



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

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July/August 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 Independence Day,**  
**Thursday, July 4th**  
**And**  
**Labor Day,**  
**Monday, September 2nd**



# 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>July - Summer Salads</b>	<b>180816A</b>	7/12	F	10:00 am - 12:30 pm	Now	\$6/\$8
<b>Aug--Veggie Lovers</b>	<b>180816B</b>	8/16	F	10:00 am - 12:30 pm	7/5	\$6/\$8
<b>Sept- Brunch Ideas</b>	<b>180816C</b>	9/20	F	10:00 am - 12:30 pm	8/7	\$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
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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.

<b>Senior Theatre Workshop</b>	8/8 - 9/26	TH	11:45 am - 1:00 pm	7/5	Free
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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 # 180890A**

	Date	Day	Time	Register	Fee
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**S.H.I.N.E Counselor** 1st and 3rd M 10:00 am - 12:00 pm Walk-ins welcome  
(Resuming July 1, 2019) 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.

**Craft Class: DIY Dreamcatcher** 7/19 F 10:00 am - 11:30 am Now \$6/\$8  
Dreamcatchers were originally created by American Indians and had the power to protect people from their bad dreams. Till this day many dreamcatchers come in different sizes and have many decorative pieces such as charms and feathers. This craft class you'll be able to make your own unique dreamcatcher. It's a great piece to hang up as decoration and bring nothing but good vibes to your home. **Activity # 180801A**






**Medicine for the Aging Population Lecture** 8/9 F 10:00 am - 11:30 am Call to sign up Free  
Dr. Koch, M.D. is a Board Certified Internal Medicine Physician practicing with Holy Cross Medical Group in Sunrise. He is an Associate Professor of Medicine for the University of Miami. We know as we get older, health issues can become more common and many require management with medication. With the right systems and tools - plus regular doctor visits - seniors can take charge of their medication management and stay healthy and vital for years to come.

**Lunch Bunch: Ravioli Lunch** 8/13 TU 2:00 pm - 12:45 pm 7/5 \$5/\$7  
This flavorful Italian dish will be the perfect mid-day lunch. Our raviolis will be filled with spinach and cheese and topped with traditional red, tomato sauce. Paired with a fresh side salad and a soda. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 180807A**

**Grandparents Day Event** 9/9 M 2:00 pm - 4:00 pm Now Free  
Bring your grandchildren of all ages. No grandchildren? No problem. Come and enjoy an afternoon filled with music, dancing, activities and treats. This is a free event and space is limited! Senior Center membership required. Please call 954-746-3670 or stop by the Senior Center Front Desk to RSVP.

**Diabetes Prevention Lecture** 9/13 F 10:00 am - 11:30 am Call to sign up Free  
Join Dr. Medhat Awad from PMC Medical Center for a lecture about Diabetes Prevention. What is Pre-diabetes, Type 1 Diabetes and Type 2 Diabetes? If you are diagnosed with any of these, you will learn what it means and how to prevent the progression of the disease. A light lunch will be provided to all pre-registered participants.



<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 - 9:45 am Aqua Fitness <b>(Civic Center Pool)</b>  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  1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	9:00 am - 9:30 am Tai Chi  9:00 am - 9:45 am Aqua Fitness <b>(Civic Center Pool)</b>  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	9:00 am - 9:30 am Tai Chi  9:00 am - 12:00 pm Bowling League - Strikers Lanes <i>*(Season Begins Wednesday, September 4th)*</i>  9:30 am - 10:30 am Walk Your Way to Health  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  2:30 pm - 4:00 pm Life Changes (1st and 3rd)  4:30 pm - 5:30 pm Zumba Gold #3	9:00 am - 10:00 am Beginners Line Dancing  9:00 am - 9:45 am Aqua Fitness <b>(Civic Center Pool)</b>  9:30 am - 11:00 am Bereavement Support Group  10:00 am - 11:00 am Line Dancing  11:45 am - 12:45 pm Strong & Stretch  11:45 am - 1:00 pm Theatre Workshop <b>(Stop by Front Desk to sign up)</b>  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) <b>**Bring Yoga mat or towel**</b>	9:00 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  1:00 pm - 2:30 pm Bingo  <div style="text-align: center;"> <b>We will be closed on Independence Day, Thursday, July 4th And Labor Day, Monday, September 2nd</b>    </div> <div style="text-align: center;">  <b>Attention!</b>    <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> </div>	<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>
<b>TUESDAY EVENINGS (**Please Contact Front Desk for Program Locations**)</b> 4:30 pm - 5:30 pm Senior Aerobics 6:00 pm New Release Movies 6:30 pm - 8:30 pm Coloring For Grown Ups 6:00 pm - 9:00 pm Open Game Room 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>		<b>WEDNESDAY EVENINGS</b> 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 <b>*(Women's Bocce begins Wednesday, September 4th)*</b>		<b>THURSDAY EVENINGS</b> 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>					
7/1	Pretty in Pink	1986	1:37 mins	8/5	Shane	1953	1:58 mins	7/2	Captain Marvel	PG-13	2:05 mins	8/6	Godzilla	PG-13	2:12 mins
7/8	The Wizard of Oz	1939	1:42 mins	8/12	A Hard Day's Night	1964	1:27 mins	7/9	Us	R	2:01 mins	8/13	The Hustle	PG-13	1:34 mins
7/15	The Philadelphia Story	1940	1:52 mins	8/19	It's a Wonderful Life	1947	2:10 mins	7/16	Dumbo	PG	1:52 mins	8/20	The Intruder	PG-13	1:42 mins
7/22	The Gold Rush	1925	1:41 mins	8/26	Young Frankenstein	1974	1:46 mins	7/23	The Best of Enemies	PG-13	2:13 mins	8/27	Long Shot	R	2:05 mins
7/29	A Chorus Line	1985	1:53 mins					7/29	A Dog's Journey	PG	1:48 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)	7/12,8/9,9/13	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>	7/12,8/9,9/13	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Property Tax Exemption Assistance</b> 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>	7/12,8/9,9/13 7/17,8/21,9/18	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Free	Walk-ins welcome
<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>	7/12,8/9,9/13	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>	7/9,8/13,9/10	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>	7/10,8/14,9/11	W	8:30 am - 12:30 pm		Walk-ins welcome
<b>Healthy Eating to Control Cholesterol Lecture</b> Learn how different foods can affect your cholesterol levels. Which foods should you limit or avoid altogether. Learn what combinations of foods affect the medication you take. Space will be limited to 40 participants due to the facility. Please register early. A light lunch will be provided to all pre-registered participants.	7/12	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>July Ticket Sale Members 7/5: Non-Members 7/12</b>					
<b>Aventura Mall</b> 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> 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> 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> 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
<b>August Ticket Sale Members 8/2: Non-Members 8/9</b>					
<b>Institute of Contemporary Art &amp; La Centrale</b> Do you enjoy looking at new and exciting art pieces? Then join the Senior Center as we visit the Institute of Contemporary Art in Miami. You will be mesmerized as you take a one hour and fifteen minutes guided tour throughout the exhibits. Enjoy the work of local, emerging, and under-recognized artists, responsible for some of the most innovative art of our time. Afterwards have lunch on your own at one of five eateries at La Centrale, then take a stroll to explore the shops at this new staple in Miami.	9/5	TH	10:00 am - 4:00 pm	\$5/\$7	180841C
<b>Margaritaville Restaurant and Live Music on the Boardwalk</b> Take a bite out of life and most of all relax and have a great time at Jimmy Buffet's Margaritaville Restaurant. This fun and contemporary atmosphere, will feel like an escape to a tropical paradise. Then take a stroll down the boardwalk to the Bandstand and enjoy some live music and entertainment.	9/12	TH	4:15 pm - 10:30 pm	\$36/\$38	180842C
<b>Calder Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	9/17	TU	9:00 am - 3:00 pm	\$5/\$7	180826C
<b>Dolphins V Chargers</b> It's time for some football! Don't miss this opportunity to the new look Miami Dolphins take on the San Diego Chargers. Tickets are limited and will go fast, so make sure to get yours early! Seats are in Section 349, Rows TBD. <i>*(Seats may be subject to change)*</i>	9/29	SU	10:00 am - 5:30 pm	\$55/\$57	180837A
<b>September Ticket Sale Members 9/6: Non-Members 9/13</b>					
<b>The Mall at Wellington Mall Green And Trader Joe's</b> Have fun experiencing the stores and boutiques at one of the premier shopping destinations in West Palm Beach. Enjoy lunch on your own at one of the many dine-in restaurants, or grab a quick bite in the Food Court. Then visit Trader Joe's, where you can find great quality items at great prices.	10/3	TH	8:45 am - 4:00 pm	\$5/\$7	280846A
<b>Coconut Creek Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more.	10/8	TU	9:00 am - 3:00 pm	\$5/\$7	280826A
<b>Comedian Nate Bargatze At Coral Springs Center</b> Get ready for an evening filled with laughter clean comedy with comedian Nate Bargatze. Nate currently has his own solo comedy special on Netflix and made numerous appearances on Late Night with Jimmy Fallon and The Conan O'Brien Show. Dinner will not be included, so be sure to eat at home before coming out. Seats are in Orchestra, Row P <u>(seats may be subject to change)</u> .	10/19	SA	6:30 pm - 11:00 pm	\$40/\$42	280839A
<b>Vizcaya Museum and Gardens</b> Enjoy the beautiful site and history of the Vizcaya Museum and Gardens. The group will embark on a 45 minutes guided tour of the Main House after which you will have the opportunity to explore the breath taking gardens on your own. Lunch will be available to purchase on own at Vizcaya Café and Shop.	10/28	M	8:30 am - 3:00 pm	\$30/\$32	280841A

# July/August Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>Beginners AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	8/15	TH	9:00 am - 3:00 pm	7/3	\$15/\$20	180853B
	9/19	TH	9:00 am - 3:00 pm	8/7	\$15/\$20	180853C
	10/17	TH	9:00 am - 3:00 pm	9/4	\$15/\$20	280853A
<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.					
	8/5 - 8/26	M	10:30 am - 12:00 pm	7/1	Free	180814B
	9/2 - 9/30	M	10:30 am - 12:00 pm	8/5	Free	180814C
	10/7 - 10/28	M	10:30 am - 12:00 pm	9/2	Free	280814A
<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>“The Library Book”</b> By: Susan Orlean	7/26	F	12:00 pm - 1:00 pm	Now	Free	
<b>“The Great Alone”</b> By: Kristin Hannah	8/23	F	12:00 pm - 1:00 pm	Now	Free	
<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>	9/25 - 11/13	W	9:30 am - 10:30 am	8/7	\$5/\$10	180868A
	9/25 - 11/13	W	7:30 pm - 8:30 pm	8/7	\$5/\$10	180887A
<b>Adv Conv English</b>	9/25 - 11/13	W	5:00 pm - 5:45 pm	8/7	\$5/\$10	180888A
<b>Conversational Spanish</b>	9/25 - 11/13	W	10:45 am - 11:45 am	8/7	\$5/\$10	180875A
	9/25 - 11/13	W	6:30 pm - 7:30 pm	8/7	\$5/\$10	180886A
<b>Adv Conv Spanish</b>	9/25 - 11/13	W	5:45 pm - 6:30 pm	8/7	\$5/\$10	180889A
<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>	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
	10/2 - 11/6	W	1:30 pm - 3:30 pm	9/6	\$20/\$22	280813A
• <b>Beginners Painting</b>	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	10/2 - 11/6	W	6:30 pm - 8:30 pm	9/6	\$20/\$22	280811A
• <b>Int/Adv Painting</b>	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	10/4 - 11/8	F	1:30 pm - 3:30 pm	9/6	\$20/\$22	280813A
<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.					
	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
	Sep	W	11:00 am - 12:00 pm	8/7	\$12/\$14	180864C
	Sep	W	6:00 pm - 7:00 pm	8/7	\$12/\$14	180865C
	Oct	W	11:00 am - 12:00 pm	9/4	\$15/\$17	280864A
	Oct	W	6:00 pm - 7:00 pm	9/4	\$15/\$17	280865A
<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>					
	Oct - Dec	M	10:00 am - 12:00 pm	9/4	Free	280869A
<b>Sewing Creations</b>	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/4	Free	280877A
<b>Choral Group</b>	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Oct - Dec	F	11:30 am - 1:00 pm	9/4	Free	280878A
<b>Open Crafts (Stitchery)</b>	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Oct - Dec	TH	6:30 pm - 8:00 pm	9/4	Free	280879A

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.					
	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
	Sep	TU/F	9:00 am - 9:30 am	8/7	Free	180858E
	Sep	M/W	9:00 am - 9:30 am	8/7	Free	180858F
	Oct	TU/F	9:00 am - 9:30 am	9/4	Free	280858A
	Oct	M/W	9:00 am - 9:30 am	9/4	Free	280858B
<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.					
	Aug	TU	9:30 am - 10:30 am	7/3	Free	180857C
	Aug	TU	4:30 pm - 5:30 pm	7/3	Free	180857D
	Sep	TU	9:30 am - 10:30 am	8/7	Free	180857E
	Sep	TU	4:30 pm - 5:30 pm	8/7	Free	180857F
	Oct	TU	9:30 am - 10:30 am	9/4	Free	280857A
	Oct	TU	4:30 pm - 5:30 pm	9/4	Free	280857B
<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.					
	Aug	F	9:30 am - 10:30 am	7/3	Free	180863D
	Aug	F	10:30 am - 11:30 am	7/3	Free	180863E
	Aug	W	4:30 pm - 5:30 pm	7/3	Free	180863F
	Sep	F	9:30 am - 10:30 am	8/7	Free	180863G
	Sep	F	10:30 am - 11:30 am	8/7	Free	180863H
	Sep	W	4:30 pm - 5:30 pm	8/7	Free	1380863I
	Oct	F	9:30 am - 10:30 am	9/4	Free	280863A
	Oct	F	10:30 am - 11:30 am	9/4	Free	280863B
	Oct	W	4:30 pm - 5:30 pm	9/4	Free	280863C
<b>Chair Yoga</b>	Aug	TH	1:00 pm - 2:00 pm	7/3	\$15/\$17	180861B
	Sep	TH	1:00 pm - 2:00 pm	8/7	\$12/\$14	180861C
	Oct	TH	1:00 pm - 2:00 pm	9/4	\$15/\$17	280861A
<b>Floor Yoga</b>	Aug	TH	2:15 pm - 3:15 pm	7/3	\$15/\$17	180862B
	Sep	TH	2:15 pm - 3:15 pm	8/7	\$12/\$14	180862C
	Oct	TH	2:15 pm - 3:15 pm	9/4	\$15/\$17	280862A
<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.					
	Aug	TH	4:30 pm - 5:30 pm	7/3	Free	180873B
	Sep	TH	4:30 pm - 5:30 pm	8/7	Free	180873C
	Oct	TH	4:30 pm - 5:30 pm	9/4	Free	280873A
<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.					
	Aug	TH	6:00 pm - 6:45 pm	7/3	Free	180872B
	Sep	TH	6:45 pm - 7:45 pm	8/7	Free	180872C
	Oct	TH	6:45 pm - 7:45 pm	9/4	Free	280872A
<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.					
	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
	Sep	TH	11:45 am - 12:45 pm	8/7	\$12/\$14	180870E
	Sep	TH	5:30 pm - 6:30 pm	8/7	\$12/\$14	180870F
	Oct	TH	11:45 am - 12:45 pm	9/4	\$15/\$17	280870A
	Oct	TH	5:30 pm - 6:30 pm	9/4	\$15/\$17	280870B
<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>					
	Oct - Dec	M/TU/TH	10:00 am -10:45 am	9/4	Free	280891A