

July / August 2023 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee	
Sunrise Latin Social Club	Monthly	TU	6:00 pm - 8:00 pm	(RESUMES IN SEPTEMBER)		
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	TU	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 volunteer 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. Activity # 180890A						
Senior Cooking Club						
Jul - Savoring Summer	180816A	7/21	F	10:00 am - 1:00 pm	6/2 \$6/\$8	
Aug - Apple of My Eye	180816B	8/25	F	10:00 am - 1:00 pm	7/7 \$6/\$8	
Sep - Fall is in the Air	180816C	9/22	F	10:00 am - 1:00 pm	8/4 \$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)					
	7/20	TH	9:00 am - 3:00 pm	Now	\$20/\$25	180853-A
	8/17	TH	9:00 am - 3:00 pm	7/3	\$20/\$25	180853-B
	9/21	TH	9:00 am - 3:00 pm	8/7	\$20/\$25	180853-C
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.					
“The Unlikely Pilgrimage of Harold Frey”	7/28	F	12:00 pm - 1:00 pm	Now	Free	
<i>By: Rachel Joyce</i>						
“Lillian Boxfish Takes a Walk”	8/25	F	12:00 pm - 1:00 pm	Now	Free	
<i>By: Kathleen Rooney</i>						
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	

July/August 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
Game Show Night With Bruce Martin	7/20	TH	7:00 pm - 8:30 pm	Sign up Now	Free
Join us for an evening of fun and entertainment as we host our first ever “Game Show Night”, where laughter is the prize. Invite your friends to this fun filled event, where everyone becomes contestants in games that hardly resemble real game shows. Come play “Family Fraud”, “Trivial Lawsuit”, “Unscrambled Eggs”, or other conjured games from your Game Show Host’s warped mind. Come join Game Show Host Bruce Martin, whose background includes imagining years of professional Game Hosting and win the grand prize...of having FUN! Stop by the front desk or call 954 -746-3670 to register.					
Senior Center’s Got Talent Auditions	7/27	TH	6:30 pm - 8:30 pm	Sign up Now	Free
	7/29	SA	10:30 am - 12:30 pm	Sign up Now	Free
Attention all seniors! If you possess a talent or skill and wish to showcase it to the community, enroll for your audition now at the Front Desk. To be eligible for an audition, you must be a current member of the Senior Center. Your audition act should not exceed 4 minutes in length, and all equipment and accessories should be brought to the audition. If required, a piano and microphones will be provided. Each audition will be judged by a panel of judges, and the top acts will move forward to the Senior Talent Show on Thursday, August 24th. The top three winners of the Talent show will receive prizes for their performance. Stop by the front desk or call 954 -746-3670 to register.					
Senior Theatre Group Presents Broadway Musical Review	8/14	M	4:00 pm	Now	Free
Come out, bring a friend and enjoy a Musical Review by the Not Your Average Theatre Group. Presented on the Sunrise Senior Center stage. For more information, visit the Senior Center Front Desk or call 954-746-3670.					
Craft Class: Homemade Soap	8/16	W	6:00 pm - 7:30 pm	7/7	\$6/\$8
	8/18	F	10:00 am - 11:30 am	7/7	\$6/\$8
Making soaps is a great way to get creative while making an item that benefits your skin! We will making our soaps using the melt and pour method. You’ll be able to choose your own mold and scent that would best suit your wants and needs. This craft is great for your at home spa as well as gifts for loved ones. Join us! <i>All materials will be provided.</i> Activity # 180801A (Wednesday), Activity # 180801B (Friday). **You can only register for one class, not both**					
Lunch Bunch “BBQ Chicken Sliders w/ Coleslaw”	8/23	W	12:00 pm - 12:45 pm	7/7	\$5/\$7
A crowd favorite, our BBQ chicken sliders are loaded with tender chicken and mixed in delicious BBQ sauce, the side of creamy coleslaw just makes it that much better. This lunch will be sure to keep you satisfied and the mix of sweet and tangy is just perfect to fill you up. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 180807A					
Senior Center’s Got Talent	8/24	TH	6:30 pm - 8:30 pm	Now	Free
We are thrilled to invite you to join us for an evening of fun and entertainment! Your peers will be showcasing their exceptional skills in a talent show here at the Sunrise Senior Center. This evening will be unforgettable and full of laughter, joy, and inspiration. In addition to the incredible performances, we will also be serving refreshing drinks and a light snack for your enjoyment. Don't miss out on this fantastic event, and let's celebrate the extraordinary talent of our peers together as a community. Top three performers will be chosen by a panel of judges, and the winners will receive a prize. We look forward to seeing you there!					
Let’s Get Active Program Showcase	9/21	TH	11:00 am - 12:30 pm	Sign up Now	Free
Join us as we get ready to kick off the season with a spectacular and informative “Program Showcase Exhibition”. Visit with us and learn about popular returning programs and exciting new programs starting this fall. Visit with instructors from many of our classes for question and answer opportunities, and take part in some active demonstration workshops. Programs include Line Dancing, Latin Dancing, Computer/Digital Scrapbooking, Billiards, Bocce, Bowling, Aqua Fitness, and more. Enjoy some light treats during this event. Stop by the front desk or call 954 -746-3670 to register.					



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.					
	7/3 - 7/31	M	10:30 am - 12:00 pm	Now	Free	180814A
	8/7 - 8/28	M	10:30 am - 12:00 pm	7/3	Free	180814B
	9/11 - 9/25	M	10:30 am - 12:00 pm	8/7	Free	180814C
	No class on 9/4 (Labor 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. **No class on 9/4 (Labor Day)**					
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 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.*					
	8/12 - 9/16	SA	10:00 am - 12:00 pm	Now	\$30/\$32	180833A
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	7/10 - 7/13	M - TH	4:00 pm - 6:00 pm	Now	\$5/\$10	180868A
	8/7 - 8/10	M - TH	4:00 pm - 6:00 pm	7/7	\$5/\$10	180868B
	9/11 - 9/14	M - TH	4:00 pm - 6:00 pm	8/4	\$5/\$10	180868C
	The Conversational English Workshops are taught by volunteer instructor Don Pedro Guerao					
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.					
	7/6 - 8/15	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	180802A
	8/22 - 9/28	TU/TH	9:30 am - 10:30 am	7/7	\$5/\$10	180802B
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					
	7/6 - 8/15	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	180803A
	8/22 - 9/28	TU/TH	11:00 am - 12:00 pm	7/7	\$5/\$10	180803B
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.					
<i>(Wednesday - Crochet)</i>	7/19 - 9/20	W	2:00 pm - 4:00 pm	Now	Free	180835B
<i>(Thursday - Weaving)</i>	7/20 - 9/21	TH	6:00 pm - 8:00 pm	Now	Free	180835A
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Oct - Dec	M	10:00 am - 1:00 pm	9/1	Free	280828A
	Oct - Dec	M	2:30 pm - 5:30 pm	9/1	Free	280829A
Cut and Chat	Join the fun and get creative at our "Cut and Chat" class with volunteer instructor Alice Ollivierre. Gather with a group of friendly individuals and cut fabric for your next project while enjoying some great conversations and laughs. Whether you are a seasoned pro or new to crafts, this is the perfect way to spend the morning.					
	Jul - Dec	TH	10:00 am - 1:00 pm	Now	Free	(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	Now	Free	180806A
	Oct - Dec	W	10:00 am - 12:00 pm	9/1	Free	280806A
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	Now	Free	180869A
	Oct - Dec	TU	10:00 am - 12:00 pm	9/1	Free	280869A
Bag-Making Workshop	Learn the secrets of bag-making from our volunteer instructor Alice Ollivierre. Get ready to unleash your creativity! Choose your own fabrics, and design a bag that reflects your unique personality. Whether you're a seasoned sewer or a beginner, our workshop will leave you feeling confident and proud of your new creation.					
	7/15	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830A
	7/22	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830B
	8/5	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830C
	8/12	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830D
	9/2	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830E
	9/30	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830F
Choral Group	Come out and lend you voices to this amazing group, led by instructor Lynford Turpin. Senior Center membership required.					
	Oct - Dec	F	11:30 am - 1:00 pm	9/1	Free	280878A
Open Sewing	Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/1	Free	280877A
Open Craft (Stitchery)	Oct - Dec	TH	6:00 pm - 8:00 pm	9/1	Free	280879A

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)	7/14, 8/11, 9/8	F	10:30 am - 11:30 am	Walk-ins welcome
Property Tax Exemption Assistance	7/14, 8/11, 9/8 7/19, 8/16, 9/20	F W	10:00 am - 11:30 am 4:30 pm - 6:00 pm	Walk-ins welcome
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	7/14, 8/11, 9/8	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.				
Skin Cancer and UV Health Lecture	7/14	F	10:00 am – 11:30 am	Free Call to sign up
Skin cancer is the most common cancer in the United States, with millions of cases diagnosed each year. It's also one of the most preventable cancers and highly treatable when found early. Some UV radiation is essential to the body as it stimulates the production of vitamin D, learn how much exposure is a good amount. A light meal will be provided to all registered participants.				
Estate Planning	7/26	W	6:00pm - 7:00pm	Free Call to sign up
Estate planning is not just about passing on wealth, it's also about protecting your assets, making decisions about your healthcare and finances, and ensuring that your loved ones are taken care of after your passing. Even if you don't have significant financial assets, estate planning allows you to have control over your affairs and ensures that your wishes are respected. Come learn how to get started to create or update your estate plan with the attorneys of GAPS Legal, PLLC. A light meal will be provided to all pre-registered participants.				
F.L.O.W.	8/9	W	10:00 am - 1:45 pm	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.				
Spine & Back Health Lecture	8/11	F	10:00 am – 11:30 am	Free Call to sign up
At some point in our lives, eight out of 10 Americans will suffer from back pain. Even the most basic tasks can become difficult and painful for people with back and neck problems. A doctor from Florida Medical Center will be here to discuss treatment options. Learn how to keep your spine and back healthy as you age. A light meal will be provided to all pre-registered participants.				
Fall Prevention Lecture	9/8	F	10:00 am – 11:30 am	Free Call to sign up
Falls affect us all—whether personally or someone we love or care about. Every second of every day an older adult falls. There are simple steps you can take to prevent falls and decrease falls risks. Join Dr. Bartolone, PT, DPT from Florida Strong Physical Therapy as he shares what you can do to prevent a fall. A light meal will be provided to all pre-registered participants.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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July Ticket Sale Members 7/7: Non-Members 7/14

Coconut Creek Casino 8/3 TH 9:00 am - 3:00 pm \$5/\$7 180826B
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
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
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
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.

August Ticket Sale Members 8/4: Non-Members 8/11

Dania Casino 9/5 TU 9:00 am - 3:30 pm \$5/\$7 180826C
Get ready for a great day at the casino. Lunch on your own.

Perez Art Museum 9/14 TH 9:30 am - 3:30 pm \$17/\$19 180841A
Participate in a memorable and unique one hour guided tour of Modern and Contemporary art pieces housed at the Perez Art Museum. Then enjoy lunch on your own at one of the many eateries at Bayside.

Shops at Merrick Park 9/19 TU 9:30 am - 3:30 pm \$5/\$7 180846B
Experience this high-end shopping destination in Coral Gables, offering a wide range of luxury brands, upscale shops, gourmet dining options, and entertainment. Enjoy lunch on your own.

Flamingo Gardens 9/28 TH 9:00 am - 3:00 pm \$20/\$22 180842C
Visit Flamingo Gardens botanical gardens in Davie. Featuring over 3000 species of rare and exotic, tropical, subtropical and native plants and trees. Flamingo Gardens wildlife sanctuary is home to the largest collection of Florida native wildlife including alligators, bobcats, eagles, otters, panthers, peacocks and of course, flamingos. Lunch on own at Café.

September Ticket Sale Members 9/1: Non-Members 9/8

Panther Ridge Conservation Center 10/5 TH 9:15 am - 3:30 pm \$32/\$34 280842A
Get up close and personal with nine different species of big cats. Gain in-depth knowledge about the panthers as well as the conservation effort to protect them on this one hour guided tour. Don't forget to bring your camera or phone to capture these picture perfect panthers in their beautifully-landscaped enclosures. Afterward lunch on your own at Duffy's Sports Grill.

Broward Center of Performing Arts Presents "Annie" 10/11 W 6:45 pm - 11:00 pm \$55/\$57 280839A
The sun will come out! Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in a new production – just as you remember it and just when we need it most. Please eat dinner prior to arriving at the Senior Center. Section and Rows TBD.

Miami Heat vs New Jersey Nets 10/18 W 5:30 pm - 11:00 pm \$55/\$57 280837A
The Heat, who recently made an appearance in the NBA Finals, are gearing up to kickstart the new season with a bang. In this exciting pre-season match against conference rivals, the New Jersey Nets, we'll get a good idea of what to anticipate for the rest of the season. Be sure to either eat beforehand or grab some food on your own from the concession stands during the game. Section and Rows TBD.

Miccosukee Casino 10/24 TU 9:00 am - 3:00 pm \$5/\$7 280826A
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. Lunch on your own.

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 "Drop In" programs, 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).

Month	Day	Time	Register On	Fee	Activity #
Jul	M	9:45 am - 10:45 am	Now	\$12/\$14	180870A
	F	9:30 am - 10:30 am	Now	\$12/\$14	180870B
Aug	M	9:45 am - 10:45 am	7/7	\$12/\$14	180870C
	F	9:30 am - 10:30 am	7/7	\$12/\$14	180870D
Sep	M	9:45 am - 10:45 am	8/4	\$9/\$11	180870E
	F	9:30 am - 10:30 am	8/4	\$15/\$17	180870F

****No class on 7/3 and 9/4 (Labor Day)****

Full Body Cardio With Rosie Classes taught by instructor Rose Michaelson. This program incorporates Cardio Aerobics, Yoga and strength training to help you to stay fit in a fun environment.

Month	Day	Time	Register On	Fee	Activity #
Jul	M	6:00 pm - 7:00 pm	Now	\$12/\$14	180856A
Aug	M	6:00 pm - 7:00 pm	7/7	\$12/\$14	180856B
Sep	M	6:00 pm - 7:00 pm	8/4	\$9/\$11	180856C

****No class on 7/3 and 9/4 (Labor Day)****

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.

Month	Day	Time	Register On	Fee	Activity #
Jul	TU	5:30 pm - 6:30 pm	N/A	Free	
Aug	TU	5:30 pm - 6:30 pm	N/A	Free	
Sep	TU	5:30 pm - 6:30 pm	N/A	Free	

Latin 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 #
Jul	W	11:00 am - 12:00 pm	Now	\$12/\$14	180864A
Aug	W	11:00 am - 12:00 pm	7/7	\$15/\$17	180864B
Sep	W	11:00 am - 12:00 pm	8/4	\$12/\$14	180864C

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.

Month	Day	Time	Register On	Fee	Activity #
Jul	TH	9:30 am - 10:30 am	N/A	Free	
Aug	TH	9:30 am - 10:30 am	N/A	Free	
Sep	TH	9:30 am - 10:30 am	N/A	Free	

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.

Month	Day	Time	Register On	Fee	Activity #
Jul	Tai Chi for Arthritis	TH	5:00 pm - 5:45 pm	N/A	Free
	Tai Chi for Energy	TH	6:00 pm - 6:45 pm	N/A	Free
Aug	Tai Chi for Arthritis	TH	5:00 pm - 5:45 pm	N/A	Free
	Tai Chi for Energy	TH	6:00 pm - 6:45 pm	N/A	Free
Sep	Tai Chi for Arthritis	TH	5:00 pm - 5:45 pm	N/A	Free
	Tai Chi for Energy	TH	6:00 pm - 6:45 pm	N/A	Free

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.




Month	Day	Time	Register On	Fee	Activity #
Jul	SA	10:15 am - 11:15 am	Now	\$15/\$17	180852B
Aug	SA	10:15 am - 11:15 am	7/7	\$12/\$14	180852C
Sep	SA	10:15 am - 11:15 am	8/4	\$15/\$17	180852D

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.

Month	Day	Time	Register On	Fee	Activity #
Oct - Dec	TU/TH	9:00 am - 9:45 am	Now	Free	280891A

****No class on **11/21, 11/23, 12/21, 12/26, 12/28**

<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>
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)	9:30 am - 10:30 am Total Body Fitness w/ Alli	9:30 am - 11:30 am Open Scrap Booking (Bring your own supplies)	
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 Puzzle Exchange	
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 Latin Dance (Lidia)	9:30 am - 11:00 am Bereavement Support Group (Continuum Care Counselor)	10:45 am - 11:45 am Zumba Cardio (DVD)	10:00 am - 12:00 pm Photography Class	
11:00 am Start Time Classic Movie	10:00 am - 12:00 pm Knitting & Crocheting	12:00 pm - 3:00 pm Bowling League @ Strikers (Resumes September 20)	9:30 am - 10:30 am REVIVE (Flexibility & Strength) (Carol - Baptist Health)	11:00 am - 12:30 pm Choral Group (Resumes October 6)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
12:30 pm - 2:30 pm Open Beading	10:00 am - 4:30 pm Open Ping Pong	12:30 pm - 3:30 pm Open Game Play	10:00 am - 11:00 am Line Dancing	11:15 am - 12:15 pm Walk Your Way to Health (DVD)		
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	10:00 am - 11:15 am Line Dancing	1:00 pm - 2:30 pm Let's Talk Discussion Group	10:00 am - 3:00 pm Open Ping Pong	1:00 pm - 2:30 pm Bingo		
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 - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting		
6:00 pm - 7:00 pm Intermediate/Advance ESOL (CANCELED UNTIL FALL)	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	2:00 pm - 3:30 pm Beginners ESOL (CANCELED UNTIL FALL)	11:00 am - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk)		 <p>THANK YOU FOR YOUR HARD WORK</p> <p>Closed In Observance of:</p> <p>Labor Day Monday, September 4, 2023</p>	
6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	11:30 am Start Time New Release Movie	2:00 pm - 4:00 pm Wig Making Class (Crochet) (Register at Front Desk)	1:00 pm - 1:45 pm Chair Yoga (DVD)			
	1:00 pm - 3:00 pm Open Sewing	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)	2:00 pm - 2:45 pm Floor Yoga (DVD)			
	2:00 pm - 3:00 pm Firm and Burn (DVD)	4:30 pm - 5:30 pm Zumba Gold (DVD)	2:00 pm - 4:00 pm Musical Instrument Jam Session			
	2:00 pm - 4:00 pm Theatre Group		5:00 pm - 5:45 pm Tai Chi for Arthritis (AAABC)			
	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)		6:00 pm - 6:45 pm Tai Chi For Energy (AAABC)			
	6:00 pm - 9:00 pm Wood Carving		6:00 pm - 8:00 pm Wig Making Class (Weaving) (Register at Front Desk)			
	7:00 pm - 9:00 pm Scottish Dancing		6:30 pm - 8:00 pm Open Crafts			
MONTHLY GROUP MEETINGS						
1st Tuesday	Sunrise Latin Social Club (Resumes in September)	6:00 pm - 8:00 pm				
4th Tuesday	American Legion Post 365 (Resumes in September)	7:00 pm - 9:00 pm				
3rd Thursday	Gold Coast Woodturners <i>(Contact Senior Center Front Desk for more information)</i>	6:45 pm - 8:45 pm				

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
7/3	Glory	1989	2:02 mins	8/7	Saturday Night Fever	1977	1:58 mins	7/4	NO MOVIE— JULY 4TH						
7/10	Splash	1984	1:51 mins	8/14	Blade Runner	1982	1:57 mins	7/11	Hypnotic	R	1:33 mins	8/1	65	PG-13	1:33 mins
7/17	Se7en	1995	2:07 mins	8/21	Eternal Sunshine of the Spotless Mind	2004	1:48 mins	7/18	Champions	PG-13	2:04 mins	8/8	A Good Person	R	2:08 mins
7/24	Green Book	2018	2:10 mins	8/28	Dumb & Dumber	1994	1:47 mins	7/25	Creed III	PG-13	1:56 mins	8/15	Mafia Mamma	R	1:41 mins
7/31	Cry Baby	1990	1:25 mins									8/22	Sweetwater	PG-13	1:59 mins
												8/29	Maggie Moore(s)	R	2:19 mins
<ul style="list-style-type: none"> New Release Movie Titles are subject to change Please call for details. 															