



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

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March/April 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



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
Senior Cooking Club					
Apr- Spring Soup & Salads	480816A	4/17	F	10:00 am - 12:30 pm	3/4 \$6/\$8
May- Let's Get Saucy	480816B	5/29	F	10:00 am - 12:30 pm	4/1 \$6/\$8
Jun- Flavors of Summer	480816C	6/19	F	10:00 am - 12:30 pm	5/6 \$6/\$8

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

Learning Center for Vision Impaired Seniors

Ongoing	TH	10:00 am - 2:00 pm	Walk-in	Free
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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)

CARFIT Event	4/24	F	9:30 am - 1:00 pm	Call to sign up	Free
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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

	Date	Day	Time	Register	Fee
Luck of the Irish Dinner Dance	3/11	W	6:00 pm - 9:00 pm	Now	\$22/\$24
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					
"Eat This, Not That" Lecture	3/13	F	10:00 am - 11:30 am	Now	Free
Chef Jorge will be here from RoHo Kitchen to demonstrate a delicious meal that is healthy and good for you, which is easy to make! In addition, learn that you can eat out while still eating healthy and how to make smart choices at your favorite types of restaurants - Italian, Mexican, Chinese, fast food, and more. Discover how easy it is to swap foods with healthier alternatives. All participants will be able to sample Chef Jorge's creation! Space is limited!					
Craft Class: Button Flowers	3/27	F	10:00 am - 11:30 am	Now	\$6/\$8
Fresh Flowers are a beautiful piece to add to any home. Only downside: they wilt after a few days. The solution: Button Flowers that stay fresh all year long. This unique craft is a great way to add color and beauty to any home. With buttons of all shapes, sizes, and color, customize your creation just for you. Space and supplies are limited. All materials will be provided. Activity # 380801B					
Lunch Bunch: Taco Salad	4/1	W	12:00 pm - 12:45 pm	3/6	\$5/\$7
Love Tacos but hate all the carbs? Skip the taco shells and let's lunch on a taco salad! This meal will come with all the taco-filling fixings such as tomatoes, sour cream, cheese, salsa, ground beef and of course lettuce. It's like a taco bowl and a healthy twist to a lunch favorite. This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! Activity # 480807A					
Spring Fling Social	4/22	W	1:00 pm - 3:00 pm	3/6	\$8/\$10
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 that is full of spring time joy! Activity # 480822A					
"Cinco de Mayo" Social	5/5	TU	1:00 pm - 3:00 pm	4/3	\$8/\$10
Come celebrate a festive, fun and vibrant holiday with us. This event will be full of rich, authentic Mexican culture and have all the Cinco de Mayo traditions such as tacos and mariachis. This will be a great way to learn about other cultures, dance to all types of music and eat delicious Mexican food. This is one fiesta you will not want to miss! Activity # 480822B					
End of the Season Bash	5/22	F	10:00 am - 12:30 pm	4/3	Free

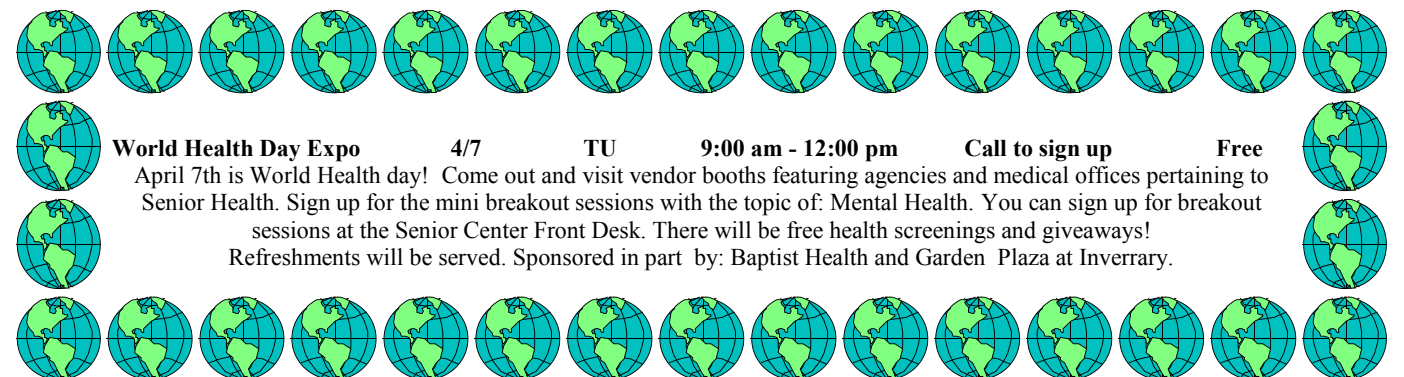
Sunrise Loves Our Seniors (SLOS) - Ticket Distribution

Tuesday, March 31, 2020

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 6th, Wednesday, May 20th and Wednesday, May 27th. 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)**



World Health Day Expo 4/7 TU 9:00 am - 12:00 pm Call to sign up Free

April 7th is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. Sign up for the mini breakout sessions with the topic of: Mental Health. You can sign up for breakout sessions at the Senior Center Front Desk. There will be free health screenings and giveaways! Refreshments will be served. Sponsored in part by: Baptist Health and Garden Plaza at Inverrary.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	 Trip & Ticket Policies 
9:00 am - 9:30 am Tai Chi 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 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 (Civic Center Pool) 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 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 6:30 pm - 7:30 pm PiYo	9:00 am - 10:00 am Beginners Line Dancing 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 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 (Stop by Front Desk to sign up) 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	8:45 am - 9:30 am Tai Chi 10:00 am - 11:00 am Senior Circuit  10:00 am - 12:00 pm Chess Club 11:30 am - 1:00 pm Choral Group 1:00 pm - 2:30 pm Bingo 1:00 pm - 3:00 pm Sewing Group	<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.</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>
TUESDAY EVENINGS (**Please Contact Front Desk for Program Locations**) 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** (**Please Contact Front Desk 954-746-3670 for Program Location**)		WEDNESDAY EVENINGS 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 6:00 pm - 9:00 pm Open Game Room		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	



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							
3/2	Breakfast at Tiffany's	1961	1:54 mins	4/6	Gigi	1958	1:55 mins	3/3	Joker	R	2:02 mins	4/7	Ford V Ferrari	PG -13	2:32 mins
3/9	Rebel Without a Cause	1955	1:51 mins	4/13	The Silence of The Lamb	1991	1:58 mins	3/10	Harriet	PG - 13	2:05 mins	4/14	Beautiful Day in Neighborhood	PG	1:49 mins
3/16	Dirty Dancing	1987	1:45 mins	4/20	A Star is Born	1954	2:34 mins	3/17	Maleficent: Mistress of Evil	PG	1:59 mins	4/21	21 Bridges	R	2:02 mins
3/23	Million Dollar Baby	2004	2:12 mins	4/27	Big	1988	1:44 mins	3/24	Motherless Brooklyn	R	2:25 mins	4/28	Knives Out	PG -13	2:11 mins
3/30	Kramer vs. Kramer	1979	1:45 mins					3/31	Waves	R	2:15 mins				

• New Release Movie Titles are subject to change

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, until the crisis is past or an alternate agency can fulfill the need. Appointments must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.	Ongoing	Call for Appt.		Free	
Bereavement Support Group This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
Blood Pressure Check (Sunrise Fire/Rescue)	3/13, 4/10, 5/8	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair Optical City will be in the hallway at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	3/13, 4/10, 5/8	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center. *No Assistance in the month of December	3/13, 4/10, 5/8 3/18, 4/15, 5/20	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Free	Walk-ins welcome
Veteran's Advisor Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral, linkage, 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.	3/13, 4/10, 5/8	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
S.H.I.N.E. 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. * 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.	1st & 3rd	M	10:00 am - 12:00 pm	Free	No Appointment Necessary
Talk to Your Congressman A representative from Congressman Alcee Hastings' office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare, Social Security and U.S. Postal Service. For more information call 954-733-2800. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	3/10, 4/14, 5/12	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
F.L.O.W. is here! <u>Florida Licensing on Wheels</u> the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. Residents can renew their drivers license, vehicle registration and get a Florida I.D. Please visit the website to know what documents you will need to bring with you to avoid a second trip! www.GatherGoGet.com. For more information call 954-746-3670. This service is available to all Broward Co. residents. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	3/11, 4/8, 5/13	W	8:30 am - 12:30 pm		Walk-ins welcome
Blood Pressure Management Lecture D. Pathak from Care Health Center will be here to educate you regarding your body's blood pressure. What is blood pressure, what causes it, and how do we recognize the effects of high blood pressure? Learn the treatment such as diet, lifestyle and medications. A light lunch will be provided to all pre-registered participants.	4/10	F	10:00 am - 11:30 am	Free	Now
Managing Cholesterol	5/8	F	10:00 am - 11:30 am	Free	Now

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
March Ticket Sale Members 3/6: Non-Members 3/13					
Loggerhead Marine Center Back by popular demand; join us as we visit Loggerhead Marine Center. Start the day off with lunch on your own at Downtown at the Gardens. Afterwards its off to Loggerhead to enjoy a guided tour of the 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.	4/9	TH	9:15 am - 3:30 pm	\$17/\$19	480848A
Dania Beach Casino 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
Boca Town Center Mall 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
Lowe Art Museum Tour & Dadeland Mall 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	TU	8:45 am - 4:15 pm	\$12/\$15	480841A
April Ticket Sale Members 4/3: Non-Members 4/10					
Miccosukee Casino Get ready for a great day at the casino. Try your luck at the tables, slots and enjoy a lunch on your own.	5/7	TH	9:00 am - 3:00 pm	\$5/\$7	480826B
Jewish Museum & Holocaust Memorial The 1936 structure designed by Art Deco artist Henry Hohauser houses the museum, exhibitions and collections. The museum's mission is to collect and preserve the Jewish experience in Florida since 1763. The Holocaust Memorial began in 1984 by a group of survivors who joined together to develop a permanent memorial in Miami to the 6 million Jews who perished during World War II. This outdoor exhibit includes sculptures, a memorial wall and educational information. Visit one of the local restaurants for lunch on your own.	5/14	TH	8:45 am - 4:30 pm	\$12/\$14	480842A
Beach Day & Lunch 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 the eatery of your choice .	5/21	TH	9:00 am - 3:00 pm	\$5/\$7	480851A
Tower Shops in Davie Visit Tower Shops, the premier shopping center for Davie. You will be sure to enjoy this outdoor shopping mall with big-box stores (Trader Joe's, Ross, Home Depot and more), restaurants, services & fast-food outlets. Lunch on your own.	5/29	F	9:30 am - 2:45 pm	\$5/\$7	480846B
May Ticket Sale Members 5/1: Non-Members 5/8					
Field of Flowers Floral Arrangement Workshop If you like floral arrangements and having a good time, this will be the perfect outing for you. Enjoy this two-hour event at the Flower Bar, with flowers and materials provided. Guests will learn floral basics and take home a beautiful arrangement they created themselves. Feel free to bring food/beverages of your choice!	6/4	TH	9:00 am - 3:30 pm	\$30/\$32	480851B
Fishing Trip 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!	6/11	TH	8:15 am - 3:30 pm	\$30/\$32	480844A
Isle Casino Enjoy a great day at the casino. Play the tables, slots and more.	6/16	TU	9:00 am - 3:00 pm	\$5/\$7	480826C
Aventura Mall Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury-shopping destination and shopping mall for Miami and Fort Lauderdale. Enjoy lunch on your own at one of the 12 restaurants on site.	6/25	TH	9:00 am - 3:00 pm	\$5/\$7	480846C

March/April Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
Beginners AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	4/16	TH	9:00 am - 3:00 pm	3/4	\$15/\$20	480853A
	5/21	TH	9:00 am - 3:00 pm	4/1	\$15/\$20	480853B
	6/18	TH	9:00 am - 3:00 pm	5/6	\$15/\$20	480853C
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.					
	4/4 - 4/27	M	10:30 am - 12:00 pm	3/2	Free	480814A
	5/4 - 5/18	M	10:30 am - 12:00 pm	4/6	Free	480814B
	6/1 - 6/29	M	10:30 am - 12:00 pm	5/4	Free	480814C
	No Class 5/25					
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.					
“The Woman in the Window” By: A. J. Finn	3/27	F	12:00 pm - 1:00 pm	Now	Free	
“Manhattan Beach” By: Jennifer Egan	4/24	F	12:00 pm - 1:00 pm	Now	Free	
Chess Club	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free	
	If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.					
Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
	Learn the traditional dances of Scotland. No experience or partner required.					
Wood Carving	Weekly	TU	6:00 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					
Beginning Spanish	4/6 - 6/1	M	1:00 pm - 2:30 pm	Now	\$5/\$10	480821A
	No Class 5/25					
ESOL– English as a Second Language	4/2 - 5/21	TH	1:00 pm - 2:30 pm	Now	\$5/\$10	480817A
Conversational English	5/6 - 6/17	W	9:30 am - 10:30 am	Now	\$5/\$10	480868A
	5/6 - 6/17	W	7:30 pm - 8:30 pm	Now	\$5/\$10	480887A
Adv Conv English	5/6 - 6/17	W	5:00 pm - 5:45 pm	Now	\$5/\$10	480888A
Conversational Spanish	5/6 - 6/17	W	10:45 am - 11:45 am	Now	\$5/\$10	480875A
	5/6 - 6/17	W	6:30 pm - 7:30 pm	Now	\$5/\$10	480886A
Adv Conv Spanish	5/6 - 6/17	W	5:45 pm - 6:30 pm	Now	\$5/\$10	480889A
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					
	5/6 - 6/10	W	1:30 pm - 3:30 pm	Now	\$20/\$22	480859A
• Beginners Painting	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	5/6 - 6/10	W	6:30 pm - 8:30 pm	Now	\$20/\$22	480811A
• Int/Adv Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	5/8 - 6/12	F	1:30 pm - 3:30 pm	Now	\$20/\$22	480813A
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.					
	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
	May	W	11:00 am - 12:00 pm	4/1	\$12/\$14	480864B
	May	W	6:00 pm - 7:00 pm	4/1	\$12/\$14	480865B
	Jun	W	11:00 am - 12:00 pm	4/1	\$12/\$14	480864C
	Jun	W	6:00 pm - 7:00 pm	4/1	\$12/\$14	480865C
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) **No Class 5/25**					
	Apr - Jun	M	10:00 am - 12:00 pm	3/4	Free	480869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	3/4	Free	480877A
Choral Group	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
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					

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. Wednesday and Friday classes are taught by a live instructor sponsored by Baptist Health. Wednesday and Friday classes begin at 8:45am.					
	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
	May	TU/F	9:00 am - 9:30 am	4/1	Free	480858C
	May	M/W	9:00 am - 9:30 am	4/1	Free	480858D
	Jun	TU/F	9:00 am - 9:30 am	5/6	Free	480858E
	Jun	M/W	9:00 am - 9:30 am	5/6	Free	480858F
	No Class 5/25					
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. An additional waiver is required.					
	Apr	TU	9:30 am - 10:30 am	3/4	Free	480857A
	Apr	TU	4:30 pm - 5:30 pm	3/4	Free	480857B
	May	TU	9:30 am - 10:30 am	4/1	Free	480857C
	May	TU	4:30 pm - 5:30 pm	4/1	Free	480857D
	Jun	TU	9:30 am - 10:30 am	5/6	Free	480857E
	Jun	TU	4:30 pm - 5:30 pm	5/6	Free	480857F
Zumba Gold	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the Wednesday class and is sponsored by Baptist Health. An additional waiver is required to participate.					
	Apr	TH	9:30 am - 10:30 am	3/4	Free	480863A
	Apr	W	4:30 pm - 5:30 pm	3/4	Free	480863B
	May	TH	9:30 am - 10:30 am	4/1	Free	480863C
	May	W	4:30 pm - 5:30 pm	4/1	Free	480863D
	Jun	TH	9:30 am - 10:30 am	5/6	Free	480863E
	Jun	W	4:30 pm - 5:30 pm	5/6	Free	480863F
Chair Yoga	Apr	TH	1:00 pm - 2:00 pm	3/4	\$15/\$17	480861A
	May	TH	1:00 pm - 2:00 pm	4/1	\$12/\$14	480861B
	Jun	TH	1:00 pm - 2:00 pm	5/6	\$12/\$14	480861C
Floor Yoga	Apr	TH	2:15 pm - 3:15 pm	3/4	\$15/\$17	480862A
	May	TH	2:15 pm - 3:15 pm	4/1	\$12/\$14	480862B
	Jun	TH	2:15 pm - 3:15 pm	5/6	\$12/\$14	480862C
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. An additional waiver is required to participate in this program.					
	Apr	TH	4:30 pm - 5:30 pm	3/4	Free	480873A
	May	TH	4:30 pm - 5:30 pm	4/1	Free	480873B
	Jun	TH	4:30 pm - 5:30 pm	5/6	Free	480873C
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.					
	Apr	TH	11:45 am - 12:45 pm	3/4	\$15/\$17	480870A
	May	TH	11:45 am - 12:45 pm	4/1	\$12/\$14	480870B
	Jun	TH	11:45 am - 12:45 pm	5/6	\$12/\$14	480870C
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. An additional waiver is required.					
	Apr	W	6:30 pm - 7:30 pm	3/4	Free	480872A
	May	W	6:30 pm - 7:30 pm	4/1	Free	480872B
	Jun	W	6:30 pm - 7:30 pm	5/6	Free	480872C
Senior Circuit	This program focuses on using strength and flexibility together, to improve balance, muscle toning, strength and stamina. Senior Center membership is required. A certified instructor will be teaching class and is sponsored by Baptist Health. An additional waiver is required to participate.					
	Apr	F	10:00 am - 11:00 am	3/4	Free	480892A
	May	F	10:00 am - 11:00 am	4/1	Free	480892B
	Jun	F	10:00 am - 11:00 am	5/6	Free	480892C
Aqua Fitness	This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility.					
	Senior Center membership is required.					
	Apr - Jun	M/TU/TH	9:00 am - 9:45 am	3/4	Free	480891A
	No Class 5/25					

