

July/ August 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. ***RESUMES ON OCTOBER 1st ***

Senior Theatre Group Presents "8 Theatre Shorts" 8/20 TU 2:00 pm Now Free
Free
Join our theatre group for their presentation of eight theatre short plays. Two of the plays are by Tom Misurca, known for "Golden Age," and two are by Mark Harvey Levine. Volunteer Dennis Bader will be directing. This production is brought to you by 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
July - NO CLASS
August - Summer Brunch 180816-B 8/23 F 10:00 am - 1:00 pm 7/5 \$6/\$8
September - Fall is in the Air 180816-C 9/27 F 10:00 am - 1:00 pm 8/2 \$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.
"The Ball at Versailles" 7/26 F 12:00 pm - 1:00 pm Now Free
By: Danielle Steel
"The Heaven & Earth Grocery Store" 8/23 F 12:00 pm - 1:00 pm Now Free
By: James McBride

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

	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	7/18	TH	9:00 am - 3:00 pm	Now	\$20/\$25	180853-A
	9/19	TH	9:00 am - 3:00 pm	8/5	\$20/\$25	180853-B

****AARP classes are now being offered on an every other month basis. Please stop by the front desk or contact the Senior Center 954-746-3670 to confirm program occurrence.****

Game Show With Bruce Martin 7/24 W 12:00 pm - 1:30 pm Now Free
Join us for some fun and entertainment as we host "Game Show Night", in the afternoon. The event 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.

July/August 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
"The Coffee House Experience" 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. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!	7/10 & 8/14	W	6:00 pm - 8:00 pm	Now	Free
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity # 180818-A	7/11	TH	1:30 pm - 3:00 pm	Now	\$5/\$7
Outliving Retirement Lecture In this insightful lecture, we will explore the critical topic of outliving retirement savings, a growing concern for many as life expectancies increase. Attendees will gain valuable knowledge on how to plan and manage their finances to ensure a comfortable retirement, regardless of how long it lasts. Whether you are nearing retirement or already retired, this lecture will equip you with the tools and knowledge needed to safeguard your financial future. This lecture will be presented by PR2U. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!	7/17	W	6:00 pm - 7:00 pm	Sign up Now	Free
F.L.O.W. 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.	8/7	W	10:00 am - 1:30 pm	By Appointment Only	
"Out to Pasture" Podcast Introduction Join us for a special presentation with former Miami Dolphins player Kim Bokamper. Bokamper, a Pro Bowl linebacker and defensive end, and member of the legendary "Killer B's" Defense, has transitioned into a successful media personality and restaurateur. Now, at 69, "Bo" has teamed up with his long-time friend and former teammate, Joe Rose, to launch the "Out to Pasture" podcast. While Bo and Joe are now closer to their 70s than their 20s, they still love to laugh, learn, and share conversations with friends about aging, living fully, and more. Learn about their podcast and others. Light refreshments will be served. Call (954) 746-3670 or visit the Senior Center Front Desk to sign up!	8/7	W	6:00 pm - 8:00 pm	Now	Free
Craft Class: Faux Stained Glass Art Work For this months craft class we will be making our art work by sketching an outline and making a beautiful light-catching piece of art. Whether you're looking to create a stunning window piece, a unique gift, or just to add some color to your home, a stained glass art class is just what you need. All materials will be provided. Activity # 180801-A	8/16	F	10:00 am - 11:30 am	7/5	\$6/\$8
Lunch Bunch Flat Bread Pizza & Salad The flatbread pizza is a twist on a classic favorite dish with a thin crust topped with your choice of cheese, pepperoni or veggies. This choice will be made when you sign up for the class. Our side salad will be a refreshing complement to your pizza with all fresh ingredients. This combination creates a balanced meal, perfect for a mid-day break. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 180807-A	8/21	W	12:00 pm - 12:45 pm	7/5	\$5/\$7
Alzheimer's Lecture Join us for a comprehensive lecture on Alzheimer's disease, where you will learn about the latest insights and advances in the field. This session is for anyone interested in learning more about this challenging condition. Gain a deeper understanding of Alzheimer's and equip yourself with knowledge to make informed decisions and provide better care. Explore the complexities of this disease and the hope offered by ongoing research and innovation. This lecture will be presented by PR2U. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up!	8/21	W	6:00 pm - 7:00 pm	Sign up Now	Free
Grandparents Day Event Bring your grandchildren of all ages. No grandchildren? No problem. Come and enjoy an afternoon filled with music, dancing, activities and treats. This is a free event and space is limited! Senior Center membership required. Please call 954-746-3670 or stop by the Senior Center Front Desk to RSVP. Event location, Senior Center Multipurpose Rooms.	9/10	TU	2:00 pm - 4:00 pm	Now	Free
Common Exercise & Sports Injury Lecture Join us for an enlightening lecture on "Common Exercise and Sports Injuries." Learn about typical injuries such as sprains, strains, fractures, and tendonitis from an expert. Discover effective prevention strategies, treatment options, and recovery tips to stay active and healthy. This session is ideal for athletes of all ages, fitness enthusiasts, and anyone interested in maintaining an active lifestyle. This lecture will be presented by PR2U. Call (954) 746-3670 or visit the Senior Center Front Desk to sign up!	9/19	W	6:00 pm - 8:00 pm	Now	Free

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.					
	7/1 - 7/29	M	10:30 am - 12:00 pm	Now	Free	180814-A
	8/5 - 8/26	M	10:30 am - 12:00 pm	7/1	Free	180814-B
	9/9 - 9/30	M	10:30 am - 12:00 pm	8/5	Free	180814-C
	No class on 9/2 (Labor 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 9/2 (Labor 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.*					
	7/20 - 8/24	SA	10:00 am - 12:00 pm	Now	\$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	7/22 - 8/26	M	6:15 pm - 7:45 pm	Now	\$5/\$10	180821-A
Beginners ESOL	7/24 - 8/28	W	2:00 pm - 3:30 pm	Now	\$5/\$10	180817-A
	No ESOL Classes in September					
Conversational English Workshop	**No Workshops during the Summer. Classes will resume in October**					
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.					
	8/6 - 9/12	TU/TH	9:30 am - 10:30 am	7/1	\$5/\$10	180802-A
	9/24 - 10/24	TU/TH	9:30 am - 10:30 am	8/5	\$5/\$10	180802-B
	No class on 9/2 (Labor Day)					
Creative Computer Skills	Continue on your journey navigating how to use your computer to do creative and productive projects. This class will help you to increase your level of creativity and fun with a computer. Classes are taught by volunteer instructor Steve Fleisch					
	8/6 - 9/12	TU/TH	11:00 am - 12:00 pm	7/1	\$5/\$10	180803-A
	9/24 - 10/24	TU/TH	11:00 am - 12:00 pm	8/5	\$5/\$10	180803-B
	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	Now	Free	180828-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>					
	Jul - Sep	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	Now	Free	180806-A
	Oct - Dec	W	10:00 am - 12:00 pm	9/4	Free	280806-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	Now	Free	180869-A
	Oct - Dec	TU	10:00 am - 12:00 pm	9/4	Free	280869-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.					
	7/13 (Pre-work)	SA	9:30 am - 12:30 pm	Now	\$5/\$7	180830-A
	7/20 (Assembly)	SA	9:30 am - 12:30 pm	Now		
	8/10 (Pre-work)	SA	9:30 am - 12:30 pm	7/3	\$5/\$7	180830-B
	8/17 (Assembly)	SA	9:30 am - 12:30 pm	7/3		
Choral Group	Come out and lend your voices to this amazing group. Senior Center membership required.					
	Sep - Dec	F	11:30 am - 1:00 pm	Now	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 us 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	Now	Free	
	Oct - Dec	M	4:00 pm - 5:00 pm	9/4	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	Now	Free	180877-A
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/4	Free	280877-A
Open Craft (Stitchery)	Jul - Sep	TH	6:00 pm - 8:00 pm	Now	Free	180879-A
	Oct - Dec	TH	6:00 pm - 8:00 pm	9/4	Free	280879-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	7/12, 8/9, 9/13	F	11:00 am	Walk-ins welcome
(Sunrise Fire Rescue)				
Property Tax Exemption Assistance	7/12, 8/9, 9/13	F	10:00 am - 11:30 am	Walk-ins welcome
Additional hours	7/17, 8/14, 9/18	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	7/12,8/9,9/13	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.	8/7	W	10:00 am - 1:30 pm	By Appointment Only
<i>F.L.O.W. is back!</i> 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.				
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.				
Anti-Arthritis Diet Lecture	7/12	F	10:00 am - 11:30 am	Call to sign up
Join Dr. Norma Barbosa from Conviva Care Center, who will be here to speak about the way to help manage your arthritis through an anti-inflammatory diet. When you have arthritis or a related condition, getting the right nutrients may help alleviate pain and improve your overall health. A light lunch will be given to all pre-registered participants.				
Common Foot Problems Lecture	8/9	F	10:00 am - 11:30 am	Call to sign up
Join us for an informative lecture on common foot problems. Learn about issues such as bunions, plantar fasciitis, arthritis, and more from a knowledgeable expert. Discover effective treatments, prevention tips, and how to maintain healthy feet. This session is perfect for anyone looking to improve their foot health and overall well-being. Light refreshments will be served. Call (954) 746-3670 or visit the Senior Center Front Desk to sign up!				
Medicare 101 Presentation	9/18	W	10:00 am	Call to sign up
This presentation provides an overview of the different parts of Medicare including: Parts A, B, C, D and Medigap and available financial assistance. A member of SHINE (Serving the Health Insurance Needs of the Elderly) will be presenting the lecture. Sign up at the front desk. This is a free event.				

Senior Trips

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

August Ticket Sale Members 8/2: Non-Members 8/9

Dania Casino 9/3 TU 9:00 am - 3:30 pm \$5/\$7 180826-C
Get ready for a great day at the casino. Lunch on your own.

Norton Museum 9/12 TH 9:30 am - 3:30 pm \$30/\$32 180841-D
Enjoy a delightful exploration of diverse artworks, including American, European, and Chinese collections, along with contemporary pieces. The museum's serene gardens provide a perfect backdrop for leisurely walks, while the architectural design adds an element of grandeur to the visit. This outing will not only enrich your appreciation of art but also provide a comfortable and engaging environment to enjoy with friends. Lunch will be on your own at "The Restaurant", with floor-to-ceiling windows overlooking the garden.

Town Center at Boca Raton 9/17 TH 10:00 am - 3:00 pm \$5/\$7 180846-C
Spend the day at one of south Florida's top luxury shopping destinations, Town Center at Boca Raton. Featuring an out-standing mix of over 200 upscale and elite specialty shops along with your favorite Mall stores in an indoor environment. With stores like – Neiman Marcus, Saks Fifth Avenue, Nordstrom, Macy's and Bloomingdale's, you will be sure to find what you need. Lunch on own at one of the many eateries in the mall.

Flamingo Gardens 9/24 TU 9:00 am - 3:00 pm \$20/\$22 180842-A
Visit Flamingo Gardens botanical gardens in Davie. Featuring over 3000 species of rare and exotic, tropical, subtropical and native plants and trees. Flamingo Gardens wildlife sanctuary is home to the largest collection of Florida native wildlife including alligators, bobcats, eagles, otters, panthers, peacocks and of course, flamingos. Lunch on own at Café.

September Ticket Sale Members 9/6: Non-Members 9/13

Seminole Classic Casino 10/1 TU 9:00 am - 3:30 pm \$5/\$7 280826-A
Get ready for a great day at the casino. Try your luck at slots, table games and more. Lunch on your own.

Shops at Merrick Park 10/8 TU 9:30 am - 3:30 pm \$5/\$7 280846-A
Experience this high-end shopping destination in Coral Gables, offering a wide range of luxury brands, upscale shops, gourmet dining options, and entertainment. Enjoy lunch on your own.

Zoo Miami 10/17 TH 9:30 am - 3:30 pm \$28/\$30 280842-A
Join us as we visit the largest and oldest zoological garden in Florida. With over 2500 animals representing 400 species, there is plenty to see and do! This trip involves a lot of walking. Wear comfortable shoes and bring a hat. You can bring a bag lunch or purchase on your own at one of the cafés.

Historic Stranahan House & Water Taxi Ride 10/22 TU 9:00 am - 3:30 pm \$16/\$17 280841-A
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.*

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>Jul</u>	M	9:45 am - 10:45 am	Now	\$15/\$17	180870-A
	F	9:30 am - 10:30 am	Now	\$12/\$14	180870-B
<u>Aug</u>	M	9:45 am - 10:45 am	7/3	\$12/\$14	180870-C
	F	9:30 am - 10:30 am	7/3	\$15/\$17	180870-D
<u>Sep</u>	M	9:45 am - 10:45 am	8/7	\$12/\$14	180870-E
	F	9:30 am - 10:30 am	8/7	\$12/\$14	180870-F

****No class on 9/2 (Labor 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>Jul</u>	M	6:00 pm - 7:00 pm	Now	\$15/\$17	180856-A
<u>Aug</u>	M	6:00 pm - 7:00 pm	7/3	\$12/\$14	180856-B
<u>Sep</u>	M	6:00 pm - 7:00 pm	8/7	\$12/\$14	180856-C

****No class on 9/2 (Labor 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>Jul</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>Aug</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>Sep</u>	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.

<u>Jul</u>	(Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
<u>Jul</u>	(Floor)	W	2:30 pm - 3:30 pm	N/A	Free
<u>Aug</u>	(Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
<u>Aug</u>	(Floor)	W	2:30 pm - 3:30 pm	N/A	Free
<u>Sep</u>	(Chair)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
<u>Sep</u>	(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.

<u>Jul</u>	W	11:00 am - 12:00 pm	Now	\$15/\$17	180864-A
<u>Aug</u>	W	11:00 am - 12:00 pm	7/3	\$12/\$14	180864-B
<u>Sep</u>	W	11:00 am - 12:00 pm	8/7	\$12/\$14	180864-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>Jul</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Aug</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Sep</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	

****No class on 7/4 (Independence Day)****

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>Jul</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>Aug</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>Sep</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

****No class on 7/4 (Independence Day)****

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>Jul</u>	SA	10:15 am - 11:15 am	Now	\$12/\$14	180852-A
<u>Aug</u>	SA	10:15 am - 11:15 am	7/3	\$15/\$17	180852-B
<u>Sep</u>	SA	10:15 am - 11:15 am	8/7	\$12/\$14	180852-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>Jul - Sep</u>	TU/TH	9:00 am - 9:45 am	Now	Free	180891-A
<u>Oct - Dec</u>	TU/TH	9:00 am - 9:45 am	9/4	Free	280891-A

****No class on 7/4 (Independence Day)****

<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 (Resumes in September)	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 (Resumes September 18)	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 Creative Computer Skills with Steve Fleisch	1:30 pm - 3:30 pm Open Painting	<div style="text-align: center;">  <p>LABOR DAY</p> <p>THANK YOU FOR YOUR HARD WORK</p> <p>Closed In Observance of:</p> <p>Independence Day Thursday, July 4, 2024</p> <p>&</p> <p>Labor Day Monday, September 2, 2024</p> </div>	
1:30 pm - 3:30 pm Monday Mixer Dance *Senior Center Membership Required*	11:00 am - 12:00 pm Creative Computer Skills 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 *(resumes in October)	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	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 (Resumes in October)	6:00 pm - 8:00 pm				
4th Tuesday	American Legion Post 365 (Resumes in September)	7:00 pm - 9:00 pm				
3rd Thursday	Gold Coast Woodturners <i>(Contact Senior Center Front Desk for more information)</i>	6:45 pm - 8:45 pm				

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am					
7/1	Sunset Boulevard	1950	1:50 mins	8/5	Pillow Talk	1959	1:42 mins	7/2	Atlas	PG-13	8/6	Hit Man	R
7/8	Charade	1963	1:53 mins	8/12	Bonnie and Clyde	1967	1:51 mins	7/9	Scoop	TV-14	8/13	What Jennifer Did	TV-14
7/15	Badlands	1973	1:34 mins	8/19	Escape from Alcatraz	1979	1:52 mins	7/16	Lift	PG-13	8/20	NO MOVIE—THEATRE SHOW 2PM	
7/22	Heathers	1988	1:34 mins	8/26	Raiders of the Lost Ark	1981	1:55 mins	7/23	Unfrosted	PG-13	8/27	The Mother	PG-13
7/29	10 Things I Hate About You	1999	1:37 mins					7/30	The Wonder	R			

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