



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

PRSR STD
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PERMIT NO. 825

January/ February 2017

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

SUNRISE SENIOR CENTER

SPECIAL FEATURES

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

OR CURRENT RESIDENT

Sunrise Senior Center will be closed for:

 **New Year's Day Holiday**
Monday, January 2
and
Martin Luther King Day
Monday, January 16



IT STARTS IN PARKS

Coaching. Connecting. Community.

Date	Day	Time	Register	Fee
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Sunrise Latin Social Club	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
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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.

Senior Cooking Club					
Feb - Turkey Meatball Sub (#380816B)	2/17	F	10:00 am - 12:30 pm	1/4	\$6/\$8
Mar - Soup & Salad (#280816C)	3/10	F	10:00 am - 12:30 pm	2/1	\$6/\$8
Apr- Picnic (#380816A)	4/21	F	10:00 am - 12:30 pm	3/1	\$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	Weekly	W	1:00 pm - 2:00 pm	Walk - in	Free
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Enjoy a great group of people & "Let's Talk". Make new friends, discuss news, hot topics and much more.

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

Learning Center for Vision Impaired Seniors	Ongoing	TH	10:00 am - 2:00 pm	Walk - in	Free
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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.

Lunch Bunch	1/11	W	12:00 pm - 12:45 pm	Now	\$5/\$7
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Enjoy two slices of pizza and a soda. Don't miss this delicious lunch before your afternoon activities. **Activity # 380807A**

Stroke Prevention	1/13	F	10:00 am - 11:30 am	Call to sign up	Free
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Tracy Williams and Rachel Katz, Therapists from Healthsouth will be here to discuss the warning signs, as well as how to prevent a stroke. They will share how therapists work to rehab patients who have already had strokes. This will be followed by a question and answer time. A light lunch will be provided to all pre-registered participants.



Salsa & Sangria	1/19	TH	6:00 pm - 9:30 pm	1/3	\$8/\$10
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Come dance the night away to Live Latin Music. The event will also feature tapas sponsored by Bahama Breeze of Sunrise and a complimentary glass of Sangria for each ticketed participant. Don't delay this event always sells out. **Activity# 380822B**



Craft Class - Valentine's Wreath	2/3	F	10:00 am - 11:30 am	1/4	\$6/\$8
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Design a beautiful Valentine's wreath celebrating the season of "LOVE". Hang it on your front door or give it someone special to you. **Activity# 380801A**

Senior Picnic & Games	2/10	F	12:30 pm - 3:30 pm	1/6	\$8/10
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It's time again for the bi-annual Senior picnic and games. Enjoy a delicious BBQ lunch, music with a live DJ and lots of fun and games. Challenge your friends as you compete and participate in different games and activities. Transportation will be provided to the park. **Activity# 380849A**

Murder Mystery Dinner	2/23	TH	6:00 pm - 9:00 pm	1/4	\$22/\$24
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Whodunnit? Join the Sunrise Senior Center for a murder mystery dinner show that you will help to solve. You will interact directly with the participants of the event, and other partygoers as you help examine clues, evaluate witnesses and alibis, choose from a variety of suspects and determine the culprit. Enjoy a delicious meal and a complementary glass of beer or wine. This event promises to be murderously fun! **Activity# 380832A**

Welcome to the Jungle Social	3/8	W	1:00 pm - 3:00 pm	2/3	\$8/\$10
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Lions, Tigers and Bears, oh my! Experience a safari themed social that will take you deep into the jungle. Enjoy a tasty lunch and an afternoon filled with entertainment. **Activity# 480822A**

Lunch Bunch	3/17	F	12:00 pm - 12:45 pm	2/3	\$5/\$7
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Happy St. Patrick's Day! Enjoy a taste of Ireland with a twist on a traditional dish "Corn beef and cabbage". **Activity # 380807B**

Bunco	3/23	TH	1:30 pm - 3:00 pm	2/3	\$5/\$7
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Take your chance to win prizes while playing an easy dice game. Light refreshments will be served. **Activity #380818A**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	 Trip & Ticket Policies 
9:00 am - 9:30 am Tai Chi 9:30 am - 10:30 am Walk Your Way to Health 10:30 am - 12:00 pm Beginners Beading 10:30 am - 12:00 pm Knitting & Crocheting Class 11:00 am (Start Time) Classic Movies 12:30 pm - 2:30 pm Open Beading 1:00 pm - 2:30 pm Spanish Class 1:30 pm - 3:30 pm Monday Dance Mixer	9:00 am - 9:30 am Tai Chi (1/10 Civic Center Dance Studio) 9:00 am - 12:00 pm Mah Jongg Class 9:30 am - 10:30 am Senior Aerobics (1/10 Civic Center Dance Studio) 10:00 am - 12:00 pm Billiards Lessons (2nd & 4th) 11:30 am (Start Time) New Release Movies (1/10 Civic Center Dance 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 (1/10 Civic Center Aerobic Studio)	8:45 am - 9:30 am Tai Chi (3/8 Civic Center Dance Studio) 9:30 am - 10:30 am Walk Your Way to Health (3/8 Civic Center Dance Studio) 9:00 am - 12:00 pm Bowling League - Strikers Lanes 11:00 am - 12:00 pm Ballroom Dance Class (3/8 Civic Center Dance Studio) 10:00 am - 12:00 pm Conversational English 12:00 pm - 1:30 pm Conversational English 12:30 pm - 3:30 pm Open Game Play 1:00 pm - 2:00 pm Let's Talk Discussion Group 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 4:30 pm - 5:30 pm Zumba Gold #3 (3/8 Civic Center Dance Studio)	9:00 am - 10:00 am Beginners Line Dancing (1/19 and 2/23 Civic Center Theatre 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 (1/19 and 2/23 Civic Center Theatre Stage) 11:45 am - 12:45 pm Strong & Stretch (1/19 and 2/23 Civic Center Aerobic Studio) Pan Card Game Class 1:00 pm - 2:30 pm (Call front desk to sign up) 1:00 pm - 2:30 pm ESOL 1:00 pm - 2:00 pm Chair Yoga (1/19 and 2/23 Civic Center Dance Studio) 2:15 pm - 3:15 pm Floor Yoga (1/19 and 2/23 Civic Center Dance Studio) 5:30 pm - 6:30 pm Strong & Stretch (1/19 and 2/23 Civic Center Aerobic Studio) 6:45 pm - 7:45 pm Pi-Yo (Pilates/Yoga) NEW! **Bring Yoga mat or towel** (1/19 and 2/23 Civic Center Dance Studio)	8:45 am - 9:30 am Tai Chi 9:30 am - 10:30 am Zumba Gold 10:30 am - 11:30 am Zumba Gold 10:00 am - 12:00 pm Chess Club 11:30 am - 1:00 pm Choral Group 1:00 pm - 2:30 pm Bingo 1:30 pm - 3:30 pm Painting Senior Center Will be Closed: New Years Holiday Monday, January 2 Martin Luther King Day Monday, January 16	<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>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot</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>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.</p>

TUESDAY EVENINGS

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

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		

THURSDAY EVENINGS

6:30 pm - 8:00 pm	Buying and Selling Safely Online (1st & 3rd)
6:00 pm	Open Game Room
6:30 pm - 8:00 pm	Open Crafts (Stitchery)
6:30 pm - 8:30 pm	Billiard Lessons (2nd & 4th)
6:30 pm - 8:30 pm	Iris Folding Workshop (4th)
6:45 pm - 7:45 pm	Senior Exercise Class (Pi-Yo)

Monday Classic Movies - 11:00 am				At The Movies				Tuesday New Release Movies - 11:30 am					
1/2	No Movie - Closed for New Years Day Holiday	2/6	The Candidate 1941	1:40 mins	1/3	The Legend of Tarzan	PG-13	1:49 mins	2/7	Sully	PG-13	1:36 mins	
1/9	Shadows of Doubt 1942	1:48 mins	2/13	Sullivan's Travel 1951	1:30 mins	1/10	Indignation	R	1:51 mins	2/14	Green is Gold	R	1:22 mins
1/16	No Movie - Closed for Martin Luther King Day		2/20	Cover Girl 1944	1:47 mins	1/17	Florence Foster Jenkins	PG-13	1:50 mins	2/21	Dark Horse: Documentary	PG	1:25 mins
1/23	Path of Glory 1957	1:28 mins	2/27	It Could Happen to You 1994	1:41 mins	1/24	Southside With You	PG-13	1:24 mins	2/28	Coming Through the Rye	PG-13	1:35 mins
1/30	Guess Who's Coming to Dinner 1967	1:48 mins				1/31	Suicide Squad	PG-13	2:10 mins				

• New Release Movie Titles are subject to change

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
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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)	1/13, 2/10, 3/10	F	10:30 am - 11:30 am	Free	Walk-ins welcome
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Eyeglass Repair	1/13, 2/10, 3/10	F	10:00 am - 11:30 am	Free	Walk-ins welcome
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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. Note:

Property Tax Exemption Assistance	1/20, 2/10, 3/10	F	10:00 am - 11:30 am	Free	Walk-ins welcome
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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. **Note: Property Appraiser will be here on the 3rd Friday in January.**

Veteran's Advisor	1/13, 2/10, 3/10	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
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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. **Note: 11/11 Senior Center closed**

Talk to Your Congressman & Congresswoman	1/10, 2/14, 3/14	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
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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.

F.L.O.W. is here!	1/11, 2/8, 3/8	W	8:30 am - 12:30 pm		Walk-ins welcome
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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
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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. **Note: 1/16 Senior Center closed**

Maintaining Healthy Eyes	2/10	F	10:00 am - 11:30 am	Free	Call to sign up
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An Ophthalmologist from Optical City will be here to discuss how to maintain healthy eyes as we age. Learn what exercises you can do and what vitamins are good for your eyes. A light lunch will be provided to all pre-registered participants.

Healthy Sleep Habits	3/10	F	10:00 am - 11:30 am	Free	Call to sign up
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Do you suffer from insomnia? Do you have trouble getting to sleep or staying asleep? Chronic insomnia can have a negative impact on your health, increasing your risk of depression and high blood pressure. It also can lower your quality of life. Dr. Lim will be here to speak about insomnia and teach ways to create a sleep environment. A light lunch will be provided to all pre-registered participants.

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
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January Ticket Sale Members 1/6; Non-Members 1/13

Palm Beach Outlets	2/2	TH	9:00 am - 4:30 pm	\$5/\$7	380842D
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Get ready to shop, shop, shop! Join us as we take a trip to West Palm Beach to visit the Palm Beach Outlets. Located in the heart of Palm Beach County it features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one or the many restaurants for lunch on your own.

Panthers vs. LA Kings	2/9	TH	6:00 pm - 10:30 pm	\$50/\$52	380837A
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Don't miss your chance to see the Florida Panthers take on the LA Kings. Be sure to get your tickets early! Seats are in Section 114, Rows 16 & 17.

Gulf Stream Casino	2/15	W	9:00 am - 3:00 pm	\$5/\$7	380826B
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Feeling lucky? Try your luck and enjoy a great day at the casino. Play the tables, slots, and more.

Tatiana Night Club And Restaurant	2/19	SU	5:45 pm - 10:30 pm	\$64/\$66	380838A
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Experience the food, music, and atmosphere known to Russia. Tatiana Night Club & Restaurant brings its Eastern European Tradition to Florida with singers, dancers, music and food. You will experience a Las Vegas quality show, filled with high flying, death defying entertainers, visually stimulating special effects and more. Whether this is your first time or a repeat experience, Tatiana is sure to please.

February Ticket Sale Members 2/3; Non-Members 2/10

Miami Heat Vs. Philadelphia 76ers	3/1	W	4:00 pm - 11:00 pm	\$65/\$67	380839A
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Don't miss your chance to see Hassan Whiteside and the Miami Heat take on rookie sensation Ben Simmons and the Philadelphia 76ers. Before the game, enjoy an awesome courtside experience as you watch the players warm up and have a chance to interact with them as well. Be sure to get your tickets early! Seats are in Club Section 102

The Field Irish Pub & Eatery	3/9	TH	5:45 pm - 10:00 pm	\$32/\$34	380838A
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Experience a little piece of Ireland in South Florida at the Field Irish Pub & Eatery. Enjoy a delicious dinner, including house salad or soup, a choice of entrée, drink and a dessert. Then get ready for some live music by band Celtic Bridge, as they play authentic jigs, reels and ballads that will take you across the Atlantic and back. Don't miss this wonderful cultural experience!

Yesteryear Village	3/16	TH	8:30 am - 3:30 pm	\$12/\$14	380842A
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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.

Dania Casino	3/22	W	9:00 am - 3:30 pm	\$5/\$7	380826C
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Try your luck and enjoy a great day at the casino including \$10 free play. Play the tables, slots, and more.

Bedner's Farm & Mission Bay Plaza	3/30	TH	9:00 am - 3:30 pm	\$11/\$13	380826C
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Spend the day at the farm! Enjoy a tractor and trailer ride as you take a 1 1/2 hour tour of Bedner's Farm in Boynton Beach. Homemade ice cream will be served at the end of the tour. Afterwards enjoy lunch on your own at one of the many eateries at Mission Bay Plaza.

March Ticket Sale Members 3/3; Non-Members 3/10

Delray Affair	4/7	F	9:00 am - 4:00 pm	\$5/\$7	480842A
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Celebrate the 55th year of the Delray Affair, the largest arts & craft festival in the Southeast United States with over 800 vendors. The event features an eclectic mixture of fine art, great crafts, live music, food and funky products from around the world. It takes place along the palm tree lined downtown streets of Delray Beach and stretches 12 city blocks. Food and beverage available for purchase.

Hardrock Casino	4/11	TU	9:00 am - 3:00 pm	\$5/\$7	480826A
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Get ready for a great day at the casino. Try your luck at the tables, slots and enjoy a lunch on your own.

Jewish Museum & Holocaust Memorial	4/19	W	8:45 am - 4:30 pm	\$12/\$14	480842B
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The 1936 structure designed by Art Deco artist Henry Hohauser houses the museum, exhibitions and collections. The museum's mission is to collect and preserve the Jewish experience in Florida since 1763. The Holocaust Memorial began in 1984 by a group of survivors who joined together to develop a permanent memorial in Miami to the 6 million Jews who perished during World War II. This outdoor exhibit includes sculptures, a memorial wall and educational information. Visit one of the local restaurants for lunch on your own.

Beach Day & Lunch	4/27	TH	9:00 am - 3:00 pm	\$5/\$7	480851A
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Enjoy a relaxing morning at the beach at Lauderdale by the Sea. Bring your beach chair or blanket and catch some sun, walk along the beach, or take a dip in the ocean. Then enjoy lunch on your own at Aruba Café.

January/February 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)					
	2/8 & 2/9	W & TH	9:00 am - 3:00 pm	1/6	\$15/\$20	380853B
	3/8 & 3/9	W & TH	9:00 am - 12:00 pm	2/3	\$15/\$20	380853C
	4/12 & 4/13	W & TH	9:00 am - 12:00 pm	3/3	\$15/\$20	480853A
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					
	2/6 - 2/27	M	10:30 am - 12:00 pm	1/3	Free	380814B
	3/6 - 3/27	M	10:30 am - 12:00 pm	2/7	Free	380814C
	4/3 - 4/24	M	10:30 am - 12:00 pm	3/7	Free	480814A
	(No class 1/2 & 1/16)					
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.					
“ Founding Mothers” By Cokie Roberts	1/27	F	12:00 pm - 1:00 pm	Now	Free	
“The Little Paris Bookshop” By Nina George	2/24	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.					
Beginning Computers	4/4 - 5/16	TU	1:00 pm - 3:00 pm	3/7	\$5/\$10	480802A
Intermediate Computers	3/15 - 4/26	W	1:00 pm - 3:00 pm	2/7	\$5/\$10	380803A
Coloring for Grownups	Feb	W	11:00 am - 1:00 pm	1/3	Free	380871C
	Feb	TU	6:30 pm - 8:30 pm	1/3	Free	380871D
	Mar	W	11:00 am - 1:00 pm	2/7	Free	380871E
	Mar	TU	6:30 pm - 8:30 pm	2/7	Free	380871F
	Apr	W	11:00 am - 1:00 pm	3/7	Free	480871A
	Apr	TU	6:30 pm - 8:30 pm	3/7	Free	480871B
	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.					
	Feb	W	11:00 am - 12:00 pm	1/4	\$12/\$14	380864B
	Feb	W	6:00 pm - 7:00 pm	1/4	\$12/\$14	380865B
	Mar	W	11:00 am - 12:00 pm	2/1	\$15/\$17	380864C
	Mar	W	6:00 pm - 7:00 pm	2/1	\$15/\$17	380865C
	Apr	W	11:00 am - 12:00 pm	3/1	\$12/\$14	480864A
	Apr	W	6:00 pm - 7:00 pm	3/1	\$12/\$14	480865A
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, Tablets and Laptops 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					
	Feb	M	10:30 am - 12:00 pm	1/3	Free	380869B
	Mar	M	10:30 am - 12:00 pm	2/7	Free	380869C
	Apr	M	10:30 am - 12:00 pm	3/7	Free	480869A
	(No class 1/2 & 1/16)					
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.					
	Feb	TU/F	9:00 am - 9:30 am	1/4	Free	380858C
	Feb	M/W	9:00 am - 9:30 am	1/4	Free	380858D
	Mar	TU/F	9:00 am - 9:30 am	2/1	Free	380858E
	Mar	M/W	9:00 am - 9:30 am	2/1	Free	380858F
	Apr	TU/F	9:00 am - 9:30 am	3/1	Free	480858A
	Apr	M/W	9:00 am - 9:30 am	3/1	Free	480858B
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.					
	Feb	TU	9:30 am - 10:30 am	1/4	Free	380857C
	Feb	TU	4:30 pm - 5:30 pm	1/4	Free	380857D
	Mar	TU	9:30 am - 10:30 am	2/1	Free	380857E
	Mar	TU	4:30 pm - 5:30 pm	2/1	Free	380857F
	Apr	TU	9:30 am - 10:30 am	3/1	Free	480857A
	Apr	TU	4:30 pm - 5:30 pm	3/1	Free	480857B
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.					
	Feb	F	9:30 am - 10:30 am	1/4	Free	380863D
	Feb	F	10:30 am - 11:30 am	1/4	Free	380863E
	Feb	W	4:30 pm - 5:30 pm	1/4	Free	380863F
	Mar	F	9:30 am - 10:30 am	2/1	Free	380863G
	Mar	F	10:30 am - 11:30 am	2/1	Free	380863H
	Mar	W	4:30 pm - 5:30 pm	2/1	Free	380863I
	Apr	F	9:30 am - 10:30 am	3/1	Free	480863A
	Apr	F	10:30 am - 11:30 am	3/1	Free	480863B
	Apr	W	4:30 pm - 5:30 pm	3/1	Free	480863C
Senior Pi-Yo	Pi-Yo combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. It was designed for people who want the mind-body benefits of a Yoga or Pilates workout, but with a higher-energy class. Senior Center membership is required. A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Feb	TH	6:45 pm - 7:45 pm	1/4	Free	380872B
	Mar	TH	6:45 pm - 7:45 pm	2/1	Free	380872C
	Apr	TH	6:45 pm - 7:45 pm	3/1	Free	480872A
Chair Yoga	Feb	TH	1:00 pm - 2:00 pm	1/4	\$12/\$14	380861B
	Mar	TH	1:00 pm - 2:00 pm	2/1	\$15/\$17	380861C
	Apr	TH	1:00 pm - 2:00 pm	3/1	\$12/\$14	480861A
Floor Yoga	Feb	TH	2:15 pm - 3:15 pm	1/4	\$12/\$14	380862B
	Mar	TH	2:15 pm - 3:15 pm	2/1	\$15/\$17	380862C
	Apr	TH	2:15 pm - 3:15 pm	3/1	\$12/\$14	480862A
	(Class moved to Civic Center Dance Studio on 1/19 & 2/23)					
Strong & Stretch	Classes taught by instructor Marilyn DeMartini. Strong and Stretch incorporates aerobics, Pilates, yoga and strength training to help you to stay fit in a fun environment.					
	Feb	TH	11:45 am - 12:45 pm	1/4	\$12/\$14	\$12/\$14 380870C
	Feb	TH	5:30 pm - 6:30 pm	1/4	\$12/\$14	380870D
	Mar	TH	11:45 am - 12:45 pm	2/1	\$12/\$14	\$12/\$14 380870E
	Mar	TH	5:30 pm - 6:30 pm	2/1	\$12/\$14	380870F
	Apr	TH	11:45 am - 12:45 pm	3/1	\$12/\$14	\$12/\$14 480870A
	Apr	TH	5:30 pm - 6:30 pm	3/1	\$12/\$14	480870B
Art Classes	For questions contact Margo Kawashima at 954-684-6163					
• Drawing	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
	3/8 - 4/12	W	1:30 pm - 3:30 pm	2/3	\$20/\$22	380859B
• Mixed Media	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	3/8 - 4/12	W	6:30 pm - 8:30 pm	2/3	\$20/\$22	380811B
• Painting	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	3/3 - 4/7	F	1:30 pm - 3:30 pm	2/3	\$20/\$22	380813B