

# September/ October 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 "The Destination"**                      10/9                      W                      2:00 pm                      Now                      Free  
 After a bus accident during a snowstorm, three strangers seek refuge in a nearby hotel. What follows is a life-changing experience for each of them. The hotel's proprietor hides a mysterious secret, and a mysterious lady in white captivates the trio. There is surprise ending that you won't want to miss. Written by Ryan Kaminski and produced and directed by Myra Graves, this theater staged reading features movement, with actors performing script in hand. Presented by the Senior Center Theatre Group, light refreshments will be served. Invite a friend and register at the Front Desk. For more information, visit the Senior Center Front Desk or call 954-746-3670.

**Senior Cooking Club**  
**September - Fall is in the Air 180816-C**                      9/27                      F                      10:00 am - 1:00 pm                      8/2                      \$6/\$8  
**October- Pumpkin Anyone? 280816-A**                      10/18                      F                      10:00 am - 1:00 pm                      9/6                      \$6/\$8  
**November - \*NO CLASS\***  
 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 Paris Wife"**                      9/27                      F                      12:00 pm - 1:00 pm                      Now                      Free  
 By: Paula McLain  
**"A Woman of No Importance: the untold story of the American spy who helped win WWII"**                      10/18                      F                      12:00 pm - 1:00 pm                      9/6                      Free  
 By: Sonia Purnell  
**\*\* (No Book Club in November or December) \*\***

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

	<u>Date(s)</u>	<u>Day(s)</u>	<u>Time</u>	<u>Register On</u>	<u>Fee</u>	<u>Activity</u>
<b>AARP Safe Drivers Course</b>	9/19	TH	9:00 am - 3:00 pm	8/5	\$20/\$25	180853-B
	11/21	TH	9:00 am - 3:00 pm	10/7	\$20/\$25	280853-A

**\*\*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.\*\***

**Women's Bocce Open House**                      9/25                      W                      3:00 pm                      Walk-in  
 Come to the Senior Center to sign up for the 2023-2024 Bocce season. Please call Marianne Arcella - Captain at 954-747-8942 for more information. **Activity # 180855-A**

**"The Coffee House Experience"**                      10/16                      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 event is for anyone (high school students to seniors) who wants to showcase their talent. 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!

September/October 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*

	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Register</u>	<u>Fee</u>
<b>Bunco</b> Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. <b>Activity # 180818-B</b>	9/5	TH	1:30 pm - 3:00 pm	Now	\$5/\$7
<b>Grandparents Day Event</b> 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
<b>Senior Bowling League</b> Come join the Senior Center Bowling League. League plays at Strikers Lanes (8500 NW 44th St, Sunrise 33351). Lane fees are paid to Strikers the day of play. All players must be registered members of the Sunrise Senior Center and must sign up for the league prior to play. <b>Open House and Registrations is on Wednesday, September 4, at 12:00 pm at Strikers Lanes.</b> If you are unable to attend the Open House, call (954) 746-3670 or stop by the Senior Center Front Desk for information and registration. <b>Activity # 180854-A</b>	9/11 - 6/4	W	10:00 am - 12:30 pm	Call now	Free
<b>Common Exercise &amp; Sports Injury Lecture</b> 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!	9/18	W	6:00 pm - 8:00 pm	Now	Free

### 3D Mobile Mammography Bus at the Sunrise Senior Center

**Wednesday, October 2nd** the Mammography bus will be here. October is Breast Cancer Awareness month, don't put off your annual mammogram. The bus will be onsite taking all insurance plans. Bring your Photo ID and Medical insurance card. \*10 minute appointments \* No prescriptions needed for (women 40+) \*Preventative screening mammograms are covered once per calendar year by insurance. Schedule your appointment now! [www.3dmobilemammography.com](http://www.3dmobilemammography.com) or call **1-844-546-5871**. No insurance? **\*Self pay \$99.00 (October ONLY)** usually \$180.00.

**Craft Class:**                      10/11                      F                      10:00 am - 11:30 am                      9/6                      \$6/\$8  
**Mini Decorative Fall Broom Sticks**                      10/16                      W                      6:00 pm - 7:30 pm                      9/6                      \$6/\$8  
 Join our October Craft Class and create your own charming Fall or Halloween broomstick! Perfect for adding a seasonal touch to your home, this hands-on workshop will guide you through creating a petite, decorative broom using natural materials, ribbons, and festive accents. Suitable for all skill levels, it's a fun and creative way to celebrate the Fall season. *You can only register for one session. All materials will be provided.* **Activity # 280801-A**

**Lunch Bunch**  
**Chicken Chili w/ Tortilla Chips**                      10/16                      W                      12:00 pm - 12:45 pm                      9/6                      \$5/\$7  
 Join us for lunch! Featuring hearty chicken chili and crispy tortilla chips! Enjoy customizing your meal with a variety of delicious toppings, from shredded cheese and sour cream, avocado, and if you're daring, fresh jalapeños. It's the perfect way to welcome the Fall season and connect over a flavorful, fun meal. This program is a great way to mingle and eat with your friends before afternoon activities. Sign up today! **Activity # 280807-A**

**Game Show**  
**With Bruce Martin**                      10/23                      W                      12:30 pm - 2:00 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.

**Halloween Social**                      10/30                      W                      1:00pm - 3:30 pm                      9/1                      \$8/\$10  
 Halloween is coming! Come celebrate the spooky season with some delightful entertainment that will keep everyone on the dance floor and lunch that will be sure to please. You'll have a spooky good time while dancing with your hosts, come dressed in a costume that will win you the most. This Halloween social will be an event you don't want to miss, you'll leave content and full of bliss.  
**\*This event will be held at Flamingo Park Hall\* Activity # 280822-A**

**A Salute to Our Veterans Social**                      11/7                      TH                      12:30 pm - 3:00 pm                      10/6                      \$8/\$10  
 Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. **\*This event will be held at Nob Hill Soccer Club Park\* Activity # 280822-B**

# 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.					
	9/9 - 9/30	M	10:30 am - 12:00 pm	Now	Free	180814-C
	10/7 - 10/28	M	10:30 am - 12:00 pm	9/9	Free	280814-A
	11/4 - 11/25	M	10:30 am - 12:00 pm	10/7	Free	280814-B
	<b>**No class on 9/2 (Labor Day) &amp; 11/11 (Veterans 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 9/2 (Labor Day) &amp; 11/11 (Veterans 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.*					
	10/5 - 11/9	SA	10:00 am - 12:00 pm	Now	\$30/\$32	180833-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>	10/7 - 11/18	M	6:15 pm - 7:45 pm	9/4	\$5/\$10	280821-A
<b>Beginners ESOL</b>	10/9 - 11/13	W	2:00 pm - 3:30 pm	9/4	\$5/\$10	280817-A
	<b>**No ESOL Classes in September** / **No class on 11/11 (Veterans Day)**</b>					
<b>Conversational English Workshop</b>	10/7 - 10/10	M - TH	4:00 pm - 6:00 pm	9/4	\$5/\$10	280868-A
	11/18 - 11/21	M - TH	4:00 pm - 6:00 pm	10/2	\$5/\$10	280868-B
	12/9 - 12/12	M - TH	4:00 pm - 6:00 pm	11/6	\$5/\$10	280868-C
<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.					
	9/24 - 10/24	TU/TH	9:30 am - 10:30 am	8/5	\$5/\$10	180802-B
	11/5 - 12/10	TU/TH	9:30 am - 10:30 am	8/5	\$5/\$10	280802-A
	<b>**No class on 11/28 (Thanksgiving Day)**</b>					
<b>Creative Computer Skills</b>	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					
	9/24 - 10/24	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	180803-B
	11/5 - 12/10	TU/TH	11:00 am - 12:00 pm	10/2	\$5/\$10	280803-A
	<b>**No class on 11/28 (Thanksgiving Day)**</b>					
<b>Quilting Corner</b>	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Oct - Dec	M	10:00 am - 1:00 pm	Now	Free	180828-A
	<b>**No class on 11/11 (Veterans 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. <u>(No registration required)</u>					
	Jul - Sep	TH	10:00 am - 1:00 pm	Now	Free	
	<b>**The 3rd Thursday of each month will be at 11:45 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.					
	Oct - Dec	W	10:00 am - 12:00 pm	9/4	Free	280806-A
<b>Knitting &amp; Crocheting</b>	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Oct - Dec	TU	10:00 am - 12:00 pm	9/4	Free	280869-A
<b>Bag-Making Workshop</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. Stop by Front Desk for supply list and sample swatches.					
	10/5 (Pre-work)	SA	9:30 am - 12:30 pm	9/4	\$5/\$7	280830-A
	10/12 (Assembly)	SA	9:30 am - 12:30 pm	9/4		
<b>Paint Pouring Workshop</b>	Discover the art of paint pouring with volunteer instructor Alice Ollivierre. Join this interactive class and learn how to create stunning fluid art masterpieces. Perfect for all skill levels, you'll explore unique techniques and vibrant colors in a fun relaxed atmosphere. Unleash your creativity and take home you very own abstract artwork! Space is limited, stop by the Front Desk to sign up today.					
	10/26	SA	9:30 am - 12:30 pm	9/4	\$10/\$15	280808-A
<b>Choral Group</b>	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
<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 us and learn how to infuse your talent with others around you. You will need to bring your own instrument. Senior Center membership required.					
	Oct - Dec	M	4:00 pm - 5:00 pm	9/4	Free	
	<b>**No class on 11/11 (Veterans 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.					
	Oct - Dec	TU	1:00 pm - 3:00 pm	9/4	Free	280877-A
<b>Open Craft (Stitchery)</b>	Oct - Dec	TH	6:00 pm - 8:00 pm	9/4	Free	280879-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	10:30 am - 11:30 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> (Sunrise Fire Rescue)	9/13, 10/2, 11/8	F	11:00 am	Walk-ins welcome
<b>Property Tax Exemption Assistance</b>	9/13, 10/11, 11/8	F	10:00 am - 11:30 am	Walk-ins welcome
<b>Additional hours</b>	9/18, 10/16	W	4:00 pm - 5:30 pm	
	<b>(11/20-cancelled)</b>			
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>	9/13, 10/11, 11/8	F	9:00 am - 12:00 pm	Walk-ins welcome
Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral, linkage, benefits and claims processing. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.*				
<b>F.L.O.W.</b>	10/9	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>Life Changes Group</b>	1st & 3rd	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.				
<b>Home Safety Lecture</b>	9/13	F	10:00 am - 11:30 am	Call to sign up
This session will cover a variety of topics, including fall prevention strategies and the safe use of medication. Learn the latest in personal emergency response systems and discuss how to effectively use these devices in emergency situations. Learn practical tips for navigating daily life safely and confidently while maintaining independence and an active lifestyle. A light lunch will be given to all pre-registered participants.				
<b>Medicare 101 Presentation</b>	9/18	W	10:00 am - 11:00 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.				
<b>Breast Cancer Awareness Lecture</b>	10/2	W	10:00 am - 11:00 am	Call to sign up
Breast Cancer Awareness month is October join the doctor to find out more about the progression of treatment. People of every country, race, ethnic group, and income level are affected by breast cancer. In the U.S., the percentage of women diagnosed with breast cancer has been slowly rising for the past couple of decades. Learn what you can do to be proactive in the fight against Breast Cancer. A light lunch will be provided to all pre-registered participants.				
<b>Aging Mouth Lecture</b>	10/23	W	6:00 pm - 7:00pm	Call to sign up
Join Dr. Goldman from W. Sunrise Dentistry and learn how to keep your teeth healthy as you age. Taking care of your teeth and gums can prevent problems like tooth decay and tooth loss. It's especially important to take care of your teeth and gums if you have a health condition like diabetes or heart disease - or if you're taking medicines that can cause oral health problems. A light meal will be provided to all pre-registered participants.				
IDEA Workshops are back from Nova Southeastern University - These workshops are presented by a team of professionals and pre-professionals through the Interprofessional Diabetes Education and Awareness (IDEA) at NSU.				
<b>Diabetes and Exercise</b>	10/5	SA	10:00 am - 11:00 am	Call to sign up
<b>Prevencio'n y Control de la Diabetes (Spanish)</b>	10/19	SA	10:00 am - 11:00 am	Call to sign up
<b>Diabetes and Healthy Living</b>	11/9	SA	10:00 am - 11:00 am	Call to sign up

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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## 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/\$18 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.*

## October Ticket Sale Members 10/4: Non-Members 10/11

**Miccosukee Casino** 11/4 M 9:00 am - 3:30 pm \$5/\$7 280826-B  
Get ready for a day at the casino. Enjoy Las Vegas-style slot machines, and 75 live Table Games, you're sure to find something to entertain you. Lunch on your own.

**Wheel of Fortune Live Broward Center** 11/15 F 6:00 pm - 10:00 pm \$52/\$54 280839-A  
One of the greatest game shows of all times, Wheel of Fortune, has been adapted into a stage show at the Broward Center. Contestants will be randomly selected from the audience to participate, and have the chance to spin a replica of the iconic Wheel. Who knows, you could be one of the lucky contestants. If not, everyone gets in the fun with audience games that are played. Seats located in Orchestra, Rows CC, DD, & EE. Please have dinner before arriving to the Senior Center.

**Flamingo Gardens** 11/21 TH 9:00 am - 3:00 pm \$20/\$22 280842-B  
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, otter, panthers, peacocks and of course, flamingos. Lunch on your own at the Café.

**Brickell City Centre** 11/26 TU 10:00 am - 3:30 pm \$5/\$7 280846-B  
Get started on your Holiday shopping! Join us as we visit Brickell City Centre, one of the most stylish shopping spots in Miami. With three levels of shops and restaurants, flanked by flagship Saks Fifth Avenue and trendy eateries like Tacology, Brickell City Centre is downtown's "city-within-a-city". Lunch on your own at one of the many eateries.

## November Ticket Sale Members 11/1: Non-Members 11/8

**Handel's Messiah at The Parker** 12/7 SA 6:00 pm - 10:00 pm \$52/\$54 280839-B  
Usher in the season of joy as South Florida Symphony Orchestra's popular holiday tradition returns. Enjoy the glorious sounds of Handel's Messiah, culminating in the iconic "Hallelujah" chorus. With dazzling vocalists, and the South Florida Symphony Chorus, the festive concert also features a selection of your favorite holiday pops. Please have dinner before arriving to the Senior Center.

**Board & Brush Sunrise** 12/12 TH 4:30 pm - 8:30 pm \$40/\$42 280842-C  
Back by popular demand and just in time for the Holidays, join us as we revisit Board & Brush Sunrise. This time around, you will create your own personalized floor mats. Feel free to bring your own refreshments and snacks.

**Harrah's Casino** 12/17 TH 9:00 am - 3:30 pm \$5/\$7 280826-C  
Try your luck at slots, table games and more. 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).

Sep	M	9:45 am - 10:45 am	Now	\$12/\$14	180870-E
	F	9:30 am - 10:30 am	Now	\$12/\$14	180870-F
Oct	M	9:45 am - 10:45 am	9/4	\$12/\$14	280870-A
	F	9:30 am - 10:30 am	9/4	\$12/\$14	280870-B
Nov	M	9:45 am - 10:45 am	10/2	\$9/\$11	280870-C
	F	9:30 am - 10:30 am	10/2	\$12/\$14	280870-D

**\*\*No class on 9/2 (Labor Day), 11/11 (Veterans Day), 11/29 (Day After Thanksgiving)\*\***

**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.

Sep	M	6:00 pm - 7:00 pm	Now	\$12/\$14	180856-C
Oct	M	6:00 pm - 7:00 pm	9/4	\$12/\$14	280856-A
Nov	M	6:00 pm - 7:00 pm	10/2	\$9/\$11	280856-B

**\*\*No class on 9/2 (Labor Day), 11/11 (Veterans 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.

Sep	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
Oct	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
Nov	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	

**\*\*No class on 11/5 (Election Day)\*\***

**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.

Sep	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
Sep	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
Oct	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
Oct	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
Nov	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
Nov	(Chair)	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.

Sep	W	11:00 am - 12:00 pm	Now	\$12/\$14	180864-C
Oct	W	11:00 am - 12:00 pm	9/4	\$15/\$17	280864-A
Nov	W	11:00 am - 12:00 pm	10/2	\$12/\$14	280864-B

**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.

Sep	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
Oct	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
Nov	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	

**\*\*No class on 11/28 (Thanksgiving 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.

Sep	<b>Beginners Tai Chi</b>	TU	4:00 pm - 5:00 pm	N/A	Free
	<b>Int and Adv Tai Chi</b>	TH	5:00 pm - 6:00 pm	N/A	Free
Oct	<b>Beginners Tai Chi</b>	TU	4:00 pm - 5:00 pm	N/A	Free
	<b>Int and Adv Tai Chi</b>	TH	5:00 pm - 6:00 pm	N/A	Free
Nov	<b>Beginners Tai Chi</b>	TU	4:00 pm - 5:00 pm	N/A	Free
	<b>Int and Adv Tai Chi</b>	TH	5:00 pm - 6:00 pm	N/A	Free

**\*\*No class on 11/28 (Thanksgiving 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.

Sep	SA	10:15 am - 11:15 am	Now	\$12/\$14	180852-C
Oct	SA	10:15 am - 11:15 am	9/4	\$12/\$14	280852-A
Nov	SA	10:15 am - 11:15 am	10/2	\$15/\$17	280852-B



**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.

Oct - Dec	TU/TH	9:00 am - 9:45 am	9/4	Free	280891-A
Jan - Mar	TU/TH	9:00 am - 9:45 am	12/4	Free	380891-A

**\*\*No class on 11/26, 11/28 (Thanksgiving Day), 12/17, 12/19, 12/24 (Christmas Eve) & 12/31 (New Year's Eve)\*\***



<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 Tai Chi (DVD)  9:00 am - 12:00 pm Open Ping Pong (Multipurpose B)  9:45 am - 10:45 am Total Body Fitness w/ Alli  10:00 am - 1:00 pm Quilting Corner  10:30 am - 12:00 pm Beginners Beading  11:00 am Start Time Classic Movie  12:30 pm - 2:30 pm Open Beading  1:30 pm - 3:30 pm Monday Mixer Dance <b>*Senior Center Membership Required*</b>  2:30 pm - 5:30 pm Quilting Corner <b>*(Resumes in October)</b>  4:00 pm - 5:00 pm Musical Instrument Jam Session  6:15 pm - 6:45 pm Intermediate/Advance ESOL  6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	9:00 am - 9:30 am Tai Chi (DVD)  9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)  9:00 am - 12:00 pm Mahjong  9:00 am - 12:00 pm Wood Carving  9:30 am - 10:30 am A Computer Journey with Steve Fleisch  10:00 am - 12:00 pm Knitting & Crocheting  10:00 am - 11:15 am Line Dancing  11:00 am - 12:00 pm Creative Computer Skills with Steve Fleisch  11:30 am - 12:30 pm Walk Your Way to Health (DVD)  11:30 am Start Time New Release Movie  1:00 pm - 3:00 pm Open Sewing  2:00 pm - 4:00 pm Theatre Group  4:00 pm - 5:00 pm Beginners Tai Chi (AAABC)  5:30 pm - 6:30 pm Zumba Gold ( <b>Baptist Health</b> )  7:00 pm - 9:00 pm Scottish Dancing	9:00 am - 9:30 am Tai Chi (DVD)  9:45 am - 10:45 am Walk Your Way to Health (DVD)  10:00 am - 12:00 pm Paper/Card Crafting Class  10:00 am - 12:30 pm Bowling League @ Strikers <b>(Resumes September 11)</b>  11:00 am - 12:00 pm Latin Dance ( <b>Lidia</b> )  1:15 pm - 2:15 pm Floor Yoga ( <b>Baptist Health</b> ) <b>(2nd &amp; 4th Wednesdays ONLY)</b>  12:30 pm - 3:30 pm Open Game Play  12:30 pm - 3:30 pm Beginners Rummikub <b>(3rd Wednesdays)</b>  1:00 pm - 2:30 pm Let's Talk Discussion Group  1:30 pm - 3:30 pm Open Painting  2:00 pm - 3:30 pm Beginners ESOL  2:30 pm - 3:30 pm Chair Yoga ( <b>Baptist Health</b> )  2:30 pm - 3:30 pm <b>(1st &amp; 3rd Wednesdays ONLY)</b> Life Changes Discussion Group (VITAS)  5:00 pm - 6:00 pm Flex and Stretch w/ Darius	9:00 am - 9:30 am Tai Chi (DVD)  9:00 am - 9:45 am Aqua Fitness (Civic Center Pool)  9:30 am - 10:30 am A Computer Journey with Steve Fleisch  10:30 am - 11:30 am Bereavement Support Group <b>(Continuum Care Counselor)</b>  9:30 am - 10:30 am Flex and Stretch w/ Darius  10:00 am - 11:00 am Line Dancing  11:00 am - 12:00 pm Creative Computer Skills with Steve Fleisch  11:00 am - 1:00 pm Billiards Lessons with Robb Timm <b>(Register at Front Desk)</b>  12:30 pm - 3:30 pm Open Ping Pong (Multipurpose B)  1:00 pm - 1:45 pm Chair Yoga (DVD)  5:00 pm - 6:00 pm Int/Adv Tai Chi (AAABC)  6:30 pm - 8:00 pm Open Crafts	8:45 am - 9:15 am Tai Chi (DVD)  9:30 am - 10:30 am Total Body Fitness w/ Alli  10:45 am - 11:30 am Zumba Cardio (DVD)  11:30 am - 1:00 pm Choral Group <b>(Resumes in September)</b>  11:45 am - 12:45 pm Walk Your Way to Health (DVD)  1:00 pm - 2:30 pm Bingo  1:30 pm - 3:30 pm Open Painting	9:00 am - 10:00 am Color to the Classics  9:30 am - 11:30 am Puzzle Exchange  9:30 am - 12:30 pm Bag Making Workshop <i>(Twice a month, see schedule for dates)</i>  10:00 am - 12:00 pm Photography Class <i>(See Calendar for class dates)</i>  10:15 am - 11:15 am Step Up to Fitness w/ Rosie  11:30 am - 12:30 pm Zumba Gold ( <b>Baptist Health</b> )	<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>									
<p align="center"><b>MONTHLY GROUP MEETINGS</b></p> <table border="0"> <tr> <td>**1st Tuesday**</td> <td>Sunrise Latin Social Club (<b>Resumes in October</b>)</td> <td>6:00 pm - 8:00 pm</td> </tr> <tr> <td>**4th Tuesday**</td> <td>American Legion Post 365 (<b>Resumes in September</b>)</td> <td>7:00 pm - 9:00 pm</td> </tr> <tr> <td>**3rd Thursday**</td> <td>Gold Coast Woodturners</td> <td>6:45 pm - 8:45 pm</td> </tr> </table> <p align="center"><i>(Contact Senior Center Front Desk for more information)</i></p>						**1st Tuesday**	Sunrise Latin Social Club ( <b>Resumes in October</b> )	6:00 pm - 8:00 pm	**4th Tuesday**	American Legion Post 365 ( <b>Resumes in September</b> )	7:00 pm - 9:00 pm	**3rd Thursday**	Gold Coast Woodturners	6:45 pm - 8:45 pm	
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**Closed In Observance of:**  
**Labor Day**  
**Monday, September 2, 2024**

<b>Monday Classic Movies - 11:00 am</b>				<b>At The Movies</b>				<b>Tuesday New Release Movies - 11:30 am</b>					
9/2	NO MOVIE - LABOR DAY (CENTER CLOSED)			10/7	The River Wind	1994	1:52 mins	9/3	Atlas	PG-13	10/1	Trigger Warning	R
9/9	Uncle Buck	1989	1:40 mins	10/14	Baby Mama	2008	1:39 mins	9/10	NO MOVIE- GRANDPARENTS DAY EVENT		10/8	Wicked Little Letters	R
9/16	The Tourist	2010	1:43 mins	10/21	Back To The Future	1985	1:56 mins	9/17	Scoop	TV-14	10/15	The Union	PG-13
9/23	Muriel's Wedding	1973	1:46 mins	10/28	Fear	1996	1:37 mins	9/24	A Family Affair	PG-13	10/22	Inside the Mind of a Dog	TV-PG
9/30	National Security	2003	1:28 mins								10/29	Apollo 13: Survival	PG-13

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