

November/ December 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 Cooking Club

Nov - No Class
Dec - No Class
Jan - New Year, New You (380816-A) 1/24 F 10:00 am - 1:00 pm 12/6 \$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.

**** (No Book Club in November or December) ****

“Britt-Marie was here” 1/31 F 12:00 pm - 1:00 pm Now Free
 By: Fredrick Backman

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

	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	11/21	TH	9:00 am - 3:00 pm	Now	\$20/\$25	280853-A
	1/16	TH	9:00 am - 3:00 pm	12/2	\$20/\$25	380853-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.****

ATTENTION!

- Tuesday, November 5, 2024 (**Election Day**) - Senior Center is open, but **ALL** programs are **CANCELLED**
- Thursday, December 5, 2024 (**Light Up The Holiday Event**) - Senior Center is **CLOSED**



Wrappers needed!

Come and play elf as we wrap presents for families for the holidays.

Friday, December 20, starting at 9:30 am

If you like wrapping, then we have a job for you!
 Call or sign up at the front desk if you would like to help.

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
Growing Your Own Amazing Tropical Fruits Workshop	11/2	SA	10:00 am - 11:30 am	Now	Free
We're fortunate to live in South Florida - where tropical gardens thrive and fruit trees can be planted any time of year. If you'd like to harvest fresh fruit from your own yard, don't miss out on this TREEmendous opportunities presented by the City's "Good and Green" initiative: Fruit Tree Workshop. Join guest presenter and Master Gardener, Julieta Ross, to learn the basics and improve your confidence in planting and nurturing fruit trees. This workshop is free! Call or stop by the front desk to sign up now!					
A Salute to Our Veterans Social	11/7	TH	12:30 pm - 3:00 pm	Now	\$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					
Bunco	11/21	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 # 280818-A					
Snowed In Social	12/10	TU	1:00pm - 3:30 pm	11/1	\$8/\$10
This winter event is a great way to gather and celebrate a cozy and enchanting place where we come to escape the chilly weather of the season (even if we live in Florida). We'll celebrate with a great duo band that will be perfect of the occasion of the Holiday season. We will also have a delicious lunch with some seasonal treats. This warm, inviting winter event will be an event for making cherished memories and one you will not want to miss. *This event will be held at Nob Hill Soccer Club Park*					
Activity # 280822-C					
Choral Group's Winter Concert	12/12	TH	11:30 am - 1:00 pm	Now	Free
The Holidays are upon us! Enjoy the festive sounds of the Season, as the Senior Center's Choral Group performers, sing some of your favorite Holiday songs. Light refreshments will be served. Invite your friends, this will be the perfect way to kick off this Holiday Season! This event will be in the Senior Center's Multipurpose Room. Stop by the front desk to sign up now!					
Craft Class: 3-D Snowman on Canvas	12/13	F	10:00 am - 11:30 am	11/1	\$6/\$8
Get into the Holiday spirit and make a decorative piece that sets the winter theme. Using a canvas, pebbles, small rocks, paint, and your imagination, you will create your own snowman craft masterpiece. Join us as we have fun getting ready to celebrate the holidays! <i>All materials will be provided.</i> Activity # 280801-C.					
Ring in the New Year Dinner Dance	1/7	TU	6:00pm - 9:00 pm	12/6	\$22/\$24
Join us for an evening full of elegance and celebration. Guests will be welcomed to a beautifully decorated room full of festive décor and have the perfect setting to kick off the New Year! Our belated New Year countdown will be just the thing to kick off an evening full of excitement with your friends and family. Come dance the night away with a live band and enjoy a delightful catered dinner. This is an evening event you won't want to miss! Activity # 380832-A					
Lunch Bunch "Chicken Salad Sandwiches w/ Chips"	1/15	W	12:00 pm - 12:45 pm	12/6	\$5/\$7
Our Lunch Bunch this month features scrumptious chicken salad sandwiches, partnered with savory chips and a surprise sweet treat. This meal will satisfy and keep you content. Lunch Bunch is a great way to mingle and eat with your friends before afternoon activities. Sign up today! Activity # 380807-A					
"The Coffee House Experience"	1/15	W	6:00 pm - 8:00 pm	12/6	Free
Kick off the New Year by showing us what you've got! 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!					
8th Annual "A Walk in the Park"	1/29	W	9:00 am - 12:00 pm	Call to sign up	Free
Board a bus at the Sunrise Senior Center for transportation to and from our Walk in the Park event. Enjoy an exercise demonstration, giveaways, music, and a healthy lunch. Sponsored by Humana MarketPoint. Call (954)746-3670 or stop by the Senior Center Front Desk to sign up today! The Park this year will be: Sawgrass Sanctuary, 237 N New River Circle, Sunrise, 33326.					

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.					
	11/4 - 11/25	M	10:30 am - 12:00 pm	Now	Free	280814-B
	12/2 - 12/30	M	10:30 am - 12:00 pm	11/4	Free	280814-C
	1/6 - 1/27	M	10:30 am - 12:00 pm	12/2	Free	380814-A
	No class on 11/11 (Veterans Day), 1/20 (Martin Luther King Jr. 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 11/11 (Veterans Day), 1/20 (Martin Luther King Jr. Day)					
Wood Carving	Weekly	TU	9:00 am - 12:00 pm	Walk-in	Free	
	Learn the techniques of wood carving with instructor Jim Harris.					
	No class on 11/5 (Election Day)					
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 <u>may</u> incur additional cost for prints and poster board. Total additional costs <u>may</u> be between \$10 - \$15.*					
	11/2 - 12/7	SA	10:00 am - 12:00 pm	Now	\$30/\$32	280833-A
Language Classes						
Conversational English Workshop	11/18 - 11/21	M - TH	4:00 pm - 6:00 pm	Now	\$5/\$10	280868-B
	12/9 - 12/12	M - TH	4:00 pm - 6:00 pm	11/6	\$5/\$10	280868-C
	1/13 - 1/16	M - TH	4:00 pm - 6:00 pm	12/4	\$5/\$10	380868-A
AGE SMART Computer Class	This is a computer class for beginner and experienced computer users. This class will focus on helping Seniors to develop computer skills, life skills and resource knowledge for living more independently. Participants will identify existing sources for Assistance, Guidance, and Elderly Support for Managing Activities, Resources, and Technology. Classes are taught by volunteer instructor Steve Fleisch.					
	11/7 - 12/17	TU/TH	9:30 am - 10:30 am	Now	\$5/\$10	280802-A
	1/2 - 2/11	TU/TH	9:30 am - 10:30 am	12/4	\$5/\$10	380802-A
	No class on 11/5 (Election Day), 11/28 (Thanksgiving Day), and 12/5					
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					
	11/7 - 12/17	TU/TH	11:00 am - 12:00 pm	Now	\$5/\$10	280803-A
	1/2 - 2/11	TU/TH	11:00 am - 12:00 pm	12/4	\$5/\$10	380803-A
	No class on 11/5 (Election Day), 11/28 (Thanksgiving Day), and 12/5					
Quilting Corner	Unlock your creativity as our volunteer instructor Alice Ollivierre teaches you various quilting techniques. Supply list at front desk.					
	Jan - Mar	M	10:00 am - 1:00 pm	12/4	Free	380828-A
	No class on 11/11 (Veterans 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. <u>(No registration required)</u>					
	Oct - Dec	TH	10:00 am - 1:00 pm	Now	Free	
	The 3rd Thursday of each month will be at 11:45 am (No class on 11/28 (Thanksgiving Day), and 12/5)					
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.					
	Jan - Mar	W	10:00 am - 12:00 pm	12/4	Free	380806-A
	No class on 1/1 (New Year's Day)					
Knitting & Crocheting	Join volunteer instructor Jan Fiedler and practice knitting and crocheting techniques while making new friends.					
	Jan - Mar	TU	10:00 am - 12:00 pm	12/4	Free	380869-A
Paint Pouring Workshop	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 your very own abstract artwork! Space is limited, stop by the Front Desk to sign up today. **No Workshops in November and December**					
Choral Group	Come out and lend your voices to this amazing group. Senior Center membership required.					
	Jan - Mar	F	11:30 am - 1:00 pm	12/4	Free	380878-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.					
	Jan - Mar	M	4:00 pm - 5:00 pm	12/4	Free	
	No class on 11/11 (Veterans Day), 1/20 (Martin Luther King Jr. Day)					
Open Sewing	Come in and work on your different sewing projects with other likeminded individuals. Sewing machines and accessories available for your use.					
	Jan - Mar	TU	1:00 pm - 3:00 pm	12/4	Free	380877-A
Open Craft (Stitchery)	Jan - Mar	TH	6:00 pm - 8:00 pm	12/4	Free	380879-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	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.				
Blood Pressure Check (Sunrise Fire Rescue)	11/8, 12/13, 1/10	F	11:00 am	Walk-ins welcome
Property Tax Exemption Assistance	11/8, 1/10	F	10:00 am - 11:30 am	Walk-ins welcome
Additional hours	No appts in Nov & Dec	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	11/8, 12/13, 1/10	F	9:00 am - 12:00 pm	Walk-ins welcome
Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral, linkage, benefits and claims processing. * Note: This is not a City run program these dates are subject to cancellation without notice, please call before you come to the Senior Center.*				
F.L.O.W.	12/11	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 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	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.				
Alzheimer's and Dementia Lecture	11/8	F	10:00 am - 11:30 am	Call to sign up
Listen to a Health Care professional speak about the difference between dementia and Alzheimer's disease. Learn about the latest research, lifestyle choices, and techniques that support cognitive function and overall well-being to optimize your brain health and enhance your quality of life. A light lunch will be provided to all pre-registered participants.				
IDEA Workshops are back from Nova Southeastern University - This workshop is presented by a team of professionals and pre-registered through the Interprofessional Diabetes Education and Awareness (IDEA) at NSU. A light refreshment will be given to all pre-registered participants.				
Diabetes and Healthy Living Lecture	11/9	SA	10:00 am - 11:00 am	Call to sign up
Medicare Financial Assistance Lecture	11/19	TU	10:00 am - 11:00 am	Call to sign up
Join us to learn more about Medicare and what they provide in an overview of 2 Financial Assistance programs that help to reduce the cost of Medicare Part B and prescription costs.				
Are you Joking or Coping? Lecture	12/13	F	10:00 am - 11:30 am	Call to sign up
The Holidays are typically portrayed as joyous times full of celebrations, laughter, and connecting with loved ones. But not everyone experiences the holidays in this way. A Mental Health Professional will be here to discuss ways to cope during this stressful time. A light lunch will be provided to all pre-registered participants.				

Senior Trips

Program	Date(s)	Day(s)	Time	Fee	Activity #
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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 TU 9:00 am - 3:30 pm \$5/\$7 280826-C
Try your luck at slots, table games and more. Lunch on your own.

December Ticket Sale Members 12/6: Non-Members 12/13

Gulfstream Casino 1/9 TH 9:00 am - 3:30 pm \$5/\$7 380826-A
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.

Island Queen Cruises

Millionaire's Row Tour 1/14 TU 9:00 am - 3:30 pm \$40/\$42 380844-A
Explore Miami aboard a fully-narrated bilingual 90-minute sightseeing cruise. Cruise around Biscayne Bay and see the spectacular coastal sites including the beautiful downtown Miami skyline, the Port of Miami, Fisher Island, Miami Beach and "Millionaire's Row" – the Homes of the Rich and Famous. The yacht features a climate-controlled main level or on an open-air top-level. Lunch on your own at Biscayne Bay afterwards.

CityPlace

West Palm Beach 1/22 W 9:00 am - 4:00 pm \$5/\$7 380846-A
Join us as we visit CityPlace, a dynamic destination for retail, cuisine, design, and world-class art. Located in the heart of Downtown West Palm Beach, CityPlace presents a thoughtfully curated mix of more than 50 shops and restaurants. Lunch on your own at one of the many restaurants and eateries.

Yesteryear Village 1/30 TH 8:30 am - 3:30 pm \$12 /\$14 380842-A
Enjoy a 2-hour guided tour of Yesteryear Village followed by a picnic lunch (bring your own lunch). Experience one of Palm Beach County's most unique cultural attractions. Discover a large collection of early, original and replicated buildings including an old school, a farm, a blacksmith shop, a general store, and several houses. Afterwards stroll around on your own and view even more buildings not visited on the tour, including the Sally Bennett Big Band Hall of Fame Museum.

January Ticket Sale Members 1/3: Non-Members 1/10

The Neil Diamond Musical "A Beautiful Noise" at Broward Center 2/2 SU 12:45 pm - 4:30 pm \$63/\$65 380839-A
Created in collaboration with Neil Diamond himself, A Beautiful Noise is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy® Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway. Please have lunch before arriving to the Senior Center.

Vizcaya Museum & Gardens 2/13 TH 8:30 am - 3:00 pm \$40/\$42 380841-A
Enjoy the beautiful site and history of the Vizcaya Museum and Gardens. The group will embark on a 45 minutes guided tour of the Main House, followed by another 45 minutes guided tour of the Gardens. Afterwards, you will have the opportunity to explore the grounds on your own. Lunch will be available to purchase on own at the Vizcaya Café and Shop.

Dania Casino 2/18 TU 9:00 am - 3:30 pm \$5/\$7 380826-C
Try your luck at slots, table games and more. Lunch on your own.

Promenade at Coconut Creek 2/25 TU 9:30 am - 3:00 pm \$5/\$7 380846-C
Grab your friends, and visit this open air shopping and dining destination. With over 36 stores and boutiques, and 14 restaurants, you will be sure to find something that sparks your interest. Lunch on your own at one of the various eateries.

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>Nov</u>	M	9:45 am - 10:45 am	Now	\$9/\$11	280870-C
	F	9:30 am - 10:30 am	Now	\$15/\$17	280870-D
<u>Dec</u>	M	9:45 am - 10:45 am	11/6	\$15/\$17	280870-E
	F	9:30 am - 10:30 am	11/6	\$12/\$14	280870-F
<u>Jan</u>	M	9:45 am - 10:45 am	12/4	\$9/\$11	380870-A
	F	9:30 am - 10:30 am	12/4	\$15/\$17	380870-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.

<u>Nov</u>	M	6:00 pm - 7:00 pm	Now	\$9/\$11	280856-B
<u>Dec</u>	M	6:00 pm - 7:00 pm	11/6	\$15/\$17	280856-C
<u>Jan</u>	M	6:00 pm - 7:00 pm	12/4	\$9/\$11	380856-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.

<u>Nov</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>Dec</u>	TU	5:30 pm - 6:30 pm	N/A	Free	
	SA	11:30 am - 12:30 pm	N/A	Free	
<u>Jan</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>Nov</u>	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
<u>Dec</u>	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
	(Chair)	W	2:30 pm - 3:30 pm	N/A	Free
<u>Jan</u>	(Floor)	W (2nd & 4th)	1:15 pm - 2:15 pm	N/A	Free
	(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.

<u>Nov</u>	W	11:00 am - 12:00 pm	Now	\$12/\$14	280864-B
<u>Dec</u>	W	11:00 am - 12:00 pm	11/6	\$9/\$11	280864-C
<u>Jan</u>	W	11:00 am - 12:00 pm	12/4	\$12/\$14	380864-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.

<u>Nov</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Dec</u>	W	5:00 pm - 6:00 pm	N/A	Free	
	TH	9:30 am - 10:30 am	N/A	Free	
<u>Jan</u>	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.

<u>Nov</u>	<i>Beginners Tai Chi</i>	TU	4:00 pm - 5:00 pm	N/A	Free
	<i>Int and Adv Tai Chi</i>	TH	5:00 pm - 6:00 pm	N/A	Free
<u>Dec</u>	<i>Beginners Tai Chi</i>	TU	4:00 pm - 5:00 pm	N/A	Free
	<i>Int and Adv Tai Chi</i>	TH	5:00 pm - 6:00 pm	N/A	Free
<u>Jan</u>	<i>Beginners Tai Chi</i>	TU	4:00 pm - 5:00 pm	N/A	Free
	<i>Int and Adv Tai Chi</i>	TH	5:00 pm - 6:00 pm	N/A	Free



Step Up to Fitness With Rosie Classes taught by instructor Rose Michaelson. Step Up to Fitness incorporates Step Aerobics, dynamic stretches and strength training to help you to stay fit in a fun environment.

<u>Nov</u>	SA	10:15 am - 11:15 am	Now	\$15/\$17	280852-B
<u>Dec</u>	SA	10:15 am - 11:15 am	11/6	\$12/\$14	280852-C
<u>Jan</u>	SA	10:15 am - 11:15 am	12/4	\$12/\$14	380852-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.**

<u>Jan - Mar</u>	TU/TH	9:00 am - 9:45 am	12/4	Free	380891-A
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No class on 11/5 (Election Day), 11/26, 11/28 (Thanksgiving Day), 12/5, & 12/31 (New Year's Eve)

<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	10:00 am - 12:30 pm Bowling League @ Strikers	10:30 am - 11:30 am Bereavement Support Group (Continuum Care Counselor)	11:30 am - 1:00 pm Choral Group	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	11:00 am - 12:00 pm Latin Dance (Lidia)	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 Floor Yoga (Baptist Health) (2nd & 4th Wednesdays ONLY)	10:00 am - 11:00 am Line Dancing	1:00 pm - 2:30 pm Bingo (No Bingo on December 20)	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		
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	12:30 pm - 3:30 pm Beginners Rummikub (3rd Wednesdays)	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 - 12:30 pm Walk Your Way to Health (DVD)	1:00 pm - 2:30 pm Let's Talk Discussion Group	12:30 pm - 3:30 pm Open Ping Pong (Multipurpose B)			
4:00 pm - 5:00 pm Musical Instrument Jam Session	11:30 am Start Time New Release Movie	1:30 pm - 3:30 pm Open Painting	1:00 pm - 1:45 pm Chair Yoga (DVD)			
6:15 pm - 6:45 pm Intermediate/Advance ESOL	1:00 pm - 3:00 pm Open Sewing	2:00 pm - 3:30 pm Beginners ESOL	5:00 pm - 6:00 pm Int/Adv Tai Chi (Marci)			
6:00 pm - 7:00 pm Full Body Cardio w/ Rosie	2:00 pm - 4:00 pm Theatre Group	2:30 pm - 3:30 pm Chair Yoga (Baptist Health)	6:30 pm - 8:00 pm Open Crafts			
	4:00 pm - 5:00 pm Beginners Tai Chi (Marci)	2:30 pm - 3:30 pm (1st & 3rd Wednesdays ONLY) Life Changes Discussion Group (VITAS)				
	5:30 pm - 6:30 pm Zumba Gold (Baptist Health)	5:00 pm - 6:00 pm Flex and Stretch w/ Darius				
	7:00 pm - 9:00 pm Scottish Dancing					
	All Programs Cancelled on Election Day, 11/5/24					
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>					

Happy Holidays

Closed In Observance of:

Veterans Day
Monday, November 11, 2024

Thanksgivings Day
Thursday, November 28, 2024

Day After Thanksgiving
Friday, November 29, 2024

Light Up The Holidays Event
Thursday, December 5, 2024

Christmas Day
Wednesday, December 25, 2024

New Year's Day
Wednesday, January 1, 2025

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
11/4	The Terminal	2004	2:08 mins	12/2	Avalon	1990	2:08mins	11/5	NO MOVIE - ELECTION DAY (PROGRAMS CANCELLED)		12/3	Girl Haunts Boy	2024	1:40mins	
11/11	NO MOVIE - VETERANS DAY (CENTER CLOSED)			12/9	Big	1988	2:03mins	11/12	Judy	2019	1:58mins	12/10	Who Killed Santa? A Murderville Murder Mystery	2022	0:52mins
11/18	Stripes	1981	1:45 mins	12/16	NO MOVIE			11/19	Bad Boys: Ride or Die	2024	1:55mins	12/17	NO MOVIE		
11/25	My Blue Heaven	1990	1:35 mins	12/23	Planes, Trains & Automobiles	1987	1:33mins	11/26	Will & Harper	2024	1:54mins	12/24	Our Little Secret	2024	1:39mins
				12/30	Monty Python & The Holy Grail	1975	1:31mins					12/31	Falling For Christmas	2022	1:35mins

New Release Movie Titles are subject to change Please call for details.

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