

May/June 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 Workshop	6/13 - 8/8	TH	2:00 pm - 4:00 pm			
This senior theatre workshop is designed to provide you with a creative outlet and a fun way to exercise your imagination. Participants will come together to explore acting, improvisation, and other forms of creative expression. The workshop offers a safe and welcoming environment where you can explore their creativity and share your experiences with others like yourself. The workshop is led by volunteers Myra Graves and Ed Casas. At the completion of the Workshop, participants will have the opportunity to share what they learned during a showcase on Tuesday, August 8th. Whether you are a seasoned performer or a beginner, this workshop is the perfect opportunity to explore your creativity and connect with others. For more information and to register, visit the Senior Center Front Desk or call 954-746-3670.						
Senior Cooking Club						
May- This Spud's for you	480816B	5/19	F	10:00 am - 1:00 pm	Now \$6/\$8	
Jun - The "Berry" Best	480816C	6/23	F	10:00 am - 1:00 pm	5/5 \$6/\$8	
Jul - Savoring Summer	180816A	7/21	F	10:00 am - 1:00 pm	6/2 \$6/\$8	
If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation during a live demo. Each month will focus on a different menu that we will get to enjoy at the end of class.						
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)					
	5/18	TH	9:00 am - 3:00 pm	4/3	\$20/\$25	480853B
	6/15	TH	9:00 am - 3:00 pm	5/1	\$20/\$25	480853C
	7/20	TH	9:00 am - 3:00 pm	6/5	\$20/\$25	180853A
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.					
"Run Rose Run" By: Dolly Parton & James Patterson	5/19	F	12:00 pm - 1:00 pm	Now	Free	
"The Pillars of the Earth" By: Ken Follett	6/30	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	

May/June 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
Medicare Financial Assistance Lecture	5/17	W	10:00 am - 11:00 am	Call to sign up	Free
Arnie Pittler, SHINE Counselor will be here to discuss the criteria to qualify for financial assistance for Medicare. This lecture will cover the two financial assistance programs that help to reduce the cost of Medicare Part B and prescription costs.					
Older Americans Month Showcase	5/25	TH	11:00 am - 2:00 pm	Now	Free
Hear the sweet sounds of the Choral Group and watch our seniors strut their stuff as they showcase clothes, quilts, and jewelry made by the Sewing, Quilting, and Beading groups at the Senior Center. You will also get to enjoy a showcase of other programs at the Center, as well as a short show to entertain your afternoon by our Theater group. A sweet treat will be given to all members who are pre-registered. This event is free and space is limited. Call (954) 746-3670 or stop by the front desk to reserve your space.					
Gardening For Wildlife Workshop	6/10	SA	10:00 am - 12:00 pm	Now	Free
Join the City of Sunrise Sustainability Officer, Carrie Kashar, and learn about the wildlife that calls South Florida home. You will learn how you can certify a habitat at your home, or your office. It's easier than you think! Attendees will learn how to create a wildlife-friendly habitat to attract and provide for butterflies and birds, and will receive educational materials, butterfly-attracting plants and seed packets to get their garden started. This is a FREE, family-friendly event. Call (954) 746-3670 or stop by the front desk to register.					
Lunch Bunch "Grilled Cheese & Tomato Soup"	6/14	W	12:00 pm - 12:45 pm	5/5	\$5/\$7
This is a classic lunch combination that will be sure to satisfy. Our grilled cheese between two, toasted slices of bread creates a crispy and gooey delicious sandwich that will be accompanied with a warm and creamy tomato soup. Together, this meal will be perfect for a weekday lunch. This program is also a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 480807B					
Craft Class Paint Your Own Jewelry Organizer	6/16	F	10:00 am - 11:30 am	5/5	\$6/\$8
Looking for a cute piece to organize your earrings and jewelry? We have the solution for you! Made of wood and wire, our jewelry holder is a great way to display your jewelry easily and access all items without the mess. During class you will be able to paint your display piece any way you'd like by using different colors and decorations. <i>All materials will be provided.</i> Activity # 480801B					
Summer Billiards Tournament	6/19	M	10:00 am - 11:30 am	5/5	Free
Time to bring out your inner pool shark. Join us for our singles tournament, and showcase your skills. Prizes will be awarded for 1st, 2nd and 3rd place. A pizza lunch will be served to all participants. All players must be current Senior Center Members. Sign up sheets are available at the Front Desk and in the Game Room. For more information contact Darius at 954-746-3684.					



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.					
	5/1 - 5/22	M	10:30 am - 12:00 pm	Now	Free	480814B
	6/5 - 6/26	M	10:30 am - 12:00 pm	5/8	Free	480814C
	7/3 - 7/31	M	10:30 am - 12:00 pm	6/5	Free	180814A
	No class on 5/29 (Memorial 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.*					
	5/6 - 6/10	SA	10:00 am - 12:00 pm	Now	\$30/\$32	480833A
	6/24 - 7/29	SA	10:00 am - 12:00 pm	5/5	\$30/\$32	480833B
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	*No Classes for the Summer*					
Beginners ESOL	*No Classes for the Summer*					
Conversational English Workshop	5/8 - 5/11	M - TH	4:00 pm - 6:00 pm	4/7	\$5/\$10	480868B
	6/12 - 6/15	M - TH	4:00 pm - 6:00 pm	5/5	\$5/\$10	480868C
	7/10 - 7/13	M - TH	4:00 pm - 6:00 pm	6/2	\$5/\$10	180868A
	The Conversational English Workshops are taught by volunteer instructor 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.					
	5/16 - 6/22	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	480802B
	7/6 - 8/15	TU/TH	9:30 am - 10:30 am	6/2	\$5/\$10	180802A
Digital Scrapbooking	This is the program formally known as Creative Computers. Begin to create a Digital Scrapbook about your life, 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					
	5/16 - 6/22	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	480803B
	7/6 - 8/15	TU/TH	11:00 am - 12:00 pm	6/2	\$5/\$10	180803A
Wig Making	Learn the proper techniques of wig making. Each six week session will focus on a specific style and walk you through the steps to do NEW DAY and create your wig. Led by volunteer instructor June Suepaul.					
<i>(Wednesday - Crochet)</i>	5/3 - 7/5	W	2:00 pm - 4:00 pm	Now	Free	480835B
<i>(Thursday - Weaving)</i>	5/4 - 7/6	TH	6:00 pm - 8:00 pm	Now	Free	480835A
	7/19 - 9/20	W	2:00 pm - 4:00 pm	6/2	Free	180835B
	7/20 - 9/21	TH	6:00 pm - 8:00 pm	6/2	Free	180835A
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Jul - Sep	M	10:00 am - 1:00 pm	6/2	Free	180828A
	Jul - Sep	M	2:30 pm - 5:30 pm	6/2	Free	180829A
Open Quilting	Join us for Open Quilting every 1st, 2nd and 4th Thursday from 10:00 am - 1:00 pm . Bring your projects and enjoy the company of your friends while you quilt. (No registration required)					
Card/Paper Crafting Class	Who doesn't enjoy receiving that special card in the mail or handed directly to them? The receiver will feel blessed by your hand made thoughtfulness. Learn the fundamentals of cutting, using ink, rubber stamps and paper to create your own cards. Some supplies are needed or this program. Stop by the front desk for a list of supplies.					
	Jul - Sep	W	10:00 am - 12:00 pm	6/2	Free	180806A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Jul - Sep	TU	10:00 am - 12:00 pm	6/2	Free	180869A
Sewing Creations	Join volunteer instructor Nancy Anderson, and learn to different sewing techniques.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	6/2	Free	180877A
Open Crafts (Stitchery)	Join volunteer instructor Nancy Anderson, and learn to different stitching and needlework techniques.					
	Jul - Sep	TH	6:00 pm - 8:00 pm	6/2	Free	180879A
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.					
	Jul - Sep	SA	9:30 am - 11:30 am	6/2	Free	180810A

Social Services & Wellness Programs

Program	Date (s)	Day	Time	Registration
Emergency Food Pantry		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.				
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)	5/5, 6/9, 7/14	F	10:30 am - 11:30 am	Walk-ins welcome
Property Tax Exemption Assistance	5/12, 6/9, 7/14	F	10:00 am - 11:30 am	Walk-ins welcome
	5/17, 6/21, 7/19	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	5/12, 6/9, 7/14	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.				
Joint Health Lecture	5/5	F	10:00 am – 11:30 am	Call to sign up
Do you know how to keep your joints healthy? Or are you simply looking to better educate yourself for preventative measures? Join a Health Professional from Florida Medical Center discuss treatments and healthy ways you can care for your joints. A light lunch will be provided to all pre-registered participants.				
Medicare Financial Assistance Lecture	5/17	W	10:00 am – 11:00 am	Call to sign up
Arnie Pittler, SHINE Counselor will be here to discuss the criteria to qualify for financial assistance for Medicare. This lecture will cover the two financial assistance programs that help to reduce the cost of Medicare Part B and prescription costs.				
Alzheimer's and Brain Health Lecture	6/9	F	10:00 am – 11:30 am	Call to sign up
The two strongest risk factors for Alzheimer's disease are age and genetics, but there is hope for Alzheimer's prevention, even if we can't turn back the clock. In fact, many other risk factors for Alzheimer's disease have been identified, including diet, exercise, and sleep. Learn what you can do to help keep your brain healthy. This is sponsored by Conviva. A light lunch will be provided to all pre-registered participants.				
F.L.O.W.	6/14	W	10:00 am - 1:45 pm	Call for Appointment
<u>Will be here every other month until further notice</u>				
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.				

Senior Trips

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

June Ticket Sale Beach Day and Lunch	7/6	TH	9:45 am - 3:30 pm	\$5/\$7	180851A
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Spend the morning relaxing on the beach in Pompano. Bring your beach chair or beach blanket and catch some sun or take a dip in the ocean. Take a stroll or rent a rod and fish on the Pompano Beach Fisher Family Pier. After the beach and pier, the group will head over to the one of the newest spots in Pompano, The Bite Eatery, for lunch on your own. Choices include, Taco Vibe, Papas Pizzeria, Deli Snack, Captain Lobster, Beef Boys and more.

Palm Beach Outlet Mall	7/11	TU	9:30 am - 3:30 pm	\$5/\$7	180846A
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Get ready to shop, shop, shop! Join us as we take a trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.

Seminole Hard Rock Casino	7/18	TU	9:00 am - 3:00 pm	\$5/\$7	180826A
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Get ready for a great day at the Hard Rock. Try your luck at slots, table games including and more. Lunch on your own.

Superblue Miami	7/27	TH	9:30 am - 3:00 pm	\$39/\$41	180848A
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Get ready to experience Superblue Miami, and explore over 50,000 square feet of immersive art experiences. The full sensory, awe-inspiring tour will be an unforgettable experience. Lunch onsite on your own at the Blue Rider Café.

July Ticket Sale Coconut Creek Casino	8/3	TH	9:00 am - 3:00 pm	\$5/\$7	180826B
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Get ready for a great day at the casino. With over 2100 Las Vegas-style slot machines, and 75 live Table Games, you're sure to find something to entertain you. Lunch on your own.

Topgolf and Dolphin Mall	8/8	TU	8:30 am - 3:30 pm	\$38/\$40	180842A
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Start the day off with a visit to Topgolf Doral, a state-of-the-art driving range. You will enjoy a climate-controlled hitting bay, with high-tech tracking technology that allows players to compete in various games and challenges. Brunch buffet is included. Afterwards, it's time for some shopping at Dolphin Mall. With a wide array of retail stores and restaurants, you will be sure to find something that fits your interest. Tickets are limited, so be sure to get yours soon!

Marlins vs Yankees	8/13	SU	11:00 am - 6:00 pm	\$50/\$52	180837A
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This is a game that many have requested! Don't miss your chance to see the Marlins take on the Yankees. These tickets won't last long, so be sure to get your tickets early! Seats are in Section 24, Rows 9 - 11 (seats may be subject to change).

Dave & Buster's Outing	8/24	TH	10:15 am - 3:00 pm	\$45/\$47	180842B
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Find your inner child, and get ready for the ultimate group outing at Dave & Buster's! Join us for an afternoon filled with fun, delicious food, and exciting games. Whether you are a die-hard gamer, a competitive sports fan or just looking for an afternoon of entertainment, this trip has something for everyone. Lunch and Power Cards for gaming included.

Health & Fitness

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

Baptist Health and AAABC 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>May</u>	M	9:45 am - 10:45 am	Now	\$12/\$14	480870C
	F	9:30 am - 10:30 am	Now	\$12/\$14	480870D
<u>Jun</u>	M	9:45 am - 10:45 am	5/5	\$12/\$14	480870E
	F	9:30 am - 10:30 am	5/5	\$15/\$17	480870F
<u>Jul</u>	M	9:45 am - 10:45 am	6/2	\$15/\$17	180870A
	F	9:30 am - 10:30 am	6/2	\$12/\$14	180870B

****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>May</u>	M	5:15 pm - 6:15 pm	Now	\$12/\$14	480852C
	SA	10:15 am - 11:15 am	Now	\$12/\$14	480852D
<u>Jun</u>	M	5:15 pm - 6:15 pm	5/5	\$12/\$14	480852E
	SA	10:15 am - 11:15 am	5/5	\$12/\$14	480852F
<u>Jul</u>	M	5:15 pm - 6:15 pm	6/2	\$15/\$17	180852A
	SA	10:15 am - 11:15 am	6/2	\$15/\$17	180852B

****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>May</u>	M	6:30 pm - 7:30 pm	Now	\$12/\$14	480856B
<u>Jun</u>	M	6:30 pm - 7:30 pm	5/5	\$12/\$14	480856C
<u>Jul</u>	M	6:30 pm - 7:30 pm	6/2	\$12/\$14	180856A

****No class on 5/29 (Memorial Day)****
Floor and Chair Yoga (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>May</u>	Chair	TH	1:00 pm - 1:45 pm	N/A	Free
	Floor	TH	2:00 pm - 2:45 pm	N/A	Free
<u>Jun</u>	Chair	TH	1:00 pm - 1:45 pm	N/A	Free
	Floor	TH	2:00 pm - 2:45 pm	N/A	Free
<u>Jul</u>	Chair	TH	1:00 pm - 1:45 pm	N/A	Free
	Floor	TH	2:00 pm - 2:45 pm	N/A	Free

****No class on 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>May</u>	<i>Tai Chi for Arthritis</i>	TH	5:00 pm - 5:45 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	6:00 pm - 6:45 pm	N/A	Free
<u>Jun</u>	<i>Tai Chi for Arthritis</i>	TH	5:00 pm - 5:45 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	6:00 pm - 6:45 pm	N/A	Free
<u>Jul</u>	<i>Tai Chi for Arthritis</i>	TH	5:00 pm - 5:45 pm	N/A	Free
	<i>Tai Chi for Energy</i>	TH	6:00 pm - 6:45 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>May</u>	TH	9:30 am - 10:30 am	N/A	Free
<u>Jun</u>	TH	9:30 am - 10:30 am	N/A	Free
<u>Jul</u>	TH	9:30 am - 10:30 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 #
<u>May</u>	W	11:00 am - 12:00 pm	Now	\$15/\$17	480864B
<u>Jun</u>	W	11:00 am - 12:00 pm	5/5	\$12/\$14	480864C
<u>Jul</u>	W	11:00 am - 12:00 pm	6/2	\$12/\$14	180864A

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

Senior Center membership is required.

Jul - Sep	TU/TH	9:00 am - 9:45 am	6/2	Free	180891A
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****No class on 7/4****

<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) 9:45 am - 10:45 am Total Body Fitness w/ Alli 10:00 am - 1:00 pm Quilting Corner 10:30 am - 12:00 pm Beginners Beading 11:00 am Start Time Classic Movie 12:30 pm - 2:30 pm Open Beading 1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required* 2:30 pm - 5:30 pm Quilting Corner 5:15 pm - 6:15 pm Step Up to Fitness w/ Rosie 6:00 pm - 7:00 pm Intermediate/Advance ESOL (CANCELED UNTIL FALL) 6:30 pm - 7:30 pm Tone Your Abs & Glutes w/ Rosie	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 9:00 am - 12:00 pm Mahjong 9:30 am - 10:30 am A Computer Journey with Steve Fleisch 10:00 am - 12:00 pm Knitting & Crocheting 10:00 am - 4:30 pm Open Ping Pong 10:00 am - 11:15 am Line Dancing 11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch 11:30 am - 12:30 pm Walk Your Way to Health (DVD) 11:30 am Start Time New Release Movie 1:00 pm - 3:00 pm Sewing Creations 2:00 pm - 3:00 pm Firm and Burn (DVD) 2:00 pm - 4:00 pm Theatre Group 6:00 pm - 9:00 pm Wood Carving 7:00 pm - 9:00 pm Scottish Dancing	9:00 am - 9:30 am Tai Chi (DVD) 9:45 am - 10:45 am Walk Your Way to Health (DVD) 10:00 am - 12:00 pm Paper/Card Crafting Class 11:00 am - 12:00 pm Ballroom Dance (Lidia) 12:00 pm - 3:00 pm Bowling League @ Strikers 12:30 pm - 3:30 pm Open Game Play 1:00 pm - 2:30 pm Let's Talk Discussion Group 1:30 pm - 3:30 pm Open Painting 2:00 pm - 3:30 pm Beginners ESOL (CANCELED UNTIL FALL) 2:00 pm - 4:00 pm  Wig Making Class (Crochet) (Register at Front Desk) 3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park) 4:30 pm - 5:30 pm Zumba Gold (DVD)	9:00 am - 9:30 am Tai Chi (DVD) 9:00 am - 9:45 am Aqua Fitness (Civic Center Pool) 9:30 am - 10:30 am A Computer Journey with Steve Fleisch 9:30 am - 11:00 am Bereavement Support Group (Continuum Care Counselor) 9:30 am - 10:30 am REVIVE (Flexibility & Strength) (Carol - Baptist Health) 10:00 am - 11:00 am Line Dancing 10:00 am - 3:00 pm Open Ping Pong 11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch 11:00 am - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk) 1:00 pm - 1:45 pm Chair Yoga (Carol - Baptist Health) 2:00 pm - 2:45 pm Floor Yoga (Carol - Baptist Health) 2:00 pm - 4:00 pm  Senior Jam Session 5:00 pm - 5:45 pm Tai Chi for Arthritis (AAABC) 6:00 pm - 6:45 pm  Tai Chi For Arthritis (AAABC) 6:00 pm - 8:00 pm Wig Making Class (Weaving) (Register at Front Desk) 6:30 pm - 8:00 pm Open Crafts	9:00 am - 9:30 am Tai Chi (DVD) 9:30 am - 10:30 am  Total Body Fitness w/ Alli 10:00 am - 12:00 pm Chess Club 10:45 am - 11:45 am Zumba Cardio (DVD) 11:00 am - 12:30 pm Choral Group 11:15 am - 12:15 pm Walk Your Way to Health (DVD) 1:00 pm - 2:30 pm Bingo 1:30 pm - 3:30 pm Open Painting	9:00 am - 10:00 am Color to the Classics 9:30 am - 11:30 am Open Scrap Booking (Bring your own supplies) 9:30 am - 11:30 am Puzzle Exchange 10:15 am - 11:15 am Step Up to Fitness w/ Rosie 10:00 am - 12:00 pm Photography Class	<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>
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>		



Closed In Observance of:

Memorial Day
Monday, May 29, 2023

&

Independence Day
Tuesday, July 4, 2023

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
5/1	To Wong Foo, thanks for Everything	1995	1:49 mins	6/5	Twister	1996	1:53 mins	5/2	Black Panther: Wakanda Forever	PG-13	2:41 min	6/6	Plane	R	1:47 mins
5/8	42nd Street	1933	1:29 mins	6/12	The Terminator	1984	1:48 mins	5/9	Missing	PG-13	1:51 mins	6/13	Marlowe	R	1:54 mins
5/15	Strangers on a Train	1951	1:41 mins	6/19	Fried Green Tomatoes	1991	2:10 mins	5/16	Black Adam	PG-13	2:04 mins	6/20	Ambush	R	1:44 mins
5/22	Flashdance	1983	1:35 mins	6/26	Batman			5/23	A Man Called Otto	PG-13	2:05 mins	6/27	80 for Brady	PG-13	1:38 mins
5/29	NO MOVIE—MEMORIAL DAY							5/30	Megan	PG-13	1:42 mins				

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