



Sunrise Senior Center
10650 W. Oakland Park Blvd.
Sunrise, FL 33351

PRSR STD
US POSTAGE PAID
FT. LAUD. FL
PERMIT NO. 825

OR CURRENT RESIDENT

**Sunrise Senior Center
will be closed for:
Labor Day,
Monday, September 5th
and
Veteran's Day
Friday, November 11**



IT STARTS IN PARKS

Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
Sunrise Latin Social Club 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.	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
Senior Cooking Club					
Nov - Fall Flavors (#280816B)	11/18	F	10:00 am - 12:30 pm	10/5	\$6/\$8
Dec - Casseroles (#280816C)	12/9	F	10:00 am - 12:30 pm	11/2	\$6/\$8
Jan - Mashed Potato Pizza (#380816A)	1/20	F	10:00 am - 12:30 pm	12/7	\$6/\$8
If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation. Each month will focus on a different menu that we will get to enjoy at the end of class.					
Let's Talk Discussion Group Enjoy a great group of people & "Let's Talk". Make new friends, discuss news, hot topics and much more.	Weekly	W	1:00 pm - 2:00 pm	Walk - in	Free
Life Changes Workshop VITAS counselors will lead an ongoing workshop on how to handle life's challenges. Topics such as life transitions, adjustment to the aging process, and retirement to name a few. Join the group and make a few friends!	Weekly	W	2:30 pm - 3:30 pm	Ongoing	Free
Women's Bocce Open House Come to the Senior Center to sign up for the 2016-2017 Bocce season. Please call Wanda Joyce at 954-746-6376 or Mary Robertson at 954-749-4733 for more information. Activity # 180855A	9/28	W	3:00 pm	Walk - in	
Learning Center for Vision Impaired Seniors This group is dedicated to provide continuing education, support, and socialization for legally-blind seniors. The group meets at Nob Hill Soccer Club Park 10200 Sunset Strip. For more information contact George Bisbikos at 954-742-3214.	Ongoing	TH	10:00 am - 2:00 pm	Walk - in	Free

"A WALK IN THE PARK"



Join the Sunrise Senior Center for the 1st Health Walk featuring a new City of Sunrise Park.

Oak Hammock Park

We will board a bus at the Senior Center Friday, October 28 at 8:45 am - 12:00 pm

Come and walk a beautiful Sunrise park with your friends! Enjoy an exercise demo, giveaways, music and a healthy lunch. This will be an intergenerational walk; local preschool and elementary school children will join us! There will be healthy Trick or Treat Stations set up so feel free to dress in costume! Please call to sign up and reserve your space!

Sponsored By: Humana MarketPoint



September/ October 2016

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

SPECIAL FEATURES

Senior Center Hours: Monday, Thursday, Friday 8:30am - 4:30pm
Tuesday and Wednesday 8:30 am - 9:00 pm

	Date	Day	Time	Register	Fee
Choral Group Great news, the Choral Group is back! If you enjoy singing & giving joy to others this is the group for you. Join choral director Lynford Turpin and the new Sunrise Star Performers today. Please call 954-746-3670 or stop by the Front Desk to sign up. Session begins on Friday, September 16, 2016.	Weekly (Sept - May)	F	11:30 am - 1:00 pm	9/2	Free
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity #180818A	9/8	TH	1:30 pm - 3:00 pm	Now	\$5/\$7
Medicare Educational Workshop S.H.I.N.E (Serving the Health Insurance Needs of the Elderly) will be at the Sunrise Senior Center to explain Medicare benefits. SHINE provides unbiased and free health insurance assistance to Medicare beneficiaries. They are available to help you understand what Medicare options are available to you and where to find more information. This is your chance to ask questions and find answers before open enrollment begins in October.	9/9	F	10:00 am - 11:30 am	Call to sign up	Free
Craft Class - Apple Mason Jar Design an apple inspired mason storage jar. Activity #180801B	9/16	F	10:00 am - 11:30 am	Now	\$6/\$8
Lunch Bunch Enjoy a special homemade chicken salad sandwich with a twist. It will be served with a small side salad and iced tea. Don't miss this delicious lunch before your afternoon activities. Activity # 180807B	9/30	F	12:00 pm - 12:45 pm	Now	\$5/\$7
Craft Class - Gratitude Stones Let's give thanks as we create our very own personalized gratitude stones. Activity #280801A	10/28	F	10:00 am - 11:30 am	Now	\$6/\$8
Lunch Bunch Enjoy some homemade BBQ brisket sliders! The sliders will be served with baked beans and a soda. Don't miss this delicious lunch before your afternoon activities. Activity # 280807A	11/18	F	12:00 pm - 12:45 pm	10/7	\$5/\$7
Craft Class - Decorate a Coffee Mug Join us as we decorate coffee mugs with different holiday inspired stencil designs! Activity #280801B	12/16	F	10:00 am - 11:30 am	11/4	\$6/\$8
Bunco Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. Activity #280818A	12/22	TH	1:30 pm - 3:00 pm	Now	\$5/\$7

A Night Around the World Dinner Dance
10/13 TH 6:00 pm - 9:00 pm 9/2 \$22/\$24
You won't want to miss our first Dinner Dance of the new season as we take a cultural trip around the world. Experience different cultures, foods and traditions at this dinner dance! Tour China, Greece, Italy, Mexico and the Caribbean while sampling small plates and enjoying cultural entertainment. A complimentary glass of wine or beer is included in the ticket price. Activity #280832A

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	ADMIT ONE <i>Trip & Ticket Policies</i> ADMIT ONE
---------------	----------------	------------------	-----------------	---------------	---

9:00 am - 9:30 am
Tai Chi
(10/24 Civic Center Stage)

9:30 am - 10:30 am
Walk Your Way to Health
(10/24 Civic Center Stage)

9:30 am - 12:00 pm
Open Game time
(10/24 Civic Center Theatre Lobby)

10:30 am - 12:00 pm
Beginners Beading
(10/24 Civic Center Lobby)

10:30 am - 12:00 pm
Knitting & Crocheting Class

11:00 am (Start Time)
Classic Movies
(10/24 Civic Center Lounge)

12:30 pm - 2:30 pm
Open Beading
(10/24 Civic Center Theatre Lobby)

1:00 pm - 2:30 pm
Spanish Class

1:30 pm - 3:30 pm
Monday Dance Mixer
(10/24 Civic Center Dance Studio)

9:00 am - 9:30 am
Tai Chi
(10/18, 10/25 and 11/1 Civic Center Stage)

9:00 am - 12:00 pm
Mah Jongg Class
(10/18, 10/25 and 11/1 Civic Center Stage)

9:30 am - 10:30 am
Senior Aerobics
(10/18, 10/25 and 11/1 Civic Center Stage)

10:00 am - 12:00 pm
Billiards Lessons (2nd & 4th)

11:30 am (Start Time)
New Release Movies
(10/18, 10/25 and 11/1 Civic Center Aerobic Studio)

1:00 pm - 3:00 pm
Beginners Computer Class

1:00 pm - 3:00 pm
Sewing Creations

4:30 pm - 5:30 pm
Senior Aerobics
(10/18, 10/25 and 11/1 Civic Center Stage)

8:45 am - 9:30 am
Tai Chi
(10/19, 10/26 and 11/2 Civic Center Stage)

9:30 am - 10:30 am
Walk Your Way to Health
(10/19, 10/26 and 11/2 Civic Center Stage)

9:00 am - 12:00 pm
Bowling League - Strikers Lanes

11:00 am - 12:00 pm
Ballroom Dance Class
(10/19, 10/26 and 11/2 Civic Center Stage)

12:30 pm - 2:00 pm
Conversational English

12:30 pm - 3:30 pm
Open Game Play
(10/19, 10/26 and 11/2 Civic Center Theatre Lobby)

1:00 pm - 2:00 pm
Let's Talk Discussion Group
(10/19, 10/26 and 11/2 Civic Center Aerobic Dance Studio)

1:00 pm - 3:00 pm
Intermediate Computer Class

1:30 pm - 3:30 pm
Drawing Class

2:30 pm - 3:30 pm
Life Changes
(10/19, 10/26 and 11/2 Civic Center Aerobic Dance Studio)

4:30 pm - 5:30 pm
Zumba Gold #3
(10/19, 10/26 and 11/2 Civic Center Stage)

9:00 am - 10:00 am
Beginners Line Dancing
(10/13, 10/20, 10/27, 11/3 and 11/10 Civic Center Stage)

9:30 am - 11:00 am
Bereavement Support Group

10:00 am - 11:00 am
Coupon Club & Gardening Club

10:00 am - 12:00 pm
Line Dancing
(10/13, 10/20, 10/27, 11/3 and 11/10 Civic Center Stage)

Pan Card Game Class
1:00 pm - 2:30 pm
(Call front desk to sign up)
(10/13, 10/20, 10/27, 11/3 and 11/10 Civic Center Theatre Lobby)

1:00 pm - 2:30 pm
ESOL

1:00 pm - 2:00 pm
Chair Yoga
(10/13, 10/20, 10/27, 11/3 and 11/10 Civic Center Aerobic Studio)

2:15 pm - 3:15 pm
Floor Yoga
(10/13, 10/20, 10/27, 11/3 and 11/10 Civic Center Aerobic Studio)

8:45 am - 9:30 am
Tai Chi
(10/21, 10/28 and 11/4 Civic Center Stage)

9:30 am - 10:30 am
Zumba Gold
(10/21, 10/28 and 11/4 Civic Center Stage)

10:30 am - 11:30 am
Zumba Gold
(10/21, 10/28 and 11/4 Civic Center Stage)

10:00 am - 12:00 pm
Chess Club

10:00 am - 12:00 pm
Conversational English

11:30 am - 1:00 pm
Choral Group **NEW!**

1:00 pm - 2:30 pm
Bingo
(10/21, 10/28 and 11/4 Civic Center Lobby)

1:30 pm - 3:30 pm
Painting



Early Voting
October 18 - November 4
See calendar for class relocation schedule

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.

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.

*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.

*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.

When purchasing tickets, please indicate the full name, **birth date and phone number** of your guest.

Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.

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.

If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)

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.

Trips departing before 3:30 p.m. leave from the Civic Center east parking lot

A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.

Please occupy the same bus seat on the way to and from an event.

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.

TUESDAY EVENINGS			
4:30 pm - 5:30 pm	Senior Aerobics	7:00 pm - 9:00 pm	Scottish Dancing
6:00 pm	New Release Movies	1st Tuesday	Sunrise Latin Social Club
6:30 pm - 8:30 pm	Color For Grown Ups	3rd Tuesday	Sunrise Orchid Society
6:00 pm - 9:00 pm	Open Game Room & Dart League	4th Tuesday	American Legion Post 365
6:30 pm - 8:30 pm	Computer Class		

WEDNESDAY EVENINGS			
4:00 pm - 6:00 pm	Women's Bocce, Nob Hill Soccer Club Park	6:00 pm - 9:00 pm	Open Game Room
4:30 pm - 5:30 pm	Zumba Gold #3	6:00 pm - 8:00 pm	Mah Jongg
6:30 pm - 8:30 pm	Mixed Media		
6:30 pm - 7:30 pm	Ballroom Dancing		
6:00 pm - 9:00 pm	Wood Carving		

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am							
9/5	No Movie - Closed for Labor Day			10/10	Dr. No	1962	1:50 mins	9/6	Batman Vs. Superman	PG-13	2:31 mins	10/11	London Has Fallen	R	1:39 mins
9/12	Vanity Fair	1932	1:18 mins	10/17	Somewhere In Time	1980	1:44 mins	9/13	Mother's Day	PG-13	1:59 mins	10/18	Miracles From Heaven	PG	1:49 mins
9/19	Touch of Evil	1958	1:51 mins	10/24	To Catch A Thief	1955	1:46 mins	9/20	Demolition	R	1:41 mins	10/25	Now You See Me 2	PG-13	1:56 mins
9/26	Heartburn	1986	1:09 mins	10/31	Hocus Pocus	1993	1:36 mins	9/27	A Hologram For the King	R	1:37 mins				
10/3	The Apartment	1960	2:05 mins					10/4	My Big Fat Greek Wedding 2	PG-13	1:34 mins				
<ul style="list-style-type: none"> • New Release Movie Titles are subject to change • Please call for details 															

Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out are available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	TU	mornings	Free	Call for Appt.
		TH	afternoon	Free	Call for Appt.

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, by appointment only and must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.

Bereavement Support Group	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
----------------------------------	--------	----	--------------------	------	---------

This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.

Blood Pressure Check (Sunrise Fire/Rescue)	9/9, 10/14, Note: 11/11 Senior Center closed	F	10:30 am - 11:30 am	Free	Walk-ins welcome
---	---	---	---------------------	------	------------------

Eyeglass Repair	9/9, 10/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
------------------------	------------	---	---------------------	------	------------------

Optical City will be in the hallway at the Senior Center to offer minor repairs for eyeglasses. A Licensed Dispensing Optician will be able to perform minor repairs on nose pads, screws, and make minor frame adjustments.

Property Tax Exemption Assistance	9/9, 10/14	F	10:00 am - 11:30 am	Free	Walk-ins welcome
--	------------	---	---------------------	------	------------------

Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; 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.

Veteran's Advisor	9/9, 10/14	F	9:00 am - 12:00 pm	Free	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 and linkage and benefits and claims processing.

Talk to Your Congressman & Congresswoman	9/13, 10/11, 11/8	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
---	-------------------	----	--------------------	------	------------------

A representative from Congressman Alcee Hastings' and Congresswoman Debbie Wasserman Schultz's office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800 or 954-437-3936.

Life Changes Workshop		W	2:30 pm - 3:30 pm	Free	Ongoing
------------------------------	--	---	-------------------	------	---------

VITAS counselors will lead an ongoing workshop on how to handle life's challenges. Topics such as life transitions, adjustment to the aging process, and retirement to name a few. Join the group and make a few friends!

F.L.O.W. is here!	9/14, 10/12, 11/9	W	8:30 am - 12:30 pm		By Appointment
--------------------------	-------------------	---	--------------------	--	----------------

Florida Licensing on Wheels the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. 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! www.GatherGoGet.com. For more information and an appointment call 954-746-3670. This service is available to all Broward Co. residents.

S.H.I.N.E Counselor	1st and 3rd Mondays of the month	M	10:00 am - 12:00 pm		Walk-ins welcome
----------------------------	----------------------------------	---	---------------------	--	------------------

A "Serving the Health Insurance Needs of the Elderly" counselor will be at the Senior Center. SHINE counselors provide information, counseling, and assistance about Medicare, Medicaid, Medicare Health and Drug Plans choices, Medicare Supplemental Insurance, Long term Care Insurance, Medicare Fraud and Prescription Assistance. The program is sponsored by the ADRC and Sunrise Senior Center.

Aging and Sexual Health	10/14	F	10:00 am - 11:30 am	Free	Call to sign up
--------------------------------	-------	---	---------------------	------	-----------------

Normal aging causes physical and mental changes that affect both men and women. Sexuality is one of the aspects of our lives that is effected by aging. Learn about sexuality, the factors contributing to the changes as we age and methods to enhance your experiences. A light lunch will be provided to all pre-registered participants. Presentation by Dr. Jaffer from Senior Medical Associates. Space is limited. 954-746-3670

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
---------	---------	--------	------	------------------------------	------------

September Ticket Sale Members 9/2; Non-Members 9/9

Lauderdale by the Sea Beach Day	10/5	W	9:15 am - 4:00 pm	\$5/\$7	280851A
--	------	---	-------------------	---------	---------

Spend the morning relaxing on the beach at Lauderdale by the Sea. Bring your beach chair or beach blanket and catch some sun or take a dip in the ocean. Take a stroll down the strip and then enjoy lunch on your own.

Isle Casino	10/10	M	9:00 am - 3:00 pm	\$5/\$7	280826A
--------------------	-------	---	-------------------	---------	---------

Get ready for a great day at the casino. Play the tables, slots, and more.

Glass Blowing Demonstration	10/19	W	9:00 am - 4:00 pm	\$10/\$12	280842A
------------------------------------	-------	---	-------------------	-----------	---------

Visit Hollywood Hot Glass, one of the largest and most interactive glass studios on the East Coast, and experience the wonder full art of glass! Enjoy the one hour live demonstration as skilled artists craft spectacular pieces. Your experience will be part entertainment, where an ancient technique is displayed, part educational, part scientific, part magic and ALL fun! Then take a stroll down Hollywood Blvd and enjoy lunch on your own at the restaurant of your choice.

Spanish Theatre & Dinner in Miami	10/29	SA	4:00 pm - 10:00 pm	\$46/\$48	280840A
--	-------	----	--------------------	-----------	---------

Start the evening off with a delicious meal on your own at the famous Versailles restaurant, then get ready to enjoy Un Balsero en Varadero at the Teatro de Bellas Artes in Miami. Voted one of the best Spanish comedies of the year, this entertaining and amusing play tells the story of a man, Juan Pablo, who leaves Cuba on a raft trying to get to Miami. Things do not go as planned as he ends up in Paris instead! Trying frantically to get to his destination of Miami, Juan Pablo tries again, only to end back up where he started...Cuba. **The production is entirely in Spanish.**

October Ticket Sale Members 10/7; Non-Members 10/14

The Promenade at Coconut Creek	11/9	W	10:00 am - 4:00 pm	\$5/\$7	280846A
---------------------------------------	------	---	--------------------	---------	---------

Experience an award winning outdoor mall at the Promenade at Coconut Creek. With over 35 stores and boutiques and 14 restaurants to explore, this outing is sure to be a shopper's delight. Enjoy lunch on your own.

History Miami Museum Tour and Lunch	11/17	TH	10:15 am - 4:45 pm	\$28/\$30	280841A
--	-------	----	--------------------	-----------	---------

Have fun learning about Miami's colorful history and its culture. Enjoy two one-hour guided tours as you explore exhibits in both the North and South Buildings of the museum at the University of Miami. The exhibitions are designed to help you understand the past and how it played a part in shaping Miami's future. A boxed lunch (sandwich, juice, fruit and chips) is included.

Mardi Gras Casino	11/22	TU	9:00 am - 3:30 pm	\$5/\$7	280826B
--------------------------	-------	----	-------------------	---------	---------

Enjoy a great day at the casino including \$12 in bonus play and a \$3 food voucher to Café Orleans or French Quarters. Play the tables, slots, and more.

Christmas on Las Olas	11/29	TU	5:00 pm - 10:00 pm	\$5/\$7	280842B
------------------------------	-------	----	--------------------	---------	---------

If you haven't experienced it before, now is your time to be a part of the 54th annual Christmas on Las Olas. This is a great Fort Lauderdale tradition and a wonderful kick-off to the holiday season that can be enjoyed by all ages. The air will be filled with sounds of the holidays performed by choirs from local schools and churches.

November Ticket Sale Members 11/4; Non-Members 11/14

Miami City Ballet Presents "The Nutcracker"	12/9	F	4:00 pm - 10:00 pm	\$50/\$52	280839A
--	------	---	--------------------	-----------	---------

Celebrate the Holidays with Tchaikovsky's classic, The Nutcracker. Join us as we visit the Broward Center for the Performing Arts and become mesmerized by the Miami City Ballet's presentation of this classical production. The Nutcracker ballet tells the story of a spectacular Christmas Eve party and the magical events that take place late that night. Seats are located in the Rear Orchestra, Row FF, Seats 102-121, Zone B.

St. Lucie County Aquarium, Heathcote Botanical Garden and Lunch	12/14	W	8:00 am - 6:00 pm	\$30/\$32	280846B
--	-------	---	-------------------	-----------	---------

Enjoy the day in Fort Pierce. Start your day off with a guided tour of the St. Lucie County Aquarium and explore the marine life typically found in the Indian River Lagoon. Lunch is included at the Original Tiki Bar and Grill. Then end your day with a guided tour of Heathcote Botanical Gardens, home of the largest public tropical bonsai collection in the U.S.

Concert at Delray Beach Marketplace	12/22	TH	3:00 pm - 9:00 pm	\$5/\$7	280842C
--	-------	----	-------------------	---------	---------

Pick a restaurant in the area and stroll through the shops of Delray Marketplace. Bring your blanket or lawn chair and enjoy the Fusion Band as they perform live at the Amphitheatre.

Calder Casino	12/28	W	9:00 am - 3:30 pm	\$5/\$7	280826C
----------------------	-------	---	-------------------	---------	---------

Try your luck and enjoy a great day at the casino including \$10 free play. Play the tables, slots, and more

September / October Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	10/19 & 10/20	W & TH	9:00 am - 12:00 pm	9/7	\$15/\$20	280853A
	11/2 & 11/3	W & TH	9:00 am - 12:00 pm	10/7	\$15/\$20	280853B
**There will be no AARP course in September.						
Beginners 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. Limit of one class per person					
	10/3 - 10/31	M	10:30 am - 12:00 pm	9/6	Free	280814A
	11/7 - 11/28	M	10:30 am - 12:00 pm	10/4	Free	280814B
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.					
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.					
“Fortune’s Children: The Fall of the House of Vanderbilt” By Arthur T. Vanderbilt	9/23	F	12:00 pm - 1:00 pm	Now	Free	
“A Man Called Ove” By Frederik Backman	10/21	F	12:00 pm - 1:00 pm	Now	Free	
Chess Club	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free	
If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.						
Scottish Dancing	Weekly	TU	7:00 pm - 9:00 pm	Walk-in	Free	
Learn the traditional dances of Scotland. No experience or partner required.						
Coloring for Grownups	Oct	W	11:00 am - 1:00 pm	9/6	Free	280871A
	Oct	TU	6:30 pm - 8:30 pm	9/6	Free	280871B
	Nov	W	11:00 am - 1:00 pm	10/4	Free	280871C
	Nov	TU	6:30 pm - 8:30 pm	10/4	Free	280871D
	Dec	W	11:00 am - 1:00 pm	11/2	Free	280871E
	Dec	TU	6:30 pm - 8:30 pm	11/2	Free	280871F
Tap into the latest trend – coloring books for adults. There’s no cost to participate. but Senior Center membership is required. Bring your own markers or sign a set out at the front desk.						
Ballroom Dance	Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rumba, Salsa & Cha Cha. For more information, call 954-439-5899.					
	Oct	W	11:00 am - 12:00 pm	9/7	\$12/\$14	280864A
	Oct	W	6:30 pm - 7:30 pm	9/7	\$12/\$14	280865B
	Nov	W	11:00 am - 12:00 pm	10/5	\$15/\$17	280864C
	Nov	W	6:00 pm - 7:00 pm	10/5	\$12/\$14	280865D
	Dec	W	11:00 am - 12:00 pm	11/2	\$12/\$14	280864E
	Dec	W	6:00 pm - 7:00 pm	11/2	\$12/\$14	280865F
Technology Class	1st & 3 rd	TU	9:30 am - 11:00 am	Call to sign up	Free	
1st Tuesday of each month Apple related devices will be covered and 3rd Tuesday Android devices will be covered.						
Knitting & Crocheting Class	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. See the front desk for a list of supplies					
	Oct	M	10:30 am - 12:00 pm	9/6	Free	280869A
	Nov	M	10:30 am - 12:00 pm	10/4	Free	280869B
	Dec	M	10:30 am - 12:00 pm	11/1	Free	280869C
(No class 12/26)						
Sewing Creations	Ongoing	TU	1:00 pm - 3:00 pm	Walk-in	Free	

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
Exercise Classes						
Tai Chi	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, students may participate in either M/W or TU/F classes. Wednesday and Friday classes are sponsored by Baptist Health and begin at 8:45 am.					
	Oct	TU/F	9:00 am - 9:30 am	9/7	Free	280858A
	Oct	M/W	9:00 am - 9:30 am	9/7	Free	280858B
	Nov	TU/F	9:00 am - 9:30 am	10/5	Free	280858C
	Nov	M/W	9:00 am - 9:30 am	10/5	Free	280858D
	Dec	TU/F	9:00 am - 9:30 am	11/2	Free	280858E
	Dec	M/W	9:00 am - 9:30 am	11/2	Free	280858F
(No class: 11/11, 11/24, 11/25 and 12/26)						
Senior Aerobics	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Oct	TU	9:30 am - 10:30 am	9/7	Free	280857A
	Oct	TU	4:30 pm - 5:30 pm	9/7	Free	280857B
	Nov	TU	9:30 am - 10:30 am	10/5	Free	280857C
	Nov	TU	4:30 pm - 5:30 pm	10/5	Free	280857D
	Dec	TU	9:30 am - 10:30 am	11/2	Free	280857E
	Dec	TU	4:30 pm - 5:30 pm	11/2	Free	280857F
Zumba Gold	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate.					
	Oct	F	9:30 am - 10:30 am	9/7	Free	280863A
	Oct	F	10:30 am - 11:30 am	9/7	Free	280863B
	Oct	W	4:30 pm - 5:30 pm	9/7	Free	280863C
	Nov	F	9:30 am - 10:30 am	10/5	Free	280863D
	Nov	F	10:30 am - 11:30 am	10/5	Free	280863E
	Nov	W	4:30 pm - 5:30 pm	10/5	Free	280863F
	Dec	F	9:30 am - 10:30 am	11/2	Free	280863G
	Dec	F	10:30 am - 11:30 am	11/2	Free	280863H
	Dec	W	4:30 pm - 5:30 pm	11/2	Free	280863I
(No class: 11/11 and 11/25)						
Chair Yoga	Oct	TH	1:00 pm - 2:00 pm	9/7	\$12/\$14	280861A
	Nov	TH	1:00 pm - 2:00 pm	10/5	\$9/\$12	280861B
	Dec	TH	1:00 pm - 2:00 pm	11/2	\$15/\$17	280861C
Floor Yoga	Oct	TH	2:15 pm - 3:15 pm	9/7	\$12/\$14	280862A
	Nov	TH	2:15 pm - 3:15 pm	10/5	\$9/\$12	280862B
	Dec	TH	2:15 pm - 3:15 pm	11/2	\$15/\$17	280862C
Language Classes						
• Beginners Spanish	10/10 - 11/9	M	1:00 pm - 2:30 pm	9/6	\$5/\$10	280821A
• ESOL (English as a Second Language)	10/6 - 12/1	TH	1:00 pm - 2:30 pm	9/6	\$5/\$10	280817A
• Conversational English	This program is for individuals who are interested in improving their English speaking skills. Meet in small groups weekly, for 8-weeks. Speak with instructor Yvonne Hepler who will talk with you in English and help you improve your communication skills. Participants must be registered. 12 students only!					
	10/5 - 11/23	W	12:30 pm - 2:00 pm	9/6	\$5/\$10	280868A
	10/7 - 12/9	F	10:00 am - 11:30 am	9/6	\$5/\$10	280868B
(No Class: 11/11 and 11/25)						
Art Classes						
For questions contact Margo Kawashima at 954-684-6163						
• Drawing	10/5 - 11/9	W	1:30 pm - 3:30 pm	9/6	\$20/\$22	280859A
• Mixed Media	10/5 - 11/9	W	6:30 pm - 8:30 pm	9/6	\$20/\$22	280811A
• Painting	10/7 - 11/18	F	1:30 pm - 3:30 pm	9/6	\$20/\$22	280813A
(No class: 11/11)						