



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

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September/October 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

Sunrise Senior Center
Will be closed
Labor Day Monday, September 6



IT STARTS IN PARKS

HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Date	Day	Time	Register	Fee
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Sunrise Latin Social Club	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 information. ***Resumes September 7, 2021***

Senior Cooking Club					
Oct – All Things Pumpkin	280816A	10/15	F	10:00 am - 12:30 pm	9/3 \$6/\$8
Nov – Gobble, Gobble, Gobble	280816B	11/19	F	10:00 am - 12:30 pm	10/1 \$6/\$8
Dec – Something Sweet	280816C	12/17	F	10:00 am - 12:30 pm	11/5 \$6/\$8

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

Senior Theatre Workshop	9/2 - 10/5	TH	1:00 pm - 3:00 pm	Now	Free
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This weekly workshop will be in preparation for a stage production that will take place on Thursday, January 20, 2022. Each week the group will read an original play written by a local playwright and will collectively choose the perfect play to perform on our very own stage. The cast will be chosen from the participants of the class. Space is limited. For more information, please stop by or contact the Senior Center Front Desk, 954-746-3670. **Activity # 180890A**

Women's Bocce Open House	9/29	W	3:00 pm	Walk-in	
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Come to the Senior Center to sign up 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
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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.

	Date	Day	Time	Register	Fee
Kick off to Fall Social 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	9/22	W	1:00 pm - 3:00 pm	Now	\$8/\$10
Lunch Bunch: Italian Pasta Salad & Soup Enjoy your day with a refreshing, fulfilling lunch. Our homemade cold Italian pasta salad is a colorful and vibrant dish that is packed with so much goodness and fresh flavors that you will want more. Pair it with a delicious bowl of soup, perfection! This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! Activity # 280807A	10/20	W	12:00 pm - 12:45 pm	9/3	\$5/\$7
Craft Class: Loop Yarn Scarf There's a new loop yarn that makes knitting easy and 1-2-3. No hooks or needles required, just your fingers. Since the cooler seasons are quickly approaching, what could be better than a new piece to add to your wardrobe? Our cozy, loop knit scarf will impress anyone and have you "hooked" on the new looping yarn that has endless possibilities. Space and supplies are limited. All materials will be provided. Activity # 280801A	10/22	F	10:00 am - 11:30 am	9/3	\$6/\$8
Halloween Spooktakular Social Halloween is coming! Come celebrate the spooky season with some delightful entertainment that will keep everyone on the dance floor and lunch that will be sure to please. You'll have a spooky good time while dancing with your hosts, come dressed in a costume that will win you the most. This Halloween social will be an event you don't want to miss, you'll leave content and full of bliss. Activity # 280822A	10/28	TH	1:00 pm - 3:00 pm	9/3	\$8/\$10
Salute to Our Veterans Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our second annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. Activity # 280822B	11/10	W	12:30 pm - 3:00 pm	10/1	\$8/\$10
Winter Garden Social What is better than a festive gathering? Our winter garden social will transform our space in to a cozy and whimsical event with great food, twinkling lights and plenty of festive spirit. We will have upbeat entertainment that will kick off the holiday season and get you in that feel good mood. Do not miss out! Activity # 280822C	12/7	TU	1:00 pm - 3:00 pm	11/5	\$8/\$10



<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)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	<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>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> <p>**At this time masks are still required to be worn while riding/ utilizing transportation**</p>	
9:45 am - 10:45 am Walk Your Way to Health (DVD)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:45 am - 10:45 am Walk Your Way to Health (DVD)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	10:00 am - 11:00 am Zumba Blitz (DVD)		
10:00 am - 12:00 pm Knitting & Crocheting	9:00 am - 12:00 pm Mahjong	11:00 am - 12:00 pm Ballroom Dance	9:30 am - 11:00 am Bereavement Support Group	10:00 am - 12:00 pm Chess Club		
10:00 am - 1:00 pm Quilting Corner	9:45 am - 10:45 am Zumba - Cardio (DVD)	11:00 am - 1:30 pm Bowling League	10:00 am - 11:00 am Line Dancing	11:15 am - 12:15 pm Walk Your Way to Health (DVD)		
10:30 am - 12:00 pm Beginners Beading	10:00 am - 4:30 pm Open Ping Pong	11:00 am - 1:00 pm Coloring for Grownups	10:00 am - 3:00 pm Open Ping Pong	11:30 am - 1:00 pm Choral Group (Resumes October 1, 2021)		
11:00 am Start Time Classic Movie	11:00 am - 12:00 pm Walk Your Way to Health (DVD)	12:30 pm - 3:30 pm Open Game Play	11:15 am - 12:15 pm Dancing With The Stars (DVD)	12:30 pm - 1:00 pm Tai Chi (DVD)		
11:30 am - 12:30 pm Yoga (DVD)	11:30 am Start Time New Release Movie	1:00 pm - 2:30 pm Let's Talk Discussion Group	1:00 pm - 2:00 pm Yoga (DVD)	1:00 pm - 2:30 pm Bingo		
12:30 pm - 2:30 pm Open Beading	1:00 pm - 3:00 pm Sewing Creations	1:30 pm - 2:00 pm Tai Chi (DVD)	1:00 pm - 3:00 pm Senior Theatre Workshop	1:30 pm - 3:30 pm Mixed Media Painting		
12:45 pm - 1:45 pm Balance & Strength (DVD)	2:00 pm - 3:00 pm Firm and Burn (DVD)	1:30 pm - 3:30 pm Open Painting	2:15 pm - 3:15 pm Balance & Strength (DVD)	2:00 pm - 3:00 pm Zumba - Blitz (DVD)		
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	4:30 pm - 5:30 pm Zumba - Cardio (DVD)	2:45 pm - 3:45 pm Walk Your Way to Health (DVD)	4:30 pm - 5:30 pm Zumba - Cardio (DVD)			
	5:45 pm - 6:45 pm Walk Your Way to Health (DVD)	4:30 pm - 5:30 pm Zumba Blitz (DVD)	5:45 pm - 6:45 pm Walk Your Way to Health (DVD)			
	6:00 pm Start Time New Release Movie	6:00 pm - 7:00 pm Ballroom Dance	6:30 pm - 8:00 pm Open Crafts			
	7:00 pm - 9:00 pm Scottish Dancing	6:00 pm - 8:00 pm Mahjong	7:00 pm - 8:00 pm Tone Every Zone Exercise (DVD)			
		6:30 pm - 8:30 pm Drawing & Watercolor				
		7:30 pm - 8:00 pm Tai Chi (DVD)				
TUESDAY EVENINGS		WEDNESDAY EVENINGS		THURSDAY EVENINGS		
6:00 pm New Release Movies	**1st Tuesday** Sunrise Latin Social Club	2:00 pm - 4:00 pm Women's Bocce, Nob Hill Soccer Club Park	6:00 pm - 8:00 pm Mixed Media Workshop	6:00 pm - 9:00 pm Open Game Room		
6:30 pm - 8:30 pm Coloring For Grown Ups	**4th Tuesday** American Legion Post 365	6:00 pm - 6:45 pm Basic English	*Contact Front Desk for Workshop Dates*	6:30 pm - 8:00 pm Open Crafts (Stitchery)		
6:00 pm - 9:00 pm Open Game Room		6:00 pm - 7:00 pm Ballroom Dancing		6:30 pm - 8:30 pm Billiard Lessons (2nd & 4th) **Call or stop by Front Desk to sign up!**		
6:00 pm - 9:00 pm Wood Carving *Contact Front Desk to Confirm Class*		6:00 pm - 8:00 pm Mahjong				
7:00 pm - 9:00 pm Scottish Dancing		6:00 pm - 8:00 pm Quilting Corner (1st and 3rd Wednesdays)				



Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
9/6	NO MOVIE - HAPPY LABOR DAY!			10/4	Limitless	2011	1:45 mins	9/7	Nobody	R	1:32 mins	10/5	Here Today	PG -13	1:57 mins
9/13	The Pursuit of Happyness	2006	1:57 mins	10/11	Mamma Mia!	2008	1:48 mins	9/14	Queen Bees	PG-13	1:42 mins	10/12	12 Mighty Orphans	PG -13	1:58 mins
9/20	Forever, Darling	1956	1:36 mins	10/18	The Scarlet Letter	1934	1:09 mins	9/21	Finding You	NR	1:59 mins	10/19	In The Heights	PG -13	2:23 mins
9/27	Look Who's Talking	1989	1:33 mins	10/25	Isn't She Great	2000	1:35 mins	9/28	Dream Horse	PG	1:53 mins	10/26	Kipchoge: The Last Milestone	PG -13	1:27 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 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)	9/10, 10/8, 11/12	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.	9/10, 10/8, 11/12	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.	9/10, 10/8, 11/5 9/15, 10/20, 11/17	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 and linkage and 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.	9/10, 10/8, 11/12	F	9:00 am - 12:00 pm	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! https://www.flhsmv.gov/driver-licenses . 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.	9/8, 10/13, 11/10	W	8:30 am - 12:30 pm		BY APPOINTMENT ONLY
Controlling High Blood Pressure & Diabetes Lecture Dr. Richard Polakoff will discuss strategies to prevent High Blood Pressure and Diabetes. Learn what you can do to control or prevent these diseases. A light lunch will be provided to all pre-registered participants.	9/10	F	10:00 am - 11:30 am	Free	Call to sign up
The Aging Eye Lecture Dr. Vanessa Louissaint, Optometrist, will discuss eye health. Many people take their vision for granted, but as we age, our eyes can deteriorate. Learn simple things you can do to help your eyes be their best. A light lunch will be provided to all pre-registered participants.	10/8	F	10:00 am - 11:30 am	Free	Call to sign up

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
Due to the current Covid-19 and Delta Variant uncertainties, some trips may be subject to change or cancellation with little notification. These changes may be based on the venue's policies and procedures or policies established by the City. Any changes in trip status will be communicated immediately and we will issue credits as warranted. Thank you for your understanding and we implore everyone to protect yourselves and stay safe.					
September Ticket Sale Members 9/3: Non-Members 9/10					
Isle Casino Enjoy a great day at the casino. Play the tables, slots and more. Lunch on your own at casino.	10/5	TU	9:00 am - 3:00 pm	\$5/\$7	280826A
Shops At Pembroke Gardens Get out for a bit of "retail therapy" at the Shops at Pembroke Gardens, a stylish open-air mall with well-known retailers and a diverse range of restaurants. Pace yourself and when you work up an appetite, enjoy lunch on your own at one of the many restaurants.	10/14	TH	10:00 am - 3:00 pm	\$5/\$7	280846A
Palm Beach Zoo Lions, Tigers and Bears...you know the rest! Explore the Palm Beach Zoo and see over 550 animals (190 species) within this 23 acres lush tropical habitat. Bring your own lunch or purchase at the Tropics Café.	10/21	TH	8:30 am - 4:30 pm	\$23/\$25	280842B
Vizcaya Museum and Gardens 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 the Vizcaya Café and Shop.	10/26	TU	8:30 am - 3:00 pm	\$27/\$29	280841A
October Ticket Sale Members 10/1: Non-Members 10/8					
Clematis by Night Enjoy Downtown West Palm Beach's best free public party, Clematis By Night. The city comes alive during this popular event with a variety of free music performances and concerts. There will be plenty of food and beverage vendors and tons of fun!	11/4	TH	4:30 pm - 10:30 pm	\$5/\$7	280842A
Dania Pointe Dania Pointe is one of the newest premier mixed use shopping and leisure place in South Florida. Featuring more than 45 stores and shops including 14 restaurants and eateries. Shop and enjoy lunch on your own at the eatery of your preference.	11/9	TU	9:30 am - 3:30 pm	\$5/\$7	280846B
Calder Casino Get ready for an enjoyable day at the casino! Try your luck at video poker, the tables, slots, and more. Lunch on own.	11/18	TH	9:00 am - 3:30 pm	\$5/\$7	280826B
Pavilion Grille Dinner and Dancing 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 (It Takes Two) in the Atrium.	11/23	TU	4:45 pm - 10:00 pm	\$44/\$46	280838A
November Ticket Sale Members 11/5: Non-Members 11/12					
Gumbo Limbo Join us as we visit Gumbo Limbo Nature Center in Boca Raton. Enjoy a one-hour and 30 minute tour as we stroll though the butterfly garden and walk the Ashley Trail overlooking the intercostal. A variety of native fish, sharks and other marine animals reside in the aquariums. Then visit the Sea Turtle Rehabilitation Facility to learn about their sea turtle patients. Afterwards, enjoy a picnic style lunch at nearby Red Reef Park (bring your own lunch).	12/9	TH	8:45 am - 3:00 pm	\$5/\$7	280842C
Palm Beach Outlets Get ready to shop, shop, shop! Join us as we take to trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.	12/16	TH	9:00 am - 3:30 pm	\$5/\$7	280846C
Jungle Queen Dinner Cruise Set sail on this fully narrated cruise down Fort Lauderdale's New River, through Millionaire's Row with homes and yachts of the rich and famous. Next stop will be the tropical isles, where you will be treated to an All You Can Eat barbeque dinner with all the fixings. Enjoy live entertainment during dinner and a gut splitting variety show after dinner.	12/21	TU	3:45 pm - 11:00 pm	\$56/\$58	280842D
Hialeah Casino Get ready for a great day at the casino. Try you luck at the tables, slots, and more. Lunch on own.	12/28	TU	10:00 am - 5:30 pm	\$5/\$7	280826C



September/October 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)					
	10/14	TH	9:00 am - 3:00 pm	9/13	\$15/\$20	280853A
	11/18	TH	9:00 am - 3:00 pm	10/4	\$15/\$20	280853B
	12/16	TH	9:00 am - 3:00 pm	11/1	\$15/\$20	280853C
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.					
	10/4 - 10/25	M	10:30 am - 12:00 pm	9/13	Free	280814A
	11/1 - 11/29	M	10:30 am - 12:00 pm	10/4	Free	280814B
	12/6 - 12/27	M	10:30 am - 12:00 pm	11/1	Free	280814C
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.					
“Where’d You Go, Bernedette?” By: Maria Semple	9/24	F	12:00 pm - 1:00 pm	Now	Free	
“The Silent Patient” By: Alex Michaelides	10/22	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	9/22 - 10/27	W	6:00 pm - 6:45 pm	Now	\$5/\$10	180868B
Intermediate English	9/22 - 10/27	W	7:00 pm - 7:45 pm	Now	\$5/\$10	180888B
Basic Spanish	9/22 - 10/27	W	2:00 pm - 2:45 pm	Now	\$5/\$10	180886B
Intermediate Spanish	9/22 - 10/27	W	3:00 pm - 3:45 pm	Now	\$5/\$10	180889B
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.					
	10/20 - 11/24	W	1:30 pm - 3:30 pm	9/3	\$20/\$22	280859A
• Mixed Media Painting	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	10/22 - 12/3	F	1:30 pm - 3:30 pm	9/3	\$20/\$22	280811A
• 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.					
	11/17	W	6:00 pm - 8:00 pm	10/1	\$20/\$22	280820A
Introduction to Basic Computer Skills	Take charge of your On-Line life with this Windows 10: Meet the Computer class. This six (6) week course will teach you basic computer skills and email. Course is FREE and space is limited. You must be able to commit to all 6 weeks in order to register. Please call 954-484-7117 Ext 7 to register for course.					
	9/8 - 10/20	W/F	10:00 am - 11:15 am	Now	Free	
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						
Quilting Corner	Unlock your creativity as our volunteer instructor teaches you various quilting techniques. See the front desk for a list of supplies.					
	Oct - Dec	M	10:00 am - 1:00 pm	Now	Free	280828A
	10/6 & 10/20	W	6:00 pm - 8:30 pm	Now	Free	280829A
	11/3 & 11/17	W	6:00 pm - 8:30 pm			
	12/1 & 12/15	W	6:00 pm - 8:30 pm			
	(Registration for Wednesday evening sessions are for three months, 1st and 3rd Wednesday of each month)					
Knitting & Crocheting	Join this open session and practice knitting and crocheting techniques with other individuals. (There are no instructors for this group)					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/3	Free	280877A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/3	Free	280877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Oct - Dec	TH	6:00 pm - 8:00 pm	9/3	Free	280879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					

Program Date(s) Day(s) Time Register On Fee Activity

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***

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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)

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
		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)

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
		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)

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
		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)

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
		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)

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
		TH	11:15 am - 12:15 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.

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
	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
	Nov	W	11:00 am - 12:00 pm	10/6	\$15/\$17	280864B
	Nov	W	6:00 pm - 7:00 pm	10/6	\$15/\$17	280865B
	Dec	W	11:00 am - 12:00 pm	11/3	\$12/\$14	380864C
	Dec	W	6:00 pm - 7:00 pm	11/3	\$12/\$14	380865C