

May/June 2022 Senior Programs Continued...

	Date	Day	Time	Register	Fee
Gardening For Wildlife Workshop	6/15	W	6:30 pm - 8:30 pm	Now	Free
Join us for our Gardening For Wildlife Workshop, presented by the City of Sunrise Sustainability Officer, Carrie Kashar. The Sunrise Be a Butterfly Hero program serves to engage folks in learning about Florida-Friendly Landscaping which emphasizes native plants that often require less water, chemicals and maintenance and provide essential habitat for our native and migratory wildlife including imperiled pollinators. Participants will learn about the Sunrise Be a Butterfly Hero Program, and how to create their own wildlife-friendly habitat at home. Attendees will receive an educational packet, seeds, and a Florida-friendly plant or tree. This is a FREE family-friendly workshop brought to you by Sunrise Good and Green in partnership with NatureScape Broward. Sign up required, call 954-746-3670 or stop by the Front Desk to sign up.					

Create A Butterfly

Garden in a Pot Presentation	6/30	TH	9:30 am - 10:30 am	Now	Free
You don't need a yard, or large space to attract butterflies, but did you know you can create a butterfly garden in a single planter? In this presentation you will learn about the Sunrise Be A Butterfly Hero Program, and how to create a butterfly garden in a pot. Bring a your own ceramic or plastic pot (at least 12 inches) to receive a butterfly-attracting plant. Sign up required, call 954-746-3670 or stop by the Front Desk to sign up.					

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

Jun - Summer Salads	480816C	6/17	F	10:00 am - 1:00 pm	5/6	\$6/\$8
Jul - Perfect Pestos	180816A	7/29	F	10:00 am - 1:00 pm	6/3	\$6/\$8
Aug- Soup's On	180816B	8/26	F	10:00 am - 1:00 pm	7/1	\$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.

Bridge Club

		M	12:00 pm - 2:30 pm	Now	
Great news, Bridge is coming back to the Senior Center. Join us on Monday, June 6 for our first session of sanctioned Duplicate Bridge games. Games will be held every Monday and are sanctioned by the American Contract Bridge League (ACBL). Senior Center membership is required to participate, and a fee of \$6 will be charged each Monday by the group to participate. For more information, please contact Marianne Arcella (954) 804-1282. Please stop by the Senior Center Front Desk to register.					

Quilting Corner's

Block Party for Charity	5/5 & 6/2	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.					

May/June 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

	Date	Day	Time	Register	Fee
Mother's Day Social	5/6	F	1:00 pm - 3:00 pm	Now	\$8/\$10
What could be more delightful than a tea party? Not just any tea party, a Mad Hatters Tea Party! You'll be transported "down the rabbit hole" and into the fantasy world of Alice in Wonderland. Wear your best tea party outfit and enjoy delicate, delicious foods and a variety of teas. Dance the afternoon away, just be sure that you're not late! Activity # 480822B					
Older Americans Month Showcase	5/26	TH	11:00 am - 2:00 pm	Now	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.					
Craft Class: Pressed Flower Art	6/10	F	10:00 am - 11:30 am	5/6	\$6/\$8
Spring is still here and the flowers are in full bloom. We will be using nature's colors by collecting various flowers and leaves to make pressed art! This craft is a great piece to have displayed year round and bring that beautiful spring vibe to any space. Space and supplies are limited. All materials will be provided. Activity # 480801B					
Lunch Bunch	6/22	W	12:30 pm - 1:15 pm	5/6	\$5/\$7
Come join us for a Mexican fiesta themed lunch! We'll be serving up some shredded chicken burritos with all the fixings. This flavorful dish will be served with a side of tortilla chips and salsa to keep you satisfied. Hurry to sign up before all of the spaces fill up! Activity # 480807A					






Baptist Heath instructor led exercise programs will be back in June!!! Stay tuned for more detailed information on classes.

**** Senior Center membership is required to participate. You will want to make sure that your membership is up to date! ****

Plus

You won't want to miss our Older Americans Month Showcase on Thursday, May 26, when we unveil more of our new upcoming programs!

<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) 12:00 pm - 2:30 pm Duplicate Bridge  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 - 10:15 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 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 11:00 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		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	

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Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
5/2	Wizard of Oz	1939	1:52 mins	6/6	Dead Poets Society	1989	2:08 mins	5/3	Encanto	PG	1:42 mins	6/7	Spider-Man No Way Home	PG-13	2:38 mins
5/9	The Truman Show	1998	1:44 mins	6/13	His Girl Friday	1940	1:32 mins	5/10	Redeeming Love	PG-13	2:14 mins	6/14	The Matrix Resurrections	R	2:28 mins
5/16	Top Hat	1935	1:39 mins	6/20	To Kill A Mockingbird	1962	1:28 mins	5/17	Ghostbusters Afterlife	PG-13	2:04 mins	6/21	The Kings Man	R	2:11 mins
5/23	The Notebook	2004	2:03 mins	6/27	Show Boat	1951	1:48 mins	5/24	A Journal for Jordan	PG-13	2:11 mins	6/28	Uncharted	PG-13	1:56 mins
5/30	NO MOVIE—MEMORIAL DAY														

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>					
Blood Pressure Check (Sunrise Fire/Rescue)	5/13, 6/10, 7/8	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Eyeglass Repair Optical City will be 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.	5/13, 6/10, 7/8	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.	5/13, 6/10, 7/8 5/18, 6/15, 7/20	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.	5/13, 6/10, 7/8	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
F.L.O.W. <u>Will be here every other month until further notice</u> Florida Licensing on Wheels the DMV mobile unit will be at the Sunrise Senior Center. 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.	6/8, 8/10	W	8:30 am - 12:30 pm		BY APPOINTMENT ONLY
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
Diabetes in Older Adults Lecture Some 34.2 million people of all ages (about 1 in 10) have diabetes in the U.S. More than 26% of adults age 65 and older (about 1 in 4) have diabetes. Learn the types, risk factors, symptoms, tests, and treatments. A light lunch will be provided to all pre-registered participants.	6/10	F	10:00 am - 11:30 am	Free	Call to sign up
S.H.I.N.E. A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provide free unbiased and confidential Medicare counseling to empower you to make the best decisions for your individual needs. Specially trained volunteers help Medicare beneficiaries, their families, and caregivers to understand their health care options. The program sponsored by the ADRC. * 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.	1st & 3rd	TU	10:00 am - 12:00 pm		Walk-Ins Welcome

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>					
May Ticket Sale Members 5/6: Non-Members 5/13					
Hard Rock Casino 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.	6/2	TH	9:00 am - 3:00 pm	\$5/\$7	480826C
Dolphin Mall Enjoy great indoor shopping at its finest! Then take time to experience the extensive food court for lunch on your own.	6/7	TU	9:00 am - 3:30 pm	\$5/\$7	480846A
Fishing Trip 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!	6/16	TH	7:00 am - 1:30 pm	\$43/\$45	480844A
Dauer Museum of Classic Cars 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.	6/21	TU	9:30 am - 2:30 pm	\$23/\$25	480841B
June Ticket Sale Members 6/3: Non-Members 6/10					
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.	7/7	TH	9:00 am - 3:00 pm	\$5/\$7	180826A
Inter Miami FC Soccer Game Are you ready for some SOCCER? Yes that's right, we will be taking our first ever trip to Drv Pink Stadium to see Inter Miami CF vs. Philadelphia Union. Cheer on your local club as they get ready to battle. Seats are in Section 121, Rows 22 and 23.	7/13	W	6:30 pm - 11:00 pm	\$40/\$45	180837A
Field of Flowers Floral Arrangement Workshop If you like floral arrangements and having a good time, this will be the perfect outing for you. Enjoy this two-hour event at the Flower Bar, with flowers and materials provided. Guests will learn floral basics and take home a beautiful arrangement they created themselves. Feel free to bring food/beverages of your choice!	7/21	TH	9:00 am - 3:30 pm	\$30/\$32	180851A
Town Center at Boca Raton Spend the day at one of south Florida's top luxury shopping destinations, Town Center at Boca Raton. Featuring an outstanding mix of over 200 upscale and elite specialty shops along with your favorite Mall stores in an indoor environment. With stores like – Neiman Marcus, Saks Fifth Avenue, Nordstrom, Macy's and Bloomingdale's, you will be sure to find what you need. Lunch on own at one of the many eateries in the mall.	7/28	TH	9:00 am - 3:30 pm	\$5/\$7	180846A
July Ticket Sale Members 7/1: Non-Members 7/8					
Miccosukee Casino Feeling lucky? Try your luck and enjoy a great day at the casino. Get ready for a fun day and enjoy all that it has to offer. Play the tables, slots, and more.	8/4	TH	9:00 am - 3:00 pm	\$5/\$7	180826B
Wellington Green Mall & Trader Joe's Experience a premier shopping destination in West Palm Beach for your 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.	8/11	TH	9:00 am - 3:30 pm	\$5/\$7	180846B
Coral Springs Museum of Art If you enjoy dynamic and engaging art work, you will love the exhibits at Coral Springs Museum of Art. The museum is housed in the 30,000 square foot Center for the Art building and is equally impressive. Afterwards it's off to TooJay's Deli for lunch on your own.	8/16	TU	9:00 am - 2:30 pm	\$11/\$13	180841A
Picnic in the Park Join us for a morning of games and fun or enjoy a brisk walk around the newly renovated Welleby Park. A delicious BBQ lunch will be served under a spacious pavilion. Don't miss out on this fun filled outing. It may be a warm day, so wear your sunscreen and a hat.	8/23	TU	9:30 am - 1:30 pm	\$12/\$14	180849A

May/June 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 - \$20 AARP Members, \$25 Non- Members)					
	6/16	TH	9:00 am - 3:00 pm	5/2	\$20/\$25	480853C
	7/21	TH	9:00 am - 3:00 pm	6/6	\$20/\$25	180853A
	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.					
	5/2 - 5/23	M	10:30 am - 12:00 pm	Now	Free	480814B
	6/6 - 6/27	M	10:30 am - 12:00 pm	5/2	Free	480814C
	7/11 - 7/25	M	10:30 am - 12:00 pm	6/6	Free	180814A
	No class on 5/30 (Memorial Day) & 7/4 (Independence 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.					
“Maybe You Should Talk to Someone” By: Lori Gottlieb	5/27	F	12:00 pm - 1:00 pm	Now	Free	
“The Maidens” By: Alex Michaelides	6/24	F	12:00 pm - 1:00 pm	5/6	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	Now	\$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	Now	\$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.					
	6/15	W	6:00 pm - 8:00 pm	5/6	\$20/\$22	480820B
	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.					
	Jul - Sept	M	10:00 am - 2:00 pm	6/6	Free	180828A
	No class on 7/4 (Independence 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 or this program. Stop by the front desk for a list of supplies.					
	Jul - Sept	W	10:00 am - 12:00 pm	6/6	Free	180806A
Open Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques with other individuals.					
	Jul - Sept	TU	10:00 am - 12:00 pm	6/3	Free	180869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jul - Sept	TU	1:00 pm - 3:00 pm	6/3	Free	180877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jul - Sept	TH	6:00 pm - 8:00 pm	6/3	Free	180879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Jul - Sept	F	11:30 am - 1:00 pm	6/6	Free	180878A

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).					
	Jun	M	9:45 am - 10:45 am	5/6	\$12/\$14	480870C
	Jul	M	9:45 am - 10:45 am	6/3	\$9/\$11	180870A
	Aug	M	9:45 am - 10:45 am	7/1	\$15/\$17	180870B
	No class on 7/4 (Independence 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	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 #
	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
	Jul	W	11:00 am - 12:00 pm	6/1	\$12/\$14	180864A
	Jul	W	6:00 pm - 7:00 pm	6/1	\$12/\$14	180865A
	Aug	W	11:00 am - 12:00 pm	7/6	\$15/\$17	180864B
	Aug	W	6:00 pm - 7:00 pm	7/6	\$15/\$17	180865B
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.					
	Jul - Sept	TU/TH	9:00 am - 9:45 am	6/3	Free	180891A

