

SCHEDULE OF EVENTS

Sadkin Community Center

1176 NW 42nd Way, Lauderhill, FL 33313

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	NAUTILUS	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 11:00AM-12:00PM	WEPA CARIBBEAN DANCE	Included in Annual Membership
TUESDAYS 10:00AM-11:00AM	QI-GONG	Included in Annual Membership
WEDNESDAYS 10:00AM-11:00AM	CARDIO RESISTANCE TRAINING	Included in Annual Membership
FIRST & LAST THURSDAYS 10:00AM-11:00AM	CHAIR YOGA	Included in Annual Membership

You **MUST** have a senior program membership ID card to participate in the activities offered on the Sadkin Community Center Active Adults schedule **55 years and older**
Lauderhill residents- \$5.00/year
Non-residents- \$25.00/year

For further information, or for Social Services/personal assistance, please call 954-321-2450.

YOU MUST MAKE AN APPOINTMENT IN ADVANCE

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/BROWARD MEALS ON WHEELS PROGRAM
 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 \$2.00 per meal.

ARE YOU OK? A FREE FRIENDLY CALL PROGRAM

The PALS 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 Rosie Burney at 954-791-1039.

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



Parks and Leisure Services
Department

CITY OF LAUDERHILL SENIOR CENTER PROGRAMS

1176 NW 42ND WAY, LAUDERHILL, FL 33313

JULY 2019 HAPPY INDEPENDENCE DAY



- **Birthdays Parties**
- **WEPA Caribbean Dance**
- **Dominoes**
- **Cardio Resistance Training**
- **Bingo**
- **Meals on Wheels**
- **Intergenerational Program**
- **Seminars**
- **Qi-Gong Class**
- **Nautilus**
- **Travel Trips**
- **Chair Yoga**

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

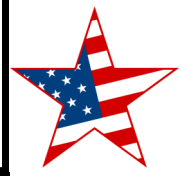
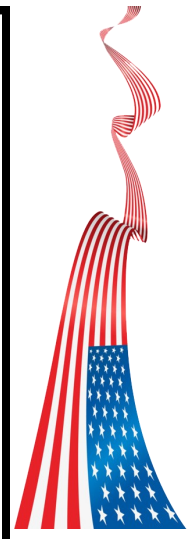


July Highlights



Mon	Tue	Wed	Thu
<p>1</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:00am-WEPA Caribbean Dance 11:30am-Lunch</p>	<p>2</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Qi-Gong 11:00am-Movies and Popcorn 11:30am-Lunch</p>	<p>3</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Cardio Resistance Training 11:30am-Intergenerational Independence Day Barbecue</p>	<p>4</p> <p>Closed Independence Day</p>
<p>8</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Eat Healthy, Be Active 11:00am WEPA Caribbean Dance 11:30am-Lunch</p>	<p>9</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Qi-Gong 11:00am-Medicaid Talk and Questions 11:30am-Lunch</p>	<p>10</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Cardio Resistance Training 11:00am-Aetna Coventry Health Insurance 11:30am-Lunch</p>	<p>11</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 9:30am-Miami Seaquarium 11:30am-Lunch</p>
<p>15</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-IMC Health Talk 11:00am-WEPA Caribbean Dance 11:30am-Lunch</p>	<p>16</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Qi-Gong 11:30am-Lunch</p>	<p>17</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:00am-Ice Cream Social 11:30am-Lunch</p>	<p>18</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:30am-Movies at Regal Cinema 11:30am-Lunch</p>
<p>22</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:00am-WEPA Caribbean Dance 11:30am-Lunch</p>	<p>23</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Qi-Gong 11:30am-Lunch</p>	<p>24</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Cardio Resistance Training 11:30am-Lunch</p>	<p>25</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:30am-Lunch</p>
<p>28</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 11:00am-WEPA Caribbean Dance 11:30am-Lunch</p>	<p>30</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Qi-Gong 11:30am-Lunch</p>	<p>31</p> <p>8:00am-Coffee & Tea 8:00am-Dominoes 8:00am-Nautilus 8:00am-Socialization 10:00am-Cardio Resistance Training 11:30am-Lunch</p>	

Active Adults Activities



<p>Movies and Popcorn with CarePlus Tuesday, July 2nd at 11:00am Sponsored by Eadie Gascoigne, CarePlus Health Plans</p>
<p>Intergenerational Independence Day Barbecue Wednesday, July 3rd at 11:30am</p>
<p>Eat Healthy, Be Active Monday, July 8th at 10:00am Sponsored by Ebony Griffin, University of Florida</p>
<p>Medicaid Talk and Questions Tuesday, July 9th at 11:00am Sponsored by Avonelle Green, Simply Healthcare</p>
<p>Aetna Coventry Health Insurance Wednesday, July 10th at 11:00am Sponsored by Beverly Brooks-Ruddocks, Aetna Coventry Health Insurance</p>
<p>Miami Seaquarium Thursday, July 11th at 9:30am</p>
<p>IMC Health Talk Monday, July 15th at 10:00am Sponsored by Michael Valdes, IMC Health</p>
<p>Ice Cream Social Wednesday, July 17th at 11:00am Sponsored by Ashlee Anderson, WellCare Health Plans</p>
<p>Movies at Regal Broward Cinema Thursday, July 18th at 11:30am</p>