ON STAFE

Anastasia: The Musical

Saturday, February 24, at 7:00 pm

Sunday, February 25, at 1:00 pm and 6:30 pm

Reserved seating: \$20

With the help of two charming conmen and a lovable ex-aristocrat, young Anya sets out to prove that she is the long-lost Grand Duchess Anastasia Romanov—the sole surviving member of the Russian royal family. This musical weaves together themes of love, identity and the power of hope, and is presented by Inside Out Theatre Company.

13: The Musical

Saturday, March 9, at 2:00 pm and 7:00 pm

Sunday, March 10, at 2:00 pm Reserved seating: \$25

Evan Goldman has a lot on his plate: his parents are divorcing, he's preparing for his Bar Mitzvah, and he's

moving from New York City to small-town Indiana. Don't miss this musical exploration of the challenges and joys of growing up, presented by Broadway Kids Studio.



Saturday, March 23, at 7:00 pm Sunday, March 24, at 2:00 pm

Reserved seating: \$20

Three widows—Doris, Lucille and Esther—meet weekly to celebrate the past and cope with the present. When life throws them a few unexpected curves, they happily discover that the best times are still ahead. This dramatic comedy is presented by Curtain Call Playhouse.

Sunrise Civic Center Theatre 10610 West Oakland Park Blvd., Sunrise 33351 (954) 747-4646

Box Office hours: Tuesday and Friday from 10:00 a.m. to 5:00 p.m.; Wednesday and Thursday from 12:00 p.m. to 7:00 p.m.; Saturday from 10:00 a.m. to 3:00 p.m.; and one hour before shows. Tickets are also available online at https://www.sunrisefl.gov/fickets.html.





Heart-Healthy Steps for Better Living

The Sunrise City Commission proclaimed February 2024 as American Heart Month in Sunrise. These tips from the Centers for Disease Control and Prevention (CDC) can help you start your journey to a healthier heart:

Manage Your Risk Factors

Keep your blood pressure, cholesterol and blood sugar in a healthy range to help prevent heart disease and stroke.

Work with Health Care Professionals Build a health care team you can trust to help take care of your heart.

Eat Healthy

Create healthy eating habits that work for you. Even small changes to your diet can make a big difference to your heart health.

Get Active

Take small steps toward being more active to get big health benefits over time.

Lower Stress

Find healthy ways to manage stress to lower your risk of health problems and help you feel your best.

Quit Smoking

Quitting smoking isn't easy—but it's worth the effort. It's never too late to quit and enjoy the benefits of a smoke-free life.

For detailed recommendations, visit HeartHealthySteps.org. For a list of City of Sunrise programs that can help boost your activity level and your mood, browse the latest issue of Horizons at sunrisefl.gov/horizons.







SUNRISE COMIC CON

Fun and Fantasy for the Whole Family!

On Stage in Sunrise

Heart-Healthy Steps for Better Living

VISIT THE CITY OF SUNRISE ONLINE













MARGH 2

11 AM TO 6 PM

10610 W. OAKLAND PARK BLVD.

Special Guests • Artists & Authors Panels & Demos · Cosplay Contest 6pm Food Trucks • Vendors **Open-Play Gaming • Gaming Tournament**

Elise Baughman

Actor / Voice Actor Pan - Dragonball GT Momiji's Mom - Fruits Basket Avame - Yu Yu Hakusho Yoko Okino - Case Closed

Dmitriy Karas

SPECIAL **GUESTS**

Ernie Reves Jr. Actor / Martial Artist The Last Dragon **Red Sonia**

> The Rundown **Rush Hour 2**

Actor / Stuntman Ahsoka The Terminal List Stormtrooper - Mandalorian **Book of Boba Fett**

Ardeshir Radpour

FUN FOR THE WHOLE FAMILY!

> Actor / Stuntman **Book of Boba Fett Avatar: The Way of Water** Batman v Superman DO

GET YOUR TICKETS NOW!

BE PART OF THE Cosplay Contesti

EARLY BIRD TICKETS (On or before 2/24/2024) Adult - \$10 | Children 12 and under - \$5

REGULAR TICKETS (2/25/2024 'fil event day) Adult - \$20 | Children 12 and under - \$10

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