

# March / April 2024 Senior Programs Continued...

| Program | Date | Day | Time | Register | Fee |
|---------|------|-----|------|----------|-----|
|---------|------|-----|------|----------|-----|

**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 "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**  
**Mar -We Love Veggies!** 380816-C 3/29 F 10:00 am - 1:00 pm Now \$6/\$8  
**Apr - Spring is in the Air** 480816-A 4/26 F 10:00 am - 1:00 pm 3/1 \$6/\$8  
**May -Ultimate Appetizers** 480816-B 5/24 F 10:00 am - 1:00 pm 4/5 \$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.  
**"The Giver of Stars"** 3/22 F 12:00 pm - 1:00 pm Now Free  
*By: Jojo Moyes*  
**"The Keeper of Lost Things"** 4/26 F 12:00 pm - 1:00 pm Now Free  
*By: Ruth Hogen*

**Scottish Dancing** Weekly TU 7:00 pm - 9:00 pm Walk-in Free

| Program                         | Date(s) | Day(s) | Time              | Register On | Fee       | Activity |
|---------------------------------|---------|--------|-------------------|-------------|-----------|----------|
| <b>AARP Safe Drivers Course</b> | 3/21    | TH     | 9:00 am - 3:00 pm | Now         | \$20/\$25 | 380853-C |

**\*\*Due to a shortage of instructors, and AARP protocols, classes may be cancelled. Please stop by the front desk or contact the Senior Center 954-746-3670 to confirm program occurrence.\*\***

## Income Tax Preparation

**Until - April 11, 2024**

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

**TH - 1:00 pm - 4:30 pm**

**SA - 9:00am - 12:00pm (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)

March/April 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                |
|---|--------------|--------|--|------------|--------------------|
| <b>Under the Big Top Social</b><br>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 Circus. Enjoy lunch and a circus style show. This promises to be a good time filled with lots of fun. <b>Event will be at Flamingo Park, 12855 NW 8th St, Sunrise, 33323.</b> Activity # 380822-A | 3/13         | W      | 1:00 pm - 3:00 pm                        | Now        | \$8/\$10           |
| <b>Bunco</b><br>Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity # 380818-B  | 3/14         | TH     | 1:30 pm - 3:00 pm                        | Now        | \$5/\$7            |
| <b>Craft Class: Spring Bunny Pots</b><br>These DIY Bunny Pots are just in time for Spring. It will be a perfect gift for any friend or family member or just a special project for you to display during this time of year. Join us for this cute craft! <i>All materials will be provided.</i> Activity # 380801-C (Wednesday) 380801-D (Friday).  | 3/22<br>3/27 | F<br>W | 10:00 am - 11:30 am<br>6:00 pm - 7:30 pm | Now<br>Now | \$6/\$8<br>\$6/\$8 |

**Lunch Bunch**  
**Chicken Nachos** 3/26 TU 12:00 pm - 12:45 pm 3/6 \$5/\$7  
Made with tortilla chips topped with melted cheese, seasoned chicken and the fixings such as sour cream, guacamole, and salsa. This satisfying meal will be enough to keep you full during the lunchtime hour. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 480807-A

**"The Coffee House Experience"** 4/3 W 6:00 pm - 8:00 pm Now Free  
The Coffee House Experience is back! If you didn't get a chance to showcase your skills at the last event, now is your time to shine. If you just want to sit, sip and listen, no problem. This laidback live music vibe in a 60's style coffeehouse setting, will be hosted by volunteer Dennis Bader. So grab your instrument, warm up those vocal chords, and come participate in our very own "Coffee House Experience".

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

**Game Show Night With Bruce Martin** 4/10 W 6:00 pm - 7:30 pm Now Free  
Back by popular demand "Game Show Night", featuring an evening of fun and entertainment. Come and participate in this fun event, where laughter is the prize. Invite your friends to this immersive 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.

**Denim, Diamond and Dancing Social** 4/18 TH 1:00 pm - 3:00 pm 3/6 \$8/\$10  
Dust off your cowboy (or cowgirl) hat and boots, add a little denim and bling, and have a rip-roarin' good time at our western-themed extravaganza! We'll have foot-stomping music, country line dancing, and plenty of fun. Saddle up!  
Activity # 480822-A

**"The Best is Yet To Come" Lecture** 4/24 W 6:00 pm - 7:00 pm 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!

**Choral Group Program Showcase** 5/7 TU 11:00 am - 12:30 pm 3/6 Free  
Join us for an unforgettable performance by the Senior Center Choral Group, under the new direction of the talented Cari Barter. This dedicated group of singers has never sounded better and is ready to entertain you with a repertoire of songs. Don't miss this opportunity to experience the magic of music and witness the incredible talent of our beloved senior choral group. Light refreshment will be provided to all members who are pre-registered. This event is free and space is limited. Call (954) 746-3670 or stop by the front desk to reserve your space.

# Creative Corner

| Program                                | Date(s)  | Day(s)      | Time                | Register On        | Fee       | Activity |
|--|--|-------------|---------------------|--------------------|-----------|----------|
| <b>Beading</b>                         | 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.  |             |                     |                    |           |          |
|  | 3/4 - 3/25   | M           | 10:30 am - 12:00 pm | 2/5                | Free      | 380814-C |
|  | 4/1 - 4/29   | M           | 10:30 am - 12:00 pm | 3/4                | Free      | 480814-A |
|  | 5/6 - 5/20   | M           | 10:30 am - 12:00 pm | 4/1                | Free      | 480814-B |
|  | <b>**No class on 5/27 (Memorial Day)**</b>   |             |                     |                    |           |          |
| <b>Open Beading</b>                    | 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. <b>**No class on 5/27 (Memorial Day)**</b>  |             |                     |                    |           |          |
| <b>Wood Carving</b>                    | Weekly   | TU          | 9:00 am - 12:00 pm  | Walk-in            | Free      |          |
|  | Learn the techniques of wood carving with instructor Jim Harris.   |             |                     |                    |           |          |
| <b>Photography Workshop</b>            | 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.* |             |                     |                    |           |          |
|  | 4/6 - 5/11   | SA          | 10:00 am - 12:00 pm | Now                | \$30/\$32 | 480833-A |
| <b>Language Classes</b>                | 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.  |             |                     |                    |           |          |
| <b>Int/Adv ESOL</b>                    | 3/25 - 4/29  | M           | 6:15 pm - 7:45 pm   | Now                | \$5/\$10  | 380821-B |
|  | 5/20 - 7/1   | M           | 6:15 pm - 7:45 pm   | 4/3                | \$5/\$10  | 480821-A |
| <b>Beginners ESOL</b>                  | 3/27 - 5/1   | W           | 2:00 pm - 3:30 pm   | Now                | \$5/\$10  | 380817-B |
|  | 5/22 - 6/26  | W           | 2:00 pm - 3:30 pm   | 4/3                | \$5/\$10  | 480817-A |
|  | <b>**No class on 5/27 (Memorial Day)**</b>   |             |                     |                    |           |          |
| <b>Conversational English Workshop</b> | 3/11 - 3/14  | M - TH      | 4:00 pm - 6:00 pm   | Now                | \$5/\$10  | 380868-C |
|  | 4/8 - 4/11   | M - TH      | 4:00 pm - 6:00 pm   | 3/6                | \$5/\$10  | 480868-A |
|  | 5/13 - 5/16  | M - TH      | 4:00 pm - 6:00 pm   | 4/3                | \$5/\$10  | 480868-B |
|  | <b>**The Conversational English Workshops are taught by volunteer instructor Don Pedro Guerad**</b>  |             |                     |                    |           |          |
| <b>A Computer Journey</b>              | 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.  |             |                     |                    |           |          |
|  | 3/5 - 4/11   | TU/TH       | 9:30 am - 10:30 am  | Now                | \$5/\$10  | 380802-B |
|  | 4/23 - 5/30  | TU/TH       | 9:30 am - 10:30 am  | 3/6                | \$5/\$10  | 480802-A |
| <b>Digital Scrapbooking</b>            | 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   |             |                     |                    |           |          |
|  | 3/5 - 4/11   | TU/TH       | 11:00 am - 12:00 pm | Now                | \$5/\$10  | 380803-B |
|  | 4/23 - 5/30  | TU/TH       | 11:00 am - 12:00 pm | 3/6                | \$5/\$10  | 480803-A |
| <b>Quilting Corner</b>                 | Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.  |             |                     |                    |           |          |
|  | Apr - Jun  | M           | 10:00 am - 1:00 pm  | Now                | Free      | 480828-A |
|  | Apr - Jun  | M           | 2:30 pm - 5:30 pm   | Now                | Free      | 480829-A |
|  | <b>**No class on 5/27 (Memorial Day)**</b>   |             |                     |                    |           |          |
| <b>Cut and Chat</b>                    | 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. <b><i>(No registration required)</i></b>                             |             |                     |                    |           |          |
|  | Apr - Jun  | TH          | 10:00 am - 1:00 pm  | Now                | Free      |          |
|  | <b>**The 3rd Thursday of each month will be at 11:30 am** **</b>   |             |                     |                    |           |          |
| <b>Card/Paper Crafting Class</b>       | 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.  |             |                     |                    |           |          |
|  | Apr - Jun  | W           | 10:00 am - 12:00 pm | Now                | Free      | 480806-A |
| <b>Knitting &amp; Crocheting</b>       | Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.  |             |                     |                    |           |          |
|  | Apr - Jun  | TU          | 10:00 am - 12:00 pm | Now                | Free      | 480869-A |
| <b>Bag-Making</b>                      | 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.  |             |                     |                    |           |          |
|  | 3/2  | (Advance)   | SA                  | 9:30 am - 12:30 pm | Now       | \$5/\$7  |
|  | 3/23   | (Beginners) | SA                  | 9:30 am - 12:30 pm | Now       | \$5/\$7  |
|  | 4/13   | (Advance)   | SA                  | 9:30 am - 12:30 pm | 3/6       | \$5/\$7  |
|  | 4/20   | (Beginners) | SA                  | 9:30 am - 12:30 pm | 3/6       | \$5/\$7  |
|  | 5/4  | (Advance)   | SA                  | 9:30 am - 12:30 pm | 4/3       | \$5/\$7  |
|  | 5/18   | (Beginners) | SA                  | 9:30 am - 12:30 pm | 4/3       | \$5/\$7  |
| <b>Choral Group</b>                    | Come out and lend your voices to this amazing group, led by instructor Cari Barter. Senior Center membership required.   |             |                     |                    |           |          |
|  | Apr - Jun  | F           | 11:30 am - 1:00 pm  | Now                | Free      | 480878-A |
| <b>Music Jam Session</b>               | 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.   |             |                     |                    |           |          |
|  | Apr - Jun  | M           | 4:00 pm - 5:00 pm   | Now                | Free      |          |
|  | <b>**No class on 5/27 (Memorial Day)**</b>   |             |                     |                    |           |          |
| <b>Open Sewing</b>                     | Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use.  |             |                     |                    |           |          |
|  | Apr - Jun  | TU          | 1:00 pm - 3:00 pm   | Now                | Free      | 480877-A |
| <b>Open Craft (Stitchery)</b>          | Apr - Jun  | TH          | 6:00 pm - 8:00 pm   | Now                | Free      | 480879-A |

# Social Services & Wellness Programs

| Program  | Date (s)           | Day | Time                | Registration         |
|--|--------------------|-----|---------------------|----------------------|
| <b>Emergency Food Pantry</b>   | 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.  |                    |     |                     |                      |
| <b>SHINE Counselor</b>   | 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.  |                    |     |                     |                      |
| <b>Bereavement Support Group</b>   |                    | 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.   |                    |     |                     |                      |
| <b>Blood Pressure Check</b><br>(Sunrise Fire Rescue)   | 3/8,4/12, 5/3      | F   | 11:00 am            | Walk-ins welcome     |
| <b>Property Tax Exemption Assistance</b>   | 3/8, 4/12, 5/10    | F   | 10:00 am - 11:30 am | Walk-ins welcome     |
| <b>Additional hours</b>  | 3/20, 4/17, 5/15   | 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.                      |                    |     |                     |                      |
| <b>Veteran's Advisor</b>   | 3/8, 4/12, 5/10    | 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.*   |                    |     |                     |                      |
| <b>F.L.O.W.</b>  | 4/10               | 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 <a href="https://www.flhsmv.gov/driver-licenses">https://www.flhsmv.gov/driver-licenses</a> . For more information call 954-746-3670. This service is available to all Broward Co. residents. <b>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</b> |                    |     |                     |                      |
| <b>Kidney Disease Awareness Lecture</b>  | 3/8                | F   | 10:00 am - 11:30 am | Call to sign up      |
| 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.   |                    |     |                     |                      |
| <b>The Aging Mouth Lecture</b>   | 4/12               | F   | 10:00 am - 11:30 am | Call to sign up      |
| Nearly all adults (96%) aged 65 years or older have had a cavity; 1 in 5 have untreated tooth decay. About 2 in 3 (68%) adults aged 65 years or older have gum disease. Join a Dentist from Horizon Dental Practice and find out how to achieve a healthy mouth. A light lunch will be provided to all pre-registered participants.  |                    |     |                     |                      |

# Senior Trips

| Program | Date(s) | Day(s) | Time | Fee | Activity # |
|---------|---------|--------|------|-----|------------|
|---------|---------|--------|------|-----|------------|

## 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  
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  
Celebrate the 62<sup>nd</sup> 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  
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  
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 480841-B  
Get to know the Flagler Museum on a one-hour docent led group tour of the first floor of Whitehall. 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.

## April Ticket Sale Members 4/5: Non-Members 4/12

**Micosukee Casino** 5/7 TU 9:00 am - 3:30 pm \$5/\$7 480826-B  
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own

**Aventura Mall** 5/14 TU 9:00 am - 3:30 pm \$5/\$7 480846-A  
Located in Aventura, this is the largest mall in Florida. Get ready to Shop! Visit one of the many restaurants or the food court for lunch on your own.

**Marlins vs Mets** 5/19 SU 11:00 am - 5:30 pm \$53/\$55 480837-A  
Baseball season has arrived! Don't miss your chance to see thee Marlins take on the Mets. These tickets are limited and won't last long. Seats are in Section 14, Rows 14 – 16. (Seats may be subject to change)

**Bulk Candy Store Tour** 5/28 TU 9:00 am - 2:30 pm \$15/\$17 480842-B  
Take a 45minutes tour through candy's history at one of the most unique candy stores you'll ever see. Learn how your favorite candies are made and packaged, as you are introduced to the history of candy. You'll encounter rooms with two story ceilings, decorated top to bottom in candy. You'll receive candy samples, and be able to shop all the store has to offer. Afterwards lunch on own at Duffy's Sports Grill.

## May Ticket Sale Members 5/3: Non-Members 5/10

**Harrah's Casino** 6/4 TU 9:00 am - 3:00 pm \$5/\$7 480826-C  
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

**Fishing Trip** 6/13 TH 7:30 am - 2:00 pm \$54/\$56 480844-A  
4-hour fishing trip aboard the 55' Mary B III. Everything needed (rods, bait, tackle, licenses) included. NO EXPERIENCE NECESSARY. Experienced, professional and friendly crew, ready to assist. Pack a lunch and refreshments! \*\*Please note that the waters can get choppy. If you are susceptible to sea sickness, this might not be the trip for you!\*\*

**Board and Brush** 6/19 W 4:30 pm - 8:30 pm \$40/\$42 480842-C  
Is your inner DIY itching for a fun new project with friends? Then look no further, this trip is for you! Join your peers at Board & Brush, and enjoy the fully hands on process of creating your own DIY wood sign. After picking, distressing, sanding, painting and stenciling your wood, you'll leave with a unique piece that YOU created. Feel free to bring your own refreshments and snacks.

**Wellington Green Mall & Trader Joe's** 6/27 TH 9:00 am - 3:30 pm \$5/\$7 480846-B  
Experience a premier shopping destination in West Palm Beach for your shopping needs. Enjoy lunch on your own at one of the many dine-in restaurants, or grab a quick bite in the Food Court. Then visit Trader Joe's, where you can find great quality items at great prices.

# 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 **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>Apr</u> | M | 9:45 am - 10:45 am | Now | \$15/\$17 | 480870-A |
|            | F | 9:30 am - 10:30 am | Now | \$12/\$14 | 480870-B |
| <u>May</u> | M | 9:45 am - 10:45 am | 4/3 | \$9/\$11  | 480870-C |
|            | F | 9:30 am - 10:30 am | 4/3 | \$15/\$17 | 480870-D |
| <u>Jun</u> | M | 9:45 am - 10:45 am | 5/1 | \$12/\$14 | 480870-E |
|            | F | 9:30 am - 10:30 am | 5/1 | \$12/\$14 | 480870-F |

**\*\*No class on 5/27 (Memorial 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>Apr</u> | M | 6:00 pm - 7:00 pm | Now | \$15/\$17 | 480856-A |
| <u>May</u> | M | 6:00 pm - 7:00 pm | 4/3 | \$9/\$11  | 480856-B |
| <u>Jun</u> | M | 6:00 pm - 7:00 pm | 5/1 | \$12/\$14 | 480856-C |

**\*\*No class on 5/27 (Memorial 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>Apr</u> | TU | 5:30 pm - 6:30 pm | N/A | Free |  |
| <u>May</u> | TU | 5:30 pm - 6:30 pm | N/A | Free |  |
| <u>Jun</u> | TU | 5:30 pm - 6:30 pm | N/A | Free |  |

**Floor Yoga** (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>Apr</u> | W | 12:30 pm - 1:30 pm | N/A | Free |  |
| <u>May</u> | W | 12:30 pm - 1:30 pm | N/A | Free |  |
| <u>Jun</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>Apr</u> | W      | 11:00 am - 12:00 pm | Now         | \$12/\$14 | 480864-A  |
| <u>May</u> | W      | 11:00 am - 12:00 pm | 4/3         | \$15/\$17 | 480864-B  |
| <u>Jun</u> | W      | 11:00 am - 12:00 pm | 5/1         | \$12/\$14 | 480864-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>Apr</u> | W  | 5:00 pm - 6:00 pm  | N/A | Free |  |
|            | TH | 9:30 am - 10:30 am | N/A | Free |  |
| <u>May</u> | W  | 5:00 pm - 6:00 pm  | N/A | Free |  |
|            | TH | 9:30 am - 10:30 am | N/A | Free |  |
| <u>Jun</u> | W  | 5:00 pm - 6:00 pm  | N/A | Free |  |
|            | TH | 9:30 am - 10:30 am | N/A | Free |  |

**\*\*\*No class on 4/18, 5/1, 5/8, 5/15\*\***

**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>Apr</u> | <b>Beginners Tai Chi</b>   | TH | 5:00 pm - 5:45 pm | N/A | Free |
|            | <b>Int and Adv Tai Chi</b> | TH | 6:00 pm - 6:45 pm | N/A | Free |
| <u>May</u> | <b>Beginners Tai Chi</b>   | TH | 5:00 pm - 5:45 pm | N/A | Free |
|            | <b>Int and Adv Tai Chi</b> | TH | 6:00 pm - 6:45 pm | N/A | Free |
| <u>Jun</u> | <b>Beginners Tai Chi</b>   | TH | 5:00 pm - 5:45 pm | N/A | Free |
|            | <b>Int and Adv Tai Chi</b> | 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>Apr</u> | SA | 10:15 am - 11:15 am | Now | \$12/\$14 | 480852-A |
| <u>May</u> | SA | 10:15 am - 11:15 am | 4/3 | \$12/\$14 | 480852-B |
| <u>Jun</u> | SA | 10:15 am - 11:15 am | 5/1 | \$15/\$17 | 480852-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>Apr - Jun</u> | TU/TH | 9:00 am - 9:45 am | Now | Free | 480891-A |
|------------------|-------|-------------------|-----|------|----------|

**\*\*No Class on 4/18\*\***



| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   | <i>Saturday</i>  |  <b>Trip &amp; Ticket Policies</b>   |
|--|---|--|---|---|--|--|
| 9:00 am - 9:30 am<br>Tai Chi (DVD)   | 9:00 am - 9:30 am<br>Tai Chi (DVD)                          | 9:00 am - 9:30 am<br>Tai Chi (DVD)                                   | 9:00 am - 9:30 am<br>Tai Chi (DVD)  | 8:45 am - 9:15 am<br>Tai Chi (DVD)                                    | 9:00 am - 10:00 am<br>Color to the Classics  | <p>No tickets will be sold before the published sale date. <b>Sales commence at 8:30 am.</b> Current I.D. cards must be presented for any transaction.</p> <p>Members <b>MUST</b> 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, <b>birth date and phone number</b> 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><b><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></b></p> |
| 9:00 am - 12:00 pm<br>Open Ping Pong (Multipurpose B)                                  | 9:00 am - 9:45 am<br>Aqua Fitness (Civic Center Pool)       | 9:45 am - 10:45 am<br>Walk Your Way to Health (DVD)                  | 9:00 am - 9:45 am<br>Aqua Fitness (Civic Center Pool)                                     | 9:30 am - 10:30 am<br>Total Body Fitness w/ Alli                      | 9:30 am - 11:30 am<br>Puzzle Exchange  |  |
| 9:45 am - 10:45 am<br>Total Body Fitness w/ Alli                                       | 9:00 am - 12:00 pm<br>Mahjong                               | 10:00 am - 12:00 pm<br>Paper/Card Crafting Class                     | 9:30 am - 10:30 am<br>A Computer Journey with Steve Fleisch                               | 10:00 am - 12:00 pm<br>Chess Club                                     | 9:30 am - 12:30 pm<br>Bag Making Workshop<br><i>(Twice a month, see schedule for dates)</i>  |  |
| 10:00 am - 1:00 pm<br>Quilting Corner  | 9:00 am - 12:00 pm<br>Wood Carving                          | 11:00 am - 12:00 pm<br>Latin Dance ( <b>Lidia</b> )                  | 9:45 am - 11:15 am<br>Bereavement Support Group ( <b>Continuum Care Counselor</b> )       | 10:45 am - 11:30 am<br>Zumba Cardio (DVD)                             | 10:00 am - 12:00 pm<br>Photography Class<br><i>(See Calendar for class dates)</i>  |  |
| 10:30 am - 12:00 pm<br>Beginners Beading   | 9:30 am - 10:30 am<br>A Computer Journey with Steve Fleisch | 12:00 pm - 2:30 pm<br>Bowling League @ Strikers                      | 9:30 am - 10:30 am<br>Flex and Stretch w/ Darius  | 11:45 am - 12:45 pm<br>Walk Your Way to Health (DVD)                  | 10:15 am - 11:15 am<br>Step Up to Fitness w/ Rosie   |  |
| 11:00 am Start Time<br>Classic Movie   | 10:00 am - 12:00 pm<br>Knitting & Crocheting                | 12:30 pm - 1:30 pm<br>YOGA ( <b>Baptist Health</b> )                 | 10:00 am - 11:00 am<br>Line Dancing   | 11:30 am - 1:00 pm<br>Choral Group<br><b>(Director - Cari Barter)</b> |  |  |
| 12:30 pm - 2:30 pm<br>Open Beading   | 10:00 am - 4:30 pm<br>Open Ping Pong                        | 12:30 pm - 3:30 pm<br>Open Game Play                                 | 11:00 am - 12:00 pm<br>Digital Scrapbooking with Steve Fleisch                            | 1:00 pm - 2:30 pm<br>Bingo  |  <p><b>Closed In Observance of:</b></p> <p>Memorial Day<br/>Monday, May 27, 2024</p> |  |
| 1:30 pm - 3:30 pm<br>Monday Mixer Dance<br><b>*Senior Center Membership Required*</b>  | 10:00 am - 11:15 am<br>Line Dancing                         | 1:00 pm - 2:30 pm<br>Let's Talk Discussion Group                     | 11:00 am - 1:00 pm<br>Billiards Lessons with Robb Timm<br><b>(Register at Front Desk)</b> | 1:30 pm - 3:30 pm<br>Open Painting                                    |  |  |
| 2:30 pm - 5:30 pm<br>Quilting Corner   | 11:30 am - 12:30 pm<br>Walk Your Way to Health (DVD)        | 2:00 pm - 3:30 pm<br>Beginners ESOL                                  | 12:30 pm - 3:30 pm<br>Open Ping Pong (Multipurpose B)                                     |   |  |  |
| 4:00 pm - 5:00 pm<br>Musical Instrument Jam Session<br><b>(Instructor Cari Barter)</b> | 11:30 am Start Time<br>New Release Movie                    | 2:30 pm - 3:30 pm<br>Life Changes Discussion Group<br><b>(VITAS)</b> | 1:00 pm - 1:45 pm<br>Chair Yoga (DVD)   |   |  |  |
| 6:15 pm - 6:45 pm<br>Intermediate/Advance ESOL   | 1:00 pm - 3:00 pm<br>Open Sewing                            | 3:00 pm - 5:00 pm<br>Women's Bocce League<br>(Nob Hill Soccer Park)  | 5:00 pm - 5:45 pm<br>Beginners Tai Chi (AAABC)  |   |  |  |
| 6:00 pm - 7:00 pm<br>Full Body Cardio w/ Rosie   | 2:00 pm - 4:00 pm<br>Theatre Group                          | 5:00 pm - 6:00 pm<br>Flex and Stretch w/ Darius                      | 6:00 pm - 6:45 pm<br>Int/Adv Tai Chi (AAABC)  |   |  |  |
|  | 5:30 pm - 6:30 pm<br>Zumba Gold ( <b>Baptist Health</b> )   |  | 6:30 pm - 8:00 pm<br>Open Crafts  |   |  |  |
|  | 7:00 pm - 9:00 pm<br>Scottish Dancing                       |  |   |   |  |  |
| <b>MONTHLY GROUP MEETINGS</b>  |   |  |   |   |  |  |
| **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>                         |   |  |   |   |  |  |

| <b>Monday Classic Movies - 11:00 am</b> |   |      | <b>At The Movies</b> |      |                      | <b>Tuesday New Release Movies - 11:30 am</b> |           |      |                    |      |              |
|---|---|------|----------------------|------|----------------------|--|-----------|------|--------------------|------|--------------|
| 3/4                                     | The Shop Around the Corner  | 1940 | 1:39 mins            | 4/1  | Alien                | 1979   | 1:57 mins | 3/5  | Action & Adventure | 4/2  | Comedy       |
| 3/11                                    | Alfred Hitchcock's Notorious  | 1946 | 1:42 mins            | 4/8  | Airplane!            | 1980   | 1:28 mins | 3/12 | Classic            | 4/9  | Sports Movie |
| 3/18                                    | On the Waterfront   | 1954 | 1:48 mins            | 4/15 | Before Sunrise       | 1995   | 1:41 mins | 3/19 | Romance            | 4/16 | Drama        |
| 3/25                                    | Dr. Strangelove or:<br>How I Learned to Stop Worrying and Love the Bomb | 1964 | 1:35 mins            | 4/22 | The Truman Show      | 1998   | 1:43 mins | 3/26 | Thriller           | 4/23 | Comedy       |
|   |   |      |                      | 4/29 | Little Miss Sunshine | 2006   | 1:41 mins |      |                    | 4/30 | 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**