

September/October 2022 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
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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	Date	Day	Time	Register	Fee
Oct- Pumpkin Please 280816A	10/7	F	10:00 am - 1:00 pm	9/2	\$6/\$8
Nov- Holiday Appetizers 280816B	11/4	F	10:00 am - 1:00 pm	10/7	\$6/\$8
Dec- No Class					

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.

Quilting Corner's Block Party for Charity 10/6 & 11/3 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.

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	10/20	TH	9:00 am - 3:00 pm	9/12	\$20/\$25	280853A
	11/17	TH	9:00 am - 3:00 pm	10/3	\$20/\$25	280853B
	12/15	TH	9:00 am - 3:00 pm	11/7	\$20/\$25	280853C

****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.

<i>The Book Thief</i> By: Markus Zusak	9/23	F	12:00 pm - 1:00 pm	Now	Free
<i>"Yours Cheerfully"</i> By: AJ Pearce	10/28	F	12:00 pm - 1:00 pm	9/2	Free

Senior Center Bowling League 9/7 W 12:00 pm - 3:00 pm Now Free 180854A
Sign up now for the 2022-2023 Bowling season taking place at Strikers Bowling (8500 NW 44th St, Sunrise 33351). The season runs from Wednesday, September 7, 2022 to Wednesday, May 10, 2023. Stop by the Senior Center Front Desk to register.

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

Senior Theatre Group Auditions 10/11 TU 2:00 pm - 4:00 pm Walk-in
The Senior Theatre group, led by volunteer instructor Myra Graves, will be having an open audition (stage reading with blocks) on Tuesday, October 11th in the Senior Center's Multipurpose A room. This audition will be for roles in our upcoming production on Tuesday, December 13, 2022. The show will feature eight (8) Shorts. Stop by the Front Desk or call 954-746-3670 for more information.



September/October 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

	Date	Day	Time	Register	Fee
Grandparents Day Event	9/8	TH	2:00 pm - 4:00 pm	Now	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
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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**

Lunch Bunch "Brunch Casseroles"	10/12	W	11:00 am - 11:45 am	9/2	\$5/\$7
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Join us for an earlier brunch where we will be serving some sweet and savory dishes. We will be serving two contrasting casseroles dishes. The first containing a mix of fresh vegetables and eggs and the second will be a delightful, pumpkin spice french toast casserole. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 280807A**

Craft Class: Quilled Pumpkin 10/21 F 10:00 am - 11:30 am 9/2 \$6/\$8
Paper quilling has been around for centuries. Quilling has been used in scrapbooking, card making, jewelry and art. Using just strips of paper and glue, detailed masterpieces are made. We will be working on creating a pumpkin, just in time for Halloween and Fall season. This class is great for beginners or even masters looking for new quilling design. **Space and supplies are limited. All materials will be provided. Activity # 280801A**

A Salute to Our Veterans Social 11/9 W 12:30 pm - 3:00 pm 10/7 \$8/\$10
Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. **Activity # 280822B**

Do you Wanna Jam?

Do you play an instrument? Would you like to jam out with others who play the same, or a different instrument? If so, let us know! **This is not a class about learning how to play**, but rather an opportunity to play with other talented or inspired individuals. If you are interested in having "Jam Sessions", stop by the front desk or call 954-746-3670 and let us know.

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.					
	10/3 - 10/31	M	10:30 am - 12:00 pm	9/12	Free	280814A
	11/7 - 11/28	M	10:30 am - 12:00 pm	10/3	Free	280814B
	12/5 - 12/19	M	10:30 am - 12:00 pm	11/7	Free	280814C
	No class on 9/5 (Labor Day) & 12/26 (Christmas)					
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.					
Photography Workshop	Enjoy a fun and creative group of aspiring photographers on a Saturday morning and learn how to take impressive photos with your Smart Phones and digital cameras. You will receive personal hands on instruction from award winning photographer and educator Jeremiah Jenner. *Please note that three (3) projects may incur additional cost for prints and poster board. Total additional costs may be between \$10 - \$15.*					
	10/15 - 11/12	SA	10:00 am - 12:00 pm	9/9	\$30/\$32	280833A
Language Classes	Join instructor Bruce Fraser and learn how to improve your English during these six week courses. You may only register for one course at a time, either Beginners ESOL or Int/Adv ESOL. You cannot be registered for both.					
Int/Adv ESOL	10/3 - 11/7	M	6:00 pm - 7:30 pm	9/9	\$5/\$10	280821A
Beginners ESOL	10/5 - 11/9	W	2:00 pm - 3:00 pm	9/9	\$5/\$10	280817A
Conversational English Workshop	10/4 - 10/8	TU-TH & SA	5:30 pm - 7:30 pm	9/9	\$5/\$10	280868A
	11/1 - 11/5	TU-TH & SA	5:30 pm - 7:30 pm	10/7	\$5/\$10	280868B
	12/6 - 12/10	TU-TH & SA	5:30 pm - 7:30 pm	11/4	\$5/\$10	280868C
	The Conversational English Workshops are four (4) days, two (2) hour workshops occurring Tuesday through Thursday from 5:30 pm to 7:30 pm, and Saturday from 10:30 am to 12:30 pm. The Workshops are taught by Don Pedro Guerad					
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. Classes taught by instructor Steve Fleisch.					
	9/13 - 10/11	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	280802A
	10/18 - 11/15	TU/TH	9:30 am - 10:30 am	9/9	\$5/\$10	280802B
Creative Computer Skills	This is a Computer & Family Legacy class. Create your legacy presentation, while you develop new creative computer skills. This is an opportunity to share parts of your life and your life experiences. Classes taught by instructor Steve Fleisch.					
	9/13 - 10/11	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	280803A
	10/18 - 11/15	TU/TH	11:00 am - 12:00 pm	9/9	\$5/\$10	280803B
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.					
	10/15 - 12/17	SA	10:45 am - 12:45 pm	9/9	Free	280835A
	No class on 11/26					
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Oct - Dec	M	10:00 am - 1:00 pm	9/12	Free	280828A
	Oct - Dec	M	2:30 pm - 5:30 pm	9/12	Free	280829A
	No class on 9/5 (Labor Day) & 12/26 (Christmas)					
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.					
	Oct - Dec	W	10:00 am - 12:00 pm	9/9	Free	280806A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Oct - Dec	TU	10:00 am - 12:00 pm	9/6	Free	280869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/6	Free	280877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Oct - Dec	TH	6:00 pm - 8:00 pm	9/6	Free	280879A
Open Scrap Booking	Looking for a quiet space to be creative and practice scrapbooking? Most people are experiencing the joy of scrapbooking to help capture memories and create unique family and friend albums to keep and share with loved ones! Join us on Saturday mornings and let your creative ideas take flight! Senior Center membership required.					
	Oct - Dec	SA	9:30 am - 11:30 am	9/9	Free	280810A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin. Senior Center membership required.					
	Oct - Dec	F	11:30 am - 1:00 pm	9/9	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.					
SHINE Counselor	1st and 3rd/ month	TU	10:00 am - 12:00 pm	(Appointment Necessary until October)	
A “Serving the Health Insurance Needs of the Elderly” counselor will be at the Senior Center. SHINE counselors provides free unbiased and confidential Medicare counseling to empower you to make the best decisions for your individual needs. Specially trained volunteers from the ADRC –Aging and Disability Resource Center.					
Bereavement Support Group		TH	9:30 am - 11:00 am		Walk-ins welcome
Bereavement is back at the Senior Center. This group is facilitated by a Continuum Care Health professional grief counselor and is a valuable source of support for those dealing with grief and mourning. For more information call 954-746-3670 or stop by the Senior Center Front Desk.					
Blood Pressure Check	9/9, 10/14	F	10:30 am - 11:30 am	Free	Walk-ins welcome
(Sunrise Fire/Rescue) (11/11 cancelled due to Veteran’s Day)					
Property Tax Exemption Assistance	9/9,10/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
(11/10 TH– due to Veteran’s Day)					
	9/21, 10/19, 11/16	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	9/9, 10/14	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
(11/11 cancelled due to Veteran’s Day)					
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.	10/12, 12/14	W	10:00 am - 2:00 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 Sleep Lecture	9/9	F	10:00 am - 11:30 am	Free	Call to sign up
Dr. Ashwin Mehta, from Memorial Health Care, will speak about what are healthy sleep patterns. Sleep is a complex process that affect our entire body. Getting a healthy amount of sleep is a key part of a good sleep pattern. Find out what you can do in order to get a restful night’s sleep. A light lunch will be provided to pre-registered participants.					
Steps to Improve Balance Lecture	10/14	F	10:00 am - 11:30 am	Free	Call to sign up
Join Dr. Bronson Bartolone, PT, DPT, owner of Florida Strong Physical Therapy, and learn "steps to improve balance and prevent falls." What does balance entail, what things affect our balance, how to prevent falls, and how to manage after having a fall. A light lunch will be provided to pre-registered participants.					
The Aging Foot Health Lecture	12/9	F	10:00 am - 11:30 am	Free	Call to sign up
Your feet are your base of support and treating them well as you age will help maintain your mobility and a healthy and active lifestyle. Join a Health Professional from Clinical Care Center to discuss how to take care of your feet, so you have a firm foundation! A light lunch will be provided to pre-registered participants.					

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.

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

Isle Casino	10/4	TU	9:00 am - 3:00 pm	\$5/\$7	280826A
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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
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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
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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
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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.

October Ticket Sale Members 10/7: Non-Members 10/14

Gulfstream Park Casino	11/3	TH	9:00 am - 3:00 pm	\$5/\$7	280826B
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Get ready for a fun day at Gulfstream Park Casino, with new state-of-the-art slots, electronic table games, Thoroughbred horse racing and dining. Try your luck, you never know what can happen. Lunch on your own.

The Shops at Pembroke Gardens	11/8	TU	9:30 am - 3:30 pm	\$5/\$7	280846B
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The Shops at Pembroke Gardens is a lifestyle center that offers a unique shopping and dining experience in an open-air setting. Enjoy the beautiful South Florida weather as you walk to your next shopping destination or dine at any of the many restaurant's outdoor patios. Lunch on your own.

Miami Dolphins Vs Houston Texans	11/27	SU	10:00 am - 5:30 pm	\$55/\$57	280837A
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It's time for some football! Don't miss this opportunity to support the new look Miami Dolphins in person as they take on the Houston Texans. Tickets are limited and will go fast, so make sure to get yours early! Remember, no bags, backpacks or large purses. Only small clear plastic totes will be allowed into stadium. **Section 308, Row 22, Seats 1-22**

Christmas on Las Olas	11/29	TU	4:00 pm - 10:00 pm	\$5/\$7	280842A
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This is the MOST Wonderful Time of the Year, and Las Olas Boulevard will transform into an urban winter wonderland and celebrate its 60th year creating holiday magic in downtown Fort Lauderdale! Christmas on Las Olas is a timeless tradition and a wonderful kick-off to the holiday season that can be enjoyed by all ages. Local choirs from schools and churches fill the air with the sounds of the holidays from 3 stages while crowds fill their bellies with sips and sweets! Food can be purchased on your own.

November Ticket Sale Members 11/4: Non-Members 11/18

Yellow Green Farmers Market	12/3	SA	9:00 am - 2:00 pm	\$5/\$7	280846C
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The Farmers Market is dynamic outdoor venue that connects local producers and artisans with the community. In addition to food and artisanal crafts, the culture of the market includes live music and other market happenings such as yoga, art and dance classes that are an integral part of the Yellow Green community.

Dania Casino	12/6	TU	9:00 am - 3:00 pm	\$5/\$7	280826C
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Get ready for a great day at the casino. Try you luck at the over 750 slot machines, as well as the electronic table games including

Blackjack, Roulette, Baccarat and Craps.					
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Lunch on your own.					
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Palm Beach Outlet Mall	12/15	TH	9:30 am - 3:30 pm	\$5/\$7	280846C
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Get ready to shop, shop, shop! Join us as we take a trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.

Jungle Queen Dinner Cruise	12/20	TU	3:45 pm - 11:00 pm	\$60/\$62	280842B
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Set sail on this fully narrated cruise down Fort Lauderdale's New River, through Millionaire's Row with homes and yachts of the rich and famous. Next stop will be the tropical isles, where you will be treated to an "All You Can Eat" barbeque dinner with all the fixings. Enjoy live entertainment during dinner and a gut splitting variety show after dinner.


Health & Fitness

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


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.

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).					
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	Oct	M	9:45 am - 10:45 am	9/2	\$15/\$17	280870A
		W*	2:15 pm - 3:15 pm	9/2	\$12/\$14	280870B
	Nov	M	9:45 am - 10:45 am	10/7	\$12/\$14	280870C
		W*	2:15 pm - 3:15 pm	10/7	\$15/\$17	280870D
	Dec	M	9:45 am - 10:45 am	11/4	\$9/\$11	280870E
		W*	2:15 pm - 3:15 pm	11/4	\$12/\$14	280870F

****No class on 12/26 (Christmas Holiday)****

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.					
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	Oct	M	5:15 pm - 6:15 pm	9/2	\$15/\$17	280852A
		SA*	10:15 am - 11:15 am	9/2	\$15/\$17	280852B
	Nov	M	5:15 pm - 6:15 pm	10/7	\$12/\$14	280852C
		SA*	10:15 am - 11:15 am	10/7	\$12/\$14	280852D
	Dec	M	5:15 pm - 6:15 pm	11/4	\$9/\$11	280852E
		SA*	10:15 am - 11:15 am	11/4	\$9/\$11	280852F


****No class on 12/24, 12/26 & 12/31 (Christmas Holiday)****

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.					
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	Oct	M	6:30 pm - 7:30 pm	9/2	\$15/\$17	280856A
	Nov	M	6:30 pm - 7:30 pm	10/7	\$12/\$14	280856B
	Dec	M	6:30 pm - 7:30 pm	11/4	\$9/\$11	280856C

****No class on 12/26 (Christmas Holiday)****

Tai Chi	(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.					
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	Oct	Tai Chi	TU	8:45 am - 9:45 am	N/A	Free
		Tai Ji Quan Better Balance	TU*	10:00 am - 11:00 am	NA	Free
		Tai Chi	TH*	4:30 pm - 5:30 pm	N/A	Free
		Tai Chi for Energy	TH*	5:45 pm - 6:45 pm	N/A	Free
	Nov	Tai Chi	TU	8:45 am - 9:45 am	N/A	Free
		Tai Ji Quan Better Balance	TU*	10:00 am - 11:00 am	NA	Free
		Tai Chi	TH*	4:30 pm - 5:30 pm	N/A	Free
		Tai Chi for Energy	TH*	5:45 pm - 6:45 pm	N/A	Free
	Dec	Tai Chi	TU	8:45 am - 9:45 am	N/A	Free
		Tai Ji Quan Better Balance	TU*	10:00 am - 11:00 am	NA	Free
		Tai Chi	TH*	4:30 pm - 5:30 pm	N/A	Free
		Tai Chi for Energy	TH*	5:45 pm - 6:45 pm	N/A	Free

****No class on 11/24 (Thanksgiving Day)****

Senior Aerobics	(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.					
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	Oct	TU	4:30 pm - 5:30 pm	N/A	Free
	Nov	TU	4:30 pm - 5:30 pm	N/A	Free
	Dec	TU	4:30 pm - 5:30 pm	N/A	Free

Zumba Gold	(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.					
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	Oct	Zumba Gold	W	4:30 pm - 5:30 pm	N/A	Free
		Zumba Gold	TH*	8:45 am - 9:45 am	NA	Free
		Zumba Gold Toning	TH*	10:00 am - 11:00 am	N/A	Free
	Nov	Zumba Gold	W	4:30 pm - 5:30 pm	N/A	Free
		Zumba Gold	TH*	8:45 am - 9:45 am	NA	Free
		Zumba Gold Toning	TH*	10:00 am - 11:00 am	N/A	Free
	Dec	Zumba Gold	W	4:30 pm - 5:30 pm	N/A	Free
		Zumba Gold	TH*	8:45 am - 9:45 am	NA	Free
		Zumba Gold Toning	TH*	10:00 am - 11:00 am	N/A	Free

****No class on 11/24 (Thanksgiving Day)****

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.					
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Date(s)	Day(s)	Time	Register On	Fee	Activity #
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
Nov	W	11:00 am - 12:00 pm	10/7	\$15/\$17	280864B
Nov	W	6:00 pm - 7:00 pm	10/7	\$15/\$17	280865B
Dec	W	11:00 am - 12:00 pm	11/4	\$12/\$14	280864C
Dec	W	6:00 pm - 7:00 pm	11/4	\$12/\$14	280865C

Aqua Fitness	This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility.					
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	Oct - Dec	TU/TH	9:00 am - 9:45 am	Now	Free	280891A
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****No class on 11/24 (Thanksgiving Day)****

****Walk Your Way to Health** Information has been moved! You can find class times on the Weekly Calendar located in the middle section of publication.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Trip & Ticket Policies



9:00 am - 9:30 am
Tai Chi (DVD)

9:45 am - 10:45 am
Total Body Fitness w/ Alli

10:00 am - 1:00 pm
Quilting Corner

10:30 am - 12:00 pm
Beginners Beading

11:00 am Start Time
Classic Movie

12:00 pm - 2:30 pm
Duplicate Bridge
(Starts October 10)

12:30 pm - 2:30 pm
Open Beading

1:30 pm - 3:30 pm
Monday Mixer Dance
Senior Center Membership Required

2:30 pm - 5:30 pm
Quilting Corner

5:15 pm - 6:15 pm
Step Up to Fitness w/ Rosie

6:00 pm - 7:00 pm
Intermediate/Advance ESOL

6:30 pm - 7:30 pm
Tone Your Abs & Glutes

7:45 pm - 8:45 pm
Zumba DVD

8:45 am - 9:45 am
Tai Chi (Baptist Health)

9:00 am - 9:45 am
Aqua Fitness (Civic Center Pool)

9:00 am - 12:00 pm
Mahjong

9:30 am - 10:30 am
A Computer Journey

9:45 am - 10:15 am
Beginners Line Dancing

10:00 am - 11:30 am
Tai Ji Quan for Better Balance
(Baptist Health)
(Starts September 20) **NEW**

10:00 am - 12:00 pm
Knitting & Crocheting

10:00 am - 12:00 pm
Billiard Lessons

10:00 am - 4:30 pm
Open Ping Pong

10:15 am - 11:15 am
Line Dancing

11:00 am - 12:00 pm
Creative Computer Skills

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)

2:00 pm - 4:00 pm
Theatre Group

4:30 pm - 5:30 pm
Aerobics (Baptist Health)

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 @ Strikers

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 - 3:30 pm
Open Painting

2:00 pm - 3:30 pm
Beginners ESOL

2:15 pm - 3:15 pm
Total Body Fitness w/ Alli
(Starts October 5) **NEW**

2:30 pm - 4:30 pm
Women's Bocce League
(Nob Hill Soccer Park)

2:45 pm - 3:45 pm
Walk Your Way to Health (DVD)

4:30 pm - 5:30 pm
Zumba Gold (Baptist Health)

6:00 pm - 7:00 pm
Ballroom Dance

8:45 am - 9:45 am
Zumba Gold (Baptist Health)
(Starts September 22) **NEW**

9:00 am - 9:45 am
Aqua Fitness (Civic Center Pool)

9:30 am - 10:30 am
A Computer Journey

10:00 am - 11:00 am
Line Dancing

10:00 am - 11:00 am
Zumba Gold Toning
(Baptist Health)
(Starts September 22) **NEW**

10:00 am - 1:00 pm
Open Quilting

10:00 am - 3:00 pm
Open Ping Pong

11:00 am - 12:00 pm
Creative Computer Skills

1:00 pm - 2:00 pm
Yoga (DVD)

4:30 pm - 5:30 pm
Tai Chi (Baptist Health)
(Starts September 22)

5:45 pm - 6:45 pm
Tai Chi For Energy
(Baptist Health)
(Starts September 22) **NEW**

6:30 pm - 8:00 pm
Open Crafts **NEW**

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
(Resumes October 7)

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
Open Painting

9:00 am - 10:00 am
Color to the Classics

9:00 am - 10:00 am
Tai Chi (DVD)

9:30 am - 11:30 am
Open Scrap Booking
(Bring your own supplies)

9:30 am - 11:30 am
Puzzle Exchange
(1st Saturday of each month)

10:15 am - 11:15 am
Step Up to Fitness w/ Rosie
(Starts October 1) **NEW**

10:00 am - 12:00 pm
Photography Class

11:00 am - 12:45 pm
Wig Making Class

11:30 am - 12:30 pm
Yoga (DVD)

Labor Day
Monday, September 5, 2022

We are closed!



Have a safe and fun holiday!

MONTHLY GROUP MEETINGS

1st Tuesday	Sunrise Latin Social Club	6:00 pm - 8:00 pm
4th Tuesday	American Legion Post 365	7:00 pm - 9:00 pm

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.

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.

*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.

*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person, per event, regardless member/guest status.

When purchasing tickets, please indicate the full name, **birth date and phone number** of your guest.

Non-members may purchase tickets based on availability at a later date. Check with the front desk for open sale dates.

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.

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)

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.

A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.

Please occupy the same bus seat on the way to and from an event.

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.

****At this time masks are highly recommended to be worn while riding/ utilizing transportation****

Monday Classic Movies - 11:00 am

9/5	**NO MOVIE - LABOR DAY**			10/3	The Graduate	1967
9/12	Pretty Women	1934	1:45 mins	10/10	Bullitt	1968
9/19	Seven Brides for Seven Brothers	1954	1:42 mins	10/17	Slumdog Millionaire	2008
9/26	Top Gun	1986	1:50 mins	10/24	Footloose	1984
				10/31	King Creole	1958

At The Movies

9/6	Doctor Strange 2	PG-13	2:06 mins
9/13	The Black Phone	R	1:42 mins
9/20	Jurassic World Dominion	PG-13	2:26 mins
9/27	The Lost City	PG-13	1:52 mins
			1:56 mins

Tuesday New Release Movies - 11:30 am

10/4	Murder At Yellowstone City	NR	2:07 mins
10/11	Paradise Highway	R	1:55 mins
10/18	Where the Crawdads Sing	PG-13	2:05 mins
10/25	Elvis	PG-13	2:39 mins

• New Release Movie Titles are subject to change Please call for details