

July/August 2022 Senior Programs Continued...

Program	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					
Aug- Soup's On	180816B	8/26	F	10:00 am - 1:00 pm	7/1 \$6/\$8
Sep- Bye Bye Summer	180816C	9/16	F	10:00 am - 1:00 pm	8/5 \$6/\$8
Oct- Pumpkin Please	280816A	10/28	F	10:00 am - 1:00 pm	9/2 \$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.

Coloring With The Classics

If you like coloring and grooving to good beats, this is the activity for you. Come and enjoy some of your favorite hits while expressing your creativity. We will provide you a book of some adult coloring pages and loan you some markers to relax and unwind while you hang with friends.

Date	Day	Time	Register	Fee
Jul - Sep	S	9:00 am - 10:00 am	Now	Free

Quilting Corner's

Block Party for Charity

Date	Day	Time
7/7 & 8/4	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.


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)					
	8/18	TH	9:00 am - 3:00 pm	7/11	\$20/\$25	180853C
	9/15	TH	9:00 am - 3:00 pm	8/1	\$20/\$25	180853D
	10/20	TH	9:00 am - 3:00 pm	9/12	\$20/\$25	280853A
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.						

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.

"Dear Mrs. Bird" By: <i>AJ Pearce</i>	7/22	F	12:00 pm - 1:00 pm	Now	Free
"The Lost Apothecary" By: <i>Sarah Penner</i>	8/26	F	12:00 pm - 1:00 pm	7/1	Free


Bowling League

Open House 8/24  W 3:00 pm Walk-in
Come sign up for the 2022-2023 Bowling season during this Open House at Strikers Bowling. Season begins on Wednesday, September 7, 2022. Please call Wayne Skervin or Danielle Forem at 954-746-3670 for more information. **Activity # 180854A**

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
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Women's Bocce Open House

8/31  W 3:00 pm Walk-in
Come to the Senior Center to sign up for the 2022-2023 Bocce season. Season begins on Wednesday, September 7, 2022. Please call Fran Nugent at 954-495-7730 for more information. **Activity # 180855A**

July/August 2022

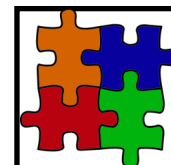
10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

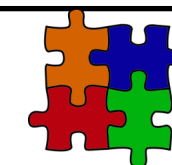
SPECIAL FEATURES

Senior Center Hours: Monday, Tuesday, Wednesday, and Thursday 8:30 am - 9:00 pm, Friday 8:30 am - 4:30 pm, Saturday 9:00 am - 1:00 pm

Program	Date	Day	Time	Register	Fee
Craft Class:					
Cupcake Liner Flowers	8/12	F	10:00 am - 11:30 am	7/1	\$6/\$8
Let's be honest, sometimes we aren't the best with our real plants. This craft class will teach you how to make beautiful flowers with no watering necessary! This craft is simple yet versatile and can be displayed in any area of your home. Space and supplies are limited. All materials will be provided. Activity # 180801A					
Lunch Bunch	8/31	W	12:00 pm - 12:45 pm	7/1	\$5/\$7
Greek Chicken Gyros					
This light and refreshing lunch will be jam packed with fresh ingredients. Our tender chicken gyros will topped with greens, tomatoes, feta, and our homemade tzatziki sauce. All this will be wrapped in a delicious pita and leave you full and satisfied. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 180807A					
Grandparents Day Event	9/8	TH	2:00 pm - 4:00 pm	8/5	Free
Bring your grandchildren of all ages. No grandchildren? No problem. Come and enjoy an afternoon filled with music, dancing, activities and treats. This is a free event and space is limited! Senior Center membership required. Please call 954-746-3670 or stop by the Senior Center Front Desk to RSVP.					
Oktoberfest Social	10/6	TH	1:00 pm - 3:00 pm	9/2	\$8/\$10
Join us for our first social of the season. Throw on your suspenders, lederhosen and dirndl dresses to celebrate our very own Sunrise Senior Center Oktoberfest. Just like in Germany, there will be festive food, traditional music and dancing. This is a party you won't want to miss! Activity # 280822A					



PUZZLE EXCHANGE
First Saturday of the month
Begins Saturday, August 6, 2022
9:30 AM - 10:30 AM



Solving a puzzle is a great hobby that's good to do anytime of the year. Do you buy puzzles, solve them once and then store them in a closet never to be worked again? Wouldn't it be nice to pass it on to someone who appreciates solving puzzles and get one in return?

This puzzle exchange activity will allow you to bring your "old" puzzles and exchange it for "new" ones. Puzzles must have all the pieces and be in good conditions. We are accepting any extra puzzles that you would like to donate to the Puzzle Library. Please only donate puzzles you are willing to part with.
For more information call 954-746-3670 or stop by the Front Desk.

VOTE

Early Voting

August 13-21, 2022 and October 24 - November 6, 2022

The Senior Center is designated as an Early Voting site during this election season. During this time frame, programs located in the Multipurpose Rooms will be relocated to the Civic Center Theatre. Call 954-746-3670 or stop by the front desk for information on programs being relocated.

Creative Corner

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
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.					
	8/1 - 8/29	M	10:30 am - 12:00 pm	7/11	Free	180814B
	9/12 - 9/26	M	10:30 am - 12:00 pm	8/1	Free	180814C
	10/3 - 10/31	M	10:30 am - 12:00 pm	9/12	Free	280814A
	No class on 9/5 (Labor 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.					
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.					
	10/5 - 11/9	W	1:30 pm - 3:30 pm	9/2	\$20/\$22	280859A
Mixed Media Painting	In this class students can explore creative ways of painting by mixing different painting materials like watercolor, acrylic, pastel & ink.					
	10/7 - 11/18	F	1:30 pm - 3:30 pm	9/2	\$20/\$22	280811A
Art Mixed Media Workshop	Join instructor Margo Kawashima for this 2 hour workshop. Stop by the Front Desk for project information. All materials provided					
	11/16	W	6:00 pm - 8:00 pm	9/2	\$20/\$22	280820B
Photography Workshop	Enjoy a fun and creative group of aspiring photographers on a Saturday morning. You will receive personal hands on instruction from award winning photographer and educator Jeremiah Jenner.					
	8/27 - 10/1	S	10:00 am - 12:00 pm	7/1	\$30/\$32	180833B
Language Classes	Join instructor Bruce Fraser and learn how to improve your English during these six week courses.					
Adv/Int ESOL	8/1 - 9/12	M	6:00 pm - 7:30 pm	7/1	\$5/\$10	180821A
Beginners ESOL	8/3 - 9/7	W	2:00 pm - 3:00 pm	7/1	\$5/\$10	380817A
A Computer Journey	Do you have some computer skills but want to learn more? Sign up for this class and experience a variety of tools and opportunities that using a computer can offer you.					
	7/19 - 8/16	TU/TH	9:30 am - 10:30 am	7/1	Free	180802A
Creative Computer Skills	Continue on your "Computer Journey" and improve upon the skills you have learn thus far. This class will help you increase your level of creativity and fun with a computer.					
	7/19 - 8/16	TU/TH	11:00 am - 12:00 pm	7/1	Free	180803A
Wig Making	Learn the proper techniques of wig making. Each six week session will focus on a specific style and walk you through the steps to design and create your wig. Led by volunteer instructor June Suepaul.					
	8/6 - 9/10	S	10:45 am - 12:45 pm	7/1	Free	180835A
	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 - Sep	M	10:00 am - 1:00 pm	Now	Free	180828A
	Jul - Sep	M	2:30 pm - 5:30 pm	Now	Free	180829A
	No class on 7/4 & 9/5					
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 - Sep	W	10:00 am - 12:00 pm	Now	Free	180806A
Open Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques with other individuals.					
	Jul - Sep	TU	10:00 am - 12:00 pm	Now	Free	180869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	Now	Free	180877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jul - Sep	TH	6:00 pm - 8:00 pm	Now	Free	180879A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Oct - Dec	F	11:30 am - 1:00 pm	9/2	Free	280878A

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	Call for Appt.		Free	
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.					
Blood Pressure Check	7/8, 8/5, 9/9	F	10:30 am - 11:30 am	Free	Walk-ins welcome
(Sunrise Fire/Rescue)					
Eyeglass Repair	7/8, 8/5, 9/9	F	10:30 am - 11:30 am	Free	Walk-ins welcome
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.					
Property Tax Exemption Assistance	7/8, 8/12, 9/9	F	10:00 am - 11:30 am	Free	Walk-ins welcome
	7/20, 8/17, 9/21	W	4:30 pm - 6:00 pm		
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.					
Veteran's Advisor	7/8, 8/12, 9/9	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
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.					
F.L.O.W.	8/10, 10/12	W	8:30 am - 12:30 pm		BY APPOINTMENT ONLY
Will be here every other month until further notice					
Florida Licensing on Wheels 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.					
Healthy Heart Lecture	7/8	F	10:00 am - 11:30 am	Free	Call to sign up
If you plan to enjoy a long active life, you have to keep your heart in good shape. Join Katherine Ayala, Advanced Family Nurse Practitioner, from Conviva Health Care Center. See how your heart measures up to some key health indicators. Sponsored by Humana A light lunch will be provided to all pre-registered participants.					
Obesity Lecture	8/5	F	10:00 am - 11:30 am	Free	Call to sign up
Join a Health Professional from CareMax Medical Center, who will speak about Obesity. Obesity is a chronic condition defined by an excess amount of body fat. It indicates a weight greater than what is considered healthy. This has become a public health problem in the United States, being overweight can lead to many serious illnesses such as diabetes, hypertension and some cancers. Learn what you can do to combat this serious condition.					

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
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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.

July Ticket Sale Members 7/1: Non-Members 7/8

Miccosukee Casino 8/4 TH 9:00 am - 3:00 pm \$5/\$7 180826B
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.

Wellington Green Mall & Trader Joe's 8/11 TH 9:00 am - 3:30 pm \$5/\$7 180846B
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.

Picnic in the Park 8/23 TU 9:30 am - 1:30 pm \$12/\$14 180849A
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.

Coral Springs Museum of Art 8/30 TU 9:00 am - 2:30 pm \$11/\$13 180841A
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.

August Ticket Sale Members 8/5: Non-Members 8/12

Calder Casino 9/6 TU 9:00 am - 3:00 pm \$5/\$7 180826C
Get ready for a great day at the casino. Play the tables, slots, and more.

Dania Pointe 9/15 TH 10:00 am - 3:00 pm \$5/\$7 180846C
Dania Pointe is one of the newest premier mixed use shopping and leisure place in South Florida. Featuring more than 45 stores and shops including 14 restaurants and eateries. Shop and enjoy lunch on your own at the eatery of your preference.

Wynwood Art Walk 9/22 TH 10:30 am - 3:30 pm \$22/\$24 180842A
Enjoy a 1 hour guided walking tour of the Wynwood, including the popular Wynwood Walls and galleries close by. Gain an insight and behind the scenes understanding of each mural showcased at the walls. Lunch will be on your own.

Dolphin Mall 9/27 TU 9:00 am - 3:30 pm \$5/\$7 180846D
Enjoy great indoor shopping at it's finest! Then take time to experience the extensive food court for lunch on your own.

September Ticket Sale Members 9/2: Non-Members 9/9

Isle Casino 10/6 TH 9:00 am - 3:00 pm \$5/\$7 280826A
Enjoy a great day at the casino. Play the tables, slots and more. Lunch on your own at casino.

Aventura Mall 10/13 TH 9:15 am - 3:30 pm \$5/\$7 280846A
Have fun experiencing the stores and boutiques at Aventura Mall, the premier luxury shopping destination for Miami and Fort Lauderdale. Featuring a collection of upscale boutiques and more than 300 of the world's most iconic, recognized retailers. While there, enjoy lunch on own at one of the 12 restaurants on site.

All That Jazz Music and Dinner 10/20 TH 6:00 pm - 9:30 pm \$30/\$32 280838A
Enjoy a delicious meal coupled with live music as we visit a gem in our own back yard, All That Jazz Café. The Café boasts Home-style Cooking with recipes passed on from generations of the family, with everything Made from Scratch.

Flagler Museum 10/27 TH 9:00 am - 2:30 pm \$31/\$33 280841A
Get to know the Flagler Museum on a one-hour docent led group tour of the first floor of Whitehall. Then experience the second floor and the Flagler Kenan Pavilion on your own. Bring a bag lunch or purchase lunch on your own at PICNIC by the Café des Beaux-Arts.

Health & Fitness

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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Exercise Classes

Currently, some of the Senior Center exercise classes are being offered via DVDs. Programs without instructors along with Baptist Health led programs are being offered as a "Drop In" program, 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. Remember to please be on time for all instructor led programs, as it is disruptive to enter after the class has started. 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! Chair modifications available. Senior Center membership is required. (Max. 24 students per class).

Aug	M	9:45 am - 10:45 am	7/1	\$15/\$17	180870B
Sep	M	9:45 am - 10:45 am	8/5	\$9/\$11	180870C
Oct	M	9:45 am - 10:45 am	9/2	\$15/\$17	280870A

****No class on 9/5 (Labor Day)****

Step Up to Fitness With Rosie Classes taught by instructor Rose Michaelson. Step Up to Fitness incorporates Step Aerobics, dynamic stretches and strength training to help you to stay fit in a fun environment. Program sponsored by Humana.

Aug	M	5:15 pm - 6:15 pm	7/1	\$15/\$17	180852B
Sep	M	5:15 pm - 6:15 pm	8/5	\$9/\$11	180852C
Oct	M	5:15 pm - 6:15 pm	9/2	\$15/\$17	280852A

****No class on 9/5 (Labor Day)****

Tone Your Abs And Glutes Classes taught by instructor Rose Michaelson. Tone Your Abs and Glutes incorporates Aerobics, yoga and strength training to help you to stay fit in a fun environment. Program sponsored by Humana.

Aug	M	6:30 pm - 7:30 pm	7/1	\$15/\$17	180856B
Sep	M	6:30 pm - 7:30 pm	8/5	\$9/\$11	180856C
Oct	M	6:30 pm - 7:30 pm	9/2	\$15/\$17	280856A

****No class on 9/5 (Labor Day)****

Tai Chi Senior Center membership is required. (Maximum 24 students per class). Tai Chi is a great way to improve your balance and help prevent falls. We now have a live instructor from Baptist Health and classes are being offered as a "Drop In" program, with no registration required, however Senior Center membership is still required to participate. An additional waiver is required for this class.

Aug	TU/TH	8:45 am - 9:45 am	N/A	Free	
Sep	TU/TH	8:45 am - 9:45 am	N/A	Free	
Oct	TU/TH	8:45 am - 9:45 am	N/A	Free	

Senior Aerobics Senior Center membership is required. (Maximum 24 students per class) A certified instructor will be teaching the class which is Sponsored by Baptist Health of South Florida. Classes are being offered as "Drop In" with no registration required, however Senior Center membership is still required to participate. An additional waiver is required to participate in this program.

Aug	TU	4:30 pm - 5:30 pm	N/A	Free	
Sep	TU	4:30 pm - 5:30 pm	N/A	Free	
Oct	TU	4:30 pm - 5:30 pm	N/A	Free	

Zumba Gold Senior Center membership is required. (Maximum 24 students per class) A certified instructor will be teaching the class which is Sponsored by Baptist Health of South Florida. Classes are being offered as "Drop In" with no registration required, however Senior Center membership is still required to participate. An additional waiver is required to participate in this program.

Aug	W	4:30 pm - 5:30 pm	N/A	Free	
Sep	W	4:30 pm - 5:30 pm	N/A	Free	
Oct	W	4:30 pm - 5:30 pm	N/A	Free	

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

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 #
Aug	W	11:00 am - 12:00 pm	7/1	\$15/\$17	180864B
Aug	W	6:00 pm - 7:00 pm	7/1	\$15/\$17	180865B
Sep	W	11:00 am - 12:00 pm	8/5	\$12/\$14	180864C
Sep	W	6:00 pm - 7:00 pm	8/5	\$12/\$14	180865C
Oct	W	11:00 am - 12:00 pm	9/2	\$12/\$14	280864A
Oct	W	6:00 pm - 7:00 pm	9/2	\$12/\$14	280865A

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 - Sep	TU/TH	9:00 am - 9:45 am	9/2	Free	180891A
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