

# ON STAGE IN SUNRISE

## Rhythm of the Dance

Tuesday, March 1, at 7:00 pm

Wednesday, March 2, at 2:00 pm

This show marks a new era in Irish entertainment, combining traditional music and dance with the most up-to-date stage technology. Take a colorful and exhilarating trip through the ages! Reserved seating: \$30.



## NY Rockabilly Rockets

Saturday, March 5, at 7:00 pm

Calling all cool Kats and Kittens: If you love rockabilly, rock and roll, surf rock, country, and swing, don't miss this throwback to the '50s and '60s! The NY Rockabilly Rockets' fast-paced, Vegas-style show features a diverse mix of songs and styles, plus fabulous costumes and backdrops. Reserved seating: \$20 adults.

## Piano Men: Generations

Tuesday, March 15, at 7:00 pm

The Piano Men — the amazing father-and-son team of Terry and Nick Davies — perform the music of Billy Joel and Elton John, two piano icons whose songs continue to touch generations of fans. Reserved seating: \$35.

## “The Sweet Delilah Swim Club”

Saturday, March 19, at 7:00 pm

Sunday, March 20, at 2:00 pm

Five Southern ladies set aside a long weekend each summer to reconnect and recharge their college friendship. This hilarious comedy spans a period of 33 years as they laugh, catch up, and meddle in each other's lives. Reserved seating: \$18.

## Sunrise Civic Center Theatre

10610 West Oakland Park Blvd., Sunrise 33351  
(954) 747-4646

Box Office hours: Tuesday and Friday from 10:00 a.m. to 5:00 p.m.;  
Wednesday and Thursday from 12:00 p.m. to 7:00 p.m.; Saturday from  
10:00 a.m. to 3:00 p.m.; and one hour before shows. Tickets are also  
available online at <https://www.sunrisefl.gov/tickets.html>.



## SPOTLIGHT ON:

# Sunrise Senior Center

- Fitness Classes
- Clubs & Discussion Groups
- Day & Overnight Trips
- Arts & Crafts Courses
- Dinner Dances
- Health Lectures & Screenings

The Center — which celebrated its grand reopening in 2021 — is now bigger and better than ever! Be sure to explore our expanded amenities, including an arts and crafts room, exercise room, game room, computer room, covered patio, and multipurpose room with demonstration kitchen.

A Sunrise Senior Center annual membership is \$15 for residents and offers access to discounted program pricing, early registration, members-only activities and other great benefits! Call (954) 746-3670 today to join!

The Sunrise Senior Center is dedicated to encouraging personal growth, fostering active participation in the community, and helping adults achieve and maintain an independent, healthy lifestyle.

We offer a wide range of programs and services for residents 55+ years young, including:

## Sunrise Senior Center

10650 West Oakland Park Blvd.  
Sunrise 33351

(954) 746-3670  
[sunrisefl.gov/seniorcenter](https://www.sunrisefl.gov/seniorcenter)

FEBRUARY 2022



## FEBRUARY IS AMERICAN HEART MONTH!

Lower Your Stress,  
Boost Your Heart Health

On Stage in Sunrise

Spotlight On: Sunrise Senior Center

VISIT THE CITY OF SUNRISE ONLINE

[www.sunrisefl.gov](https://www.sunrisefl.gov) · [www.facebook.com/cityofsunrise](https://www.facebook.com/cityofsunrise) · [www.twitter.com/cityofsunrise](https://www.twitter.com/cityofsunrise)

## Lower Your Stress to Boost Your Heart Health



The Sunrise City Commission proclaimed February 2022 as **American Heart Month** in Sunrise, in keeping with the national observance designed to promote heart-healthy lifestyles.

While a good diet and regular exercise are two of the cornerstones of heart health, **stress management** is also an important consideration.

Concerns about work, money, and health – especially when amplified by the COVID pandemic – can pile on the stress. And research shows that stress and strain negatively impact your body and brain.

According to the American Heart Association, people with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including of heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

If you're feeling overwhelmed, the American Heart Association recommends that you try these stress-busting activities:

**Get out of the house.** Take a walk in nature and enjoy the sights and sounds! Many City of Sunrise parks offer walking paths and open green space. For information on amenities near you, visit [www.sunrisefl.gov/parks](http://www.sunrisefl.gov/parks).

**Sleep tight.** Set a regular bedtime and wakeup routine and turn off or dim electronic screens as bedtime approaches.

**Use your network.** Reach out and connect regularly with family and friends. Try a quick text or phone call – or an informal in-person meet-up.

**Put your mind to it.** Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.

**Lean on a furry friend.** Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that pets can reduce loneliness and boost your mood.

**Work it out:** Regular physical activity – a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly – can relieve tension, anxiety and depression and give you an immediate exercise “high.” For a list of the City’s current fitness programs, visit [www.sunrisefl.gov/fitness](http://www.sunrisefl.gov/fitness).

For more tips on the mind-heart-body connection, visit the American Heart Association’s website, [www.heart.org/BeWell](http://www.heart.org/BeWell).

