



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

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January/February 2020

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:



**New Year's Day**  
**Wednesday, January 1**  
**and**  
**Martin Luther King Jr Day**  
**Monday, January 20**



## IT STARTS IN PARKS

Coaching. Connecting. Community.



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

<b>Senior Cooking Club</b>					
<b>Feb - Sheet Pan Dinner</b>	<b>380816C</b>	2/21	F	10:00 am - 12:30 pm	1/8 \$6/\$8
<b>Mar - Asian Flavors</b>	<b>380816D</b>	3/6	F	10:00 am - 12:30 pm	2/5 \$6/\$8
<b>Apr- Spring Soup &amp; Salads</b>	<b>480816A</b>	4/17	F	10:00 am - 12:30 pm	3/4 \$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.

<b>Learning Center for 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.

(Due to Early Voting, there will be no meeting on March 5, 2020 and March 12, 2020)

<b>Senior Theatre Workshop</b>	3/5 - 4/23	TH	11:45 am - 1:00 pm	2/7	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 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 # 380890B**

Date	Day	Time	Register	Fee
<b>Craft Class:</b>				
<b>Sea Glass Candle Holder</b>	1/17	F	10:00 am - 11:30 am	Now \$6/\$8

Looking to add a cool, attractive and calming piece to your home? Our easy DIY Sea Glass Candle Holder is just the thing needed to add that extra 'pop'. You'll be cutting, pasting and decorating your own candle holder with different and unique colors of sea glass. Don't worry, it's safer and easier than you think. Space and supplies are limited. **All materials will be provided. Activity # 380801A**

<b>Chinese New Year Dinner Dance</b>	1/23	TH	6:00 pm - 9:00 pm	Now \$22/\$24
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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**

<b>4th Annual "A Walk in the Park"</b>	1/29	W	8:30 am - 12:00 pm	Call to sign up Free
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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.

<b>Lunch Bunch: Spaghetti &amp; Meat Sauce</b>	2/4	TU	12:00 pm - 12:45 pm	1/3 \$5/\$7
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We will be serving up a traditional Italian dish! Our delicious spaghetti and meat sauce is homemade and fresh. Your dish will also come with side salad and hot garlic bread. This lunch bunch will leave you full and satisfied. This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! **Activity # 380807A**

<b>"Let's Flamingle" Social</b>	2/12	W	1:00 pm - 3:00 pm	1/3 \$8/\$10
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Grab your flock and let's ruffle some feathers with a great time. Our fun, pink themed flamingo party is a twist that helps people come together - mingle, eat and dance to great music. That is why we call it a flAMINGLE. Remember gentlemen, real mean wear "pink" and ladies come in fabulous pink wear. This will be a great way to kick off the Valentine's Day season with a flamboyance of fun. **Activity # 380822A**

<b>Heart Health Lecture</b>	2/14	F	10:00 am - 11:30 am	Now Free
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February is Heart Health Month! Join your friends on Valentine's Day to learn how to manage heart healthy choices. Heart disease is the leading cause of death for men and women in the US. The good news? It can often be prevented when people make healthy choices and manage their health conditions.

<b>Luck of the Irish Dinner Dance</b>	3/11	W	6:00 pm - 9:00 pm	2/7 \$22/\$24
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Let us eat, dance and be Irish! Whether you are Irish or not, this holiday event is sure to bring a good time. Put on your best green outfit and spend the night indulging in all St. Patrick's Day traditions. We will have an Irish inspired menu and bring out entertainment that will make you feel lucky even without the four-leafed clover. You won't want to miss it! **Activity # 380832B**

<b>Spring Fling Social</b>	4/22	W	1:00 pm - 3:00 pm	3/6 \$8/\$10
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Spring is the season when the weather gets warmer and the days get longer. It is a time when all the colorful flowers bloom and the rejuvenation of a 'fresh start' begins. This social will be the perfect event to kick the season off right. Enjoy a fresh spring inspired menu, whimsical entertainment and a whole lot of fun. Join us for a delightful day out full of spring time joy! **Activity # 480822A**

<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  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	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	9:00 am - 9:30 am Tai Chi  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  <p style="text-align: center;"><b>We will be closed the following days:</b></p> <p style="text-align: center;"><b>New Year's Day, Wednesday, January 1</b></p> <p style="text-align: center;"><b>&amp;</b></p> <p style="text-align: center;"><b>Martin Luther King Jr Day Monday, January 20</b></p> <p style="text-align: center;"><b>Attention!</b></p> <p style="text-align: center;"> <b>The Senior Center is undergoing construction and renovation. Please check with the Front Desk for updates on class relocations or cancellations.</b></p> <p style="text-align: center;"> <b>Sorry for any inconveniences!</b></p>	<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 (no movie 12.24 & 12/31**1st Tuesday** 6:30 pm - 8:30 pm Coloring For Grown Ups <b>**3rd Tuesday**</b> Sunrise Orchid Society 6:00 pm - 9:00 pm Open Game Room <b>**4th Tuesday**</b> 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>		<b>WEDNESDAY EVENINGS</b> 3:00 pm - 5:00 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>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	

<b>Monday Classic Movies - 11:00 am</b>					<b>At The Movies</b>					<b>Tuesday New Release Movies - 11:30 am</b>					
1/6	The Third Man	1949	2:44 mins	2/3	Psycho	1960	1:49 mins	1/7	Downton Abbey	PG	2:02 mins	2/4	Judy	PG -13	1:58 mins
1/14	Laura	1944	1:27 mins	2/10	Cabaret	1972	2:04 mins	1/14	Ad Astra	PG - 13	2:03 mins	2/11	Adopt A Highway	NR	1:21 mins
1/20	<b>**NO MOVIE - Office Closed for MLK DAY**</b>					1988	1:56 mins	1/21	The Peanut Butter Falcon	PG - 13	1:37 mins	2/18	Joker	R	2:02 mins
1/28	West Side Story	1961	2:32 mins	2/24	The Godfather	1972	2:55 mins	1/28	The Farewell	PG	1:38 mins	2/25	Gemini Man	PG -13	1:57 mins

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

# 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)	1/10, 2/14, 3/13	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>	1/10, 2/14, 3/13	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. <u>*No Assistance in the month of December</u></b>	1/10, 2/14, 3/13 1/15, 2/19, 3/18	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>	1/10, 2/14, 3/13	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
<b>S.H.I.N.E.</b> A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provide 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. <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 & 3rd	M	10:00 am - 12:00 pm	Free	No Appointment Necessary
<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>	1/14, 2/11, 3/10	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>	1/15, 2/12, 3/11	W	8:30 am - 12:30 pm		Walk-ins welcome
<b>Screening, Interventions &amp; Vein Health</b> Dr. Priyanka Grover, MD has an extensive knowledge in Women's Imaging & Interventions and is the Medical Director and Founder of WIIN Health. Learn about advance treatments in the area of imaging technology, such as 3D Mammography, Contrast Enhanced Digital Mammography (CEDM), Genetic testing, and cryoablation. A light lunch is provided to all pre-registered participants.	1/10	F	10:00 am- 11:30 am	Free	Now

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
<b>January Ticket Sale Members 1/3: Non-Members 1/10</b>					
<b>Concert at Delray Beach Marketplace</b> 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
<b>Panthers vs Flyers</b> 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
<b>Hard Rock Casino</b> 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
<b>Monkey Jungle</b> 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
<b>February Ticket Sale Members 2/7: Non-Members 2/14</b>					
<b>Pavilion Grille</b> Enjoy one of South Florida's favorite restaurants and destination venues for dining and dancing, the Pavilion Grille. Select from a choice of 4 delicious included entrees and dance the night away to a live band and entertainer in the Atrium.	3/3	TU	5:00 pm - 10:30 pm	\$41/\$43	380838B
<b>Kampong National Botanical Gardens &amp; Barnacle State Park</b> Join us as we travel to Coconut Grove to be one with nature. Enjoy a one hour guided walking tour of the Kampong National Botanical Gardens, followed by a picnic-style lunch (Bring Your Own). <i>Water bottle filling stations are available. Please bring your own reusable water bottle.</i> Next board the bus to Barnacle State park for a tour of the historic Barnacle house.	3/12	TH	8:15 am - 5:00 pm	\$28/\$30	380848B
<b>Gulfstream Casino</b> Get ready for a great day at the casino. Try you luck at the tables, slots, and more. Lunch on own.	3/17	TU	9:00 am - 3:00 pm	\$5/\$7	380826C
<b>Miami Seaquarium</b> Enjoy a fun filled day of world-class sea life exhibits with manatees, sea turtles, penguins, rays, and more! Make a feathered friend at the Penguin Isle Exhibit or encounter exotic marine life. Bring a bag lunch or purchase lunch on own at one of five eateries on site.	3/24	TU	9:00 am - 4:00 pm	\$39/\$41	380848C
<b>March Ticket Sale Members 3/6: Non-Members 3/13</b>					
<b>Loggerhead Marine Center</b> Back by popular demand; join us as we visit Loggerhead Marine Center. Enjoy being escorted through campus by one of the talented guides, going behind the gates of the outdoor sea turtle hospital to get up close and personal with the sea turtle patients. Afterwards, it's off to Downtown at the Gardens for lunch on your own.	4/9	TH	8:45 am - 3:00 pm	\$17/\$19	480848A
<b>Dania Beach Casino</b> Get ready for a great day at the casino. Try you luck at the tables, slots, and more. Lunch on own.	4/14	TU	9:00 am - 3:00 pm	\$5/\$7	480826A
<b>Boca Town Center Mall</b> Visit one of south Florida's top luxury shopping destinations, Town Center at Boca Raton. The mall features an outstanding mix of upscale and elite specialty shops along with your favorite Mall stores in an indoor environment. Lunch on your own at the food court.	4/23	TH	10:00 am - 3:30 pm	\$5/\$7	480846A
<b>Lowe Art Museum Tour &amp; Dadeland Mall</b> Join us on a trip to the Lowe Art Museum at the University of Miami and take a guided tour of over 5000 years of world art and multicultural exhibitions. Then visit Dadeland Mall, Miami's original and most iconic shopping center and home of Florida's largest Macy's. Explore the many stores and enjoy lunch on your own at the food court.	4/28	TH	8:45 am - 4:15 pm	\$12/\$15	480841A

# January/February Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>Beginners</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
<b>AARP Safe Drivers Course</b>	2/20	TH	9:00 am - 3:00 pm	1/8	\$15/\$20	380853B
	3/19	TH	9:00 am - 3:00 pm	2/5	\$15/\$20	380853C
	4/16	TH	9:00 am - 3:00 pm	3/4	\$15/\$20	480853A
<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.					
	2/3 - 2/24	M	10:30 am - 12:00 pm	1/6	Free	380814B
	3/2 - 3/30	M	10:30 am - 12:00 pm	2/3	Free	380814C
	4/4 - 4/27	M	10:30 am - 12:00 pm	3/2	Free	480814A
<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>“Night of Miracles”</b> By: Elizabeth Berg	1/24	F	12:00 pm - 1:00 pm	Now	Free	
<b>“The Book Shop of Yesterdays”</b> By: Amy Meyerson	2/28	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>Beginning Spanish</b>	1/6 - 3/2	M	1:00 pm - 2:30 pm	Now	\$5/\$10	380821A
	<b>**No Class 1/20**</b>					
<b>ESOL– English as a Second Language</b>	1/2 - 2/20	TH	1:00 pm - 2:30 pm	Now	\$5/\$10	380817A
<b>Conversational English</b>	3/4 - 4/15	W	9:30 am - 10:30 am	Now	\$5/\$10	380868B
	3/4 - 4/15	W	7:30 pm - 8:30 pm	Now	\$5/\$10	380887B
<b>Adv Conv English</b>	3/4 - 4/15	W	5:00 pm - 5:45 pm	Now	\$5/\$10	380888B
<b>Conversational Spanish</b>	3/4 - 4/15	W	10:45 am - 11:45 am	Now	\$5/\$10	380875B
	3/4 - 4/15	W	6:30 pm - 7:30 pm	Now	\$5/\$10	380886B
<b>Adv Conv Spanish</b>	3/4 - 4/15	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>	3/4 - 4/8	W	1:30 pm - 3:30 pm	Now	\$20/\$22	380859B
• <b>Beginners Painting</b>	3/4 - 4/8	W	6:30 pm - 8:30 pm	Now	\$20/\$22	380811B
• <b>Int/Adv Painting</b>	3/6 - 4/10	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.					
	Feb	W	11:00 am - 12:00 pm	1/8	\$12/\$14	380864B
	Feb	W	6:00 pm - 7:00 pm	1/8	\$12/\$14	380865B
	Mar	W	11:00 am - 12:00 pm	2/5	\$12/\$14	380864C
	Mar	W	6:00 pm - 7:00 pm	2/5	\$12/\$14	380865C
	Apr	W	11:00 am - 12:00 pm	3/4	\$15/\$17	480864A
	Apr	W	6:00 pm - 7:00 pm	3/4	\$15/\$17	480865A
<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.					
	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
	Mar	TU/F	9:00 am - 9:30 am	2/5	Free	380858E
	Mar	M/W	9:00 am - 9:30 am	2/5	Free	380858F
	Apr	TU/F	9:00 am - 9:30 am	3/4	Free	480858A
	Apr	M/W	9:00 am - 9:30 am	3/4	Free	480858B
<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.					
	Feb	TU	9:30 am - 10:30 am	1/8	Free	380857C
	Feb	TU	4:30 pm - 5:30 pm	1/8	Free	380857D
	Mar	TU	9:30 am - 10:30 am	2/5	Free	380857E
	Mar	TU	4:30 pm - 5:30 pm	2/5	Free	380857F
	Apr	TU	9:30 am - 10:30 am	3/4	Free	480857A
	Apr	TU	4:30 pm - 5:30 pm	3/4	Free	480857B
<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.					
	Feb	F	10:30 am - 11:30 am	1/8	Free	380863C
	Feb	W	4:30 pm - 5:30 pm	1/8	Free	380863D
	Mar	F	9:30 am - 10:30 am	2/5	Free	380863E
	Mar	W	4:30 pm - 5:30 pm	2/5	Free	380863F
	Apr	F	9:30 am - 10:30 am	3/4	Free	480863A
	Apr	W	4:30 pm - 5:30 pm	3/4	Free	480863B
<b>Chair Yoga</b>	Feb	TH	1:00 pm - 2:00 pm	1/8	\$12/\$14	380861B
	Mar	TH	1:00 pm - 2:00 pm	2/5	\$12/\$14	380861C
	Apr	TH	1:00 pm - 2:00 pm	3/4	\$15/\$17	480861A
<b>Floor Yoga</b>	Feb	TH	2:15 pm - 3:15 pm	1/8	\$12/\$14	380862B
	Mar	TH	2:15 pm - 3:15 pm	2/5	\$12/\$14	380862C
	Apr	TH	2:15 pm - 3:15 pm	3/4	\$15/\$17	480862A
<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.					
	Feb	TH	4:30 pm - 5:30 pm	1/8	Free	380873B
	Mar	TH	4:30 pm - 5:30 pm	2/5	Free	380873C
	Apr	TH	4:30 pm - 5:30 pm	3/4	Free	480873A
<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.					
	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
	Mar	TH	11:45 am - 12:45 pm	2/5	\$12/\$14	380870E
	Mar	TH	5:30 pm - 6:30 pm	2/5	\$12/\$14	380870F
	Apr	TH	11:45 am - 12:45 pm	3/4	\$15/\$17	480870A
	Apr	TH	5:30 pm - 6:30 pm	3/4	\$15/\$17	480870B
<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>					
	Apr - Jun	M/TU/TH	9:00 am - 9:45 am	3/4	Free	480891A