

January/February 2023 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 Theatre Group Presents "The Patient"	3/7	TU	2:00 pm	Now	Free
Come out, bring a friend and enjoy "The Patient", a murder mystery with a surprise ending, that will have you in suspense throughout. Performed by The Ageless Wonders, written by Ryan Kaminsky, directed by Patrick S. Vida, and produced by Myra Graves. Join us for an entertaining afternoon in the Senior Center Multipurpose Room A. For more information, visit the Senior Center Front Desk or call 954-746-3670.					
Senior Cooking Club					
Jan- Asian Inspiration	380816A	1/27	F	10:00 am - 1:00 pm	Now \$6/\$8
Feb- Sheet Pan Dinner	380816B	2/24	F	10:00 am - 1:00 pm	1/6 \$6/\$8
Mar- Spring is here!	380816C	3/24	F	10:00 am - 1:00 pm	2/6 \$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)					
	1/19	TH	9:00 am - 3:00 pm	Now	\$20/\$25	380853A
	2/16	TH	9:00 am - 3:00 pm	1/9	\$20/\$25	380853B
	3/16	TH	9:00 am - 3:00 pm	2/6	\$20/\$25	380853C
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.

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

"The Guest List"
By: Lucy Foley
2/24 F 12:00 pm - 1:00 pm Now Free

Chess Club Weekly F 10:00 am - 12:00 pm Walk-in Free
If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.

Scottish Dancing Weekly TU 7:00 pm - 9:00 pm Walk-in Free

Senior Jam Session
Join us Thursday, January 5, 2023
2:00 pm - 4:00 pm
Multipurpose Room A



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

January/February 2023

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
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					
Craft Class: Heart Paper Flowers	2/3	F	10:00 am - 11:30 am	1/6	\$6/\$8
These flowers are great to lighten up your home and celebrate love. This also can be given as a perfect gift for friends or family. The hearts cut outs make scalloped flowers that will be a long lasting centerpiece for any season going forward. Space and supplies are limited. <i>All materials will be provided.</i> Activity # 380801A					
Hollywood Nights Dinner Dance	2/16	TH	6:00 pm - 9:00 pm	1/6	\$22/\$24
Lights, Camera, Action! We're rolling out the red carpet and partying like celebrities. Get glam and come dressed like the movie/pop star that you were born to be. Enjoy a delicious catered dinner, great music, and dancing. Activity # 380832B					
Space Jamz Social	3/28	TU	12:30 pm - 3:00 pm	2/3	\$8/\$10
Join us for an "out of this world" afternoon of fun and festivities. Dance to the beat of your own drum as you immerse yourself in an intergalactic "silent" disco. You will be outfitted with a pair of hi-tech headphones, giving you the power to control your listening and entertainment experience. Blast off and enjoy a delicious lunch, great music and tons of entertainment. Activity # 380822A					
Carfit is back!	3/31	F	9:30 am - 1:00pm		Call for an appointment
Location: Nob Hill Soccer Club Park 10200 Sunset Strip 33322 (Front Parking lot on Nob Hill Road – look for the signs) Carfit is an educational program that offers older adults the opportunity to check how well their personal vehicle "fit" them. At the Carfit event a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.					

Income Tax Preparation

January 26 - April 13
W- 9:00 am - 1:00 pm
TH - 1:00 pm - 4:30 pm

IRS Certified volunteers will assist taxpayers whose income does not exceed \$66,000.
BY APPOINTMENT ONLY. Call the Sunrise Senior Center to sign up.
This service is FREE! Call for an appointment.

The location for the Income Tax Appointment will be at:
City of Sunrise Senior Center- 10650 W Oakland Park Blvd. Sunrise, FL 33351
(Sponsored by Hispanic Unity)

happy new year 2023

Creative Corner

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
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	1/7 - 2/11	SA	10:00 am - 12:00 pm	12/2	\$30/\$32	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.*
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	2/6 - 3/13	M	6:00 pm - 7:30 pm	1/6	\$5/\$10	380821A
Beginners ESOL	2/8 - 3/15	W	2:00 pm - 3:00 pm	1/6	\$5/\$10	380817A
Conversational English Workshop	1/10 - 1/14	TU-TH & SA	5:30 pm - 7:30 pm	12/2	\$5/\$10	380868A
	2/14 - 2/18	TU-TH & SA	5:30 pm - 7:30 pm	1/6	\$5/\$10	380868B
	3/14 - 3/18	TU-TH & SA	5:30 pm - 7:30 pm	1/6	\$5/\$10	380868C
	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	Are you afraid of a computer or 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 are taught by volunteer instructor Steve Fleisch.					
	1/17 - 2/14	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	380802A
Digital Scrapbooking	This is the program formally known as Creative Computers. Begin to create a Digital Scrapbook about your life or just about a recent trip or experience, while you develop new creative computer skills. Learn how you can easily share your Digital Scrapbook with family and friends around the world. Classes are taught by volunteer instructor Steve Fleisch					
	1/17 - 2/14	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	380803A
Senior Center Membership is required for the following programs:						
Beading	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials. No beading experience needed.					
	1/9 - 1/30	M	10:30 am - 12:00 pm	Now	Free	380814A
	2/6 - 2/27	M	10:30 am - 12:00 pm	1/9	Free	380814B
	3/6 - 3/27	M	10:30 am - 12:00 pm	2/6	Free	380814C
	No class on 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.					
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.					
	1/7 - 3/11	SA	10:45 am - 12:45 pm	Now	Free	380835A
	2/16 - 4/20	TH	6:00 pm - 8:00 pm	Now	Free	380835B
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	Now	Free	380828A
	Jan - Mar	M	2:30 pm - 5:30 pm	Now	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	Now	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	Now	Free	380869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	Now	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	Now	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!					
	Jan - Mar	SA	9:30 am - 11:30 am	Now	Free	380810A
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin.					
	Jan - Mar	F	11:30 am - 1:00 pm	Now	Free	380878A

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		Call for Appointment
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
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 (Sunrise Fire/Rescue)	1/13, 2/10, 3/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance	1/13, 2/10, 3/10	F	10:00 am - 11:30 am	Free	Walk-ins welcome
	1/18, 2/15, 3/15	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	1/13, 2/10, 3/10	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.	2/8	W	10:00 am - 1:30pm		Call for Appointment
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.					
Cardiovascular Health Lecture	1/13	F	10:00 am - 11:30am		Call to sign up
Join Dr Pascal from Chen Medical Center and hear about Cardiovascular Health. Learn about new techniques and treatments for various heart issues and the advances they are making in the field of Cardiovascular science. A light lunch will be provided to all pre-registered participants.					
Memory Care and Brain Health Lecture	2/10	F	10:00 am - 11:30am		Call to sign up
Join a health professional from Isaac Health who will speak about the brain. Learn practical things to do to promote brain health find out how to future-proof your brain. A light lunch will be provided to all pre-registered participants.					
Complementary and Alternate Therapies in Health Care Lecture	3/10	F	10:00 am - 11:30 am		Call to sign up
Complementary therapies are designed to be used alongside conventional medical treatments. Therapies such as massage, music and virtual reality can increase your sense of control, decrease pain, anxiety, and improve your mood. Join us for a presentation provided by Continuum Care Hospice. 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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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
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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
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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
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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
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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.

February Ticket Sale Members 2/3: Non-Members 2/10

Micosukee Casino	3/9	TH	9:00 am - 3:00 pm	\$5/\$7	380826C
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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.

Dolphin Mall	3/16	TH	9:00 am - 3:00 pm	\$5/\$7	380846C
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Get out with your friends and visit Dolphin Mall, Miami's largest Outlet Shopping with over 240 Stores, restaurants and entertainments. Shop to your heart's content then enjoy lunch on own at one of the many eateries.

Piano Man Civic Center Theater	3/20	M	7:00 pm - 9:30 pm	\$30/\$32	380839B
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Two men, two pianos – one fabulous night. Don't miss the amazing father and son team of Terry and Nick Davis, performing the hits of Billy Joel and Elton John.

Marlins vs Mets	3/30	TH	1:45 pm - 8:30 pm	\$50/\$52	380837C
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Baseball is back!!! Don't miss your chance to see the Season Opener as the Marlins take on the Mets. Be sure to get your tickets early! Seats are in Section 6, Rows 6-10 (seats may be subject to change).

March Ticket Sale Members 3/3: Non-Members 3/10

Miami Tango Civic Center Theatre	4/4	TU	12:30 pm - 4:00 pm	\$30/\$32	480839A
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Tango is a potent ambassador of Argentinian culture. Its music, dance, and poetry have traveled the globe. Start the afternoon off with a Latin inspired lunch at the Senior Center then head to the theatre to enjoy this unforgettable show that will have your heart pounding and your feet moving. Get your tickets now before they are gone!

Delray Affair	4/14	F	9:00 am - 3:30 pm	\$5/\$7	480842A
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Celebrate the 60th year of the Delray Affair, the largest arts & craft festival in the Southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food and funky products from around the world. It takes place along the palm tree lined downtown streets of Delray Beach and stretches 12 city blocks. Food and beverages available for purchase. Space is limited!

Calder Casino	4/18	TU	9:00 am - 3:00 pm	\$5/\$7	480826A
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Get ready for a great day at Calder Casino. Try your luck at slots, table games including and more. Lunch on your own.

Loggerhead Marine Center	4/27	TH	9:15 am - 3:30 pm	\$20/\$22	480848A
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Back by popular demand; join us as we visit Loggerhead Marine Center. Start the day off with lunch on your own at Downtown at the Gardens. Afterwards its off to Loggerhead to enjoy a guided tour of the campus by one of the talented guides, going behind the gates of the outdoor sea turtle hospital to get up close and personal with the sea turtle patients.

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>Jan</u>	M	9:45 am - 10:45 am	Now	\$9/\$11	380870A
	W	2:15 pm - 3:15 pm	Now	\$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
<u>Mar</u>	M	9:45 am - 10:45 am	2/3	\$12/\$14	380870E
	W	2:15 pm - 3:15 pm	2/3	\$15/\$17	380870F

****No class on 1/2 (New Years Day), 1/16 (MLK Jr 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.

<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
<u>Mar</u>	M	5:15 pm - 6:15 pm	2/3	\$12/\$14	380852E
	SA	10:15 am - 11:15 am	2/3	\$12/\$14	380852F

****No class on 1/2 (New Years Day), 1/16 (MLK Jr 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.

<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
<u>Mar</u>	M	6:30 pm - 7:30 pm	2/3	\$12/\$14	380856C

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

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>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
<u>Mar</u>	<i>Chair</i>	TH	1:00 pm - 2:00 pm	2/3	\$15/\$17	380861C
	<i>Floor</i>	SA	9:00 am - 10:00 am	2/3	\$12/\$14	380862C

Tai Chi Senior Center membership is required. (Max. 20 students per class)

	M	9:00 am - 9:30 am	Free	DVD
	TU	9:00 am - 9:30 am	Free	DVD
	W	9:00 am - 9:30 am	Free	DVD
		1:30 pm - 2:00 pm	Free	DVD
		7:30 pm - 8:00 pm	Free	DVD
	TH	9:00 am - 9:30 am	Free	DVD
	F	9:00 am - 9:30 am	Free	DVD
		12:30 pm - 1:00 pm	Free	DVD

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

<u>Jan</u>	W	11:00 am - 12:00 pm	12/2	\$12/\$14	380864A
<u>Feb</u>	W	11:00 am - 12:00 pm	1/6	\$12/\$14	380864B
<u>Mar</u>	W	11:00 am - 12:00 pm	2/3	\$15/\$17	380864C

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.

<u>Jan - Mar</u>	TU/TH	9:00 am - 9:45 am	Now	Free	380891A
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<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)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	9:00 am - 9:30 am Tai Chi (DVD)	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><i>**At this time masks are highly recommended to be worn while riding/ utilizing transportation**</i></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 with Steve Fleisch	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 with Steve Fleisch	11:00 am - 12:00 pm Ballroom Dance (Lidia)	10:00 am - 11:00 am Line Dancing	11:00 am - 12:30 pm Choral Group	9:30 am - 11:30 am (1st Saturday of the Month) 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 - 1:00 pm Open Quilting	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 - 12:00 pm Knitting & Crocheting	12:30 pm - 3:30 pm Open Game Play	10:00 am - 3:00 pm Open Ping Pong	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 - 4:30 pm Open Ping Pong	12:30 pm - 3:30 pm Open Canasta	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	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	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting	11:00 am - 1:00 pm Billiards Lessons with Robb Timm <i>(Register at Front Desk)</i>	1:30 pm - 3:30 pm Open Painting	<div style="text-align: center;">  <p>Closed In Observance of:</p> <p>New Year's Day Monday, January 2, 2023</p> <p>Martin Luther King Jr. Day Monday, January 16, 2023</p> </div>	
5:15 pm - 6:15 pm Step Up to Fitness w/ Rosie	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	2:00 pm - 3:30 pm Beginners ESOL	1:00 pm - 2:00 pm Chair Yoga (Abigail)			
6:00 pm - 7:00 pm Intermediate/Advance ESOL	11:30 am Start Time New Release Movie	2:15 pm - 3:15 pm Total Body Fitness w/ Alli	6:00 pm - 8:00 pm Wig Making Class <i>(Register at Front Desk)</i>			
6:30 pm - 7:30 pm Tone Your Abs & Glutes w/ Rosie	1:00 pm - 3:00 pm Sewing Creations	2:45 pm - 3:45 pm Walk Your Way to Health (DVD)	6:30 pm - 8:00 pm Open Crafts			
7:45 pm - 8:45 pm Zumba DVD	2:00 pm - 3:00 pm Firm and Burn (DVD)	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)				
	2:00 pm - 4:00 pm Theatre Group	4:30 pm - 5:30 pm Zumba Gold (Greysi)				
	4:30 pm - 5:30 pm Senior Aerobics (Greysi)					
	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					
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		
		3rd Thursday	Gold Coast Woodturners	6:45 pm - 8:45 pm		
			<i>(Contact Senior Center Front Desk for more information)</i>			

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am					
1/2	NO MOVIE—SENIOR CENTER CLOSED			1/3	Fall	PG-13	1:47 mins	2/7	Poker Face	R	1:34 mins		
1/9	Dangerous Minds 1995	1:39 mins	2/13	Annie Hall 1977	1:33 mins			2/14	Smile	R	1:55 mins		
1/16	NO MOVIE—SENIOR CENTER CLOSED		2/20	Back to the Future 1985	1:56 mins	1/10	The Enforcer	R	1:31 mins	2/21	The Woman King	PG-13	2:14 mins
1/23	Grease 1978	1:50 mins	2/27	Bicycle Thieves 1948	1:29 mins	1/17	Clerk III	R	1:40 mins	2/28	Ticket To Paradise	PG-13	1:44 mins
1/30	The First Wives Club 1996	1:43 mins		Never Been Kissed 1990	1:47 mins	1/24	Detective Knight: Rouge	NR	1:45 mins				
						1/31	Don't Worry Darling	R	2:05 mins				

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