

November/ December 2023 Senior Programs Continued...

Program	Date	Day	Time	Register	Fee
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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 Cooking Club

Nov - No Class
 Dec - No Class
 Jan - New Year, New You 380816-A 1/19 F 10:00 am - 1:00 pm 12/1 \$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
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AARP Safe Drivers Course
 Bring a check to class made payable to AARP. (Fees - \$20 AARP Members, \$25 Non-Members)
 11/16 TH 9:00 am - 3:00 pm Now \$20/\$25 280853-B
 12/21 TH 9:00 am - 3:00 pm 11/6 \$20/\$25 280853-C
 1/18 TH 9:00 am - 3:00 pm 12/4 \$20/\$25 380853-A
 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 Last Thing He Told Me” By: Laura Dave	11/17	F	12:00 pm - 1:00 pm	Now	Free
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No Book Club in December

“Earth’s the Right Place for Love” By: Elizabeth Berg	1/26	F	12:00 pm - 1:00 pm	Now	Free
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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
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Senior Theatre Group Presents

“Radio Plays” 1/17 W 4:00 pm - 5:30 pm Now Free
 Join us for an afternoon of entertainment. The Senior Theatre group, led by volunteer instructor Myra Graves, will be performing a series of three radio plays, that will take you back in time, before the days of television. Taking place at the Sunrise Senior Center on Wednesday, January 17, at 4:00 pm. Light refreshments will be provided. Tell a friend and stop by the Front Desk to register. For more information, visit the Senior Center Front Desk or call 954-746-3670.



Wrappers needed!
 Come and get your wrapping skills on!
Friday, December 15, starting at 9:30 am, the Sunrise Seniors are the gift wrappers for the Children’s Holiday Party presents.
 If you like wrapping, then we have a job for you!
 Call or sign up at the front desk if you would like to help.

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
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A Salute to Our Veterans Social 11/15 W 12:30 pm - 3:00 pm Now \$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

Holidays in Whoville Social 12/5 TU 1:00pm - 3:30 pm 11/3 \$8/\$10
 Whoville is a charming town known for its warm and welcoming community! The Whoville Winter Festival takes place every year and is a special occasion that celebrates the upcoming holiday season with bright lights, festive decorations, live music and delightful food. Prepare yourself for the most wonderful time of the year in our Whoville themed event and you may even meet Mr. Grinch himself. This is one holiday event you don’t want to miss! ***This event will be held at Nob Hill Soccer Club Park***
 Activity # 280822-C

Craft Class: Holiday Dome Decoration 12/8 F 10:00 am - 11:30 am 11/3 \$6/\$8
 Get into the Holiday spirit and make a decorative piece that sets the winter theme. Our holiday domes will feature beautiful winter scenes and have all the supplies to create a cozy, warm piece with twinkling lights and a charming design to add to any decor. Join us! *All materials will be provided.* Activity # 280801-B (Friday).

Dancing Through the Decades Dinner Dance 1/11 TH 6:00pm - 9:00 pm 12/1 \$22/\$24
 Welcome to an unforgettable evening of nostalgia and celebration as you to travel back in time and experience the magic of the past decades at our "Dancing Through the Decades" dinner dance. This lively event will transport you through the eras, offering a trip down memory lane as we celebrate the music, fashion, and culture that defined each decade. Oh, one more thing, you will be outfitted with a pair of hi-tech headphones, giving you the power to control your listening and entertainment experience as you travel through the decades. A delicious dinner will be served, along with great music and tons of fun! **Activity # 380832-A**

Lunch Bunch “Chicken Tortilla Soup” 1/17 W 12:00 pm - 12:45 pm 12/1 \$5/\$7
 Our Lunch Bunch this month is great to have during the winter months. Made with chicken, flavorful spices, beans and juicy tomatoes, this meal will satisfy and keep you content. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 380807-A**

Game Show Night With Bruce Martin 1/24 W 7:00 pm - 8:30 pm 12/1 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.

7th Annual “A Walk in the Park” 1/25 TH 9:00 am - 12:00 pm Call to sign up Free
 Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. Enjoy an exercise demonstration, giveaways, music, and a healthy lunch. Sponsored by Humana MarketPoint. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up today! The Park this year will be: Welleby Park, 11100



“The Coffee House Experience” 1/31 W 7:00 pm - 8:30 pm Free
 Calling all talented musicians / vocalists who would like to grace the stage. If you didn't get a chance to showcase your skills at our talent show, now is your time to shine. If you just want to sit, sip and listen, no problem. The setting will invite you to immerse yourself in the music while enjoying coffee, tea, and a light snack. This experience will be led by volunteer Dennis Bader, whose goal is to provide a performance stage for musicians and folk singers alike and to captivate the hearts and ears of both young and old with a laidback live music vibe in a 60’s style coffeehouse setting. So grab your instrument, warm up those vocal chords, and come participate in our very own “Coffee House Experience”.

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.					
	11/6 - 11/27	M	10:30 am - 12:00 pm	10/2	Free	280814-B
	12/4 - 12/18	M	10:30 am - 12:00 pm	11/6	Free	280814-C
	1/8 - 1/29	M	10:30 am - 12:00 pm	12/4	Free	380814-A
	No class on 12/25 (Christmas Day), 1/1 (New Years Day), and 1/15 (MLK Jr. Day)					
Open Beading	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your friends while you bead. **No class on 12/25 (Christmas Day), 1/1 (New Years Day), and 1/15 (MLK Jr. 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.*					
	1/6 - 2/10	SA	10:00 am - 12:00 pm	12/1	\$30/\$32	380833-A
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	11/13 - 1/8	M	6:15 pm - 7:45 pm	Now	\$5/\$10	280821-B
	1/29 - 3/4	M	6:15 pm - 7:45 pm	12/1	\$5/\$10	380821-A
Beginners ESOL	11/15 - 1/3	W	2:00 pm - 3:30 pm	Now	\$5/\$10	280817-B
	1/31 - 3/6	W	2:00 pm - 3:30 pm	12/1	\$5/\$10	380817-A
	No class on 12/13, 12/18, 12/20, 12/25 (Christmas Day), and 1/1 (New Year's Day)					
Conversational English Workshop	11/14 - 11/17	TU - TH (4:00 pm - 6:00 pm)	F (2:00 pm - 4:00 pm)	Now	\$5/\$10	280868-B
	12/11 - 12/14	M - TH	4:00 pm - 6:00 pm	11/3	\$5/\$10	280868-C
	1/8 - 1/12	M - TH	4:00 pm - 6:00 pm	12/1	\$5/\$10	380868-A
	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. (Total of 12 classes! It is important to attend ALL or most classes, to get the full benefit.)					
	11/28 - 1/4	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	280802-B
	1/16 - 2/22	TU/TH	9:30 am - 10:30 am	12/1	\$5/\$10	380802-A
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 (Total of 12 classes! It is important to attend ALL or most classes, to get the full benefit.)					
	11/28 - 1/4	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	280803-B
	1/16 - 2/22	TU/TH	11:00 am - 12:00 pm	12/1	\$5/\$10	380803-A
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	Now	Free	280835-A
	1/3 - 3/6	W	2:00 pm - 4:00 pm	12/1	Free	380835-A
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Jan - Mar	M	10:00 am - 1:00 pm	12/1	Free	380828-A
	Jan - Mar	M	2:30 pm - 5:30 pm	12/1	Free	380829-A
	No class on 1/1 (New Years Day), and 1/15 (MLK Jr. Day)					
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. <u>(No registration required)</u>					
	Jan - Jun	TH	10:00 am - 1:00 pm	Now	Free	
	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.					
	Jan - Mar	W	10:00 am - 12:00 pm	12/1	Free	380806-A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Jan - Mar	TU	10:00 am - 12:00 pm	12/1	Free	380869-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. First workshop of the month is geared towards more advanced students. Second workshop is more suitable for beginners.					
	11/18 (Advance)	SA	9:30 am - 12:30 pm	Now	\$5/\$7	280830-C
	11/25 (Beginners)	SA	9:30 am - 12:30 pm	Now	\$5/\$7	280830-D
	12/16	SA	9:30 am - 12:30 pm	11/3	\$5/\$7	280830-E
	1/6 (Advance)	SA	9:30 am - 12:30 pm	12/1	\$5/\$7	380830-A
	1/13 (Beginners)	SA	9:30 am - 12:30 pm	12/1	\$5/\$7	380830-B
Open Sewing	Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use.					
	Jan - Mar	TU	1:00 pm - 4:00 pm	12/1	Free	380877-A
Open Craft (Stitchery)	Jan - Mar	TH	6:00 pm - 8:00 pm	12/1	Free	380879-A

Social Services & Wellness Programs



Program	Date (s)	Day	Time	Registration
Emergency Food Pantry	Ongoing			Call for Appointment
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	9:45 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)	12/8, 1/12	F	10:30 am - 11:30 am	Walk-ins welcome
*No Blood Pressure Checks 11/10 Senior Center closed				
Property Tax Exemption Assistance	*Cancelled 11/10 Senior Center closed			
	12/8, 1/12	F	10:00 am - 11:30 am	Walk-ins welcome
	11/15, 12/20, 1/17	W	4:30 pm - 6:00 pm	
Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.				
Veteran's Advisor	11/3, 12/8, 1/12	F	9:00 am - 12:00 pm	Walk-ins welcome
Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral, linkage, benefits and claims processing. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.*				
F.L.O.W.	Cancelled until further notice			
Florida Licensing on Wheels the DMV mobile unit, due to the scheduling issues the Department of Motor Vehicles are having, FLOW will be assisting at the local offices.				
Cardiac Health & Rehabilitation Lecture	11/3	F	10:30 am - 11:30 am	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.				
Estate Planning Lecture Series (Guardianship/Incapacity Concerns)	11/8	W	6:00 pm - 7:00 pm	Call to sign up
Join us for the last in the series of the in-depth look at the following components of Estate Planning. A light refreshment will be offered.				
Achieving Healthy Cholesterol Levels Lecture	12/8	F	10:00 am - 11:30 am	Call to sign up
Monitoring and maintaining healthy cholesterol level is easier when you have the right tools. These resources will help you talk with your doctor about what you can do to maintain healthy levels. Chen Medical and WellCare are the sponsors. A light lunch will be provided to all pre-registered participants.				
Healthy Aging Lecture	1/27	SA	10:00 am - 11:30 am	Call to sign up
How do you ensure that you stay healthy as you age? Join Nova Southeastern's, Geriatric Education and Research Organization (GERO) team, and learn some healthy tips on how to age gracefully and in a healthy manner. A light snack will be provided.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
(Members/Non Members)					
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.					
December Ticket Sale	Members 12/1: Non-Members 12/8				
Gulfstream Casino	1/4	TH	9:00 am - 3:00 pm	\$5/\$7	380826-A
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.					
Bass Pro Shop and Lunch					
At Islamorada Fish Company	1/9	TU	9:00 am - 3:00 pm	\$25/\$27	380842-A
Spend some time walking through Bass Pro Shop Outdoor World. Featuring an indoor waterfall, a 39,000-gallon aquarium and tons of sporting goods, clothing, home décor, and more, you will not be bored. After exploring Outdoor World, enjoy an included lunch at Islamorada Fish Company.					
Lauderhill Performing Arts Center					
Lunch Box Matinee (A Chorus Line)	1/18	TH	11:15 am - 5:30 pm	\$54/\$56	380839-A
Start the afternoon off with a box lunch from TOOJAY'S. Afterwards, enjoy A Chorus Line, a stunning concept musical capturing the spirit and tension of a Broadway chorus audition. Exploring the inner lives and bittersweet ambitions of professional Broadway performers, the show features one powerhouse number after another. Memorable musical numbers include "What I Did for Love", "One", "I Can Do That", "At The Ballet", "The Music and the Mirror", and "I Hope I Get It". A Chorus Line was instantly recognized as a classic, winning 9 Tony-Awards including best musical. Seats are in Rows M and N.					
The Melting Pot	1/23	TU	4:30 pm - 8:30 pm	\$50/\$52	380838-A
Enjoy Dinner Fondue-Style With Delicious Cheese, Entree Options, And Chocolate Fondues. The Melting Pot is the original fondue restaurant where guests can enjoy several fondue cooking styles and a variety of unique entrees, salads, and unforgettable desserts. This unique destination offers a dining experience, offers an Interactive Dining Experience unlike any other.					
January Ticket Sale	Members 1/5: Non-Members 1/12				
Delray Yacht Cruise	2/6	TU	11:30 am - 5:30 pm	\$34/\$36	380844-A
Escape for the afternoon, and experience the calm waters of the Intracoastal Waterway. Hop aboard the Lady Atlantic on a two-hour narrated tour past some of the area's most beautiful mansions. See a variety of marine life in its natural habitat and learn a little about the area's history. Cruise from Veterans Park on East Atlantic Avenue, Delray Beach south to Boca Raton. Lunch on your own on board.					
Seminole Hard Rock Casino	2/15	TH	9:00 am - 3:30 pm	\$5/\$7	380826-B
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.					
Dania Pointe	2/22	TH	10:00 am - 3:00 pm	\$5/\$7	380846-A
Dania Pointe is one of the newest premier shopping and leisure place in South Florida. Featuring more than 45 stores and shops including 14 restaurants and eateries. Shop and enjoy lunch on your own at the eatery of your preference.					
Historic Stranahan House & Water Taxi Ride	2/27	TU	9:00 am - 3:30 pm	\$16/\$17	380841-A
Enjoy a <u>one hour and fifteen minutes</u> tour of the Historic Stranahan House Museum, Fort Lauderdale's oldest and most historically significant surviving structure. The Stranahan House holds the story of a family, a house, and the birth of a city. After the tour, enjoy a twenty minute tour on the Water Taxi Trolley. Enjoy more sites of Fort Lauderdale on this fun ride on the intercoastal. Then lunch on your own at one of the restaurants next to the Stranahan House. Feel free to bring your own picnic lunch if you prefer.					
Important Notice: <i>To ensure accessibility, there are ramps leading up to the first floor of the house, allowing tour guests in wheelchairs to enjoy the entire first floor. However, the second floor is accessible only by stairs. Nonetheless, they do offer a virtual tour featuring informational videos of each of the rooms upstairs which provide an alternative experience for those who cannot access the second floor in person.</i>					

Health & Fitness

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
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 <u>ALL</u> 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! <u>Chair modifications available.</u> Senior Center membership is required. (Max. 24 students per Class).					
	Nov	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
	Dec	M	9:45 am - 10:45 am	11/3	\$9/\$11	280870-E
		F	9:30 am - 10:30 am	11/3	\$15/\$17	280870-F
	Jan	M	9:45 am - 10:45 am	12/1	\$9/\$11	380870-A
		F	9:30 am - 10:30 am	12/1	\$12/\$14	380870-B
No Class on 11/10, 11/24, 12/25 and 1/1						
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.					
	Nov	M	6:30 pm - 7:30 pm	10/6	\$12/\$14	280856-B
	Dec	M	6:30 pm - 7:30 pm	11/3	\$9/\$11	280856-C
	Jan	M	6:30 pm - 7:30 pm	12/1	\$9/\$11	380856-A
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.					
	Nov	TU	5:30 pm - 6:30 pm	N/A	Free	
	Dec	TU	5:30 pm - 6:30 pm	N/A	Free	
	Jan	TU	5:30 pm - 6:30 pm	N/A	Free	
Yoga Mix (Chair & Floor)	(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. *(There will be a Pop-up Demo Class on Wednesday, November 29 at 12:30 pm)*					
	Dec	W	12:30 pm - 1:30 pm	N/A	Free	
	Jan	W	12:30 pm - 1:30 pm	N/A	Free	
No Class on 12/27 and 1/3						
Latin Dance	Classes taught by Lidia Dumenigo, a NDTA Certified Latin and 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#
	Nov	W	11:00 am - 12:00 pm	10/6	\$15/\$17	280864-B
	Dec	W	11:00 am - 12:00 pm	11/3	\$12/\$14	280864-C
	Jan	W	11:00 am - 12:00 pm	12/1	\$15/\$17	380864-A
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.					
	Nov	TH	9:30 am - 10:30 am	N/A	Free	
	Dec	TH	9:30 am - 10:30 am	N/A	Free	
	Jan	W	5:00 pm - 6:00 pm	N/A	Free	
		TH	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.					
	Nov	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
	Dec	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
	Jan	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.					
	Nov	SA	10:15 am - 11:15 am	10/6	\$9/\$11	280852-B
	Dec	SA	10:15 am - 11:15 am	11/3	\$15/\$17	280852-C
	Jan	SA	10:15 am - 11:15 am	12/1	\$12/\$14	380852-A
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.					
	Jan - Mar	TU/TH	9:00 am - 9:45 am	12/1	Free	380891-A
No Class on 1/25						

<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	9:30 am - 12:30 pm Bag Making Workshop <i>(Twice a month, see schedule for dates)</i>	
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 - 10:30 am Flex and Stretch w/ Darius	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 - 2:30 pm Bowling League @ Strikers	9:45 am - 11:15 am Bereavement Support Group (Continuum Care Counselor)	11:15 am - 12:15 pm Walk Your Way to Health (DVD)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
12:30 pm - 2:30 pm Open Beading	10:00 am - 4:30 pm Open Ping Pong	12:30 pm - 1:30 pm YOGA Mix Chair & Floor (Baptist Health) <i>**Demo Class on 11/29**</i> <i>**Begins on 12/6**</i>	10:00 am - 11:00 am Line Dancing	1:00 pm - 2:30 pm Bingo		
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	10:00 am - 11:15 am Line Dancing	12:30 pm - 3:30 pm Open Game Play	10:00 am - 3:00 pm Open Ping Pong	1:30 pm - 3:30 pm Open Painting		
2:30 pm - 5:30 pm Quilting Corner	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:00 pm - 2:30 pm Let's Talk Discussion Group	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch			
6:15 pm - 6:45 pm Intermediate/Advance ESOL	11:30 am - 12:30 pm Walk Your Way to Health (DVD)	1:30 pm - 3:30 pm Open Painting	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 - 3:30 pm Beginners ESOL	2:00 pm - 4:00 pm Musical Instrument Jam Session			
	1:00 pm - 4:00 pm Open Sewing	2:00 pm - 4:00 pm Wig Making Class (Crochet) (Register at Front Desk)	5:00 pm - 5:45 pm Beginners Tai Chi (AAABC)			
	2:00 pm - 3:00 pm Firm and Burn (DVD)	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)	6:00 pm - 6:45 pm Int/Adv Tai Chi (AAABC)			
	2:00 pm - 4:00 pm Theatre Group	4:30 pm - 5:30 pm Zumba Gold (DVD)	6:30 pm - 8:00 pm Open Crafts			
	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)	5:00 pm - 6:00 pm Flex and Stretch w/ Darius <i>**Begins on 1/3**</i>				
	6:00 pm - 9:00 pm Wood Carving					
	7:00 pm - 9:00 pm Scottish Dancing					
MONTHLY GROUP MEETINGS						
1st Tuesday	Sunrise Latin Social Club	6:00 pm - 8:00 pm				
4th Tuesday	American Legion Post 365	7:00 pm - 9:00 pm				
3rd Thursday	Woodturners Counsel Meeting Gold Coast Woodturners <i>(Contact Senior Center Front Desk for more information)</i>	5:00 pm - 6:45 pm 6:45 pm - 8:45 pm				



Closed In Observance of:

Veterans Day
Friday, November 10, 2023
Saturday, November 11, 2023

Thanksgivings Day
Thursday, November 23, 2023

Day After Thanksgiving
Friday, November 24, 2023

Christmas Day
Monday, December 25, 2023

New Year's Day
Monday, January 1, 2024

Monday Classic Movies - 11:00 am			At The Movies			Tuesday New Release Movies - 11:30 am			
11/6	Top Hat	1935	1:39 mins	12/4	Charade	1963	1:53 mins	11/7	Comedy
11/13	When Harry Met Sally	1989	1:35 mins	12/11	Chinatown	1974	2:10 mins	11/14	Romance
11/20	The Maltese Falcon	1941	1:40 mins	12/18	It's a Wonderful Life	1946	2:10 mins	11/21	Action
11/27	Stagecoach	1939	1:36 mins	12/25	NO MOVIE—MERRY CHRISTMAS!			11/28	Crime
								12/5	NO MOVIE—HOLIDAY SOCIAL
								12/12	NO MOVIE—HOLIDAY TOY SORTING
								12/19	Drama
								12/26	Holiday

New Release Movies are subject to change Please call for details.

New Format: New Release Movies are Netflix Movies and shown by Genre