

# March/April 2023 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
<b>Sunrise Latin Social Club</b>	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

<b>“The Patient”</b>	3/7	TU	2:00 pm	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

<b>Mar- Spring is here!</b>	<b>380816C</b>	3/24	F	10:00 am - 1:00 pm	Now	\$6/\$8
<b>Apr- Going Green</b>	<b>480816A</b>	4/21	F	10:00 am - 1:00 pm	3/6	\$6/\$8
<b>May- This Spud’s for you</b>	<b>480816B</b>	5/19	F	10:00 am - 1:00 pm	4/7	\$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
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$20 AARP Members, \$25 Non- Members)					
	3/16	TH	9:00 am - 3:00 pm	Now	\$20/\$25	380853C
	4/20	TH	9:00 am - 3:00 pm	3/6	\$20/\$25	480853A
	5/18	TH	9:00 am - 3:00 pm	4/3	\$20/\$25	480853B
<b>**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.**</b>						

**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.

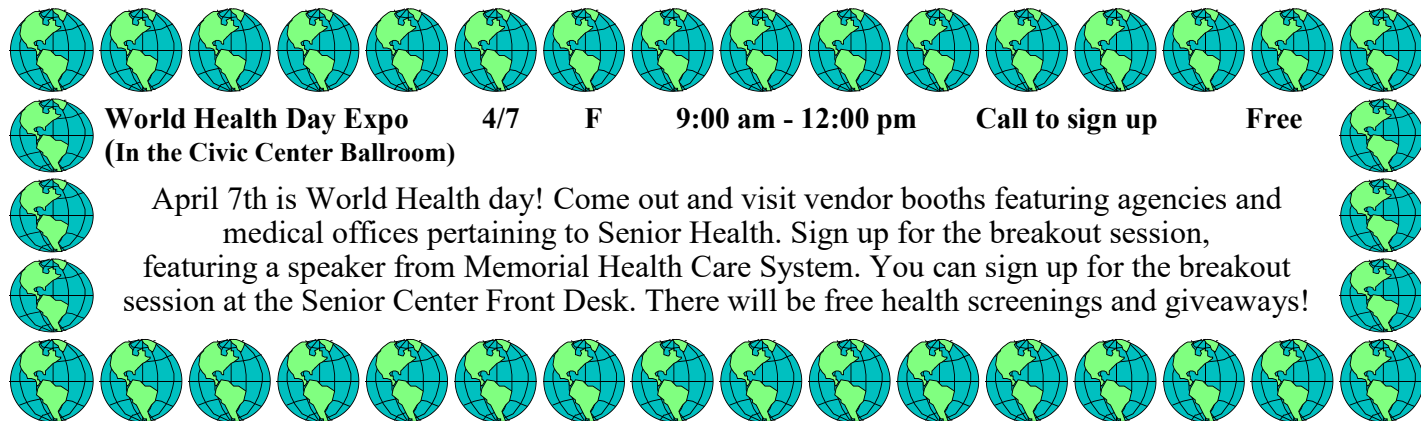
<b>“The Paris Library”</b> By: Janet Skeslien Charles	3/24	F	12:00 pm - 1:00 pm	Now	Free
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<b>“The Vanishing Half”</b> By: Brit Bennett	4/28	F	12:00 pm - 1:00 pm	Now	Free
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<b>Chess Club</b>	Weekly	F	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.					

<b>Scottish Dancing</b>	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free
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<b>Senior Jam Session</b>	Weekly	TH	2:00 pm - 4:00 pm	Walk-in	Free
Do you play an instrument, or even have an instrument that your are learning how to play? Would you like to jam out with others and have fun? If you do, then this activity is for you! <b><u>This is not a class about learning how to play</u></b> , but rather an opportunity to play, have fun, and learn with others. For more information, stop by the front desk or call 954-746-3670 <b>**Located in Multipurpose B Room**</b>					



<b>World Health Day Expo</b> (In the Civic Center Ballroom)	4/7	F	9:00 am - 12:00 pm	Call to sign up	Free
April 7th is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. Sign up for the breakout session, featuring a speaker from Memorial Health Care System. You can sign up for the breakout session at the Senior Center Front Desk. There will be free health screenings and giveaways!					

March/April 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
<b>Goal Setting and Diabetes</b>	3/11	SA	11:00 am - 12:00 pm	Now	Free
Prevent and manage diabetes the S.M.A.R.T. way. This presentation will provide an overview of important factors related to diabetes, including diet, exercise, medications, and social and emotional influences. Participants to learn to prevent or manage diabetes by setting Specific, Measurable, Attainable, Relevant, and Timely (S.M.A.R.T.) goals. This session will be presented by an innovative team of professionals and pre-professions through the Interprofessional Diabetes Education and Awareness (IDEA) Initiative at Nova Southeastern University. A light snack provided. Call to sign up.					
<b>Diabetes Prevention and Management</b>	3/18	SA	11:00 am - 12:00 pm	Now	Free
It is estimated that 1 in 3 people have prediabetes and 1.5 million people are diagnosed with diabetes every year. Join us to learn about basic strategies to help support you or a loved one in preventing or managing diabetes. This session will be presented by an innovative team of professionals and pre-professions through the Interprofessional Diabetes Education and Awareness (IDEA) Initiative at Nova Southeastern University. A light snack will be provided. Call to sign up.					
<b>Space Jamz Social</b>	3/28	TU	12:30 pm - 3:00 pm	Now	\$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. <b>Activity # 380822A</b>					
<b>Diabetes and Healthy Eating</b>	3/29	W	6:00 pm - 7:00 pm	Now	Free
Managing blood sugar is the key to living well with diabetes and eating well is the key to managing blood sugar. But what does it mean to eat well? You will be empowered to navigate and understand how to make healthy food choices in your everyday life. This session will be presented by an innovative team of professionals and pre-professions through the Interprofessional Diabetes Education and Awareness (IDEA) Initiative at Nova Southeastern University. A light snack will be provided. Call to sign up.					
<b>Carfit is back!</b>	3/31	F	9:30 am - 1:00pm	Call for an appointment	
Location: Sunrise <u>Civic Center Parking Lot (10610 W. Oakland Park Blvd, Sunrise, 33322)</u> . 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.					
<b>Senior Center Pool Party</b>	4/12	W	10:00 am - 1:00 pm	3/3	\$8/\$10
The weather is heating up! There’s no better way to relax and have fun than a pool party! We will be using the Civic Center pool to host our second Senior Center Pool Party! There will be interactive activities, lunch and a DJ that will keep the party rockin’. Be sure to wear your bathing suit and bring a towel to take a dip in the pool and enjoy the cool water and some sun. This will be a unique event and you will not want to miss out! <b>Activity # 480822A</b>					
<b>Craft Class:</b>					
<b>Canvas Button Bouquet</b>	4/21	F	10:00 am - 11:30 am	3/3	\$6/\$8
This everlasting piece will be here just in time for the Spring Season. Made with buttons of different shapes and sizes, these button flowers on your canvas will add tons of color to any room. Once completed this will be the perfect gift or decoration to brighten up anyone’s day. <b>All materials will be provided. Activity # 480801A</b>					
<b>Lunch Bunch</b>					
<b>“Chicken &amp; Cheese Quesadillas”</b>	4/26	W	12:00 pm - 12:45 pm	3/3	\$5/\$7
A crowd favorite, our chicken and cheese quesadillas are just thing to satisfy your hunger and keep you full throughout the afternoon. The crispy tortilla with the melty cheese and savory chicken will be one Mexican inspired dish you don’t want to miss! This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! <b>Activity # 480807A</b>					

### Sunrise Loves Our Seniors (SLOS) - Ticket Distribution

Thursday, April 6, 2023

9:00 am - 11:00 am at the Civic Center Ballroom

The City of Sunrise will once again be hosting our annual Sunrise Loves Our Seniors (SLOS) dinner dance. This event is for City of Sunrise senior residents ages 55+ and is totally FREE! With live music from a fabulous band and a delicious three-course meal, this will be an event you won’t want to miss. Tickets are limited and are distributed on a first come first served basis.

This year’s events will be held on Wednesday, May 3rd, Wednesday, May 10th and Wednesday, May 17th. For more information, stop by the Senior Center Front Desk or call 954-746-3670. **(Maximum of two (2) tickets per household. Must be a Sunrise Resident and present to receive your tickets! Proof of residency will be required during ticket distribution)**

# Creative Corner

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
<b>Beading</b>	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.					
	3/6 - 3/27	M	10:30 am - 12:00 pm	Now	Free	380814C
	4/3 - 4/24	M	10:30 am - 12:00 pm	3/6	Free	480814A
	5/1 - 5/22	M	10:30 am - 12:00 pm	4/3	Free	480814B
	<b>**No class on 5/29 (Memorial Day)**</b>					
<b>Open Beading</b>	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.					
<b>Wood Carving</b>	Weekly	TU	6:00 pm - 9:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris.					
<b>Photography Workshop</b>	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.*					
	3/4 - 4/8	SA	10:00 am - 12:00 pm	Now	\$30/\$32	380833B
	5/6 - 6/10	SA	10:00 am - 12:00 pm	4/1	\$30/\$32	480833A
<b>Language Classes</b>	Join instructor Bruce Fraser and learn how to improve your English during these six week courses. <b>You may only register for one course at a time, either Beginners ESOL or Int/Adv ESOL. You cannot be registered for both.</b>					
<b>Int/Adv ESOL</b>	3/27 - 5/1	M	6:00 pm - 7:30 pm	Now	\$5/\$10	380821B
	<b>*No Classes for the Summer*</b>					
<b>Beginners ESOL</b>	3/29 - 5/3	W	2:00 pm - 3:00 pm	Now	\$5/\$10	380817B
	<b>*No Classes for the Summer*</b>					
<b>Conversational English Workshop</b>	3/14 - 3/18	TU - TH	4:00 pm - 6:00 pm	SA 10:30 am - 12:30 pm	Now	\$5/\$10
	4/10 - 4/13	M - TH	4:00 pm - 6:00 pm	3/3	\$5/\$10	480868A
	5/8 - 5/11	M - TH	4:00 pm - 6:00 pm	4/7	\$5/\$10	480868B
	<b>**The Conversational English Workshops are taught by volunteer instructor Don Pedro Guerad**</b>					
<b>A Computer Journey</b>	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.					
	2/28 - 3/28	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	380802B
	4/11 - 5/9	TU/TH	9:30 am - 10:30 am	3/3	\$5/\$10	480802A
<b>Digital Scrapbooking</b>	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					
	2/28 - 3/28	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	380803B
	4/11 - 5/9	TU/TH	9:30 am - 10:30 am	3/3	\$5/\$10	480803A
<b>Wig Making</b>	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.					
	2/16 - 4/20	TH	6:00 pm - 8:00 pm	Now	Free	380835B
	5/4 - 7/6	TH	6:00 pm - 8:00 pm	4/6	Free	380835B
<b>Quilting Corner</b>	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Apr - Jun	M	10:00 am - 1:00 pm	3/3	Free	480828A
	Apr - Jun	M	2:30 pm - 5:30 pm	3/3	Free	480829A
	<b>**No class on 5/29 (Memorial Day)**</b>					
<b>Open Quilting</b>	Join us for Open Quilting every <b>1st, 2nd and 4th Thursday from 10:00 am - 1:00 pm</b> . Bring your projects and enjoy the company of your friends while you quilt. <b>(No registration required)</b>					
<b>Card/Paper Crafting Class</b>	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.					
	Apr - Jun	W	10:00 am - 12:00 pm	3/3	Free	480806A
<b>Knitting &amp; Crocheting</b>	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Apr - Jun	TU	10:00 am - 12:00 pm	3/3	Free	480869A
<b>Sewing Creations</b>	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Apr - Jun	TU	1:00 pm - 3:00 pm	3/3	Free	480877A
<b>Open Crafts (Stitchery)</b>	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Apr - Jun	TH	6:00 pm - 8:00 pm	3/3	Free	480879A
<b>Open Scrap Booking</b>	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.					
	Apr - Jun	SA	9:30 am - 11:30 am	3/3	Free	480810A
<b>Choral Group</b>	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin. Senior Center membership required.					
	Apr - Jun	F	11:30 am - 1:00 pm	3/3	Free	480878A

# Social Services & Wellness Programs

Program	Date (s)	Day	Time	Registration
<b>Emergency Food Pantry</b>		Ongoing	Call for Appt.	
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.				
<b>SHINE Counselor</b>	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.				
<b>Bereavement Support Group</b>		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.				
<b>Blood Pressure Check</b> (Sunrise Fire/Rescue)	3/10, 4/14, 5/5	F	10:30 am - 11:30 am	Walk-ins welcome
<b>Property Tax Exemption Assistance</b>	3/10, 4/14, 5/12	F	10:00 am - 11:30 am	Walk-ins welcome
	3/15, 4/19, 5/17	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.				
<b>Veteran's Advisor</b>	3/10, 4/14, 5/12	F	9:00 am - 12:00 pm	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.				
<b>F.L.O.W.</b>	4/12	W	10:00 am - 1:45 pm	Call for Appointment
<b><u>Will be here every other month until further notice</u></b>				
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 <a href="https://www.flhsmv.gov/driver-licenses">https://www.flhsmv.gov/driver-licenses</a> . For more information call 954-746-3670. This service is available to all Broward Co. residents. <b>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.</b>				
<b>Medicare Lecture</b>	3/7	TU	10:00 am - 11:00 am	Call to sign up
Join Arnie Pittler , SHINE representative for an informative discussion on Preventative Services included in your Medicare Part B plans. Medicare plans change from year to year, make sure you know what is offered in your plan. Be informed so you use all the benefits offered with your plan.				
<b>Complementary and Alternate Therapies in Health Care Lecture</b>	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				
<b>The 5 Wishes Workshop</b>	4/14	F	10:00 am - 11:30 am	Free Call to sign up
Five Wishes is a booklet developed as the first advance care plan (ACP) to address personal, emotional, and spiritual wishes, in addition to medical treatment. It's called the "living will with heart and soul" because the document is based on what is most completed. Sponsored by Continuum Care Hospice and Chen Medical Center. 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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## 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  
 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  
 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  
 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 \$25/\$27 480848A  
 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.

## April Ticket Sale Members 4/7: Non-Members 4/14

**Senior Fishing Clinic** 5/4 TH 9:00 am - 2:00 pm \$5/\$7 480842A  
 Get "hooked" on fishing! Participants will be introduced to various aspects about local species and sustainable fisheries. This outdoor workshop will include hands-on activities to learn ethical angling, baiting a hook, rigging a pole, and how to fish. You will get a chance to fish in the lake! Fishing tools and materials will be supplied.

**Morikami Japanese Gardens** 5/11 TH 9:15 am - 3:30 pm \$18/\$20 480841A  
 Enjoy a self-guided tour of the Japanese gardens, then stroll thru the Morikami Museum at your leisure. You can enjoy lunch on your own at the Cornell Cafe.

**Palm Beach Outlets Mall** 5/16 TU 9:00 am - 3:30 pm \$5/\$7 480846A  
 Get ready to shop, shop, shop! Join us as we take a to 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.

**Seminole Classic Casino** 5/23 TU 9:00 am - 3:00 pm \$5/\$7 480826A  
 Feeling lucky? Enjoy a great day at the casino! Play the tables, slots, and more. Lunch on your own.

## May Ticket Sale Members 5/5: Non-Members 5/12

**Butterfly World and Festival Flea Market** 6/1 TH 9:30 am - 3:00 pm \$25/\$27 480842B  
 Explore the entire life cycle of the butterfly as it occurs, the wonders of exotic bird aviaries and more on a one-hour guided tour. Afterwards shop to your hearts content and enjoy lunch on your own at the Festival Flea Market.

**Harrah's Casino Pompano Beach** 6/6 TU 9:00 am - 3:30 pm \$5/\$7 480826B  
 Get ready for a great day at Harrah's Casino, formerly the Isles Casino. Try your luck at slots, table games and more. Lunch on your own.

**Fishing Trip** 6/15 TH 7:15 am - 1:30 pm \$54/\$56 480844A  
 Tap into your inner fisherman or fisherwoman with a four-hour fishing trip aboard the 55' Mary B III. Everything you will need on your trip: rods, bait, tackle, licenses, is are included. NO EXPERIENCE NECESSARY. The crew is experienced, professional and friendly and are there to assist you with everything. Pack a lunch and refreshments! **\*\*Please note that the waters can get a bit choppy, if you are susceptible to sea sickness, this might not be the trip for you!\*\***

**Minato Japanese Buffet Lunch Trip** 6/20 TU 11:00 am - 3:00 pm \$23/\$25 480842C  
 Do you like Japanese cuisine? If you do, then you will enjoy this lunch time outing as we visit Minato Japanese Buffet & Seafood. Boasting a large variety of Sushi, Sashimi, Seafood and more, you will be sure to leave full.

**Mia's Cake House Cupcake Decoration Workshop** 6/29 TH 5:15 pm - 8:45 pm \$35/\$37 480842D  
 Tap into your creative side with this Cupcake Decorating workshop. In this 1.5 to 2 hours guided workshop, you will get to decorate 4 cupcakes with different designs and techniques (designs have been pre selected). They offer a mix of flavors such as vanilla, chocolate and red velvet, and are a peanut free environment. **In case of other food allergies such as egg, dairy or gluten, we recommend to bring your own cupcakes for safety reasons.**

# Health & Fitness

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

Baptist Health and ADRC Broward 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>Mar</u>	M	9:45 am - 10:45 am	Now	\$12/\$14	380870E
	W	2:15 pm - 3:15 pm	Now	\$15/\$17	380870F
<u>Apr</u>	M	9:45 am - 10:45 am	3/3	\$12/\$14	480870A
	W	2:15 pm - 3:15 pm	3/3	\$12/\$14	480870B
<u>May</u>	M	9:45 am - 10:45 am	4/7	\$12/\$14	480870C
	W	2:15 pm - 3:15 pm	4/7	\$15/\$17	480870D

**\*\*No class on 5/29 (Memorial 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>Mar</u>	M	5:15 pm - 6:15 pm	Now	\$12/\$14	380852E
	SA	10:15 am - 11:15 am	Now	\$12/\$14	380852F
<u>Apr</u>	M	5:15 pm - 6:15 pm	3/3	\$12/\$14	480852A
	SA	10:15 am - 11:15 am	3/3	\$15/\$17	480852B
<u>May</u>	M	5:15 pm - 6:15 pm	4/7	\$12/\$14	480852C
	SA	10:15 am - 11:15 am	4/7	\$12/\$14	480852D

**\*\*No class on 5/29 (Memorial 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>Mar</u>	M	6:30 pm - 7:30 pm	Now	\$12/\$14	380856C
<u>Apr</u>	M	6:30 pm - 7:30 pm	3/3	\$12/\$14	480856A
<u>May</u>	M	6:30 pm - 7:30 pm	4/7	\$12/\$14	480856B

**\*\*No class on 5/29 (Memorial 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>Mar</u>	<b>Chair</b>	TH	1:00 pm - 2:00 pm	Now	\$15/\$17	380861C
	<b>Floor</b>	SA	9:00 am - 10:00 am	Now	\$12/\$14	380862C
<u>Apr</u>	<b>Chair</b>	TH	1:00 pm - 2:00 pm	3/3	\$6/\$8	480861A
	<b>Floor</b>	SA	9:00 am - 10:00 am	3/3	\$9/\$11	480862A
<u>May</u>	<b>Chair</b>	TH	1:00 pm - 2:00 pm	4/7	\$6/\$8	480861B
	<b>Floor</b>	SA	9:00 am - 10:00 am	4/7	\$6/\$8	480862B

**\*\*No class on 4/20, 4/22, 4/27, 4/29, 5/4, 5/6, 5/11, 5/13\*\***

**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 the **Area Agency on Aging of Broward County (AAABC)** and classes are being offered as a "Drop In" program, with no registration required, however Senior Center membership is still required to participate.

<u>Mar</u>	<i>Tai Chi for Arthritis</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:30 pm - 6:30 pm	N/A	Free
<u>Apr</u>	<i>Tai Chi for Arthritis</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:30 pm - 6:30 pm	N/A	Free
<u>May</u>	<i>Tai Chi for Arthritis</i>	TH	4:30 pm - 5:30 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	5:30 pm - 6:30 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>Mar</u>	TU	4:30 pm - 5:30 pm	N/A	Free
<u>Apr</u>	TU	4:30 pm - 5:30 pm	N/A	Free
<u>May</u>	TU	4:30 pm - 5:30 pm	N/A	Free

**REVIVE (Stretching)** (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>Mar</u>	TH	9:30 am - 10:30 am	N/A	Free
<u>Apr</u>	TH	9:30 am - 10:30 am	N/A	Free
<u>May</u>	TH	9:30 am - 10:30 am	N/A	Free

**Barre w/Chair Cardio** (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>Mar</u>	TH	6:45 pm - 7:45 pm	N/A	Free
<u>Apr</u>	TH	6:45 pm - 7:45 pm	N/A	Free
<u>May</u>	TH	6:45 pm - 7:45 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.

Date(s)	Day(s)	Time	Register On	Fee	Activity #
<u>Mar</u>	W	11:00 am - 12:00 pm	Now	\$15/\$17	380864C
<u>Apr</u>	W	11:00 am - 12:00 pm	3/3	\$12/\$14	480864A
<u>May</u>	W	11:00 am - 12:00 pm	4/7	\$15/\$17	480864B

**Aqua Fitness** This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility.

<b><u>Senior Center membership is required.</u></b>	Apr - Jun	TU/TH	9:00 am - 9:45 am	Now	Free	480891A
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	 <b>Trip &amp; Ticket Policies</b> 
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. <b>Sales commence at 8:30 am.</b> Current I.D. cards must be presented for any transaction.</p> <p>Members <b>MUST</b> 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, <b>birth date and phone number</b> 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><b><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></b></p> <p><b>**At this time masks are highly recommended to be worn while riding/ utilizing transportation**</b></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)	9:30 am - 11:00 am Bereavement Support Group (Continuum Care Counselor)	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	9:30 am - 10:30 am REVIVE (Flexibility & Strength) <b>(Carol - Baptist Health)</b> 	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 - 11:00 am Line Dancing	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 <b>*Senior Center Membership Required*</b>	10:00 am - 4:30 pm Open Ping Pong	12:30 pm - 3:30 pm Open Canasta	10:00 am - 1:00 pm Open Quilting	1:00 pm - 2:30 pm Bingo	11:00 am - 12:45 pm Wig Making Class <b>(Register at Front Desk)</b>	
2:30 pm - 5:30 pm Quilting Corner	10:15 am - 11:15 am Line Dancing	1:00 pm - 2:30 pm Let's Talk Discussion Group	10:00 am - 1:00 pm Open Quilting	1:30 pm - 3:30 pm Open Painting		
5:15 pm - 6:15 pm Step Up to Fitness w/ Rosie	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting	10:00 am - 3:00 pm Open Ping Pong	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	 <p><b>Happy Spring</b></p> <p><u>Closed In Observance of:</u></p> <p><b>Memorial Day</b> Monday, May 29, 2023</p>	
6:00 pm - 7:00 pm Intermediate/Advance ESOL	11:30 am Start Time New Release Movie	2:00 pm - 3:30 pm Beginners ESOL	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch		
6:30 pm - 7:30 pm Tone Your Abs & Glutes w/ Rosie	1:00 pm - 3:00 pm Sewing Creations	2:15 pm - 3:15 pm Total Body Fitness w/ Alli	11:00 am - 1:00 pm Billiards Lessons with Robb Timm <b>(Register at Front Desk)</b>	1:00 pm - 2:00 pm Chair Yoga (Abigail)		
7:45 pm - 8:45 pm Zumba DVD	2:00 pm - 3:00 pm Firm and Burn (DVD)	2:45 pm - 3:45 pm Walk Your Way to Health (DVD)	1:00 pm - 2:00 pm Chair Yoga (Abigail)	4:30 pm - 5:30 pm Tai Chi for Arthritis (AAABC)		
	2:00 pm - 4:00 pm Theatre Group	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)	4:30 pm - 5:30 pm Tai Chi for Arthritis (AAABC) 	5:30 pm - 6:30 pm Tai Chi For Arthritis (AAABC)		
	4:30 pm - 5:30 pm Zumba Gold <b>(Greysi-Baptist Health)</b>	4:30 pm - 5:30 pm Zumba Gold (DVD)	5:30 pm - 6:30 pm Tai Chi For Arthritis (AAABC)	6:00 pm - 8:00 pm Wig Making Class <b>(Register at Front Desk)</b>		
	5:45 pm - 6:45 pm Walk Your Way to Health (DVD)		6:00 pm - 8:00 pm Wig Making Class <b>(Register at Front Desk)</b>	6:30 pm - 8:00 pm Open Crafts 		
	6:00 pm - 9:00 pm Wood Carving		6:30 pm - 8:00 pm Open Crafts 	6:45 pm - 7:45 pm Barre w/ Chair <b>(Carol - Baptist Health)</b>		
	7:00 pm - 9:00 pm Scottish Dancing		6:45 pm - 7:45 pm Barre w/ Chair <b>(Carol - Baptist Health)</b>			
<b>MONTHLY GROUP MEETINGS</b>						
<b>**1st Tuesday**</b> Sunrise Latin Social Club 6:00 pm - 8:00 pm <b>**4th Tuesday**</b> American Legion Post 365 7:00 pm - 9:00 pm <b>**3rd Thursday**</b> Gold Coast Woodturners 6:45 pm - 8:45 pm <i>(Contact Senior Center Front Desk for more information)</i>						

<b>Monday Classic Movies - 11:00 am</b>				<b>At The Movies</b>				<b>Tuesday New Release Movies - 11:30 am</b>							
3/6	My Cousin Vinny	1992	2:00 mins	4/3	Bedazzled	1967	1:43 mins	3/7	NO MOVIE— Come to Our Theatre Show!						
3/13	Twins	1988	1:47 mins	4/10	La Bamba	1987	1:48 mins	3/14	Angry Neighbors	R	1:29 mins	4/4	Bones and All	R	2:11 mins
3/20	Good Will Hunting	1997	1:39 mins	4/17	Man on Fire	2008	1:30 mins	3/21	Black Adam	PG-13	2:04 mins	4/18	I Wanna Dance with Somebody	PG	2:24 mins
3/27	Cabaret	1972	2:04 mins	4/24	Almost Famous	2000	2:02 mins	3/28	Violent Night	R	1:45 mins	4/25	The Whale	R	2:37 mins

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