



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

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PERMIT NO. 825

January/February 2022

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:

**Martin Luther King Jr Day
Monday, January 17**



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	
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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.

Senior Cooking Club	Date	Day	Time	Register	Fee
Feb - One Dish Wonders	380816B	2/18	F	10:00 am - 1:00 pm	1/7 \$6/\$8
Mar - Tostadas	380816C	3/25	F	10:00 am - 1:00 pm	2/4 \$6/\$8
Apr - "EGG"cellent Recipes	480816A	4/29	F	10:00 am - 1:00 pm	3/4 \$6/\$8

If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation 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	2/3 - 5/19	TH	1:00 pm - 3:00 pm	1/7	Free
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This weekly workshop will be in preparation for a stage production that will take place in May 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 # 380890A**

Introduction to Basic Computer Skills	1/4 - 2/10	TU/TH	12:00 pm - 1:15 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.

Intermediate Computer Skills	1/19 - 2/23	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.

Date	Day	Time	Register	Fee
Mardi Gras Dinner Dance	1/13	TH	6:00 pm - 9:00 pm	12/3 \$22/\$24

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. **Activity # 380832A**

A Festival of Short Plays	1/20	TH	1:00 pm Start Time	Free
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The Sunrise Senior Theatre Group presents eight hilarious short plays. Join us in support of this talented group as they perform the Senior Center's first blocked stage reading. Four will be presented then an intermission and then four more. Each short will have you laughing in your seats. Sign Up at Front Desk.

Lunch Bunch:	1/24	M	12:30 pm - 1:15 pm	Now	\$5/\$7
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Join us for two delicious slices of pizza and a drink. This is a great way to mingle and eat with your friends before your afternoon activities. Sign up today! **Activity # 380807A**

"A Walk in the Park"	1/26	W	8:45 am - 12:00 pm	Call to sign up	Free
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Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. 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: **Humana**

Craft Class: Tie Dye Shirts	2/4	F	10:00 am - 11:30 am	1/7	\$6/\$8
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Back by popular demand, our next craft class will be sure to please! You'll have the chance to make a groovy tie dye shirt that "YOU" created. Choose your colors, select your design and create a one of a kind shirt that you will be proud to wear! **Space and supplies are limited. All materials will be provided. Activity # 280801B**

Love Boat Dinner Dance	2/15	TU	6:00 pm - 9:00 pm	1/7	\$22/\$24
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Let us pretend we are on a boat in the middle of the ocean on our way to a tropical island. All your friends are with you and there's a dinner fit for royalty. The Sunrise Senior Center is bringing the cruise to you! Our Love Boat Dinner Dance will provide entertainment and music that will be sure to please. You will not want to miss this unforgettable experience. Come sail away with us. **Activity # 380832B**




Welcome to the Jungle Social	3/9	W	1:00 pm - 3:00 pm	2/4	\$8/\$10
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Step into a dense forest, full of lush trees and greenery. There will be pops of colors from beautiful flowers and plants and sounds of animals will emerge. Come have a wild time with us in our very own jungle, we will have the music to keep you moving and a delicious meal will be served. This will be an afternoon of great fun and amusement. **Activity # 380822A**

Lunch Bunch:	3/16	W	12:30 pm - 1:15 pm	Now	\$5/\$7
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Hot, delicious and mouthwatering, yes we're talking about Sheppard's Pie. Don't hesitate to register and bring a friend to enjoy before your afternoon activities. Sign up today! **Activity # 380807B**



<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 Total Body Fitness w/ Alli  (Live Instructor) 10:00 am - 12:00 pm Knitting & Crocheting 10:00 am - 1:00 pm Quilting Corner 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 1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 9:00 am - 12:00 pm Mahjong 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 6:00 pm - 9:00 pm Wood Carving 7:00 pm - 9:00 pm Scottish Dancing	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 Ballroom Dance 12:00 pm - 3:00 pm Bowling League 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 Drawing and Watercolor 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 Ballroom Dance 6:00 pm - 8:00 pm Mahjong 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) 9:30 am - 11:00 am Bereavement Support Group 10:00 am - 11:00 am Line Dancing 10:00 am - 1:00 pm Open Quilting 10:00 am - 3:00 pm Open Ping Pong 11:15 am - 12:15 pm Dancing With The Stars (DVD) 1:00 pm - 2:00 pm Yoga (DVD) 2:15 pm - 3:15 pm Balance & Strength (DVD) 3:00 pm - 5:00 pm Senior Theatre Workshop 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) 11:30 am - 1:00 pm Choral Group 12:30 pm - 1:00 pm Tai Chi (DVD) 1:00 pm - 2:30 pm Bingo 1:30 pm - 3:30 pm Mixed Media Painting 2:00 pm - 3:00 pm Zumba - Blitz (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. (Be sure this is noted on your registration form)</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>	
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 7:00 pm - 9:00 pm Scottish Dancing		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)			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**	

Sunrise Senior Center will be closed:

Martin Luther King, Jr. Day
Monday, January 17



Monday Classic Movies - 11:00 am					At The Movies					Tuesday New Release Movies - 11:30 am					
1/3	An Unfinished Life	2005	1:48 mins	2/7	Labor Day	2013	1:51 mins	1/4	Dear Evan Hansen	PG-13	2:17 mins	2/1	Shang-Chi and the Legend of the Ten Rings	PG-13	2:12 mins
1/10	Becky Sharp	1935	1:24 mins	2/14	Bruce Almighty	2003	1:41 mins	1/11	Cry Macho	PG	1:44 mins	2/8	Jungle Cruise	PG-13	2:07 mins
1/17	NO MOVIE - MLK DAY			2/21	Du Barry Was a Lady	1943	1:41 mins	1/18	Free Guy	PG-13	1:55 mins	2/15	No Time to Die	PG-13	2:43 mins
1/24	Contact	1997	2:30 mins	2/28	Mall Cop	2009	1:31 mins	1/25	The Card Counter	R	1:52 mins	2/22	Fortress	R	1:39 mins
1/31	Grumpy Old Men	1993	1:43 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			Free	Call for Appt.
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)	1/14, 2/11, 3/11	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.	1/14, 2/11, 3/11	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.	1/14, 2/11, 3/11 1/19, 2/16, 3/16	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Free	Walk-ins welcome
Veteran's Advisor NOTE: No Vet Advisor 1/14 or 2/11 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.	3/11	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.	1/12, 2/9, 3/9	W	8:30 am - 12:30 pm		BY APPOINTMENT ONLY
Immunity Health Lecture 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
Pain Management Lecture Dr. Charlton Collie will be here to speak on Pain Management. Learn safe and effective treatment options for chronic pain. Find out what new treatments are in the medical field. Why is it necessary to use a Pain Management Specialist? A light lunch will be provided to all pre-registered participants.	2/11	F	10:00 am - 11:30 am	Free	Call to sign up
Healthy Brain Lecture Laurie Martinez, PhD,MBA/MSN, RN from Florida Atlantic University find the key to keeping your brain healthy as you grow older. Science indicates a combination of healthy habits can build and protect your brain's function over time. Join us to learn more. A light lunch will be provided to all pre-registered participants	3/11	F	10:00 am - 11:30 am	Free	Call to sign up Join
Income Tax Preparation (Sponsored by Hispanic Unity) IRS Certified volunteers will assist taxpayers whose income does not exceed \$66,000.00 BY APPOINTMENT ONLY. 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. Call for an appointment starting January 2022		TU TH	9:00 am - 12:00 pm 1:00 pm - 4:00 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>					
January Ticket Sale Members 1/7; Non-Members 1/14					
Coconut Creek Casino 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
"Too Proud" a Temptations Tribute Broward Center of Performing Arts 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
Machu Picchu Experience 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. Virtual Reality Experience included in purchase price. Lunch on own at restaurant of choice at Mizner Park.	2/17	TH	9:00 am - 3:00 pm	\$43/\$45	380841A
Everglades Holiday Park Airboat Tour 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
February Ticket Sale Members 2/4; Non-Members 2/11					
Rhythm of the Dance Show And Lunch Get your friends together and enjoy lunch and a show at the Civic Center Theatre. Enjoy a delicious catered "Irish" themed lunch followed by an electrifying show, Rhythm of the Dance. This show marks a new era in Irish entertainment, combining traditional Irish dancing and music with the most up-to-date stage technology. This dance and music extravaganza takes audiences on an exhilarating, exciting, and energy-packed trip through the ages. It is an experience you won't want to miss.	3/2	W	12:30 pm - 4:00 pm	\$40/\$42	380839B
Morikami Museum And Japanese Gardens Enjoy a guided tour of the Japanese gardens, then stroll thru the Morikami Museum at your leisure. Afterwards, lunch on your own at Boca Town Center.	3/10	TH	9:00 pm - 3:30 pm	\$18/\$20	380848B
Mazza Mediterranean Cuisine Experience a culinary collection of selected Lebanese and Greek dishes that captures the vibrant palate of the exotic Mediterranean region. Enjoy dinner and an authentic live Belly Dancing show that will make you want to get up and dance. An experience that's hard to resist!	3/18	F	5:30 pm - 10:00 pm	\$38/\$40	380838A
Ann Norton Sculpture Gardens Enjoy a one and a half hour guided walking tour as you take a rare look at the life's work of a truly great American sculptor. See Ann Norton's monumental sculptures built directly in the garden, which features over 250 rare palm species. As well as a visit to the house, built in 1925 and her studio. Then, it's off to lunch on your own on Clematis Street.	3/22	TU	9:00 am - 4:00 pm	\$13/\$15	380842A
Miccosukee Casino Do you feel lucky? Try your luck and enjoy a great day at the casino. Get ready for a great day at the casino. Play the tables, slots, and more. Lunch on your own.	3/31	TH	9:00 am - 3:00 pm	\$5/\$7	380826C
March Ticket Sale Members 3/4; Non-Members 3/11					
Delray Affair Celebrate the 60th year of the Delray Affair, the largest arts & craft festival in the Southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food and funky products from around the world. It takes place along the palm tree lined downtown streets of Delray Beach and stretches 12 city blocks. Food and beverages available for purchase.	4/8	F	9:00 am - 4:00 pm	\$5/\$7	480842A
Marlins vs Phillies Don't miss your chance to see the Marlins take on the Phillies. Be sure to get your tickets early! Seats are located in Home plate Box - Section 12, Rows 5-7.	4/14	TH	4:30 pm - 11:00 pm	\$43/\$45	480837A
Zoo Miami Explore the zoo and see over 100 exhibits that feature over 3,000 animals. This zoo is the largest and oldest zoological garden in Florida, and the only tropical zoo in the U.S. Have lunch on your own at one of the zoo's restaurants or bring a brown bag lunch.	4/19	TU	8:45 am - 4:00 pm	\$28/\$30	480842B
Isle Casino Get ready for a great day at the casino. Try your luck at the tables, slots, and more. Lunch on your own.	4/26	TU	9:00 am - 3:00 pm	\$5/\$7	480826A

January/February 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)					
	1/20	TH	9:00 am - 3:00 pm	Now	\$15/\$20	380853A
	2/17	TH	9:00 am - 3:00 pm	1/3	\$15/\$20	380853B
	3/17	TH	9:00 am - 3:00 pm	2/7	\$15/\$20	380853C
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.					
	1/3 - 1/31	M	10:30 am - 12:00 pm	Now	Free	380814A
	2/7 - 2/28	M	10:30 am - 12:00 pm	1/3	Free	380814B
	3/7 - 3/28	M	10:30 am - 12:00 pm	2/7	Free	380814C
	No class on 1/17 (Martin Luther King, Jr. Day)					
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 Four Winds” By: Kristen Hannah	1/28	F	12:00 pm - 1:00 pm	Now	Free	
“The Invisible Life of Addie Larue”	2/25	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	3/2 - 4/6	W	6:00 pm - 6:45 pm	2/4	\$5/\$10	380868B
Intermediate English	3/2 - 4/6	W	7:00 pm - 7:45 pm	2/4	\$5/\$10	380888B
Basic Spanish	3/2 - 4/6	W	2:00 pm - 2:45 pm	2/4	\$5/\$10	380886B
Intermediate Spanish	3/2 - 4/6	W	3:00 pm - 3:45 pm	2/4	\$5/\$10	380889B
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.					
	3/2 - 4/6	W	1:30 pm - 3:30 pm	2/4	\$20/\$22	38085B
• Mixed Media Painting	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	3/4 - 4/8	F	1:30 pm - 3:30 pm	2/4	\$20/\$22	380811B
• Art Mixed Media Workshop	Join instructor Margo Kawashima for this 2 hour workshop. Stop by the Front Desk for project information. All materials provided.					
	3/16	W	6:00 pm - 8:00 pm	2/4	\$20/\$22	380820B
Technology Class	1st & 3rd	TU	10:00 am - 11:30 am 6:00 pm - 7:00 pm	Call to sign up	Free	
	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. Supply list at front desk.					
	Jan - Mar	M	10:00 am - 2:00 pm	Now	Free	380828A
	Jan - Mar	W	6:00 pm - 8:30 pm	Now	Free	380829A
	** (Registration for Wednesday evening sessions are for three months, 1st and 3rd Wednesday of each month) **					
Open Quilting	Join us for Open Quilting every 1st, 2nd and 4th Thursday from 10:00 am - 1:00 pm . Bring your projects and enjoy the company of your friends while you quilt. (No registration required)					
Open Knitting & Crocheting	Join this open session and practice knitting and crocheting techniques with other individuals. (There are no instructors for this group)					
	Jan - Mar	TU	1:00 pm - 3:00 pm			
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	Now	Free	380877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jan - Mar	TH	6:00 pm - 8:00 pm	Now	Free	380879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Jan - Mar	F	11:30 am - 1:00 pm	Now	Free	380878A

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*					
Total Body Fitness With Alli	Experience a blend of heart health, strength training, cardio and balance exercises in this totally invigorating and energizing new program. With upbeat and energy inducing music, you will have no choice but to stay fit and have fun as you do! <u>Chair modifications available.</u> Senior Center membership is required. (Max. 24 students per class).					
	Jan	M	9:45 am - 10:45 am	Now	\$12/\$14	380870A
	Feb	M	9:45 am - 10:45 am	1/7	\$12/\$14	380870B
	Mar	M	9:45 am - 10:45 am	2/4	\$12/\$14	380870C
	No class on 1/17 (Martin Luther King, Jr. Day)					
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)					
		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
		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
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 #
	Jan	W	11:00 am - 12:00 pm	Now	\$12/\$14	380864A
	Jan	W	6:00 pm - 7:00 pm	Now	\$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
	Mar	W	11:00 am - 12:00 pm	1/5	\$15/\$17	380864C
	Mar	W	6:00 pm - 7:00 pm	1/5	\$15/\$17	380865C
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	Now	Free	380891A

