

November/December 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.

Free Amplified Telephone Giveaway 11/17 TH 9:00 am - 12:00 pm Call Now Free
Florida residents with hearing loss are eligible to receive an amplified phone. Florida Telecommunications Relay, Inc. will be at the Sunrise Senior Center. This requires existing landline or cellphone service Limit one per household. Bring your Florida ID.

Senior Center Good and Green Series: Making Earth Day Every Day
The City of Sunrise Good and Green program works to make it Earth Day every day as a reminder of the constant need for environmental stewardship and sustainability efforts. Let's keep the momentum of Earth Day going all year long with our free Sustainability Learning Series. See upcoming workshops below, programs will be on the Senior Center Patio and space is limited. Call the front desk to sign up.

Project Perch and the Florida Burrowing Owl Gardening for Wildlife	11/10	TH	9:30 am - 10:30 am	Now	Free
	11/17	TH	9:00 am - 11:00 am	Now	Free
Microgreens 101	12/8	TH	9:30 am - 10:30 am	Now	Free
Spying Manatees in Sunrise	12/15	TH	9:30 am - 10:30 am	Now	Free

Senior Theatre Group Seasonal Shorts 12/13 TU 2:00 pm and 7:00 pm Now Free
Come out and enjoy "Eight Seasonal Shorts and Stage Readings" performed by our Senior Theatre group, led by volunteer instructor Myra Graves. Join us for an entertaining afternoon with shorts fit for the Season! Performances will be at the Sunrise Senior Center stage on Tuesday, December 13th at 2:00 pm and 7:00 pm. Tell a friend and stop by the Front Desk to register. For more information, visit the Senior Center Front Desk or call 954-746-3670.

Senior Cooking Club Dec- No Class
Jan- Asian Inspiration 380816A 1/27 F 10:00 am - 1:00 pm 12/2 \$6/\$8
Feb- Sheet Pan Dinner 380816B 2/24 F 10:00 am - 1:00 pm 1/6 \$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.

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)					
	12/15	TH	9:00 am - 3:00 pm	11/7	\$20/\$25	280853C
	1/19	TH	9:00 am - 3:00 pm	12/5	\$20/\$25	380853A
	2/16	TH	9:00 am - 3:00 pm	1/9	\$20/\$25	380853B

****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.

****No Book Club in November and December****

"Us Against You" 1/27 F 12:00 pm - 1:00 pm 12/2 Free
By: Fredrik Backman

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



Wrappers needed! Come and get your wrapping skills on!
Friday, December 16, starting at 9:30 am, the Sunrise Seniors are the gift wrappers for the Children's Holiday Party presents.
If you like wrapping, then we have a job for you!
Call or sign up at the front desk if you would like to help.

November/December 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
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Senior Theatre Group One Act Plays 11/2 W 2:00 pm and 7:00 pm Now Free
Join us for an afternoon and an evening of art and entertainment. The Senior Theatre group, led by volunteer instructor Myra Graves, will be performing two one act plays, "The Long Distance Train" and "Diversion From Bingo", at the Sunrise Civic Center Theater on Wednesday, November 2nd at 2:00 pm and 7:00 pm. Refreshments provided by Careplus. Tell a friend and stop by the Front Desk to register. For more information, visit the Senior Center Front Desk or call 954-746-3670.

Diabetes Medication Management Workshop 11/5 SA 11:00 am - 12:00 pm Call Now Free
This session is designed to help people who have diabetes or care for those with diabetes understand different medication options. Some people can manage it with healthy eating and exercise, or with oral medications, while others may also need to use insulin. The most important thing is to get to feeling your best. This session will be presented at the Senior Center, by an innovative team of professionals and pre-professionals through the Interprofessional Diabetes Education and Awareness (IDEA) Initiative at Nova Southeastern University. Snacks will be provided.

Diabetes and Exercise 11/19 SA 11:00 am - 12:00 pm Call Now Free
Physical activity is very important for people with diabetes! Good news - it's not as hard as you might think to be more active. During this workshop you will learn exercise strategies for diabetes prevention and management. This session will be presented by an innovative team of professionals and pre-professionals, through the Interprofessional Diabetes Education and Awareness (IDEA) Initiative at Nova Southeastern University. Snacks will be provided.

Craft Class: Winter Wreath 12/2 F 10:00 am - 11:30 am 11/3 \$6/\$8
Let's bring some holiday cheer to your front door. Our holiday wreath will be just the thing that you can personalize and add as much color and details as you want. This project will last you forever and bring joy to any household. Space and supplies are limited. *All materials will be provided.* Activity # 280801B

Light Up the Holidays Social 12/12 M 1:00 pm - 3:30 pm 11/4 \$8/\$10
Celebrate the holidays with your friends at a festive holiday with lunch and a themed show complete with dancing. As a special twist, if you would like to participate in a mystery gift exchange, please bring a pre-wrapped gift valued at \$10. If you bring a gift, you will leave with a different gift. You must bring a gift to participate in the gift exchange portion of the program. This is really one event you do not want to miss. Activity # 280822C

White Hot Party 1/12 TH 6:00 pm - 9:00 pm 12/2 \$22/\$24
Are you ready to party? Join us for our White Hot Dinner Party. Come dressed in your best "all white" attire as we dance the night away. Come experience the latest event craze and party with your Senior Center staff. Enjoy a delicious catered dinner, great music and dancing. These tickets won't last long. Activity # 380832

6th Annual "A Walk in the Park" 1/25 W 8:30 am - 12:00 pm Call to sign up Free
Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. Enjoy an exercise demonstration, giveaways, music, and a healthy lunch. Sponsored by Humana MarketPoint. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up today! The Park this year will be: Sunrise Athletic Complex, 11501 NW 44th St, Sunrise, 33323.

Lunch Bunch "Asian Chicken Salad" 2/1 W 12:00 pm - 12:45 pm 12/28 \$5/\$7
Come try our take on an Asian inspired salad. Made with fresh and colorful ingredients. This salad bowl will satisfy your sweet and savory craving. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 380807A



Coffee & Conversation



Beginning, Monday, November 14, we will be serving coffee out on our Patio for you to enjoy. This will be offered Mondays & Wednesdays from 8:30am - 12:00pm. Stop by and run into some new friends while you enjoy your beautiful surroundings and relax.

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.					
	12/5 - 12/19	M	10:30 am - 12:00 pm	11/7	Free	280814C
	1/9 - 1/30	M	10:30 am - 12:00 pm	12/5	Free	380814A
	2/6 - 2/27	M	10:30 am - 12:00 pm	1/9	Free	380814B
	No class on 12/26 (Christmas Holiday), 1/2 (New Years Day), 1/16 (MLK Jr 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.
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.*					
	1/7 - 2/11	SA	10:00 am - 12:00 pm	12/2	\$30/\$32	380833A
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	12/5 - 1/30	M	6:00 pm - 7:30 pm	11/4	\$5/\$10	280821B
Beginners ESOL	12/7 - 1/11	W	2:00 pm - 3:00 pm	11/4	\$5/\$10	280817B
Conversational English Workshop	12/6 - 12/10	TU-TH & SA	5:30 pm - 7:30 pm	11/4	\$5/\$10	280868C
	1/3 - 1/7	TU-TH & SA	5:30 pm - 7:30 pm	12/2	\$5/\$10	380868A
	2/7 - 2/11	TU-TH & SA	5:30 pm - 7:30 pm	1/6	\$5/\$10	380868B
	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 <u>Saturday from 10:30 am to 12:30 pm.</u> 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 volunteer instructor Steve Fleisch.					
	12/6 - 1/3	TU/TH	9:30 am - 10:30 am	11/4	\$5/\$10	280802C
Digital Scrapbooking	This is the program formally known as Creative Computers and is a 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 volunteer instructor Steve Fleisch.					
	12/6 - 1/3	TU/TH	11:00 am - 12:00 pm	11/4	\$5/\$10	280803C
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.					
	12/1 - 2/ TH		6:00 pm - 8:00 pm	Now	Free	280835B
	1/7 - 3/11	SA	10:45 am - 12:45 pm	Now	Free	380835A
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Jan - Mar	M	10:00 am - 1:00 pm	12/5	Free	380828A
	Jan - Mar	M	2:30 pm - 5:30 pm	12/5	Free	380829A
	No class on 1/2 (New Years Day), 1/16 (MLK Jr. 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.					
	Jan - Mar	W	10:00 am - 12:00 pm	12/2	Free	380806A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Jan - Mar	TU	10:00 am - 12:00 pm	12/6	Free	380869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	12/6	Free	380877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jan - Mar	TH	6:00 pm - 8:00 pm	12/6	Free	380879A
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.					
	Jan - Mar	SA	9:30 am - 11:30 am	12/2	Free	380810A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin. Senior Center membership required.					
	Jan - Mar	F	11:30 am - 1:00 pm	12/2	Free	380878A

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Fee	Registration
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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)
 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.

Blood Pressure Check 12/9,1/13 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 12/9, 1/13 F 10:00 am - 11:30 am Free Walk-ins welcome
 (will be here 11/10 TH -due to Veteran's Day)
 11/16, 12/21, 1/18 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 12/9,1/13 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. CANCELLED UNTIL FURTHER NOTICE!
 Florida Licensing on Wheels the DMV mobile unit has been called to the West Coast to help Hurricane survivors.

Healthy Plate Lecture 11/18 F 10:00 am - 11:30 am Free Call to sign up
 Learn what a Healthy Plate looks like. Healthy Eating Plate is to focus on diet quality: emphasized by the five food groups: fruits, vegetables, grains, protein and dairy products. Consuming a balance of each of these food groups helps you build and maintain a healthy way of eating.

Beating the Holiday Blues Lecture 12/9 F 10:00 am - 11:30 am Free Call to sign up
 Join Rosario Bottari, M.Div Spiritual Care Counselor/ Bereavement Coordinator Continuum Care Hospice as she speaks about mental health during the Holidays. The holidays aren't always a time of joy and excitement. If you're dealing with feelings of stress or depression, know that you aren't alone. There are ways to manage your symptoms and get the help you need. A light lunch will be provided to all pre-registered participants.

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
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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
The Farmers Market is a 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
Get ready for a great day at the casino. Try your luck at the over 750 slot machines, as well as the electronic table games including Blackjack, Roulette, Baccarat and Craps. Lunch on your own.

Palm Beach Outlet Mall 12/15 TH 9:30 am - 3:30 pm \$5/\$7 280846D
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
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.

Heat Vs Magic 1/27 F 4:30 pm - 10:30 pm \$60/\$62 380837A
They're back! The Miami Heat are back in action, get your tickets now and support our home town team as they take on their in-state rival, the Orlando Magic. These tickets will go fast, so don't wait! Seats are in Section 301 (Rows 5 and 6), and Section 302 Row 6. ****Tickets on sale one month early****

December Ticket Sale Members 12/2: Non-Members 12/9

Coconut Creek Casino 1/5 TH 9:00 am - 3:00 pm \$5/\$7 380826A
Feeling lucky? Try your luck and enjoy a great day at the casino. Get ready for a great day at the casino. Play the tables, slots, and more.

Galleria Mall 1/10 TU 10:15 am - 3:30 pm \$5/\$7 380846A
The Galleria at Fort Lauderdale is one of South Florida's premier shopping destinations with more than 100 fashion retailers including Macy's and Dillard's, as well as popular stores, including Apple, Banana Republic, Free People, H&M, Altar'd State, Michael Kors, Pandora, Sephora and Williams-Sonoma. The Galleria also features popular dining establishments and a food court. Lunch on your own.

Tina: The Tina Turner Musical Broward Center 1/19 TH 6:30 pm - 11:00 pm \$52/\$54 380839A
"Her voice is undeniable, her fire is unstoppable, and her triumph is unlike any other." An uplifting comeback story like no other, TINA – The Tina Turner Musical is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards® and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history. This is a must see! Seats are located in Mezzanine

January Ticket Sale Members 1/6: Non-Members 1/13

Hard Rock Casino 2/2 TH 9:00 am - 3:00 pm \$5/\$7 380826B
Get ready for a great day at the famous Hard Rock casino. Try your luck at slots, table games including and more. Lunch on your own.

Town Center at Boca Raton 2/9 TH 10:00 am - 3:00 pm \$5/\$7 380846B
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.

Brush With Nature 2/15 W 8:45 am - 3:30 pm \$5/\$7 380842A
Join us for a morning of nature and painting at Sawgrass Sanctuary. The workshop painting activity is led by local artist Pat Anderson with her patented Leaf Bar Table-Easels. The artist and participants together will paint what they see in the park. All materials are provided. Participants will get to take home their works of art. The workshop is offered by National Wildlife Federation in partnership with NatureScape Broward and the City of Sunrise as part of the ongoing Connectivity Grant. Lunch will be provided, space is limited!

Panthers vs. Ducks 2/20 M 12:15 pm - 4:25 pm \$5/\$7 380837B
It's slap shot time! Be there to cheer on your Florida Panthers as they go to battle against the Anaheim Ducks. Be sure to get your tickets early! Seats are extremely limited and are located in the City's Arena Suite.

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! Chair modifications available. Senior Center membership is required. (Max. 24 students per class).

<u>Dec</u>	M	9:45 am - 10:45 am	11/4	\$9/\$11	280870E
	W	2:15 pm - 3:15 pm	11/4	\$12/\$14	280870F
<u>Jan</u>	M	9:45 am - 10:45 am	12/2	\$9/\$11	380870A
	W	2:15 pm - 3:15 pm	12/2	\$12/\$14	380870B
<u>Feb</u>	M	9:45 am - 10:45 am	1/6	\$12/\$14	380870C
	W	2:15 pm - 3:15 pm	1/6	\$12/\$14	380870D

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.

<u>Dec</u>	M	5:15 pm - 6:15 pm	11/4	\$9/\$11	280852E
	SA	10:15 am - 11:15 am	11/4	\$9/\$11	280852F
<u>Jan</u>	M	5:15 pm - 6:15 pm	12/2	\$9/\$11	380852A
	SA	10:15 am - 11:15 am	12/2	\$12/\$14	380852B
<u>Feb</u>	M	5:15 pm - 6:15 pm	1/6	\$12/\$14	380852C
	SA	10:15 am - 11:15 am	1/6	\$12/\$14	380852D

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.

<u>Dec</u>	M	6:30 pm - 7:30 pm	11/4	\$9/\$11	280856C
<u>Jan</u>	M	6:30 pm - 7:30 pm	12/2	\$9/\$11	380856A
<u>Feb</u>	M	6:30 pm - 7:30 pm	1/6	\$12/\$14	380856B

Floor and Chair Yoga Classes taught by instructor Abigail Martinez. Learn foundational postures and modifications and become confident in your practice. Get ready to breathe deeply and benefit from a nice stretch! Concentrations in Chair on Thursdays and on the Floor on Saturdays.

<u>Dec</u>	<i>Chair</i>	TH	1:00 pm - 2:00 pm	11/4	\$15/\$17	280861C
	<i>Floor</i>	SA	9:00 am - 10:00 am	11/4	\$9/\$11	280862C
<u>Jan</u>	<i>Chair</i>	TH	1:00 pm - 2:00 pm	12/2	\$9/\$11	380861A
	<i>Floor</i>	SA	9:00 am - 10:00 am	12/2	\$12/\$14	380862A
<u>Feb</u>	<i>Chair</i>	TH	1:00 pm - 2:00 pm	1/6	\$12/\$14	380861B
	<i>Floor</i>	SA	9:00 am - 10:00 am	1/6	\$12/\$14	380862B

****No class on 12/26 (Christmas Holiday), 1/2 (New Years Day), 1/16 (MLK Jr Day)****

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.

<u>Dec</u>	<i>Tai Chi</i>	TU	8:45 am - 9:45 am	N/A	Free
	<i>Tai Ji Quan Better Balance</i>	TU	10:00 am - 11:00 am	N/A	Free
	<i>Tai Chi</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:45 pm - 6:45 pm	N/A	Free
<u>Jan</u>	<i>Tai Chi</i>	TU	8:45 am - 9:45 am	N/A	Free
	<i>Tai Ji Quan Better Balance</i>	TU	10:00 am - 11:00 am	N/A	Free
	<i>Tai Chi</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:45 pm - 6:45 pm	N/A	Free
<u>Feb</u>	<i>Tai Chi</i>	TU	8:45 am - 9:45 am	N/A	Free
	<i>Tai Ji Quan Better Balance</i>	TU	10:00 am - 11:00 am	N/A	Free
	<i>Tai Chi</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:45 pm - 6:45 pm	N/A	Free

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.

<u>Dec</u>	TU	4:30 pm - 5:30 pm	N/A	Free
<u>Jan</u>	TU	4:30 pm - 5:30 pm	N/A	Free
<u>Feb</u>	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.





<u>Dec</u>	<i>Zumba Gold</i>	W	4:30 pm - 5:30 pm	N/A	Free
	<i>Zumba Gold</i>	TH	8:45 am - 9:45 am	N/A	Free
	<i>Zumba Gold Toning</i>	TH	10:00 am - 11:00 am	N/A	Free
<u>Jan</u>	<i>Zumba Gold</i>	W	4:30 pm - 5:30 pm	N/A	Free
	<i>Zumba Gold</i>	TH	8:45 am - 9:45 am	N/A	Free
	<i>Zumba Gold Toning</i>	TH	10:00 am - 11:00 am	N/A	Free
<u>Feb</u>	<i>Zumba Gold</i>	W	4:30 pm - 5:30 pm	N/A	Free
	<i>Zumba Gold</i>	TH	8:45 am - 9:45 am	N/A	Free
	<i>Zumba Gold Toning</i>	TH	10:00 am - 11:00 am	N/A	Free

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 #
	Dec	W	11:00 am - 12:00 pm	11/4	\$15/\$17	280864C
	Jan	W	11:00 am - 12:00 pm	12/2	\$12/\$14	380864A
	Feb	W	11:00 am - 12:00 pm	1/6	\$12/\$14	380864B

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.					
	Jan - Mar	TU/TH	9:00 am - 9:45 am	12/2	Free	380891A

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	 Trip & Ticket Policies 
9:00 am - 9:30 am Tai Chi (DVD)	8:45 am - 9:45 am Tai Chi (Baptist Health)	9:00 am - 9:30 am Tai Chi (DVD)	8:45 am - 9:45 am Zumba Gold (Baptist Health)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 10:00 am Color to the Classics	<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. <u>(Be sure this is noted on your registration form)</u></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><u>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.</u></p> <p>**At this time masks are highly recommended to be worn while riding/ utilizing transportation**</p>
9:45 am - 10:45 am Total Body Fitness w/ Alli	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	9:45 am - 10:45 am Walk Your Way to Health (DVD)	9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)	10:00 am - 11:00 am Zumba Blitz (DVD)	9:00 am - 10:00 am Floor Yoga (Abigail)	
10:00 am - 1:00 pm Quilting Corner	9:00 am - 12:00 pm Mahjong	10:00 am - 12:00 pm Paper/Card Crafting Class	9:30 am - 10:30 am A Computer Journey	10:00 am - 12:00 pm Chess Club	9:30 am - 11:30 am Open Scrap Booking (Bring your own supplies)	
10:30 am - 12:00 pm Beginners Beading	9:30 am - 10:30 am A Computer Journey	11:00 am - 12:00 pm Ballroom Dance	10:00 am - 11:00 am Line Dancing	11:00 am - 12:30 pm Choral Group	9:30 am - 11:30 am Puzzle Exchange	
11:00 am Start Time Classic Movie	9:45 am - 10:15 am Beginners Line Dancing	12:00 pm - 3:00 pm Bowling League @ Strikers	10:00 am - 11:00 am Zumba Gold Toning (Baptist Health)	11:15 am - 12:15 pm Walk Your Way to Health (DVD)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
12:30 pm - 2:30 pm Open Beading	10:00 am - 11:30 am Tai Ji Quan for Better Balance (Baptist Health)	12:30 pm - 3:30 pm Open Game Play	10:00 am - 1:00 pm Open Quilting	12:30 pm - 1:00 pm Tai Chi (DVD)	10:00 am - 12:00 pm Photography Class	
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	10:00 am - 12:00 pm Knitting & Crocheting	12:30 pm - 3:30 pm Canasta	10:00 am - 3:00 pm Open Ping Pong	1:00 pm - 2:30 pm Bingo	11:00 am - 12:45 pm Wig Making Class <i>(Register at Front Desk)</i>	
2:30 pm - 5:30 pm Quilting Corner	10:00 am - 4:30 pm Open Ping Pong	1:00 pm - 2:30 pm Let's Talk Discussion Group	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting		
5:15 pm - 6:15 pm Step Up to Fitness w/ Rosie	10:15 am - 11:15 am Line Dancing	1:30 pm - 3:30 pm Open Painting	11:00 am - 12:30 pm Billiards Lessons with Robb Timm (Begins 11/10/22)  <i>(Register at Front Desk)</i>			
6:00 pm - 7:00 pm Intermediate/Advance ESOL	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	2:00 pm - 3:30 pm Beginners ESOL	1:00 pm - 2:00 pm Chair Yoga (Abigail)			
6:30 pm - 7:30 pm Tone Your Abs & Glutes	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	2:15 pm - 3:15 pm Total Body Fitness w/ Alli	4:30 pm - 5:30 pm Tai Chi (Baptist Health)			
7:45 pm - 8:45 pm Zumba DVD	11:30 am Start Time New Release Movie	2:45 pm - 3:45 pm Walk Your Way to Health (DVD)	5:45 pm - 6:45 pm Tai Chi For Energy (Baptist Health)			
	1:00 pm - 3:00 pm Sewing Creations	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)	6:00 pm - 8:00 pm Wig Making Class (Begins 12/1/22)  <i>(Register at Front Desk)</i>			
	2:00 pm - 3:00 pm Firm and Burn (DVD)	4:30 pm - 5:30 pm Zumba Gold (Baptist Health)	6:30 pm - 8:00 pm Open Crafts			
	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					
Happy Holidays						
Closed In Observance of:						
Thanksgiving Day Thursday, November 24, 2022						
Day After Thanksgiving Friday, November 25, 2022						
Christmas Monday, December 26, 2022						
New Year's Day Monday, January 2, 2023						
Martin Luther King Jr. Day Monday, January 16, 2023						
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		
<i>(Contact Senior Center Front Desk for more information)</i>						

Monday Classic Movies - 11:00 am

11/7**	Midnight Express	1978	2:01 mins	12/5	Risky Business	1983
11/14	The Bodyguard	1992	2:09 mins	12/12**	NO MOVIE - Light Up The Holidays Social	
11/21	Vertigo	1958	2:08 mins	12/19	Home Alone	1990
11/28	Bye Bye Birdie	1963	1:52 mins	12/26	**NO MOVIE—Senior Center Closed**	

At The Movies

1:39 mins	11/1	Emily the Criminal	PG-13
	11/8	Wire Room	R
1:43 mins	11/15	Bullet Train	R
	11/22	Easter Sunday	PG-13
	11/29	Fall	PG-13

Tuesday New Release Movies - 11:30 am

1:37 mins	12/6	Mack & Rita	PG-13	1:35 mins
1:37 mins	12/13	Nope	R	2:11 mins
2:06 mins	12/20	Top Gun: Maverick	PG-13	2:05 mins
1:36 mins	12/27	One Way	NR	1:37 mins
1:47 mins				

(**11/7 will be held at the Sunrise Civic Center Theatre**)

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