



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

PRSR STD  
US POSTAGE PAID  
FT. LAUD. FL  
PERMIT NO. 825

OR CURRENT RESIDENT

Sunrise Senior Center will be closed:

**Veterans Day – Thursday, November 11**

**Thanksgiving Holiday – Thursday, November 25 &  
Friday, November 26**

**Christmas Eve – Friday, December 24**

**New Year's Eve – Friday, December 31**



# IT STARTS IN PARKS

HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Date	Day	Time	Register	Fee
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<b>Sunrise Latin Social Club</b>	Monthly	TU	6:00 pm - 8:00 pm	
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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 Ana Lopez (908) 907-1324 or Elizabeth Lasprilla (954) 328-7483 for monthly meeting and ticket information.  
**\*\*No meeting on Tuesday, November 2, 2021\*\***

<b>Senior Cooking Club</b>					
<b>Dec - Something Sweet</b>	280816C	12/17	F	10:00 am - 1:00 pm	11/5 \$6/\$8
<b>Jan - Brunch Ideas</b>	380816A	1/21	F	10:00 am - 1:00 pm	12/3 \$6/\$8
<b>Feb - One Dish Wonders</b>	380816B	2/18	F	10:00 am - 1:00 pm	1/7 \$6/\$8

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

<b>Senior Theatre Workshop</b>	11/4 - 1/20	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 # 280890A**

<b>Introduction to Basic Computer Skills</b>	11/16 - 12/28	TU/TH	2:00 pm - 3:15 pm	Now	Free
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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 (12 classes) in order to register. Please call 954-484-7117 Ext 7 to register for course. **\*\*No Class on 11/25\*\***

<b>Intermediate Computer Skills</b>	11/17- 1/14	W/F	10:00 am - 11:15 am	Now	Free
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Take charge of your On-Line life with this Intermediate Windows 10 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 (12 classes) in order to register. Please call 954-484-7117 Ext 7 to register for course. **\*\*No Class on 11/26, 12/22 & 12/24\*\***

November/December 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

	Date	Day	Time	Register	Fee
<b>Salute to Our Veterans</b> 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. <b>Activity # 280822B</b>	11/10	W	12:30 pm - 3:00 pm	Now	\$8/\$10
<b>Senior Center Butterfly Garden Event</b> "We Need You!" Volunteers needed to dig, mulch, and plant our brand new butterfly garden. Gardening tools will be provided. Light lunch included for registered volunteers. Call 954-746-3670 to register or visit the Front Desk.	11/13	S	8:30 am - 11:30 am	Call to sign up	
<b>Lunch Bunch:</b> <b>Thanksgiving Turkey Sub</b> All your favorite Thanksgiving flavors are coming into play. Turkey, stuffing and cranberry sauce will be served in a delicious sub roll. Sweet potato chips will accompany this unique and tasty lunch. This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! <b>Activity # 280807B</b>	11/17	W	12:00 pm - 12:45 pm	Now	\$5/\$7
<b>Winter Garden Social</b> 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! <b>Activity # 280822C</b>	12/7	TU	1:00 pm - 3:00 pm	11/5	\$8/\$10
<b>Craft Class:</b> <b>Napkin Mod Podge Vase</b> Let's turn the ordinary into something extraordinary! This month's craft class will have you working with patterned and colorful napkins to transform a simple vase into an elegant piece of art. The final product will amaze you and wow any guest. <b>Space and supplies are limited. All materials will be provided. Activity # 280801B</b>	12/10	F	10:00 am - 11:30 am	11/5	\$6/\$8
<b>Mardi Gras Dinner Dance</b> Pops of gold, green and purple are taking over the Senior Center! Shiny beads and beautiful masks will be the theme to start a wonderful night full of lively entertainment, fabulous food and a roaring good time! Our ballroom will be transformed into a place of excitement. Guests will believe that they are actually in the city of New Orleans! This Dinner Dance will be a night you do not want to miss! Sign up now to take part in the Mardi Gras festivities. <b>Activity # 380832A</b>	1/13	TH	6:00 pm - 9:00 pm	12/3	\$22/\$24
<b>"A Walk in the Park"</b> Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. This year, we'll explore newly renovated City Park, which features an expansive 140-yard multipurpose field for community events, concerts, and a variety of sports, a new quarter-mile walking path featuring seven outdoor exercise stations, a covered amphitheater stage, a soccer-themed splash pad and sun-shaded playground, three full covered outdoor basketball courts with professional rims and backboards, and two newly-resurfaced regulation tennis courts. Enjoy an exercise demonstration, giveaways, music and a healthy lunch. Sponsored by <b>Humana</b>	1/26	W	8:45 am - 12:00 pm	Call to sign up	Free



Have any hidden talents? Interested in volunteering? Looking to give back to the community? We are looking for you! Stop by the Senior Center Front Desk to find out how to become a volunteer.

<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 (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. <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>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><b>**At this time masks are still required to be worn while riding/ utilizing transportation**</b></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)	12:00 pm - 3:00 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 - 1:00 pm Open Quilting 	11:30 am - 1:00 pm Choral Group	
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	10:00 am - 3:00 pm Open Ping Pong	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	11:15 am - 12:15 pm Dancing With The Stars (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 - 2:00 pm Yoga (DVD)	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 Drawing and Watercolor	1:00 pm - 3:00 pm Senior Theatre Workshop	2:00 pm - 3:00 pm Zumba - Blitz (DVD)	
1:30 pm - 3:30 pm Monday Mixer Dance <b>*Senior Center Membership Required*</b>	4:30 pm - 5:30 pm Zumba - Cardio (DVD)	2:45 pm - 3:45 pm Walk Your Way to Health (DVD)	2:15 pm - 3:15 pm Balance & Strength (DVD)		
	5:45 pm - 6:45 pm Walk Your Way to Health (DVD)	4:30 pm - 5:30 pm Zumba Blitz (DVD)	4:30 pm - 5:30 pm Zumba - Cardio (DVD)	<b>Sunrise Senior Center will be closed:</b>	
	6:00 pm Start Time New Release Movie	6:00 pm - 7:00 pm Ballroom Dance	5:45 pm - 6:45 pm Walk Your Way to Health (DVD)	<b>Veterans Day– Thursday, November 11</b>	
	6:00 pm - 9:00 pm Wood Carving <b>(Resumes 11/9)</b>	6:00 pm - 8:00 pm Mahjong	6:30 pm - 8:00 pm Open Crafts	<b>Thanksgiving Holiday– Thursday, November 25 &amp; Friday, November 26</b>	
	7:00 pm - 9:00 pm Scottish Dancing	7:30 pm - 8:00 pm Tai Chi (DVD)	7:00 pm - 8:00 pm Tone Every Zone Exercise (DVD)	<b>Christmas Eve– Friday, December 24</b>	
				<b>New Year's Eve– Friday, December 31</b>	

**TUESDAY EVENINGS**

6:00 pm	New Release Movies	**1st Tuesday**	Sunrise Latin Social Club
6:30 pm - 8:30 pm	Coloring For Grown Ups	**4th Tuesday**	American Legion Post 365
6:00 pm - 9:00 pm	Open Game Room		
6:00 pm - 9:00 pm	Wood Carving <b>*Resumes on 11/9*</b>		
7:00 pm - 9:00 pm	Scottish Dancing		

**WEDNESDAY EVENINGS**

3:30 pm - 5:30 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	Mahjong
6:00 pm - 8:00 pm	Quilting Corner (1st and 3rd Wednesdays)

**THURSDAY EVENINGS**

6:00 pm - 8:00 pm	Mixed Media Workshop	6:00 pm - 9:00 pm	Open Game Room
	<b>*Contact Front Desk for Workshop Dates*</b>	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>
7:00 pm - 7:45 pm	Intermediate English		

<b>Monday Classic Movies - 11:00 am</b>				<b>At The Movies</b>				<b>Tuesday New Release Movies - 11:30 am</b>					
11/1	Blade: Trinity	2004	1:53 mins	12/6	The Silence of the Lambs	1991	1:58 mins	11/2	Cruella	PG-13	2:14 mins	12/7	NO MOVIE — Winter Garden Social
11/8	Man of the Year	2006	1:55 mins	12/13	Bruce Almighty	2003	1:41 mins	11/9	No Man of God	NR	1:40 mins	12/14	The Protégé R 1:49 mins
11/15	The Great Debaters	2007	2:06 mins	12/20	Four Christmases	2008	1:28 mins	11/16	PIG	R	1:32 mins	12/21	Snake Eyes: G.I. Joe Origins PG -13 2:01 mins
11/22	Anna Karenina	1935	1:35 mins	12/27	Spider-man	2002	2:01 mins	11/23	Black Widow	PG-13	2:15 mins	12/28	Don't Breathe 2 R 1:38 mins
11/29	Terminator Salvation	2009	1:55 mins					11/30	Escape Room: Tournament Of Champions	PG-13	1:28 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			Free	Call for Appt.
<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. <b>**No Meeting 11/11 &amp; 11/25**</b>	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
<b>Blood Pressure Check</b> (Sunrise Fire/Rescue)	11/12,12/10,1/14	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>	11/12,12/10,1/14	F	10:30 am - 11:30 am	Free	Walk-ins welcome
<b>Property Tax Exemption Assistance</b> Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. <b>* Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.</b>	11/5,12/10,1/14 11/17,12/15,1/19	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>	11/12,12/10,1/14	F	9:00 am - 12:00 pm	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! <a href="https://www.flhsmv.gov/driver-licenses">https://www.flhsmv.gov/driver-licenses</a> . 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>	11/10,12/8,1/12	W	8:30 am - 12:30 pm		<b>BY APPOINTMENT ONLY</b>
<b>Senior Nutrition Lecture</b> Dr. Glenda Buyo will discuss how our nutrition needs to change as we age. Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. Lunch will be provide to all pre-registered participants.	11/12	F	10:00 am - 11:30 am	Free	Call to sign up
<b>"Keep an Eye on Your Neighbor," Lecture</b> Artis Senior Living presentation on Alzheimer's: Signs and Symptoms. What if you see your neighbor is not acting themselves? What should you do? Learn the signs of a person beginning to have memory issues that could be Alzheimer's. Lunch will be provided to all pre-registered participants.	12/10	F	10:00 am - 11:30 am	Free	Call to sign up
<b>Immunity Health Lecture</b> Join Dr. Mabourakh to learn about your body's first line of defense. Your immune system helps protect against foreign invaders to prevent infection and disease. It also helps you recover after an illness or injury. Learn simple steps to boost your immune system. A light lunch will be provided to all pre-registered participants.	1/14	F	10:00 am - 11:30 am	Free	Call to sign up
<b>Income Tax Preparation</b> (Sponsored by Hispanic Unity) IRS Certified volunteers will assist taxpayers whose income does not exceed \$66,000.00 <b>BY APPOINTMENT ONLY</b> . Call the Sunrise Senior Center to sign up. The location for the Income Tax Appointment will be at the Sunrise Senior Center 10650 W. Oakland Park Blvd. <b>Call for an appointment starting January 2022</b>		M TU	1:00 pm - 4:00 pm 9:00 am - 12:00 pm	Free	Call for appointment

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
(Members/Non Members)					
<i>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.</i>					
<b>November Ticket Sale Members 11/5; Non-Members 11/12</b>					
<b>Gumbo Limbo</b> 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
<b>Palm Beach Outlets</b> Get ready to shop, shop, shop! Join us as we take a 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
<b>Jungle Queen Dinner Cruise</b> 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	\$60/\$62	280842D
<b>Hialeah Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more. Lunch will be on your own.	12/28	TU	9:00 am - 3:00 pm	\$5/\$7	280826C
<b>December Ticket Sale Members 12/3; Non-Members 12/10</b>					
<b>Hard Rock Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more. Lunch will be on your own.	1/6	TH	9:00 am - 3:00 pm	\$5/\$7	380826A
<b>Wellington Green Mall &amp; Trader Joe's</b> Experience a premier shopping destination in West Palm Beach for your after the holiday's shopping needs. Enjoy lunch on your own at one of the many dine-in restaurants, or grab a quick bite in the Food Court. Then visit Trader Joe's, where you can find great quality items at great prices.	1/11	TU	8:45 am - 4:00 pm	\$5/\$7	380846A
<b>Concert at Delray Marketplace</b> Stroll the shops and dine on your own. Bring your blanket or folding chair (the ones in the bag) to enjoy the free concert in the amphitheater.	1/19	W	4:00 pm - 9:30 pm	\$5/\$7	380842A
<b>Heat vs. Knicks</b> Can you feel the Heat? Now is your chance to get out and see the Heat as they take on one of their biggest rivals, the New York Knicks. Seats are in Sections 319 & 320, Rows 1-4.	1/26	W	4:15 pm - 11:00 pm	\$75/\$77	380837A
<b>January Ticket Sale Members 1/7; Non-Members 1/14</b>					
<b>Coconut Creek Casino</b> Get ready for a great day at the casino. Try your luck at the tables, slots, and more. Lunch will be on your own.	2/3	TH	9:00 am - 3:00 pm	\$5/\$7	380826B
<b>"Too Proud" a Temptations Tribute Broward Center of Performing Arts</b> Too Proud – The Life and Times of The Temptations is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, the unforgettable story of this legendary quintet is set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," "Papa Was a Rolling Stone," and so many more.	2/8	TU	6:30 pm - 11:00 pm	\$62/\$64	380839A
<b>Machu Picchu Experience</b> Explore the world premiere exhibition, Machu Picchu and the Golden Empires of Peru at the Boca Raton Museum of Art! Behold the marvels of engineering that sheltered a truly spiritual civilization and the ornate riches they once cherished. Dive into this magical universe in Machu Picchu and the Golden Empires of Peru. Lunch on own at restaurant of choice at Mizner Park.	2/17	TH	9:00 am - 3:00 pm	\$27/\$29	380841A
<b>Everglades Holiday Park Airboat Tour</b> Experience the excitement and thrill of the Everglades with a one-hour narrated air boat tour, followed by a twenty-minute gator show by the Gator Boys Alligator Rescue Team. Then stroll through the park and enjoy all the exotic wildlife on your own. Bring your bag lunch or purchase lunch on your own at their café/deli.	2/24	TH	8:45 am - 4:30 pm	\$39/\$41	380848A

# November/December Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	<b>*No Class in December*</b>					
	1/20	TH	9:00 am - 3:00 pm	12/7	\$15/\$20	380853A
	2/17	TH	9:00 am - 3:00 pm	1/3	\$15/\$20	380853B
<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.					
	12/6 - 12/27	M	10:30 am - 12:00 pm	11/1	Free	280814C
	1/3 - 1/31	M	10:30 am - 12:00 pm	12/7	Free	380814A
	2/7 - 2/28	M	10:30 am - 12:00 pm	1/3	Free	380814B
	<b>**No class on 1/17 (Martin Luther King, Jr. Day)**</b>					
<b>Open Beading</b> friends while you	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your bead.					
<b>Book Club</b>	Join our Book Club... Read the book, examine and discuss the story with a friendly group of people. Light refreshments will be served. Must be registered.					
<b>"The Giver of Stars"</b> By: Jojo Moyes	11/19	F	12:00 pm - 1:00 pm	Now	Free	
	<b>*There will be no book club in December *</b>					
<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	(resuming 11/9)
	Learn the techniques of wood carving with instructor Jim Harris.					
<b>Basic English</b>	1/12 - 2/16	W	6:00 pm - 6:45 pm	12/3	\$5/\$10	380868A
<b>Intermediate English</b>	1/12 - 2/16	W	7:00 pm - 7:45 pm	12/3	\$5/\$10	380888A
<b>Basic Spanish</b>	1/12 - 2/16	W	2:00 pm - 2:45 pm	12/3	\$5/\$10	380886A
<b>Intermediate Spanish</b>	1/12 - 2/16	W	3:00 pm - 3:45 pm	12/3	\$5/\$10	380889A
<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 &amp; Watercolor</b>	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils in combination with the brush and paint techniques.					
	1/12 - 2/16	W	1:30 pm - 3:30 pm	12/3	\$20/\$22	380859A
<b>Mixed Media Painting</b>	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	1/14 - 2/18	F	1:30 pm - 3:30 pm	12/3	\$20/\$22	380811A
<b>Art Mixed Media Workshop</b>	"Pastel" In this 2 hour workshop, students will create a pastel drawing on tinted paper using colored pencils and pastels. <b>All materials provided.</b>					
	1/19	W	6:00 pm - 8:00 pm	12/3	\$20/\$22	380820A
<b>Technology Class</b>	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.					
	<b>***Senior Center Membership Required for each Program Below***</b>					
<b>Quilting Corner</b>	Unlock your creativity as our volunteer instructor teaches you various quilting techniques. Supply list at front desk.					
	Jan - Mar	M	10:00 am - 2:00 pm	12/7	Free	380828A
	Jan - Mar	W	6:00 pm - 8:30 pm	12/7	Free	380829A
	<b>** (Registration for Wednesday evening sessions are for three months, 1st and 3rd Wednesday of each month) **</b>					
<b>Open Quilting</b>	Join us for Open Quilting every <b>1st, 2nd and 4th Thursday from 10:00 am - 1:00 pm</b> . Bring your projects and enjoy the company of your friends while you quilt. <b>(No registration required)</b>					
<b>Open Knitting &amp; Crocheting</b>	Join this open session and practice knitting and crocheting techniques with other individuals. <b>(There are no instructors for this group)</b>					
	Jan - Mar	TU	1:00 pm - 3:00 pm			
<b>Sewing Creations</b>	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	12/3	Free	380877A
<b>Open Crafts (Stitchery)</b>	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jan - Mar	TH	6:00 pm - 8:00 pm	12/3	Free	380879A
<b>Choral Group</b>	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Jan - Mar	F	11:30 am - 1:00 pm	12/3	Free	380878A

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\***

<b>Tai Chi</b>	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)

	TH	11:15 am - 12:15 pm	Free	DVD
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## 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 #
Dec	W	11:00 am - 12:00 pm	11/3	\$15/\$17	280864C
Dec	W	6:00 pm - 7:00 pm	11/3	\$15/\$17	280865C
Jan	W	11:00 am - 12:00 pm	12/1	\$12/\$14	380864A
Jan	W	6:00 pm - 7:00 pm	12/1	\$12/\$14	380865A
Feb	W	11:00 am - 12:00 pm	1/5	\$12/\$14	380864B
Feb	W	6:00 pm - 7:00 pm	1/5	\$12/\$14	380865B

## 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.**

Jan - Mar	TU/TH	9:00 am - 9:45 am	12/1	Free	380891A
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