

September/ October 2023 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
Sunrise Latin Social Club	Monthly	TU	6:00 pm - 8:00 pm	(RESUMES OCTOBER 3, 2023)	
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 Cooking Club

Sep - Fall is in the Air	180816-C	9/22	F	10:00 am - 1:00 pm	Now	\$6/\$8
Oct - The Perfect Pumpkin	280816-A	10/20	F	10:00 am - 1:00 pm	9/1	\$6/\$8

Nov - No Class

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)					
	9/21	TH	9:00 am - 3:00 pm	Now	\$20/\$25	180853-C
	10/19	TH	9:00 am - 3:00 pm	9/11	\$20/\$25	280853-A
	11/16	TH	9:00 am - 3:00 pm	10/2	\$20/\$25	280853-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.						

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 Love Song of Miss Queenie Hennessy” 9/22 F 12:00 pm - 1:00 pm Now Free
By: Rachel Joyce

“Everything I Never Told You” 10/27 F 12:00 pm - 1:00 pm Now Free
By: Celeste Ng

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

Women’s Bocce Open House 9/27 W 3:00 pm Walk-in Free
Come to the Senior Center to sign up for the 2021-2022 Bocce season. Please call Mary Robertson at 954-749-4733 for more information. **Activity # 180855-A**

Senior Theatre Group

Workshop 10/3 - 11/21 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, script reading, and other forms of creative expression. The workshop offers a safe and welcoming environment where you can explore your creativity and share your experiences with others like yourself. The workshop is led by volunteers Myra Graves. 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 Theatre Group

Auditions 10/24 TU 7:00 pm Walk-in Free
The Senior Theatre group, led by volunteer instructor Myra Graves, will be having an open audition for a 60’s & 70’s Musical Review on Tuesday, October 24th in the Senior Center’s Multipurpose A room. This audition will be for roles in our upcoming production on Wednesday, January 17, 2024 at 6:30 pm. Stop by the Front Desk or call 954-746-3670 for more information.

September/October 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
9/13 - 6/5	W	12:00 pm - 2:30 pm	Call now	Free
Senior Bowling League Come join the Senior Center Bowling League. League plays at Strikers Lanes (8500 NW 44th St, Sunrise 33351). Lane fees are paid to Strikers the day of play. All players must be registered members of the Sunrise Senior Center and must sign up for the league prior to play. Open House and Registrations is on Wednesday, September 6, at 12:00 pm at Strikers Lanes. If you are unable to attend the Open House, call (954) 746-3670 or stop by the Senior Center Front Desk for information and registration. Activity # 180854-A				

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.

Craft Class: Halloween Wine Glass

Candle Holder	10/11	W	6:00 pm - 7:30 pm	9/1	\$6/\$8
	10/20	F	10:00 am - 11:30 am	9/1	\$6/\$8

A Halloween wine glass candle holder is a spooky and festive decoration that is perfect for adding a touch of Halloween to any home. Made from a wine glass, this candle holder features eerie designs. This will set the mood for any Halloween party or gathering and adds a decorative piece to your home. Join us! *All materials will be provided.* **Activity # 280801-A** (Wednesday), **Activity # 280801-B** (Friday). ****You can only register for one class, not both****

Lunch Bunch “Butternut Squash Soup

& Apple Salad” 10/18 W 12:00 pm - 12:45 pm 9/1 \$5/\$7
A warm, comforting bowl of butternut squash soup paired with a crisp and refreshing apple salad makes for a delicious and nutritious lunch. Together, this meal is both satisfying and healthy. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 280807-A**

Halloween Social 10/26 TH 1:00pm - 3:30 pm 9/1 \$8/\$10
Halloween is coming! Come celebrate the spooky season with some delightful entertainment that will keep everyone on the dance floor and lunch that will be sure to please. You’ll have a spooky good time while dancing with your hosts, come dressed in a costume that will win you the most. This Halloween social will be an event you don’t want to miss, you’ll leave content and full of bliss. ***This event will be held at Nob Hill Soccer Club Park* Activity # 280822-A**

A Salute to Our

Veterans Social 11/15 W 12:30 pm - 3:00 pm 10/6 \$8/\$10
Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. ***This event will be held at Nob Hill Soccer Club Park* Activity # 280822-B**

Estate Planning Lecture Series:

6:00 pm - 7:00 pm

Join us for an in-depth look at the following components of Estate Planning. Each topic provides valuable insights into creating a comprehensive estate plan that ensures your wishes are honored and your loved ones are taken care of. A light refreshment will be offered.

- **Wednesday, September 27** - Last Will and Testament & Estate Proceedings
- **Wednesday, October 18** - Trusts
- **Wednesday, October 25** - Durable Power of Attorney, Health Care Surrogate, Living Will
- **Wednesday, November 8** - Guardianship/Incapacity Concerns

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.					
	9/11 - 9/25	M	10:30 am - 12:00 pm	Now	Free	180814-C
	10/2 - 10/30	M	10:30 am - 12:00 pm	9/11	Free	280814-A
	11/6 - 11/27	M	10:30 am - 12:00 pm	10/2	Free	280814-B
	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.*					
	10/7 - 11/18	SA	10:00 am - 12:00 pm	9/1	\$30/\$32	280833-A
	**No class on 10/21 & 11/11 (Veterans Day) and **					
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	10/2 - 11/6	M	6:00 pm - 7:30 pm	9/1	\$5/\$10	280821-A
Beginners ESOL	10/4 - 11/8	W	2:00 pm - 3:00 pm	9/1	\$5/\$10	280817-A
Conversational English Workshop	9/11 - 9/14	M - TH	4:00 pm - 6:00 pm	Now	\$5/\$10	180868-C
	10/9 - 10/12	M - TH	4:00 pm - 6:00 pm	9/1	\$5/\$10	280868-A
	11/13 - 11/16	M - TH	4:00 pm - 6:00 pm	10/6	\$5/\$10	280868-B
	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.					
	10/5 - 11/14	TU/TH	9:30 am - 10:30 am	9/1	\$5/\$10	280802-A
	11/28 - 1/4	TU/TH	9:30 am - 10:30 am	10/6	\$5/\$10	280802-B
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					
	10/5 - 11/14	TU/TH	11:00 am - 12:00 pm	9/1	\$5/\$10	280803-A
	11/28 - 1/4	TU/TH	11:00 am - 12:00 pm	10/6	\$5/\$10	280803-B
Wig Making (Crochet)	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.					
	10/4 - 12/6	W	2:00 pm - 4:00 pm	9/1	Free	280835-A
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	280828-A
	Oct - Dec	M	2:30 pm - 5:30 pm	9/1	Free	280829-A
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)
	The 3rd Thursday of each month will be at 11:30 am					
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.					
	Oct - Dec	W	10:00 am - 12:00 pm	9/1	Free	280806-A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Oct - Dec	TU	10:00 am - 12:00 pm	9/1	Free	280869-A
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.					
	9/2	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830-E
	9/30	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830-F
	10/7	SA	9:30 am - 12:30 pm	9/1	\$5/\$7	280830-A
	10/14	SA	9:30 am - 12:30 pm	9/1	\$5/\$7	280830-B
	11/18	SA	9:30 am - 12:30 pm	10/6	\$5/\$7	280830-C
	11/25	SA	9:30 am - 12:30 pm	10/6	\$5/\$7	280830-D
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
	No Class on 11/10 and 11/24					
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	280877-A
Open Craft (Stitchery)	Oct - Dec	TH	6:00 pm - 8:00 pm	9/1	Free	280879-A
	No Class on 11/23					

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. **No SHINE on 9/20, 10/11 and 10/18**				
Bereavement Support Group		TH	9:45 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)	9/8, 10/13	F	10:30 am - 11:30 am	Walk-ins welcome
Property Tax Exemption Assistance	9/8, 10/13 9/20, 10/18, 11/15	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	9/8, 10/13, 11/3	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.				
F.L.O.W.	10/11	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.				
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.				
Medicare 101 Presentation	9/20	W	10:00 am	Free Call to sign up
This presentation provides an overview of the different parts of Medicare including: Parts A, B, C, D Medigap and available financial assistance. Sign up at the front desk				
Breast Cancer Lecture	10/13	F	10:00 am - 11:30 am	Free Call to sign up
Breast cancer is one of the most common cancers among women, second only to skin cancer. It's most likely to affect women over the age of 50. Though rare, men can also develop breast cancer. Approximately 2,600 men develop male breast cancer every year in the United States, making up less than 1% of all cases. While you can't prevent breast cancer altogether, there are certain things you can do to reduce your risk of discovering it at an advanced stage. A light lunch will be provided to all pre-registered participants.				
Medicare Open Enrollment Presentation	10/11 10/18	W W	6:00 pm 10:00 am	Free Call to sign up
This lecture outlines the Medicare paths, election options during Open Enrollment Period, and how SHINE can help. Do you think you might want to change plans or just clarify your Medicare Advantage Plan. Come and listen to an unbiased authority on Medicare.				
Cardiac Health & Rehabilitation Lecture	11/3	F	10:30 am - 11:30 am	Free Call to sign up
What is the importance of cardiac health? Your heart health is central to overall good health. Learn what research is available and understand how diet and exercise can improve the health of your heart. A Memorial Health Care Physician will be here to speak about advances in Cardiology and Rehabilitation. A light lunch will be provided to all pre-registered participants.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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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 280842-A
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 280839-A
The sun will come out! Little Orphan Annie has reminded generations of theater goers 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 \$25/\$27 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 332, Rows 4 and 5. Seats are limited, make sure to get your tickets early.

Micosukee Casino 10/24 TU 9:00 am - 3:00 pm \$5/\$7 280826-A
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

October Ticket Sale Members 10/6: Non-Members 10/13

Calder Casino 11/2 TH 9:00 am - 3:00 pm \$5/\$7 280826-B
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.

The Shops at Pembroke Gardens 11/7 TU 9:45 am - 3:00 pm \$5/\$7 280846-A
The Shops at Pembroke Gardens is a lifestyle center that offers a unique shopping and dining experience in an open-air setting. Enjoy the beautiful South Florida weather as you walk to your next shopping destination or dine at any of the many restaurant's outdoor patios. Lunch on your own.

Sistrunk Marketplace 11/17 F 6:00 pm - 10:30 pm \$37/\$39 280842-B
Enjoy the evening out at Sistrunk Marketplace and Brewery. You won't want to miss this unique food hall experience with family style dinner and music. Your meal will include Cheeseburger Sliders, BBQ Flatbreads, Spanish Beef Empanadas, and Fried Eggplant Stack Skewers. A Soft Drink package is included. You can visit the breweries and purchase additional items and "adult" beverages on your own.

History Miami Museum 11/21 TU 11:00 am - 6:00 pm \$27/\$29 280841-A
Visit the History Miami Museum and enjoy a one-hour guided tour of "Tropical Dreams". Tropical Dreams explores South Florida's history from prehistoric times to the present day. Topics explored include First Arrivals, International Rivalry, Southward Expansion, New People – New Technology, and Gateway of the Americas. Lunch on your own at one of the many eateries at Julia and Henry's.

Christmas on Las Olas 11/28 TU 4:00 pm - 10:00 pm \$5/\$7 280842-C
This is the MOST Wonderful Time of the Year, and Las Olas Boulevard will transform into an urban winter wonderland and celebrate its 61st year creating holiday magic in downtown Fort Lauderdale! Christmas on Las Olas is a timeless tradition and a wonderful kick-off to the holiday season that can be enjoyed by all ages. Local choirs from schools and churches fill the air with the sounds of the holidays from 3 stages while crowds fill their bellies with sips and sweets! Food can be purchased on your own.

November Ticket Sale Members 11/3: Non-Members 11/10

Harrah's Casino 12/7 TH 9:00 am - 3:30 pm \$5/\$7 280826-C
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Palm Beach Outlet Mall 12/12 TU 9:30 am - 3:30 pm \$5/\$7 280846-B
Get ready to shop, shop, shop! Join us as we take a trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.

Jungle Queen Dinner Cruise 12/19 TU 3:45 pm - 11:00 pm \$62/\$64 280842-D
Set sail on this fully narrated cruise down Fort Lauderdale's New River, through Millionaire's Row with homes and yachts of the rich and famous. Next stop will be the tropical isles, where you will be treated to an "All You Can Eat" barbeque dinner with all the fixings. Enjoy live entertainment during dinner and a gut splitting variety show after dinner.

Boca Raton Museum Smoke and Mirrors Exhibit 12/28 TH 10:00 am - 3:30 pm \$17/\$19 280841-B
Join us as we take a trip to Boca Raton Museum, for a one-hour guided tour of their "Smoke and Mirrors: Magical Thinking in Contemporary Art" exhibition. The title refers both to performative magic and to the "magical thinking" in today's culture rife with disinformation, conspiracy theories, and "alternative facts." The show includes artists who are inspired by stage magic or creators of deep fakes that, when exposed, reveal a greater truth. Afterwards, lunch on own at your restaurant of choice at Mizner Park.

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).**

Sep	M	9:45 am - 10:45 am	Now	\$9/\$11	180870-E
	F	9:30 am - 10:30 am	Now	\$15/\$17	180870-F
	M	9:45 am - 10:45 am	9/1	\$15/\$17	280870-A
	F	9:30 am - 10:30 am	9/1	\$12/\$14	280870-B
	M	9:45 am - 10:45 am	10/6	\$12/\$14	280870-C
	F	9:30 am - 10:30 am	10/6	\$9/\$11	280870-D

****No Class on 11/10 and 11/24****

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.

Sep	M	6:00 pm - 7:00 pm	Now	\$9/\$11	180856-C
	M	6:30 pm - 7:30 pm	9/1	\$15/\$17	280856-A
	M	6:30 pm - 7:30 pm	10/6	\$12/\$14	280856-B

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.

Sep	TU	5:30 pm - 6:30 pm	N/A	Free	
	TU <td>5:30 pm - 6:30 pm</td> <td>N/A</td> <td>Free</td> <td></td>	5:30 pm - 6:30 pm	N/A	Free	
	TU <td>5:30 pm - 6:30 pm</td> <td>N/A</td> <td>Free</td> <td></td>	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#
Sep	W	11:00 am - 12:00 pm	Now	\$12/\$14	180864-C
Oct	W	11:00 am - 12:00 pm	9/1	\$12/\$14	280864-A
Nov	W	11:00 am - 12:00 pm	10/6	\$15/\$17	280864-B

Flex and Stretch with Darius This Stretching Exercise Class offers a perfect blend of gentle movements, dynamic stretches, and muscle and joint flexibility exercises for individuals of all fitness levels. Whether you are a beginner looking to improve flexibility or are seeking to enhance your range of motion, this class is designed to cater to all. Classes are being offered as "Drop In" with no registration required, however Senior Center membership is still required to participate.

Sep	TH	9:30 am - 10:30 am	N/A	Free	
	TH <td>9:30 am - 10:30 am</td> <td>N/A</td> <td>Free</td> <td></td>	9:30 am - 10:30 am	N/A	Free	
	TH <td>9:30 am - 10:30 am</td> <td>N/A</td> <td>Free</td> <td></td>	9:30 am - 10:30 am	N/A	Free	

****No Class on 11/23****

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.

Oct	Beginners Tai Chi	TH	5:00 pm - 5:45 pm	N/A	Free
	Int and Adv Tai Chi	TH	6:00 pm - 6:45 pm	N/A	Free
	Beginners Tai Chi	TH	5:00 pm - 5:45 pm	N/A	Free
	Int and Adv Tai Chi	TH	6:00 pm - 6:45 pm	N/A	Free
	Beginners Tai Chi	TH	5:00 pm - 5:45 pm	N/A	Free
	Int and Adv Tai Chi	TH	6:00 pm - 6:45 pm	N/A	Free

****No Class on 11/23****

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.




Sep	SA	10:15 am - 11:15 am	Now	\$15/\$17	180852-D
	SA <td>10:15 am - 11:15 am</td> <td>9/1</td> <td>\$12/\$14</td> <td>280852-A</td>	10:15 am - 11:15 am	9/1	\$12/\$14	280852-A
	SA <td>10:15 am - 11:15 am</td> <td>10/6</td> <td>\$9/\$11</td> <td>280852-B</td>	10:15 am - 11:15 am	10/6	\$9/\$11	280852-B

****No Class on 11/11****

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.

Oct - Dec	TU/TH	9:00 am - 9:45 am	9/1	Free	280891-A
**No class on **11/21, 11/23, 12/14, 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 Puzzle Exchange	
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	10:00 am - 12:00 pm Photography Class	
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)	9:45 am - 11:15 am Bereavement Support Group (Continuum Care Counselor)	10:45 am - 11:45 am Zumba Cardio (DVD)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
11:00 am Start Time Classic Movie	10:00 am - 12:00 pm Knitting & Crocheting	12:00 pm - 2:30 pm Bowling League @ Strikers (OPEN HOUSE on September 6 / Resumes September 13)	9:30 am - 10:30 am Flex and Stretch w/ Darius	11:00 am - 12:30 pm Choral Group (Resumes October 6)	Saturday One Time Events:	
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)	10/7 @ 10 AM- Watercolor Bookmark Craft Class with the Girl Scouts	
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	10/14 @ 10 AM- Spider Plant Workshop and giveaway	
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	Both programs are Free and space is limited. Sign up at the Front Desk	
6:00 pm - 7:00 pm Intermediate/Advance ESOL (Classes Resume October 2)	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	2:00 pm - 3:30 pm Beginners ESOL (Classes Resume October 4)	11:00 am - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk)			
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)		 THANK YOU FOR YOUR HARD WORK	
	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)		Closed In Observance of:	
	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		Labor Day Monday, September 4, 2023	
	2:00 pm - 4:00 pm Theatre Group		5:00 pm - 5:45 pm Beginners Tai Chi (AAABC)			
	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)		6:00 pm - 6:45 pm Int/Adv Tai Chi (AAABC)			
	6:00 pm - 9:00 pm Wood Carving		6:30 pm - 8:00 pm Open Crafts			
	7:00 pm - 9:00 pm Scottish Dancing					
MONTHLY GROUP MEETINGS						
1st Tuesday	Sunrise Latin Social Club (Resumes in October)	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									
9/4	NO MOVIE - Labor Day		10/2	Hello Dolly	1969	2:26 mins	9/5	Fast X	PG-13	2:21 min	10/3	Crazy Rich Asians	PG-13	2:00 mins	
9/11	The Shawshank Redemption	1994	2:22 mins	10/9	The 39 Steps	1935	1:26 mins	9/12	The Commuter	PG-13	1:44 mins	10/10	Asteroid City	PG-13	1:45 mins
9/18	Made for Each Other	1939	1:33 mins	10/16	Three Amigos	1986	1:44 mins	9/19	The War With Grandpa	PG	1:35 mins	10/17	Mission Impossible—Fallout	PG-13	2:27 mins
9/25	Forrest Gump	1994	2:22 mins	10/23	The Sting	1973	2:09 mins	9/26	The House	R	1:28 mins	10/24	River Wild	PG-13	1:31 mins
				10/30	Bye Bye Birdie	1963	1:52 mins					10/31	Renfield	R	2:19 mins
<ul style="list-style-type: none"> New Release Movie Titles are subject to change Please call for details. 															