



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

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July/August 2021

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

**WELCOME
BACK**

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

We are thrilled to welcome everyone back to the newly renovated Sunrise Senior Center. The facility has had a full overhaul and expansion, including a redesigned front desk, which is now ADA compliant. The front lobby and common areas were renovated to include flooring, new decor and a fresh coat of paint. The patio has been redesigned and now boasts a covered area with skylights and a ceiling fan. New cabinetry, sinks and a room divider were added to the Arts & Crafts Room. A new 1,500 square foot exercise room with low impact hardwood floors, wall to wall mirrors, and a state-of-the-art audio & video system has been created for designated space for fitness programs. The Multipurpose Room has been updated with new floors, lighting, audio and a new teaching kitchen. A new computer lab has been added as well as a new game room for Billiards and darts. Below are a few pictures of the center along with some upcoming activities. Come on in to see and experience everything for yourself. See you soon!!!

Please note to receive Sunrise residency rate, a current Sunrise utility bill (no more than two months old) is required



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

Join us the 1st Tuesday night of each month. This Club is geared towards socialization, building friendships, participating in activities and other special events. Everyone is invited. Senior Center membership is required. Queremos invitar a la comunidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center and be a part of our community. Contact the Senior Center Front Desk (954)746-3670 for monthly meeting information. ***Resumes in September***

Senior Cooking Club

Jul – Tostadas Two Ways	180816A	7/23	F	10:00 am - 12:30 pm	7/16	\$6/\$8
Aug– Summer Salads	180816B	8/20	F	10:00 am - 12:30 pm	7/16	\$6/\$8
Sep– Small Bites	180816C	9/24	F	10:00 am - 12:30 pm	8/6	\$6/\$8

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

Bowling League Open House

8/25 W 3:00 pm Walk-in
Come sign up for the 2021-2022 1 g season at Strikers. Please call Wayne Skervin or Danielle Forem at 954-746-3670 for more information. **Activity # 180854A**

Women’s Bocce Open House

9/29 W 3:00 pm Walk-in
Come to the Senior Center to sign for the 2021-2022 Bocce season. Please call Mary Robertson at 954-749-4733 for more information. **Activity # 180855A**

Learning Center for

Vision Impaired Seniors Ongoing TH 9:00 am - 1:00 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. ***Meetings will resume on Thursday, August 19, 2021***

Date	Day	Time	Register	Fee
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Health Lecture

When Life Gives You Lemons 7/9 F 10:00 am - 11:30 am Now Free
Senior Center health lectures are BACK! Learn the power of positive thinking and 5 steps to stay positive. It’s normal to have negative feelings when bad things happen, but it’s important to focus on the positives! Lunch will be provided to all pre-registered participants. Call or stop in at the front desk. Space is limited! Sponsored by: CarePlus

Lunch Bunch: Chicken Salad 8/25 W 12:00 pm - 12:45 pm 7/2 \$5/\$7
Lunch Bunch is back and we are serving up a summer favorite! Come enjoy a delicious homemade chicken salad filled with cranberries, almonds and green onions, which adds a nice twist to a traditional salad. This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! **Activity # 180807A**

Craft Class: Floral Letters 8/27 F 10:00 am - 11:30 am 7/2 \$6/\$8
Summer vibes are here and we’re serving it up with a colorful craft. Our DIY floral letter will be the perfect addition to your summer decorations. This can be hung outside, indoors or added to any piece of furniture. Come join us! Space and supplies are limited. *All materials will be provided.* **Activity # 180801A**

Kick off to Fall Social 9/22 W 1:00 pm - 3:00 pm 8/6 \$8/\$10
Summer is gone and Fall is here! Help us kick off the season with an event full of beautiful Fall foliage and friends. There will be fun entertainment and a Fall themed menu with plenty of tasty autumn treats. This is our first party since re-opening, so be sure to join us for an afternoon of enjoyment as we bring in the new season! **Activity # 180822A**

<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 (DVD) 9:45 am - 10:45 am Walk Your Way to Health (DVD) 10:30 am - 12:00 pm Beginners Beading 11:00 am Start Time Classic Movie 11:30 am - 12:30 pm Yoga (DVD) 12:30 pm - 2:30 pm Open Beading 12:45 pm - 1:45 pm Balance & Strength (DVD) 1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Re- quired* (Dances will resume July 12, 2021)	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) (Resumes July 6, 2021) 9:00 am - 12:00 pm Mahjongg 9:45 am - 10:45 am Zumba - Cardio (DVD) 10:00 am - 4:30 pm Open Ping Pong 11:00 am - 12:00 pm Walk Your Way to Health (DVD) 11:30 am Start Time New Release Movie 1:00 pm - 3:00 pm Sewing Creations 2:00 pm - 3:00 pm Firm and Burn (DVD) 4:30 pm - 5:30 pm Zumba - Cardio (DVD) 5:45 pm - 6:45 pm Walk Your Way to Health (DVD) 6:00 pm Start Time New Release Movie 7:00 pm - 9:00 pm Scottish Dancing (Resumes July 6, 2021)	9:00 am - 9:30 am Tai Chi (DVD) 9:45 am - 10:45 am Walk Your Way to Health (DVD) 11:00 am - 12:00 pm Dancing With The Stars (DVD) 11:00 am - 1:00 pm Coloring for Grownups 12:30 pm - 3:30 pm Open Game Play 1:00 pm - 2:30 pm Let's Talk Discussion Group 1:30 pm - 2:00 pm Tai Chi (DVD) 1:30 pm - 3:30 pm Open Painting 2:45 pm - 3:45 pm Walk Your Way to Health (DVD) 4:30 pm - 5:30 pm Zumba Blitz (DVD) 6:00 pm - 7:00 pm Tone Every Zone Exercise (DVD) 6:00 pm - 8:00 pm Mahjongg 6:30 pm - 8:30 pm Open Painting 7:30 pm - 8:00 pm Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) (Resumes July 6, 2021) 10:00 am - 11:00 am Line Dancing 10:00 am - 3:00 pm Open Ping Pong 1:00 pm - 2:00 pm Yoga (DVD) 2:15 pm - 3:15 pm Balance & Strength (DVD) 4:30 pm - 5:30 pm Zumba - Cardio (DVD) 5:45 pm - 6:45 pm Walk Your Way to Health (DVD) 6:30 pm - 8:00 pm Open Crafts 7:00 pm - 8:00 pm Tone Every Zone Exercise (DVD)	9:00 am - 9:30 am Tai Chi (DVD) 10:00 am - 11:00 am Zumba Blitz (DVD) 10:00 am - 12:00 pm Chess Club 11:15 am - 12:15 pm Walk Your Way to Health (DVD) 12:30 pm - 1:00 pm Tai Chi (DVD) 1:00 pm - 2:30 pm Bingo 2:00 pm - 3:00 pm Zumba - Blitz (DVD)	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. 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. *You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. *Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person, per event, regardless member/guest status. When purchasing tickets, please indicate the full name, birth date and phone number of your guest. Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates. 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. If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form) 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. A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. Please occupy the same bus seat on the way to and from an event. 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. **At this time masks are still required to be worn while riding/ utilizing transportation**	
TUESDAY EVENINGS		WEDNESDAY EVENINGS			THURSDAY EVENINGS	
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 *Contact Front Desk to Confirm Class* 7:00 pm - 9:00 pm Scottish Dancing		2:00 pm - 4:00 pm Women's Bocce, Nob Hill Soccer Club Park 6:00 pm - 6:45 pm Basic English 6:00 pm - 7:00 pm Ballroom Dancing 6:00 pm - 8:00 pm Mah Jongg			6:00 pm - 8:00 pm Mixed Media Workshop *Contact Front Desk for Workshop Dates* 6:00 pm - 9:00 pm Open Game Room 7:00 pm - 7:45 pm Intermediate English	
1st Tuesday Sunrise Latin Social Club **4th Tuesday** American Legion Post 365					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**	

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
7/5	NO MOVIE - CLOSED			8/2	Three Amigos	1986	1:45 mins	7/6	The Mauritanian	R	2:09 mins	8/3	Wrath of Man	R	2:01 mins
7/12	Pride and Prejudice	1940	1:58 mins	8/9	The Family Stone	2005	1:43 mins	7/13	News to the World	PG - 13	1:58 mins	8/10	A Quiet Place II	PG - 13	1:35 mins
7/19	You've Got Mail	1998	1:59 mins	8/16	The Bad News Bears	1976	1:41 mins	7/20	Land	PG - 13	1:29 mins	8/17	Midnight In The Switchgrass	R	1:39 mins
7/26	Father of the Bride	1950	1:32 mins	8/23	Ocean's Twelve	2004	2:05 mins	7/27	The Courier	PG - 13	1:52 mins	8/24	The Good Committee	PG - 13	1:38 mins
				8/30	Maid In Manhattan	2002	1:45 mins					8/31	Those Who Wish Me Dead	R	1:40 mins
• New Release Movie Titles are subject to change Please call for details															

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing		Call for Appt.	Free	
The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, until the crisis is past or an alternate agency can fulfill the need. Appointments must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.					
Blood Pressure Check (Sunrise Fire/Rescue)	7/9, 8/13, 9/10	F	11:00 am - 12:00 pm	Free	Walk-ins welcome
Eyeglass Repair	7/9, 8/13, 9/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Optical City will be at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.					
Property Tax Exemption Assistance	7/9, 8/13, 9/10 7/21, 8/18, 9/15	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Free	Walk-ins welcome
Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.					
Veteran's Advisor	7/9, 8/13, 9/10	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral, 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.					
Positive Thinking Lecture When Life Gives You Lemons	7/9	F	10:00 am - 11:30 am	Free	Pre-register
Senior Center Health Lecture series is BACK! Learn the power of positive thinking and 5 steps to stay positive. It's normal to have negative feelings when bad things happen, but it's important to focus on the positives! Sponsored by: CarePlus Lunch will be provided to all pre-registered participants. Call or stop in at the front desk.					
F.L.O.W. is back!	7/14, 8/11, 9/8	W	8:30 am - 12:30 pm		By Appointment ONLY
<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 driver's license, vehicle registration and get a Florida I.D. Please visit the website www.flhsmv.gov/driver-licenses , to know what documents you will need to bring with you to avoid a second trip! To make an appointment, 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*					

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
July Ticket Sale Members 7/16: Non-Members 7/23					
Aventura Mall	8/5	TH	9:15 am - 3:30 pm	\$5/\$7	180846A
Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury shopping destination for Miami and Fort Lauderdale. Featuring a collection of upscale boutiques and more than 300 of the world's most iconic, recognized retailers. While there, enjoy lunch on own at one of the 12 restaurants on site.					
Hard Rock Casino	8/10	TU	9:00 am - 3:00 pm	\$5/\$7	180826A
Get ready for a great day at the casino. Try your luck at the tables, slots and more. Lunch on your own at casino.					
Art of Chocolate	8/17	TU	9:30 am - 3:30 pm	\$21/\$23	180842A
Learn the art of chocolate making and create your own treats on this sweet and savory trip to Schokolad Chocolate Factory in Fort Lauderdale. You will be able to craft your own goodie bag to bring home your confections during this one-hour tour. Afterwards, head to the Galleria mall for shopping and lunch on your own.					
Festival Flea Market	8/26	TH	10:00 am - 3:00 pm	\$5/\$7	180846B
Shop to your hearts content and enjoy lunch on your own at the largest indoor flea market in Florida. Over a quarter-mile long and featuring over 500 stores with name brand merchandise at below outlet prices, this is a shopping excursion you won't want to miss					
August Ticket Sale Members 8/6: Non-Members 8/13					
Coconut Creek Casino	9/2	TH	9:00 am - 3:00 pm	\$5/\$7	180826B
Enjoy a great day at the casino. Play the tables, slots and more. Lunch on your own at casino.					
Weiner Museum of Decorative Art	9/7	TU	10:00 am - 3:00 pm	\$17/\$19	180841A
Participate in a memorable self guided tour of the unique and creative art pieces housed at the Weiner Museum of Decorative Arts. Guest will enjoy participating in one of a kind art inspired scavenger hunt, during your self guided tour throughout the museum. Then enjoy lunch on own at the Historic Dockers restaurant.					
Pembroke Lakes Mall	9/14	TU	10:30 am - 3:00 pm	\$5/\$7	180846C
Have fun experiencing your favorite retailers, services, and dining options when you visit Pembroke Lakes Mall. Stroll through the specialty shops where you'll find a variety of retailers from clothing and shoes to electronics and jewelry. Enjoy lunch on your own at the food court or at one of restaurants on site.					
Plaster Carousel Painting Workshop	9/23	TH	10:30 am - 3:00 pm	\$15/\$17	180851A
What better way to showcase your artistic side than to create your own unique masterpiece. Express yourself during this two hour experience, as you select and paint your own ceramic piece at Plaster Carousel in Coral Springs. Paints, brushes, aprons and setting spray will be provided. If you have your own brushes and you would like to bring them, you can. Afterwards, we will head to The Walk for lunch on own at TooJay's.					
Flamingo Gardens	9/30	TH	9:00 am - 3:00 pm	\$16/\$18	180842B
Visit Flamingo Gardens botanical gardens in Davie. Featuring over 3000 species of rare and exotic, tropical, subtropical and native plants and trees. Flamingo Gardens wildlife sanctuary is home to the largest collection of Florida native wildlife including alligators, bobcats, eagles, otters, panthers, peacocks and of course, flamingos. Lunch on own at Café.					

July/August Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	9/16	TH	9:00 am - 3:00 pm	8/2	\$15/\$20	180853A
	10/14	TH	9:00 am - 3:00 pm	9/13	\$15/\$20	280853A
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.					
	8/2 - 8/30	M	10:30 am - 12:00 pm	7/12	Free	180814A
	9/13 - 9/27	M	10:30 am - 12:00 pm	8/2	Free	180814B
	10/4 - 10/25	M	10:30 am - 12:00 pm	9/13	Free	280814A
	No Class 9/6					
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.					
“Eleanor Oliphant is Completely Fine” By: A. J. Finn	7/23	F	12:00 pm - 1:00 pm	Now	Free	
“Manhattan Beach” By: Jennifer Egan	8/27	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.					
Basic English	8/4 - 9/8	W	6:00 pm - 6:45 pm	7/14	\$5/\$10	180868A
Intermediate English	8/4 - 9/8	W	7:00 pm - 7:45 pm	7/14	\$5/\$10	180888A
Basic Spanish	8/4 - 9/8	W	2:00 pm - 2:45 pm	7/14	\$5/\$10	180886A
Intermediate Spanish	8/4 - 9/8	W	3:00 pm - 3:45 pm	7/14	\$5/\$10	180889A
Art Classes	For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)					
• Drawing & Watercolor	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils in combination with the brush and paint techniques.					
	9/1 - 10/6	W	1:30 pm - 3:30 pm	8/6	\$20/\$22	180859A
• Mixed Media Painting	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	9/3 - 10/8	F	1:30 pm - 3:30 pm	8/6	\$20/\$22	180811A
• Art Mixed Media Workshop	In this 2 hour workshop, you will create a still life painting using the thick paint application known as “Impasto”. All materials provided.					
	9/15	W	6:00 pm - 8:00 pm	8/6	\$20/\$22	180820A
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.					
	Aug	W	11:00 am - 12:00 pm	7/14	\$12/\$14	180864A
	Aug	W	6:00 pm - 7:00 pm	7/14	\$12/\$14	180865A
	Sep	W	11:00 am - 12:00 pm	8/4	\$15/\$17	180864B
	Sep	W	6:00 pm - 7:00 pm	8/4	\$15/\$17	180865B
	Oct	W	11:00 am - 12:00 pm	9/1	\$12/\$14	280864A
	Oct	W	6:00 pm - 7:00 pm	9/1	\$12/\$14	280865A
Technology Class	1st & 3rd	TU	10:00 am - 11:30 am	Call to sign up	Free	
			6:00 pm - 7:00 pm			
	1st & 3rd	TH	6:00 pm - 7:00 pm	Call to sign up	Free	
	1st Tuesday and Thursday of each month Apple related devices will be covered and 3rd Tuesday and Thursday, 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)					
	Jul - Sep	M	10:00 am - 12:00 pm	7/16	Free	180869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	7/16	Free	180877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jul - Sep	TH	6:00 pm - 8:00 pm	7/16	Free	180879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Sep - Nov	F	11:30 am - 1:00 pm	8/6	Free	180878A

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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Exercise Classes
Currently, the majority of Senior Center exercise classes are being offered via DVDs. Programs are offered daily as a “Drop In” with no registration required, however Senior Center membership is still required to participate in ALL exercise programs. Please see below for a list of “Drop In” programs and their dates and times. Also listed are classes requiring registration. ***These classes are subject to change if a live instructor becomes available***

Tai Chi	Senior Center membership is required. (Max. 20 students per class)					
		M	9:00 am - 9:30 am		Free	DVD
		TU	9:00 am - 9:30 am		Free	DVD
		W	9:00 am - 9:30 am		Free	DVD
			1:30 pm - 2:00 pm		Free	DVD
			7:30 pm - 8:00 pm		Free	DVD
		TH	9:00 am - 9:30 am		Free	DVD
		F	9:00 am - 9:30 am		Free	DVD
			12:30 pm - 1:00 pm		Free	DVD

Walk Your Way To Health	Senior Center membership is required. (Max. 20 students per class)					
		M	9:45 am - 10:45 am		Free	DVD
		TU	11:00 am - 12:00 pm		Free	DVD
			5:45 pm - 6:45 pm		Free	DVD
		W	9:45 am - 10:45 am		Free	DVD
			2:45 pm - 3:45 pm		Free	DVD
		TH	5:45 pm - 6:45 pm		Free	DVD
		F	11:15 am - 12:15 pm		Free	DVD

Zumba	Senior Center membership is required. (Max. 20 students per class)					
		TU	9:45 am - 10:45 am		Free	DVD
			4:30 pm - 5:30 pm		Free	DVD
		W	4:30 pm - 5:30 pm		Free	DVD
		TH	4:30 pm - 5:30 pm		Free	DVD
		F	10:00 am - 11:00 am		Free	DVD
			2:00 pm - 3:00 pm		Free	DVD

Yoga Balance & Strength	Senior Center membership is required. (Max. 20 students per class)					
		M	11:30 am - 12:30 pm		Free	DVD
			12:45 pm - 1:45 pm		Free	DVD
		TH	1:00 pm - 2:00 pm		Free	DVD
			2:15 pm - 3:15 pm		Free	DVD

Firm and Burn/Tone Every Zone	Senior Center membership is required. (Max. 20 students per class)					
		TU	2:00 pm - 3:00 pm		Free	DVD
			7:00 pm - 8:00 pm		Free	DVD
			6:00 pm - 7:00 pm		Free	DVD
		TH	7:00 pm - 8:00 pm		Free	DVD

Dancing With The Stars	Senior Center membership is required. (Max. 20 students per class)					
		W	11:00 am - 12:00 pm		Free	DVD

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.

Date(s)	Day(s)	Time	Register On	Fee	Activity #
Aug	W	11:00 am - 12:00 pm	7/14	\$12/\$14	180864A
Aug	W	6:00 pm - 7:00 pm	7/14	\$12/\$14	180865A
Sep	W	11:00 am - 12:00 pm	8/4	\$15/\$17	180864B
Sep	W	6:00 pm - 7:00 pm	8/4	\$15/\$17	180865B
Oct	W	11:00 am - 12:00 pm	9/1	\$12/\$14	280864A
Oct	W	6:00 pm - 7:00 pm	9/1	\$12/\$14	280865A