



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

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March/April 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

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club	Monthly	TU	6:00 pm - 8:00 pm		
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					
Apr - "EGG"cellent Recipes	4/29	F	10:00 am - 1:00 pm	3/4	\$6/\$8
May - Brunch	5/20	F	10:00 am - 1:00 pm	4/1	\$6/\$8
Jun - Summer Salads	6/17	F	10:00 am - 1:00 pm	5/6	\$6/\$8

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

Gardening Club	Apr - Jun	TU/F	9:00 am - 2:00 pm	Now	Free
Great news, the Senior Center Gardening Club is back and ready to bloom. We are looking for some passionate, dedicated and talented gardeners to help cultivate and keep our gardening flourishing. The group is led by volunteer instructor Marie Lucien. Please stop by the Senior Center Front Desk to register. Activity # 480823A					

Quilting Corner's Block Party for Charity	3/3	TH	10:30 am - 3:30 pm		
Come out and join the Quilting Corner to create quilt blocks which will be used to make quilts for charity. All material will be provided by the Senior Center's Quilting Corner group. Feel free to bring your own sewing machine. Quilting participants will be involved in the following activities: Cutting Fabric for blocks/ Ironing the fabric and blocks/ Sewing the block and sash/ Assembling the blocks to create the quilt tops. Completed quilts will be donated to a local charity at the end of each block party month. Block Parties will be held on the first Thursday of the month from 10:30 am to 3:30 pm. Stop by the Front Desk to Sign up.					

Intermediate Computer Skills	5/4 - 6/10	W/F	10:00 am - 11:15 am	4/7	Free
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
Welcome to the Jungle Social	3/9	W	1:00 pm - 3:00 pm	Now	\$8/\$10
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, with a live animal show, music to keep you moving and a tasty lunch. This will be an afternoon of great fun and new adventures. Activity # 380822A					
Senior Center Pool Party	4/12	TU	10:00 am - 1:00 pm	3/4	\$8/\$10
The weather is heating up! There's no better way to relax and have fun than a pool party! We will be using the Civic Center pool to host our first Senior Center Pool Party! There will be interactive activities, lunch and a DJ that will keep the party rockin'. Be sure to wear your bathing suit and bring a towel to take a dip in the pool and enjoy the cool water and some sun. This will be a unique event and you will not want to miss out! Activity # 480822A					
Craft Class: Paint Pouring Canvas	4/15	F	10:00 am - 11:30 am	3/4	\$6/\$8
This craft is great for all artists of any age or skill level. It does not require any paintbrushes and mixes up your traditional painting method. You'll be wow'd by how easy it is to make a unique masterpiece full of color and pop. Space and supplies are limited. All materials will be provided. Activity # 480801A					
Older Americans Month Showcase	5/26	TH	11:00 am - 2:00 pm	4/1	Free
Hear the sweet sounds of the Sunrise Star Performers and watch our seniors strut their stuff as they showcase clothes, quilts, and jewelry made by the Sewing, Quilting, and Beading groups at the Senior Center. You will also get to enjoy a display by our Painting classes as well as a short show to entertain your afternoon by our Theater group. A sweet treat will be given to all members who are pre-registered. This event is free and space is limited. Call (954) 746-3670 or stop by the front desk to reserve your space.					

Sunrise Loves Our Seniors (SLOS) - Ticket Distribution

Wednesday, April 6, 2022

9:00 am - 11:00 am at the Civic Center Ballroom

The City of Sunrise will once again be hosting our annual Sunrise Loves Our Seniors (SLOS) dinner dance. This event is for City of Sunrise senior residents ages 55+ and is totally FREE! With live music from a fabulous band and a delicious three-course meal, this will be an event you won't want to miss. Tickets are limited and are distributed on a first come first served basis.

This year's events will be held on Wednesday, May 4th, Wednesday, May 11th and Wednesday, May 18th. For more information, stop by the Senior Center Front Desk or call 954-746-3670. (Maximum of two (2) tickets per household. Must be a Sunrise Resident and present to receive your tickets! Proof of residency will be required during ticket distribution)

World Health Day Expo 4/7 TH 9:00 am - 12:00 pm Call to sign up Free

In the Civic Center Ballroom

April 7th is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. Sign up for the mini breakout sessions with the topic of: Universal Health Coverage. Featured speaker from SHINE (Serving Health Insurance Needs of the Elderly). You can sign up for breakout sessions at the Senior Center Front Desk. There will be free health screenings and giveaways! Refreshments will be served.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	ADMIT ONE <i>Trip & Ticket Policies</i> ADMIT ONE
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 9:00 am - 2:00 pm Gardening Club (Begins on April 5) NEW!!! 9:45 am - 10:15 am Beginners Line Dancing 10:00 am - 4:30 pm Open Ping Pong 10:15 am - 11:15 am Line Dancing 11:30 am - 12:30 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) 10:00 am - 12:00 pm Paper/Card Crafting Class 11:00 am - 12:00 pm Ballroom Dance 12:00 pm - 3:00 pm Bowling League 12:30 pm - 3:30 pm Open Game Play 12:30 pm - 3:30 pm Canasta (Begins on April 6) NEW!!! 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) 9:00 am - 2:00 pm Gardening Club (Begins on April 7) NEW!!! 10:00 am - 11:00 am Zumba Blitz (DVD) 10:00 am - 12:00 pm Chess Club 11:00 am - 12:30 pm Choral Group 11:15 am - 12:15 pm Walk Your Way to Health (DVD) 12:30 pm - 1:00 pm Tai Chi (DVD) 1:00 pm - 2:30 pm Bingo 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 6:00 pm - 9:00 pm Open Game Room 6:00 pm - 9:00 pm Wood Carving 7:00 pm - 9:00 pm Scottish Dancing	**1st Tuesday** Sunrise Latin Social Club **4th Tuesday** American Legion Post 365	3:00 pm - 5:00 pm Women's Bocce, Nob Hill Soccer Club Park 6:00 pm - 6:45 pm Basic English 6:00 pm - 7:00 pm Ballroom Dancing 6:00 pm - 8:00 pm 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	6:00 pm - 9:00 pm Open Game Room 6:30 pm - 8:00 pm Open Crafts (Stitchery)	



Monday Classic Movies - 11:00 am

At The Movies

Tuesday New Release Movies - 11:30 am

3/7	Won't Back Down	2012	2:01 mins	4/4	Snatch	2000	1:42 mins	3/1	No Time to Die	PG-13	2:43 mins	4/5	House of Gucci	R	2:38 mins
3/14	Jezebel	1938	1:44 mins	4/11	The DaVinci Code	2006	2:29 mins	3/8	Spencer	R	1:57 mins	4/12	NO MOVIE - POOL PARTY		
3/21	Parental Guidance	2012	1:45 mins	4/18	Liz & Dick	2012	1:28 mins	3/15	Dune	PG-13	2:35 mins	4/19	The 355	PG-13	2:03 mins
3/28	Man on Fire	2004	2:26 mins	4/25	Brokeback Mountain	2005	2:14 mins	3/22	Last Survivors	NR	1:39 mins	4/26	American Underdog	PG	1:52 mins
								3/29	King Richard	PG-13	2:25 mins				

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 <u>Cancelled until further notice, sorry for any inconvenience.</u>	Weekly	TH	9:30 am - 11:00 am	Free	
Blood Pressure Check (Sunrise Fire/Rescue)	3/11, 4/8, 5/13	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.	3/11, 4/8, 5/13	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.	3/11, 4/8, 5/13 3/16, 4/20, 5/18	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, linkage, benefits and claims processing. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.	3/11, 4/8, 5/13	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! www.GatherGoGet.com. 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. Also, as a mobile driver license unit, there can be a risk of having connection or equipment issues that are out of our control.	3/9, 4/6, 5/11	W	8:30 am - 12:30 pm		Walk-ins welcome
Housing Options for Older Adults It is important to consider what options are available to us as we age. How do we determine if staying at home is an option. Tips for finding the help you need in the community and how to identify and assess your options. If you're faced with making a decision about where to live, it's important that you know how to make the final choice. Learn tips that may help with the choices you make.	4/8	F	10:00 am - 11:30 am	Free	Call to sign up
Hypertension Lecture Discover what hypertension is. Hypertension, also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Learn the signs, Symptoms and treatments. A light lunch will be provided to all pre-registered participants.	5/13	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 #
<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>					
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
April Ticket Sale Members 4/1: Non-Members 4/8					
Lips Restaurant and Show Enjoy dinner with the Divas, followed by a fabulous, fierce, and flawless show, filled with amazing and electric performances! Salad, choice of entrée, and dessert are all included.	5/5	TH	6:00 pm - 10:30 pm	\$38/\$40	480838A
Pretty Woman the Musical Broward Center For the Performing Arts	5/10	TU	6:30 pm - 11:00 pm	\$61/\$63	480839A
Are you ready to fall in love all over again? If you are, Pretty Woman the Musical will fulfill those desires. Based on one of Hollywood's most beloved romantic stories of all time, this show is now on tour! According to BuzzFeed News, this musical will lift your spirits and light up your heart. "If you love the movie, you'll love the musical! Get your tickets now while they last! Seats are located in Orchestra, Rows LL and KK.					
Beach Day & Lunch Lauderdale by the Sea	5/17	TU	9:00 am - 3:30 pm	\$5/\$7	480851A
Enjoy a relaxing morning at the beach at Lauderdale by the Sea. Bring your beach chair or blanket and catch some sun, walk along the beach, or take a dip in the ocean. Then enjoy lunch on your own at one of the local eateries.					
Calder Casino	5/24	TU	9:00 am - 3:00 pm	\$5/\$7	480826B
Try your luck at the tables, slots, and more. You never know, today could be your lucky day. Lunch on your own.					
May Ticket Sale Members 5/6: Non-Members 5/13					
Hard Rock Casino	6/2	TH	9:00 am - 3:00 pm	\$5/\$7	480826C
Feeling lucky? Try your luck and enjoy a great day at the casino. Get ready for a fun day at the beautiful Hard Rock and enjoy all that it has to offer. Play the tables, slots, and more.					
Dolphin Mall	6/7	TU	9:00 am - 3:30 pm	\$5/\$7	480846A
Enjoy great indoor shopping at its finest! Then take time to experience the extensive food court for lunch on your own.					
Fishing Trip	6/16	TH	8:15 am - 3:30 pm	\$43/\$45	480844A
Back by popular demand! Tap into your inner fisherman and fisherwoman with a four-hour fishing trip aboard a private vessel. Everything you will need on your trip: rods, bait, tackle and licenses are included. NO EXPERIENCE NECESSARY! You will have an experienced, professional and friendly crew there to assist with everything. Pack a lunch!					
Dauer Museum of Classic Cars	6/21	TU	9:30 am - 2:30 pm	\$23/\$25	480841B
Travel back in time at Dauer Classic Cars and immerse yourself in America's stunning history. From cars to memorabilia, devices to science and technology too, this blast from the past will leave you feeling inspired by our history and eager for the future. Afterwards, the group will head to the Colonnades at Sawgrass Mall for lunch on your own.					

March/April 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) 4/21 5/19	TH TH	9:00 am - 3:00 pm 9:00 am - 3:00 pm	3/7 4/4	\$15/\$20 \$15/\$20	480853A 480853B
Classes may be cancelled due to AARP protocols. Please stop by the front desk or contact the Senior Center 954-746-3670 to confirm program occurrence.						
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.					
	3/7 - 3/28	M	10:30 am - 12:00 pm	2/7	Free	380814C
	4/4 - 4/25	M	10:30 am - 12:00 pm	3/7	Free	480814A
	5/2 - 5/23	M	10:30 am - 12:00 pm	4/4	Free	480814B
No class on 5/30 (Memorial 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.					
"Anxious People" By: Fredrick Backman	3/25	F	12:00 pm - 1:00 pm	3/4	Free	
"I Let You Go" By: Clare Makintosh	4/22	F	12:00 pm - 1:00 pm	3/4	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.						
Art Classes						
For questions contact Margo Kawashima at 954-684-6163. Bring your own supplies (See supplies list at the Front Desk)						
Drawing & Watercolor	In this class students can explore different ways of drawing using traditional drawing materials in combination with using the brush and paint techniques.					
	5/4 - 6/8	W	1:30 pm - 3:30 pm	4/1	\$20/\$22	480859A
Mixed Media Painting	In this class students can explore creative ways of painting by mixing different painting materials like watercolor, acrylic, pastel & ink.					
	5/6 - 6/10	F	1:30 pm - 3:30 pm	4/1	\$20/\$22	480811A
Art Mixed Media Workshop	Join instructor Margo Kawashima for this 2 hour workshop. Stop by the Front Desk for project information. All materials provided.					
	5/18	W	6:00 pm - 8:00 pm	4/1	\$20/\$22	480820A
Technology Class	Do you need help learning how to utilize your Apple or Android devices? If so, you can reach out to Darius (954-746-3684) to schedule an appointment. An appointment must be scheduled to receive assistance.					
Senior Center Membership Required for each Program Below						
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Apr - Jun	M	10:00 am - 2:00 pm	3/4	Free	480828A
No class on 5/30 (Memorial Day)						
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)					
Card/Paper Crafting Class	Who doesn't enjoy receiving that special card in the mail or handed directly to them? The receiver will feel blessed by your hand made thoughtfulness. Learn the fundamentals of cutting, using ink, rubber stamps and paper to create your own cards. Some supplies are needed for this program. Stop by the front desk for a list of supplies.					
	Apr - Jun	W	10:00 am - 12:00 pm	3/4	Free	480806A
Classes begin on Wednesday, April 13, 2022						
Open Knitting & Crocheting	Join this open session and practice knitting and crocheting techniques with other individuals. (There are no instructors for this group)					
	Apr - Jun	TU	1:00 pm - 3:00 pm			
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	3/4	Free	480877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Apr - Jun	TH	6:00 pm - 8:00 pm	3/4	Free	480879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Apr - Jun	F	11:30 am - 1:00 pm	3/4	Free	480878A

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).					
	Apr	M	9:45 am - 10:45 am	3/4	\$12/\$14	480870A
	May	M	9:45 am - 10:45 am	4/1	\$12/\$14	480870B
	Jun	M	9:45 am - 10:45 am	5/6	\$12/\$14	480870C
	No class on 5/30 (Memorial 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)					
		M	9:45 am - 10:45 am		Free	DVD
		TU	11:30 am - 12:30 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 #
	Apr	W	11:00 am - 12:00 pm	3/4	\$12/\$14	480864A
	Apr	W	6:00 pm - 7:00 pm	3/4	\$12/\$14	480865A
	May	W	11:00 am - 12:00 pm	4/6	\$12/\$14	480864B
	May	W	6:00 pm - 7:00 pm	4/6	\$12/\$14	480865B
	Jun	W	11:00 am - 12:00 pm	5/4	\$15/\$17	480864C
	Jun	W	6:00 pm - 7:00 pm	5/4	\$15/\$17	480865C
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.					
	Apr - Jun	TU/TH	9:00 am - 9:45 am	Now	Free	480891A

