

## SCHEDULE OF EVENTS

DAY/TIME	EVENT	COST
MONDAY-THURSDAY 8:00AM-11:00AM	COFFEE & TEA TIME	Included in Annual Membership
MONDAY-THURSDAY 8:00AM-12:30PM	DOMINOES	Included in Annual Membership
MONDAY-THURSDAY 8:00AM-12:30PM	FITNESS/WEIGHT ROOM	Included in Annual Membership
MONDAY-THURSDAY 8:00AM-12:30PM	SOCIALIZATION	Included in Annual Membership
MONDAY-THURSDAY 11:30AM-12:15PM	LUNCH PROGRAM	Donation
ELDER HELPLINE 1-800-963-5337 9:30AM-12:00PM	S.H.I.N.E.	Included in Annual Membership
MONDAYS 9:00AM-10:00AM	WALKING PROGRAM	Included in Annual Membership
EVERY SECOND TUESDAY & EVERY FIRST WEDNESDAY 11:00AM-12:00PM & 10:00AM-11:00AM	FITNESS CLASSES	Included in Annual Membership
EVERY THIRD WEDNESDAY 9:00AM-10:00AM	TEA TIME WITH SENIORS	Included in Annual Membership
EVERY SECOND AND FOURTH WEDNESDAYS 10:00AM-11:00AM	CHAIR YOGA	Included in Annual Membership
THURSDAYS 9:00AM-10:00AM	ZUMBA GOLD STRETCHING	Included in Annual Membership

NOW INTRODUCING  
**CIVICREC**



**REGISTER NOW!**  
WE HAVE IMPROVED OUR  
PARKS & REC DEPARTMENT SOFTWARE

Scan QR  
code to  
register



### S.H.I.N.E. (SERVING HEALTH INSURANCE NEEDS OF ELDERS)

The program provides a variety of educational information regarding Health Care Insurance and Counseling available to the elderly. For further information, please call 1-800-963-5337 between 9:30am-12:00pm.

### NUTRITIOUS LUNCH/STERLING GROUP FOODS

Seniors **60 years and older** who are members of the Sadkin Community Center can register for a hot nutritious meal served Monday through Thursday from 11:30am-12:15pm for a small donation of \$3.00 per meal.

### ARE YOU OK? A FREE FRIENDLY CALL PROGRAM

The Parks & Recreation Department has a FREE telephone Reassurance program to make sure YOU ARE OK. Monday through Friday 10:00am-1:00pm. The call service is available to any senior or disabled Lauderhill resident, to make sure all is well.

For details and enrollment, please call: 954-791-1039.

**\*All Trips and Activities are Subject to Change.**

You **MUST** become a member to participate in the activities offered at the Sadkin Community Center active adults ages **55 years and older**.

**Lauderhill residents- \$5.00/year**  
**Non-residents- \$25.00/year**

For further information, please call 954-321-2450.



# CITY OF LAUDERHILL

Parks and Recreation Department

## SENIOR CENTER PROGRAMS

1176 NW 42ND WAY, LAUDERHILL, FL 33313

## NOVEMBER 2024



- Birthday Parties*
- Seminars*
- Dominoes*
- Travel Trips*
- Bingo*
- Fitness/Weight Room*
- Sterling Group Foods*
- Walking Program*
- Zumba Gold/Stretching*
- Arts & Craft Class*
- LOS Fitness Class*
- Chair Yoga*
- Intergenerational Program*

*For more information, please call  
Terri Johnson at 954-321-2450.*

# November Highlights

Monday	Tuesday	Wednesday	Thursday
4 <b>No Senior Activities Due to the Election</b>	5 <b>No Senior Activities Election Day</b>	6 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>10:00am-LOS Fitness Class</b> <b>11:00am-Fun In The Sun with Simply</b> 11:30am-Lunch	7 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>10:00am-Zumba Gold Stretching</b> <b>11:00am-2025 Medicare Changes</b> 11:30am-Lunch
11 <b>Closed Veterans Day</b>	12 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>10:00am-Eat Smart, Live Strong Workshop</b> <b>11:00am Fitness Class</b> 11:30am-Lunch	13 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>10:00am-Chair Yoga</b> <b>11:00am-Aetna Health</b> 11:30am-Lunch	14 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization 11:30am-Lunch <b>12:30pm-Conviva Care Center Appreciation Day Outing</b>
18 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>9:00am-Walking Program</b> 11:30am-Lunch <b>12:30pmLifeNet4Families</b>	19 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>9:30am-Thanksgiving Breakfast Extravaganza</b> 11:30am-Lunch	20 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>9:00am-Tea Time with Seniors</b> 11:30am-Lunch	21 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>11:30am-Thanksgiving Dinner with Humana &amp; Chen</b> 11:30am-Lunch
25 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>9:00am-Walking Program</b> <b>10:00am-Dental &amp; Vision Benefits</b> 11:30am-Lunch	26 8:00am-Coffee & Tea, Dominoes, Nautilus, & Socialization <b>10:00am-Eat Smart, Live Strong Workshop</b> 11:30am-Lunch	27 <b>Closed Thanksgiving Eve</b>	28 <b>Closed Thanksgiving Day</b>

# Active Adults Activities



**Fun In The Sun with Simply**  
Wednesday, November 6th at 11:00am  
Sponsored by Carlos Lapointe, Simply Healthcare

**2025 Medicare Changes**  
Thursday, November 7th at 11:00am  
Sponsored by Renande Deshommes, Humana

**Eat Smart, Live Strong Workshop**  
Tuesday, November 12th & 26th at 10:00am  
Sponsored by Mikayla Attwood, Feeding South Florida

**Aetna Health**  
Wednesday, November 13th at 11:00am  
Sponsored by Erik Chiu, Aetna Health

**Conviva Care Center 's Appreciation Day Outing**  
Thursday, November 14th at 12:30pm-3:00pm  
Sponsored by Husani Wilburgh, Conviva Care Center

**LifeNet4Families/Distributions**  
Monday, November 18th at 12:30pm  
Sponsored by Xenia McFarling, LifeNet4Families

**Thanksgiving Breakfast Extravaganza**  
Tuesday, November 19th at 9:30am-12:30pm  
Sponsored by Jeffery & Debra Hatcher, New Beginnings Legacy Foundation Inc.

**Tea Time with Seniors**  
Wednesday, November 20th at 9:00am-10:00am  
Sponsored by City of Lauderhill

**Thanksgiving Dinner**  
Thursday, November 21st at 11:30am  
Sponsored by Renande Deshommes, Humana & Angie Jills, Chen Medical

