

May / June 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

Auditions	6/18	TU	6:30 pm - 8:30 pm	Now	Free
Auditions for four short plays are scheduled for June 18th from 6:30pm to 8:30pm, and the show date is set for August 20th at 2pm. Two of the plays are by Tom Misurca, known for "Golden Age," and the other two are by Mark Harvey Levine. Volunteer Dennis Bader will be directing. We look forward to seeing our members at auditions. For more information, visit the Senior Center Front Desk or call 954-746-3670.					

Senior Cooking Club

May - Ultimate Appetizers 480816-B	5/24	F	10:00 am - 1:00 pm	Now	\$6/\$8
June - Savoring Summer 480816-C	6/28	F	10:00 am - 1:00 pm	5/3	\$6/\$8
July - One Pan Dishes 180816-A	7/26	F	10:00 am - 1:00 pm	6/7	\$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 Leavers" By: Lisa Ko	5/24	F	12:00 pm - 1:00 pm	Now	Free
"The Rosie Project" By: Graeme Simsion	6/28	F	12:00 pm - 1:00 pm	5/3	Free

Scottish Dancing Program

Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free
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Date(s)	Day(s)	Time	Register On	Fee	Activity
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AARP Safe Drivers Course	5/16	TH	9:00 am - 3:00 pm	Now	\$20/\$25	480853-B
No AARP Class in June						
	7/18	TH	9:00 am - 3:00 pm	Now	\$20/\$25	180853-A

****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.****



May/June 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
Choral Group Program Showcase	5/7	TU	11:00 am - 12:30 pm	Now	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.					
Mother's Day Derby Social	5/10	F	1:00 pm - 3:00 pm	Now	\$8/\$10
Celebrate Mother's Day in style with our derby-themed social! Join us for an unforgettable afternoon filled with elegance, excitement, and, of course, a touch of Southern charm. Put on your finest derby attire, complete with extravagant hats and dapper suits, and prepare to be whisked away to the world of horse racing. Enjoy a delicious Derby themed lunch, a live DJ, and fun games and activities for all. This event promises an afternoon of fun, laughter, and love. So grab your hat and join us for a day that's sure to be a winner! Activity # 480822-A					
Bunco	5/23	TH	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 # 480818-A					
Senior Center Art Exhibition Opening Night Reception	6/7	F	6:00 pm - 8:00 pm	Now	Free
You are cordially invited to the opening reception of the Seniors Creative Programs Exhibition, at the Civic Center Art Gallery. Join us in celebrating the creative endeavors of our seniors as they showcase their passions for photography, quilting, jewelry design, Knitting/crocheting and more. From a collection of captivating photos, to beautifully crafted needlework, and stunning jewelry, you will be amazed by the skillful work of your fellow Senior Center members. The exhibit will run from Friday, June 7 to Saturday, June 22. Call (954) 746-3670 or stop by the front desk to reserve your space.					
"The Intergenerational Coffee House Experience"	6/12	W	6:00 pm - 8:00 pm	Now	Free
Come out and showcase your skills, or just sit, sip and listen, to some local talents. This time we are opening up the experience and allowing high school students who want to share their talents to join us creating an evening you will be talking about long after it's over. Enjoy a combination of live music, spoken word and more in this coffee house setting. It will be hosted by volunteer Dennis Bader. So grab your instrument, warm up those vocal chords, memorize your spoken words poetry, and come participate.					
Craft Class: Epoxy Resin DIY Project	6/14	F	10:00 am - 11:30 am	5/3	\$6/\$8
Epoxy Resin is a adaptable material that can be molded into many things. This class we will create a few pieces of art-work such as a pendant for a necklace or keychain and a wine stopper. We will learn how to mix, pour and cure the epoxy resin. You can even choose different colors and object to add in your piece. This is great for gifts or something to cherish of your own. <i>All materials will be provided.</i> Activity # 480801-C					
Lunch Bunch Hot Dog & Pasta Salad	6/26	W	12:00 pm - 12:45 pm	5/1	\$5/\$7
This lunch will have us gearing up for Summer. Serving up an all beef kosher hot dog with all the typical toppings and a side dish that is just delicious. Our pasta salad side will have all the fixings such as fresh veggies, mozzarella, and a savory dressing. Plus, guest will get a sweet treat at the end of lunch. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 480807-A					



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.					
	5/6 - 5/20	M	10:30 am - 12:00 pm	4/1	Free	480814-B
	6/3 - 6/24	M	10:30 am - 12:00 pm	5/6	Free	480814-C
	7/1 - 7/29	M	10:30 am - 12:00 pm	6/3	Free	180814-A
	No class on 5/27 (Memorial 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 5/27 (Memorial Day)**					
Wood Carving	Weekly	TU	9:00 am - 12:00 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.*					
	4/6 - 5/11	SA	10:00 am - 12:00 pm	Now	\$30/\$32	480833-A
	7/20 - 8/24	SA	10:00 am - 12:00 pm	6/5	\$30/\$32	180833-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	5/20 - 7/1	M	6:15 pm - 7:45 pm	4/1	\$5/\$10	480821-A
	7/22 - 8/26	M	6:15 pm - 7:45 pm	6/5	\$5/\$10	480821-B
Beginners ESOL	5/22 - 7/3	W	2:00 pm - 3:30 pm	4/3	\$5/\$10	480817-A
	7/24 - 8/28	W	2:00 pm - 3:30 pm	6/5	\$5/\$10	480817-B
	No class on 5/27 (Memorial Day), and 5/29					
Conversational English Workshop	5/13 - 5/16	M - TH	4:00 pm - 6:00 pm	4/1	\$5/\$10	480868-B
	6/10 - 6/13	M - TH	4:00 pm - 6:00 pm	5/1	\$5/\$10	480868-C
	7/8 - 7/11	M - TH	4:00 pm - 6:00 pm	6/5	\$5/\$10	180868-A
	The Conversational English Workshops are taught by volunteer instructor Don Pedro Gueraud					
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.					
	6/11 - 7/23	TU/TH	9:30 am - 10:30 am	5/1	\$5/\$10	480802-B
	8/6 - 9/12	TU/TH	9:30 am - 10:30 am	7/3	\$5/\$10	180802-A
	No class on 9/2 (Labor Day)					
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					
	6/11 - 7/23	TU/TH	11:00 am - 12:00 pm	5/1	\$5/\$10	480803-B
	8/6 - 9/12	TU/TH	11:00 am - 12:00 pm	7/3	\$5/\$10	180803-A
	No class on 9/2 (Labor Day)					
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Jul - Sep	M	10:00 am - 1:00 pm	6/5	Free	180828-A
	Jul - Sep	M	2:30 pm - 5:30 pm	6/5	Free	180829-A
	No class on 9/2 (Labor 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>					
	Apr - 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.					
	Jul - Sep	W	10:00 am - 12:00 pm	6/5	Free	180806-A
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Jul - Sep	TU	10:00 am - 12:00 pm	6/5	Free	180869-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. Stop by Front Desk for supply list and sample swatches.					
	5/4	(Pre-work)	SA	9:30 am - 12:30 pm	Now	\$5/\$7
	5/18	(Assembly)	SA	9:30 am - 12:30 pm	Now	
	6/8	(Pre-work)	SA	9:30 am - 12:30 pm	5/1	\$5/\$7
	6/22	(Assembly)	SA	9:30 am - 12:30 pm	5/1	
	7/13	(Pre-work)	SA	9:30 am - 12:30 pm	6/5	\$5/\$7
	7/20	(Assembly)	SA	9:30 am - 12:30 pm	6/5	
Choral Group	Come out and lend your voices to this amazing group, led by instructor Cari Barter. Senior Center membership required.					
	Jul - Sep	F	11:30 am - 1:00 pm	6/5	Free	180878-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.					
	Jul - Sep	M	4:00 pm - 5:00 pm	6/5	Free	
	No class on 9/2 (Labor Day)					
Open Sewing	Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use.					
	Jul - Sep	TU	1:00 pm - 3:00 pm	6/5	Free	180877-A
Open Craft (Stitchery)	Jul - Sep	TH	6:00 pm - 8:00 pm	6/5	Free	180879-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	5/3, 6/14, 7/12	F	11:00 am	Walk-ins welcome
(Sunrise Fire Rescue)				
Property Tax Exemption Assistance	5/10, 6,14, 7/12	F	10:00 am - 11:30 am	Walk-ins welcome
Additional hours	5/15, 6/19, 7/17	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	6/14 & 7/12	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 INDEFINITELY**			
The Department of Motor Vehicles (DMV), has suspended their Florida Licensing on Wheels mobile unit indefinitely. We will update you if and when there is a change to this status. Note: This is not a City run program, the Senior Center does not control the scheduling and operation of this program.				
Life Changes Group	1st & 3rd (New time)	W	2:30 pm - 3:30 pm	Walk-ins welcome
VITAS Health Care will be facilitating this support group with a counselor to talk about "Life Changes". This group is designed to help people deal with changes related to the aging process. It is a peer support group, talk about the seasons of your life and how with each season there are new changes and challenges. Learn how others cope, or deal with what they are going through.				
Diabetes and Long-Term Effects Lecture	5/3	F	10:00 am - 11:30 am	Call to sign up
Dr. Baez is board certified in Internal Medicine and Nephrology. He will be speaking about what Diabetes can do to the body if left undiagnosed or not properly treated. Over time, high blood glucose levels can damage the body's organs. Learn what you can do to manage the disease. A light lunch will be provided to all pre-registered participants. Sponsored by Gold Kidney Health Plan				
Fall Prevention Lecture	6/14	F	10:00 am - 11:30 am	Call to sign up
Each year, over 3 million people are treated in emergency room due to fall related injuries. Attend this informative Lecture by Recharge Physical Therapy to learn fall prevention tips and ways to improve your balance and leg strength. A light lunch will be provide to all pre-registered participants.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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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
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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.

Fishing Trip	6/13	TH	7:30 am - 2:00 pm	\$54/\$56	480844-A
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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
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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
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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.

June Ticket Sale Members 6/7: Non-Members 6/14

Palm Beach Outlet Mall	7/9	TU	9:00 am - 3:30 pm	\$5/\$7	180846-A
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Located in the heart of Palm Beach County, this outlet mall features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one of the many restaurants for lunch on your own.

Gulfstream Casino	7/16	TU	9:00 am - 3:00 pm	\$5/\$7	180826-A
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Feeling lucky? Enjoy a great day at the casino! Enjoy lunch on your own.

Perez Art Museum	7/25	TH	10:00 am - 3:30 pm	\$17/\$19	180841-A
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Participate in a memorable and unique one hour guided tour of Modern and Contemporary art pieces housed at the Perez Museum. Then enjoy lunch on your own at one of the many eateries at Bayside.

Festival Flea Market	7/30	TU	9:00 am - 3:30 pm	\$5/\$7	180846-B
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Shop to your heart's content and enjoy lunch on your own at the largest indoor flea market in Florida. At over a quarter-mile long and featuring over 500 stores with name brand merchandise at below outlet prices, this is shopping excursion you won't want to miss.

July Ticket Sale Members 7/5: Non-Members 7/12

Frost Science Museum	8/6	TU	9:00 am - 3:30 pm	\$30/\$32	180841-B
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Explore the world of science and technology, the oceans and outer space through dazzling and interactive exhibitions. Enjoy special exhibitions, a planetarium show, and animal encounters. No outside food or beverage permitted inside the museum. Lunch on your own at the Café.

Dolphin Mall	8/13	TU	9:00 am - 3:00 pm	\$5/\$7	180846-B
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It's time for some shopping at Dolphin Mall. With a wide array of retail stores and restaurants, you will be sure to find something that fits your interest. Lunch is on your own.

Seminole Hard Rock Casino	8/22	TH	9:00 am - 3:30 pm	\$5/\$7	180826-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.

Dauer Museum of Classic Cars	8/29	TH	9:30 am - 2:30 pm	\$23/\$25	180841-C
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Travel back in time at Dauer Classic Cars and immerse yourself in America's stunning history. From cars to memorabilia, devices to science and technology too, this blast from the past will leave you feeling inspired by our history and eager for the future. Afterwards, the group will head to the Colonnades at Sawgrass Mall 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).					
	May	M	9:45 am - 10:45 am	Now	\$9/\$11	480870-C
		F	9:30 am - 10:30 am	Now	\$15/\$17	480870-D
	Jun	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
	Jul	M	9:45 am - 10:45 am	6/5	\$15/\$17	180870-A
		F	9:30 am - 10:30 am	6/5	\$12/\$14	180870-B

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.					
	May	M	6:00 pm - 7:00 pm	Now	\$9/\$11	480856-B
	Jun	M	6:00 pm - 7:00 pm	5/1	\$12/\$14	480856-C
	Jul	M	6:00 pm - 7:00 pm	6/5	\$15/\$17	180856-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.					
	May	TU	5:30 pm - 6:30 pm	N/A	Free	
		SA	11:30 am - 12:30 pm	N/A	Free	
	Jun	TU	5:30 pm - 6:30 pm	N/A	Free	
		SA	11:30 am - 12:30 pm	N/A	Free	
	Jul	TU	5:30 pm - 6:30 pm	N/A	Free	
		SA	11:30 am - 12:30 pm	N/A	Free	

Floor/Chair 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.					
	May (Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free	
	May (Floor)	W	2:30 pm - 3:30 pm	N/A	Free	
	Jun (Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free	
	Jun (Floor)	W	2:30 pm - 3:30 pm	N/A	Free	
	Jul (Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free	
	Jul (Floor)	W	2:30 pm - 3:30 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.					
	May	W	11:00 am - 12:00 pm	Now	\$15/\$17	480864-B
	Jun	W	11:00 am - 12:00 pm	5/1	\$12/\$14	480864-C
	Jul	W	11:00 am - 12:00 pm	6/5	\$15/\$17	180864-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.					
	May	W	5:00 pm - 6:00 pm	N/A	Free	
		TH	9:30 am - 10:30 am	N/A	Free	
	Jun	W	5:00 pm - 6:00 pm	N/A	Free	
		TH	9:30 am - 10:30 am	N/A	Free	
	Jul	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.					
	May	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
	Jun	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
	Jul	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.					
	May	SA	10:15 am - 11:15 am	Now	\$12/\$14	480852-B
	Jun	SA	10:15 am - 11:15 am	5/1	\$15/\$17	480852-C
	Jul	SA	10:15 am - 11:15 am	6/5	\$12/\$14	180852-A

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.					
	Jul - Sep	TU/TH	9:00 am - 9:45 am	6/5	Free	180891-A

<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)	8:45 am - 9:15 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>
9:00 am - 12:00 pm Open Ping Pong (Multipurpose B)	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	
9:45 am - 10:45 am Total Body Fitness w/ Alli	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	10:45 am - 11:30 am Zumba Cardio (DVD)	9:30 am - 12:30 pm Bag Making Workshop <i>(Twice a month, see schedule for dates)</i>	
10:00 am - 1:00 pm Quilting Corner	9:00 am - 12:00 pm Wood Carving	11:00 am - 12:00 pm Latin Dance (Lidia)	9:45 am - 11:15 am Bereavement Support Group (Continuum Care Counselor)	11:30 am - 1:00 pm Choral Group (Director - Cari Barter)	10:00 am - 12:00 pm Photography Class <i>(See Calendar for class dates)</i>	
10:30 am - 12:00 pm Beginners Beading	9:30 am - 10:30 am A Computer Journey with Steve Fleisch	12:00 pm - 2:30 pm Bowling League @ Strikers	9:30 am - 10:30 am Flex and Stretch w/ Darius	11:45 am - 12:45 pm Walk Your Way to Health (DVD)	10:15 am - 11:15 am Step Up to Fitness w/ Rosie	
11:00 am Start Time Classic Movie	10:00 am - 12:00 pm Knitting & Crocheting	1:15 pm - 2:15 pm Chair Yoga (Baptist Health) (2nd & 4th Wednesdays ONLY)	10:00 am - 11:00 am Line Dancing	1:00 pm - 2:30 pm Bingo	11:30 am - 12:30 pm Zumba Gold (Baptist Health)	
12:30 pm - 2:30 pm Open Beading	10:00 am - 11:15 am Line Dancing	12:30 pm - 3:30 pm Open Game Play	11:00 am - 12:00 pm Digital Scrapbooking with Steve Fleisch	1:30 pm - 3:30 pm Open Painting	 <p>Closed In Observance of:</p> <p>Memorial Day Monday, May 27, 2024</p> <p>&</p> <p>Independence Day Thursday, July 4, 2024</p>	
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	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 - 1:00 pm Billiards Lessons with Robb Timm (Register at Front Desk)			
2:30 pm - 5:30 pm Quilting Corner	11:30 am Start Time New Release Movie	1:30 pm - 3:30 pm Open Painting	12:30 pm - 3:30 pm Open Ping Pong (Multipurpose B)			
4:00 pm - 5:00 pm Musical Instrument Jam Session (Instructor Cari Barter)	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)			
6:15 pm - 6:45 pm Intermediate/Advance ESOL	2:00 pm - 4:00 pm Theatre Group	2:30 pm - 3:30 pm Floor Yoga (Baptist Health)	5:00 pm - 5:45 pm Beginners Tai Chi (AAABC)			
6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)	2:30 pm - 3:30 pm (1st & 3rd Wednesdays ONLY) Life Changes Discussion Group (VITAS)	6:00 pm - 6:45 pm Int/Adv Tai Chi (AAABC)			
	7:00 pm - 9:00 pm Scottish Dancing	5:00 pm - 6:00 pm Flex and Stretch w/ Darius	6:30 pm - 8:00 pm Open Crafts			
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						
5/6	Strangers on a Train	1951	1:41 mins	6/3	Little Women	1949	2:02 mins	5/7	NO MOVIE—CHORAL SPRING SHOWCASE	6/4	Damsel	PG-13
5/13	Rope	1948	1:20 mins	6/10	Meet the Fockers	2004	1:55 mins	5/14	The Beautiful Game	6/11	Tick, Tick ... BOOM!	PG-13
5/20	Roman Holiday	1953	1:58 mins	6/17	Jezebel	1938	1:44 mins	5/21	Baby Driver	6/18	Tyson's Run	PG
5/27	NO MOVIE—MEMORIAL DAY			6/24	Chicago	2002	1:53 mins	5/28	Man on the Run	6/25	The In Between	PG-13

New Format: New Release Movies are Netflix Movies and subject to change.