

January/ February 2024 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 Elizabeth Lasprilla (954) 328-7483 for monthly meeting and ticket information.

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 two radio plays, and two shorts 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.

Senior Theatre Group Presents "The Golden Age" 3/21 & 3/30 TH & SA 2:00 pm & 10:00 am Now Free
Come and enjoy an afternoon of laughs and a touch of romance. You'll be entertained by the antics of three superheroes, as they navigate their new normal...life in a retirement home. But where there are heroes, there's always a villain lurking. This production is brought to you by Myra Graves, and the Senior Center Theatre Group. 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.

Senior Cooking Club
Jan - New Year, New You 380816-A 1/19 F 10:00 am - 1:00 pm 12/1 \$6/\$8
Feb - Ultimate Appetizers 380816-B 2/23 F 10:00 am - 1:00 pm 1/5 \$6/\$8
Mar - We Love Veggies! 380816-C 3/29 F 10:00 am - 1:00 pm 2/2 \$6/\$8
If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation during a live demo. Each month will focus on a different menu that we will get to enjoy at the end of class.

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.

"Earth's the Right Place for Love" 1/26 F 12:00 pm - 1:00 pm Now Free
By: Elizabeth Berg

"Lessons in Chemistry" 2/23 F 12:00 pm - 1:00 pm Now Free
By: Bonnie Garmus

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

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)					
	1/18	TH	9:00 am - 3:00 pm	Now	\$20/\$25	380853-A
	2/15	TH	9:00 am - 3:00 pm	1/8	\$20/\$25	380853-B
	3/21	TH	9:00 am - 3:00 pm	2/5	\$20/\$25	380853-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.****

Income Tax Preparation

January 24 - April 13, 2024

W - 4:00pm - 7:00 pm (no appointments on 2/14, 3/13, 4/10 due to room usage)

TH - 1:00 pm - 4:30 pm

SA - 9:00am - 12:00pm (2/17-4/13)

IRS Certified volunteers will assist taxpayers whose income does not exceed \$66,000.
BY APPOINTMENT ONLY. Call the Sunrise Senior Center to sign up.
This service is FREE! Call for an appointment.

The location for the Income Tax Appointment will be at:
City of Sunrise Senior Center- 10650 W Oakland Park Blvd. Sunrise, FL 33351
(Sponsored by Hispanic Unity)

January/February 2024

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

7th Annual "A Walk in the Park" 1/25 TH 8:30 am - 12:00 pm Call to sign up Free
Join us at Welleby Park for a morning of fun and walking!. 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 NW 44th St, Sunrise, 33351.

Bunco 1/31 W 1:30 pm - 3:00 pm Now \$5/\$7
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. **Activity # 380818A**

Craft Class: Valentine's Day Bubble Gum Machines 2/7 W 6:00 pm - 7:30 pm 1/5 \$6/\$8
2/9 F 10:00 am - 11:30 am 1/5 \$6/\$8

Make an adorable piece for the season of love. These DIY bubble gum machines can be filled with any sweet treat to share with your guests and love ones. The best part is, you made it all yourself. Join us! *All materials will be provided.*
Activity # 380801-A (Wednesday) **380801-B** (Friday).

"The Best is Yet To Come" Lecture Presented by Dr. Leahcim Semaj 2/10 SA 10:00 am - 11:00 am Now Free
Join Dr. Semaj, one of the leading creative thinkers, problem solvers, and motivational speakers in the Caribbean and South Florida. He is also an accomplished psychologist and academic, with a wealth of teaching and industry experience. Dr. Semaj will be presenting information from his book, "The Best is Yet to Come: A Psychologist's Guide to Thriving in Retirement". He will show you how to embark on a journey that shatters the misconceptions surrounding retirement and unveils a world of possibilities. The core message of his book revolves around the importance of psychological well-being as we age. Dr. Semaj will have copies of his book for sale after the lecture. A light snack and refreshments will be served. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!

Murder Mystery Dinner Dance 2/20 TU 6:00 pm - 9:00 pm 1/5 \$22/\$24
Who did it? Experience an exhilarating murder mystery dinner show at the Sunrise Senior Center, where you become an active detective in solving the crime. Engage in direct interactions with all the participants and fellow partygoers, as you unravel clues, scrutinize witnesses and alibis, and ultimately select from a diverse range of suspects to uncover the truth. Indulge in a delectable meal, making this event an absolute delight for anyone seeking a thrilling, yet enjoyable, evening! **Activity #380832-B**

Under the Big Top Social 3/13 W 1:00 pm - 3:00 pm 2/2 \$8/\$10
Come one, come all to the greatest party in town! Get ready for some fun and bring out your inner child as you clown around with your friends at the Senior Center Big Top. Enjoy a circus style hotdog with all your favorite toppings and then try your luck at some popular carnival games, enjoy a juggling show, and even get your face painted and if you choose. This promises to be a good time filled with lots of fun. **Activity # 380822-A**

Life Changes Group Weekly W 2:30 pm - 3:30 pm Walk-ins welcome
This group is starting back starting January 3! VITAS Healthcare will be facilitating this support group. Laura Durant, Social Worker will lead the meetings. The Life Changes group was designed to help people deal with grief beyond the 12-month period, as well as help people who may not have loss, but a string of life changes related to the aging process, (loss of hearing, vision, mobility or entering the retirement years to name a few). This is a peer-support group, all are welcome.

World Health Day Expo 4/5 F 9:00 am - 12:00 pm Call to sign up Free
(Sunrise Athletic Complex - 11501 NW 44th St. Sunrise, 33323)

April 5th is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. Sign up for the breakout session,, featuring a speaker from Memorial Health Care System. You can sign up for the breakout session at the Senior Center Front Desk. There will be free health screenings and giveaways!

Creative Corner

<u>Program</u>	<u>Date(s)</u>	<u>Day(s)</u>	<u>Time</u>	<u>Register On</u>	<u>Fee</u>	<u>Activity</u>
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.					
	1/8 - 1/29	M	10:30 am - 12:00 pm	Now	Free	380814-A
	2/5 - 2/26	M	10:30 am - 12:00 pm	1/8	Free	380814-B
	3/4 - 3/25	M	10:30 am - 12:00 pm	2/5	Free	380814-C
	No class on 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 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	Now	\$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	1/29 - 3/4	M	6:15 pm - 7:45 pm	Now	\$5/\$10	380821-A
	3/25 - 4/29	M	6:15 pm - 7:45 pm	2/2	\$5/\$10	380821-B
Beginners ESOL	1/31 - 3/6	W	2:00 pm - 3:30 pm	Now	\$5/\$10	380817-A
	3/27 - 5/1	W	2:00 pm - 3:30 pm	2/2	\$5/\$10	380817-B
	No class on 1/1 (New Years Day), and 1/15 (MLK Jr. Day)					
Conversational English Workshop	1/8 - 1/12	M - TH	4:00 pm - 6:00 pm	Now	\$5/\$10	380868-A
	2/12 - 2/15	M - TH	4:00 pm - 6:00 pm	1/5	\$5/\$10	380868-B
	3/11 - 3/14	M - TH	4:00 pm - 6:00 pm	2/2	\$5/\$10	380868-C
	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.					
	1/16 - 2/22	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	380802-A
	3/5 - 4/11	TU/TH	9:30 am - 10:30 am	2/2	\$5/\$10	380802-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					
	1/16 - 2/22	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	380803-A
	3/5 - 4/11	TU/TH	11:00 am - 12:00 pm	2/2	\$5/\$10	380803-B
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	Now	Free	380828-A
	Jan - Mar	M	2:30 pm - 5:30 pm	Now	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. <i>(No registration required)</i>					
	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	Now	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	Now	Free	380869-A
Bag-Making	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.					
	1/20	(Advance) SA	9:30 am - 12:30 pm	Now	\$5/\$7	380830-A
	1/27	(Beginners) SA	9:30 am - 12:30 pm	Now	\$5/\$7	380830-B
	2/10	(Advance) SA	9:30 am - 12:30 pm	1/5	\$5/\$7	380830-C
	2/17	(Beginners) SA	9:30 am - 12:30 pm	1/5	\$5/\$7	380830-D
	3/2	(Advance) SA	9:30 am - 12:30 pm	2/2	\$5/\$7	380830-E
	3/9	(Beginners) SA	9:30 am - 12:30 pm	2/2	\$5/\$7	380830-F
Choral Group	Come out and lend your voices to this amazing group, led by instructor Cari Barter. Senior Center membership required.					
	Jan - Mar	F	11:30 am - 1:00 pm	Now	Free	380878-A
Music Jam Session	Do you play an instrument, or even have an instrument that you are learning how to play? Would you like to jam out with others and have fun? If you do, then this activity is for you! Join instructor Cari Barter, and learn how to infuse your talent with others around you. You will need to bring your own instrument. Senior Center membership required.					
	Jan - Mar	M	4:00 pm - 5:00 pm	Now	Free	
	No class on 1/1 (New Years Day), and 1/15 (MLK Jr. Day)					
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 - 3:00 pm	Now	Free	380877-A
Open Craft (Stitchery)	Jan - Mar	TH	6:00 pm - 8:00 pm	Now	Free	380879-A

Social Services & Wellness Programs

<u>Program</u>	<u>Date (s)</u>	<u>Day</u>	<u>Time</u>	<u>Registration</u>
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	1/12, 2/9, 3/8	F	11:00 am	Free Walk-ins welcome
(Sunrise Fire Rescue)				
Property Tax Exemption Assistance	1/12, 2/9, 3/8	F	10:00 am - 11:30 am	Free Walk-ins welcome
Additional hours	1/17, 2/21, 3/20	W	4:00 pm - 5:30 pm	
Representatives from the Broward County Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Driver's License; a Broward voter registration card; 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	1/12, 2/9, 3/8	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.*				
F.L.O.W.	1/10	W	10:00 am - 1:30 pm	By Appointment Only
Florida Licensing on Wheels the DMV mobile unit will be at the Sunrise Senior Center. 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 The next date for FLOW will be 4/10/24				
Insomnia and Sleep Wellness Lecture	1/12	F	10:00 am - 11:30 am	Free Call to sign up
Join us for a lecture from Memorial Healthcare, about insomnia and sleep wellness. Insomnia is defined by the presence of an individual's report of difficulty with sleep. Insomnia is a common sleep disorder. If you have it, you may have trouble falling asleep, staying asleep, or both. As a result, you may get too little sleep or have poor-quality sleep. Learn what you can do to get better sleep.				
Heart Health Lecture	2/9	F	10:00 am - 11:30 am	Free Call to sign up
February is American Heart Month, a time when all people can focus on their cardiovascular health. Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. Learn the signs and symptoms so that you can be educated and take control of your heart health. A light lunch will be provided to all pre-registered participants.				
Kidney Disease Awareness Lecture	3/8	F	10:00 am - 11:30 am	Free Call to sign up
This lecture will be presented by Jade Barnes, LPN, March is National Kidney Month. Did you know kidney disease is often referred to as a "silent disease," because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don't know they have the disease until it is very advanced. The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. 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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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
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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 own on board.

Seminole Hard Rock Casino	2/15	TH	9:00 am - 3:30 pm	\$5/\$7	380826-B
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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
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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
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Enjoy a one hour and fifteen minutes 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: *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.*

February Ticket Sale Members 2/2: Non-Members 2/9

Broward Center for the Performing Arts Presents "Moulin Rouge"	3/14	TH	6:15 pm - 11:00 pm	\$62/\$64	380839-A
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Hey sister... the 10-time Tony Award-winning Broadway sensation, Moulin Rouge, is heading to Broward! Garnering rave reviews from Broadway's toughest critics Moulin Rouge has been named the most gorgeous Broadway event of the year! You won't miss this visually spectacular show! Please eat dinner prior to arriving at the Senior Center. Sections and Rows TBD.

Dania Casino	3/19	TU	9:00 am - 3:30 pm	\$5/\$7	380826-C
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Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Dolphin Mall	3/28	TH	9:00 am - 3:30 pm	\$5/\$7	380846-B
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Enjoy great indoor shopping at its finest! Then take time to experience the extensive food court for lunch on your own.

March Ticket Sale Members 3/1: Non-Members 3/8

Seminole Classic Casino	4/4	TH	9:00 am - 3:00 pm	\$5/\$7	480826-A
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Feeling lucky? Enjoy a great day at the casino! Play the tables, slots, and more.

Delray Affair	4/12	F	9:00 am - 4:00 pm	\$5/\$7	480842-A
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Celebrate the 62nd year of the Delray Affair, the largest arts and crafts festival in the southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food, and funky products from around the world. The outdoor Delray Affair takes place downtown and stretches 12 city blocks. Food and beverages available for purchase.

Beach Day and Lunch	4/16	TU	9:45 am - 3:30 pm	\$5/\$7	480851-A
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Spend the morning relaxing on the beach in Pompano. Bring your beach chair or beach blanket and catch some sun or take a dip in the ocean. Take a stroll or rent a rod and fish on the Pompano Beach Fisher Family Pier. After the beach and pier, the group will head over to the one of the newest spots in Pompano, The Bite Eatery, for lunch on your own. Choices include, Taco Vibe, Papas Pizzeria, Deli Snack, Captain Lobster, Beef Boys and more.

Morikami Japanese Gardens	4/23	TU	9:15 am - 3:30 pm	\$20/\$22	480841-A
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Enjoy a docent led tour of the current exhibit, the Seishin-an Tea House, the dry garden, and an overview of the Yamato Colony. After the tour, you can continue to stroll thru the Morikami Museum at your leisure. You can enjoy lunch on your own at the Cornell Cafe.

Flagler Museum	4/30	TU	9:00 am - 2:30 pm	\$27/\$29	480842-A
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Get to know the Flagler Museum on a one-hour docent led group tour of the first floor of Whitehall. Then experience the second floor and the Flagler Kenan Pavilion on your own. Afterwards board bus and head to TooJay's for 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).**

<u>Jan</u>	M	9:45 am - 10:45 am	Now	\$9/\$11	380870-A
	F	9:30 am - 10:30 am	Now	\$12/\$14	380870-B
<u>Feb</u>	M	9:45 am - 10:45 am	1/5	\$12/\$14	380870-C
	F	9:30 am - 10:30 am	1/5	\$12/\$14	380870-D
<u>Mar</u>	M	9:45 am - 10:45 am	2/2	\$12/\$14	380870-E
	F	9:30 am - 10:30 am	2/2	\$15/\$17	380870-F

****No class on 1/1 (New Years Day), and 1/15 (MLK Jr. 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.

<u>Jan</u>	M	6:30 pm - 7:30 pm	Now	\$9/\$11	380856-A
<u>Feb</u>	M	6:30 pm - 7:30 pm	1/5	\$12/\$14	380856-B
<u>Mar</u>	M	6:30 pm - 7:30 pm	2/2	\$12/\$14	380856-C

*****No class on 1/1 (New Years Day), and 1/15 (MLK Jr. 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.

<u>Jan</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
<u>Feb</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
<u>Mar</u>	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.

<u>Jan</u>	W	12:30 pm - 1:30 pm	N/A	Free	
<u>Feb</u>	W	12:30 pm - 1:30 pm	N/A	Free	
<u>Mar</u>	W	12:30 pm - 1:30 pm	N/A	Free	

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#
<u>Jan</u>	W	11:00 am - 12:00 pm	12/1	\$15/\$17	380864-A
<u>Feb</u>	W	11:00 am - 12:00 pm	1/5	\$12/\$14	380864-B
<u>Mar</u>	W	11:00 am - 12:00 pm	2/2	\$12/\$14	380864-C

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.

<u>Jan</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Feb</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Mar</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	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.

<u>Jan</u>	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
<u>Feb</u>	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
<u>Mar</u>	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




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.

<u>Jan</u>	SA	10:15 am - 11:15 am	Now	\$12/\$14	380852-A
<u>Feb</u>	SA	10:15 am - 11:15 am	1/5	\$12/\$14	380852-B
<u>Mar</u>	SA	10:15 am - 11:15 am	2/2	\$15/\$17	380852-C

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.**

<u>Jan - Mar</u>	TU/TH	9:00 am - 9:45 am	Now	Free	380891-A
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****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)	9:45 am - 11:15 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 - 2:30 pm Bowling League @ Strikers	9:30 am - 10:30 am Flex and Stretch w/ Darius	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 (Baptist Health)	10:00 am - 11:00 am Line Dancing	11:30 am - 1:00 pm Choral Group (Director - Cari Barter)		
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	1:00 pm - 2:30 pm Bingo		
2:30 pm - 5:30 pm Quilting Corner	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:00 pm - 2:30 pm Let's Talk Discussion Group	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting		
4:00 pm - 5:00 pm Musical Instrument Jam Session (Instructor Cari Barter)	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)		 <p>Closed In Observance of:</p> <p>New Year's Day Monday, January 1, 2024</p> <p>Martin Luther King Jr. Day Monday, January 15, 2024</p>	
6:15 pm - 6:45 pm Intermediate/Advance ESOL	1:00 pm - 3:00 pm Open Sewing	2:00 pm - 3:30 pm Beginners ESOL	1:00 pm - 1:45 pm Chair Yoga (DVD)			
6:30 pm - 7:30 pm Full Body Cardio w/ Rosie	2:00 pm - 3:00 pm Firm and Burn (DVD)	2:30 pm - 2:30 pm Let's Talk Discussion Group	5:00 pm - 5:45 pm Beginners Tai Chi (AAABC)			
	2:00 pm - 4:00 pm Theatre Group	3:30 pm - 4:30 pm Life Changes Discussion Group (VITAS)	6:00 pm - 6:45 pm Int/Adv Tai Chi (AAABC)			
	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)	3:00 pm - 5:00 pm Women's Bocce League (Nob Hill Soccer Park)	6:30 pm - 8:00 pm Open Crafts			
	7:00 pm - 9:00 pm Scottish Dancing	4:30 pm - 5:30 pm Zumba Gold (DVD)				
		5:00 pm - 6:00 pm Flex and Stretch w/ Darius **Begins on 1/3**				
MONTHLY GROUP MEETINGS						
1st Tuesday	Sunrise Latin Social Club	6:00 pm - 8:00 pm				
4th Tuesday	American Legion Post 365	7:00 pm - 9:00 pm				
3rd Thursday	Gold Coast Woodturners	6:45 pm - 8:45 pm				
	<i>(Contact Senior Center Front Desk for more information)</i>					

Monday Classic Movies - 11:00 am			At The Movies			Tuesday New Release Movies - 11:30 am			
1/1	NO MOVIE—HAPPY NEW YEAR!		2/5	A Raisin in the Sun	1961	2:08 mins	1/2	Action & Adventure	
1/8	Carousel	1956	2:08 mins	2/12	Trading Places	1983	1:56 mins	1/9	Classic
1/15	NO MOVIE—MLK DAY		2:19	Cabaret	1972	2:04 mins	1/16	Romance	
1/22	For a Few Dollars More	1965	2:12 mins	2/26	Thelma & Louise	1991	2:09 mins	1/23	Thriller
1/29	Jaws	1975	2:04 mins				1/30	Comedy	
								2/6	Musical
								2/13	Drama
								2/20	NO MOVIE—MURDER MYSTERY DINNER DANCE
								2/27	Trending Now

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

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