 am - 3:00 pm	3/6	\$15/\$20	480853A
	5/16	TH	9:00 am - 3:00 pm	4/3	\$15/\$20	480853B
	6/20	TH	9:00 am - 3:00 pm	5/1	\$15/\$20	480853C
<b>Beading</b>	(Senior Center membership required) No beading experience needed. Limit of one class per person					
	4/1 - 4/29	M	10:30 am - 12:00 pm	3/4	Free	480814A
	5/6 - 5/27	M	10:30 am - 12:00 pm	4/1	Free	480814B
	6/3 - 6/24	M	10:30 am - 12:00 pm	5/6	Free	480814C
<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>"A Gentleman in Moscow"</b>	3/22	F	12:00 pm - 1:00 pm	Now	Free	
By: Amor Towles						
<b>"Little Bee"</b>	4/26	F	12:00 pm - 1:00 pm	Now	Free	
By: Chris Cleave						
<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>Beginning Spanish</b>	4/1 - 5/20	M	1:00 pm - 2:30 pm	3/6	\$5/\$10	480821A
<b>ESOL- English as a Second Language</b>	4/4 - 5/23	TH	1:00 pm - 2:30 pm	3/6	\$5/\$10	480817A
<b>Conversational English</b>	3/20 - 5/8	W	9:30 am - 10:30 pm	Now	\$5/\$10	380868B
	3/20 - 5/8	W	7:30 pm - 8:30 pm	Now	\$5/\$10	380887B
<b>Adv Conv English</b>	3/20 - 5/8	W	5:00 pm - 5:45 pm	Now	\$5/\$10	380888B
<b>Conversational Spanish</b>	3/20 - 5/8	W	10:45 am - 11:45 am	Now	\$5/\$10	380875B
	3/20 - 5/8	W	6:30 pm - 7:30 pm	Now	\$5/\$10	380886B
<b>Adv Conv Spanish</b>	3/20 - 5/8	W	5:45 pm - 6:30 pm	Now	\$5/\$10	380889B
<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>	3/6 - 4/10	W	1:30 pm - 3:30 pm	Now	\$20/\$22	380859B
<b>Mixed Media</b>	3/6 - 4/10	W	6:30 pm - 8:30 pm	Now	\$20/\$22	380811B
<b>Painting</b>	3/8 - 4/12	F	1:30 pm - 3:30 pm	Now	\$20/\$22	380813B
<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.					
	Apr	W	11:00 am - 12:00 pm	3/6	\$12/\$14	480864A
	Apr	W	6:00 pm - 7:00 pm	3/6	\$12/\$14	480865A
	May	W	11:00 am - 12:00 pm	4/3	\$15/\$17	480864B
	May	W	6:00 pm - 7:00 pm	4/3	\$15/\$17	480865B
	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
<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>					
	Apr - Jun	M	10:00 am - 12:00 pm	3/4	Free	480869A
<b>Sewing Creations</b>	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	3/4	Free	480877A
<b>Choral Group</b>	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Apr - Jun	F	11:30 am - 1:00 pm	3/4	Free	480878A
<b>Open Crafts (Stitchery)</b>	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Apr - Jun	TH	6:30 pm - 8:00 pm	3/4	Free	480879A

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.					
	Apr	TU/F	9:00 am - 9:30 am	3/6	Free	480858A
	Apr	M/W	9:00 am - 9:30 am	3/6	Free	480858B
	May	TU/F	9:00 am - 9:30 am	4/3	Free	480858C
	May	M/W	9:00 am - 9:30 am	4/3	Free	480858D
	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
<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.					
	Apr	TU	9:30 am - 10:30 am	3/6	Free	480857A
	Apr	TU	4:30 pm - 5:30 pm	3/6	Free	480857B
	May	TU	9:30 am - 10:30 am	4/3	Free	480857C
	May	TU	4:30 pm - 5:30 pm	4/3	Free	480857D
	Jun	TU	9:30 am - 10:30 am	5/1	Free	480857E
	Jun	TU	4:30 pm - 5:30 pm	5/1	Free	480857F
<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.					
	Apr	F	9:30 am - 10:30 am	3/6	Free	480863A
	Apr	F	10:30 am - 11:30 am	3/6	Free	480863B
	Apr	W	4:30 pm - 5:30 pm	3/6	Free	480863C
	May	F	9:30 am - 10:30 am	4/3	Free	480863D
	May	F	10:30 am - 11:30 am	4/3	Free	480863E
	May	W	4:30 pm - 5:30 pm	4/3	Free	480863F
	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
<b>Chair Yoga</b>	Apr	TH	1:00 pm - 2:00 pm	3/6	\$12/\$14	480861A
	May	TH	1:00 pm - 2:00 pm	4/3	\$15/\$17	480861B
	Jun	TH	1:00 pm - 2:00 pm	5/1	\$12/\$14	480861C
<b>Floor Yoga</b>	Apr	TH	2:15 pm - 3:15 pm	3/6	\$12/\$14	480862A
	May	TH	2:15 pm - 3:15 pm	4/3	\$15/\$17	480862B
	Jun	TH	2:15 pm - 3:15 pm	5/1	\$12/\$14	480862C
<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.					
	Apr	TH	4:30 pm - 5:30 pm	3/6	Free	480873A
	May	TH	4:30 pm - 5:30 pm	4/3	Free	480873B
	Jun	TH	4:30 pm - 5:30 pm	5/1	Free	480873C
<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.					
	Apr	TH	6:00 pm - 6:45 pm	3/6	Free	480872A
	May	TH	6:00 pm - 6:45 pm	4/3	Free	480872B
	Jun	TH	6:00 pm - 6:45 pm	5/1	Free	480872C
<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.					
	Apr	TH	11:45 am - 12:45 pm	3/6	\$12/\$14	480870A
	Apr	TH	5:30 pm - 6:30 pm	3/6	\$12/\$14	480870B
	May	TH	11:45 am - 12:45 pm	4/3	\$15/\$17	480870C
	May	TH	5:30 pm - 6:30 pm	4/3	\$15/\$17	480870D
	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
<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>					
	April - June	M/TU/TH	10:00 am - 10:45 am	3/6	Free	480891B