

# Senior Program

## CLASS DESCRIPTIONS

**Advanced Rubber Stamping with Darlene:** Craft your way with homemade cards! Set your creativity loose!

**Beading Club:** Get creative and make bracelets, necklaces and earrings!

**Bingo:** Standard bingo playing with Dollar store prizes.

**Cardio Gold with Debbie:** Join Debbie for a low impact heart pumping class suitable for most beginners or experienced fitness fans, including a warmup, and cool down and a series of balance, stability, flexibility and strength exercises. Participants learn new body awareness and can use light hand weights and a chair as tools.

**Chair Yoga with Debbie:** Chair yoga class. All levels welcome.

**Class 20 /20 /20:** Three workouts in one! Class designed to give ultimate challenge and total body workout. Sweat through 20' of cardio, 20' of strength toning training and 20' of core work and stretching.

**Clay Class:** Our clay class break down the processes of creating handmade ceramics in a way that makes it approachable.

**Creative Writing:** If you enjoy writing Short stories poetry or your personal history, please join us for our creative writing workshops.

**Drawing:** Draw with pen and ink, pencil and pastels. Learn to draw from observation and imagination.

**Happy Hookers:** Crochet your way to a good time! All levels of crochet crafters! Bring your supplies to work on your project.

**Gold Girls:** Discussion group that will bring new connections and friendships.

**Jazzercise with Warren:** Jazzercise is a 60-minute dance-based group fitness program. This class features a Fusion of dance resistance training, Pilates, yoga, kickboxing and Latin style movements set to popular music.

**Kickboxing with Mark:** Medium intensity Kickboxing class that utilizes weights.

**Line Dancing:** This class teaches line dancers at beginner and intermediate levels. Dances are constantly reviewed so that members can master them. Line Dance offers not only a physical workout, but also a mental workout.

**Mah Jong:** or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. The game and its regional variants are widely played throughout East and Southeast Asia and have also become popular in Western countries

**Mind Body Balance:** An hour of incorporated mindfulness, breathwork, meditation, tapping, laughter therapy, yoga stretches and more.

**Multi-Level Line Dancing Class:** This Line Dance class is perfect if you are in between beginner and intermediate level.

**Painting:** Learn from an experienced artist! Work with oil and acrylics and learn tips on how to improve your painting skills.

**Pickleball:** Beginners, Intermediate and Advance players are welcome! Bring your racket, ball, water and a towel.

**Ping Pong:** an indoor sport played on a table with a ball and paddles. Also known as table tennis, it began as a recreational game but developed into a worldwide sport. It is played on a scaled down tennis-like court, on top of a table with a short net crossing the middle. Get on your game and enjoy table tennis.

**Senior Dance:** Don't miss a beat to show off your moves! Every Thursday from 2 pm to 4 pm. Light snacks and coffee.

**Sit and Fit Next Level:** This Creative chair-based workout utilizing props from home with weights, water bottles, pillow or ball, necktie, towel or belt.

**Spanish for Beginners with Natacha:** Como estas? Learn the basics of Spanish.

**Stretch & Core with Mark:** Mat based stretching and standing core building strength class. Good for all levels.

**Tai Chi/Qigong with Mark:** Tai Chi is a low impact class which uses slow, gentle movements and breathing techniques to improve a variety of cognitive components, including focused attention, imagery and multi-tasking. Qigong is also a gentle exercise composed of movements that are repeated several times, often stretching the body with fluid movements that build and awareness of how the body moves thru space.

**Tamarac Social Club:** Play games, make new friends, and go on outings with the group.

**Volleyball:** Free play in the Gym! Join in on the fun. Must wear appropriate shoes.

**Walking Club:** On your own, enjoy walking the perimeter of our indoor gymnasium.

**Water Aerobics:** Find comfort in the soothing waters of the Caporella Aquatic Center. Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength and cardiovascular fitness without causing strain.

**Yoga with Beth:** Mat yoga for all levels.

**Zumba:** Medium intensity choreographed aerobics class using Latin American music and dance rhythms.



MONTHLY  
REVIEW OF  
SENIOR  
RECREATION

# Senior Calendar



MAY 2023

**TAMARAC COMMUNITY CENTER**  
8601 West Commercial Boulevard, Tamarac, Florida 33351  
(954) 597-3620

## YOUR RECREATION STAFF

**Sam Monroe**  
Recreation Site Supervisor  
(954) 597-3648

**Michelle Sendik, CPRP**  
Recreation Programmer II  
Senior Program  
(954) 597-3637

*"A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love." Rock Bankole*



**SENIOR PROGRAM**  
(For updates and cancellations)



**(954) 597-3620**  
then press  
**"2"**

## EAT SMART LIVE STRONG 4-WEEK CLASS

Join us for an interactive series to help older adults improve their overall health and wellbeing by learning how to: Eat more fruits and vegetables; Incorporate more physical activity into the week.

These four lessons will help participants learn different ways on how to adopt healthy behaviors and live a healthier lifestyle. Come join us to Eat Smart and Live Strong!

- May 3rd 10 AM - 11 AM - Session 1: Reach Your Goals, Step by Step
- May 8th 10 AM - 11 AM—Session 2: Challenges and Solutions
- May 15th 10 AM - 11 AM—Session 3: Colorful and Classic Favorites
- May 22nd 10 AM - 11 AM—Session 4: Eat Smart, Spend Less



**Senior Program Membership Fees: \$17.50 Residents // \$27.50 Non-Residents**

# MAY 2023—Tamarac Senior Program

Monday	Tuesday	Wednesday	Thursday	Friday
9 AM Tai Chi/Qigong 9:30 AM Walking Club 10 AM Water Aerobics 10 AM Jazzercise 10:30 AM Yoga 10:45 AM Kickboxing 11:30 AM Sit & Fit 12 PM Painting 12:30 PM Happy Hookers 1 PM Beginner Pickleball	9:30 AM Walking Club 10 AM Creative Writing 10 AM Jazzercise 10:15 AM Cardio Gold 11:15 AM Zumba 11:30 AM Chair Yoga 12:30 PM Bingo 12:45 PM Multi-Level Line Dancing 1 PM Int/Adv Pickleball 1 PM Beading	9 AM 20/20/20 10 AM Water Aerobics 10 AM Yoga 10 AM Drawing 10 AM Golden Girls Discussion Group 11:30 AM Sit & Fit 12 PM Ping Pong 12 PM Intermediate Line Dance 12:30 PM Clay Workshop 1 PM Beginner Pickleball 1:15 PM Beginner Line Dance	9:30 AM Walking Club 10 AM Jazzercise 10:15 AM Stretch & Core <b>11 AM Advanced Rubber Stamping — (5/4 &amp; 5/18)</b> 10:30 AM Mind Body Balance 11:15 AM Volleyball 11:30 PM 20/20/20 <b>12:30 PM Mah Jong (new day and time)</b> <b>1 PM Tamarac Social Club (5/4 &amp; 5/18)</b> 1 PM Ping Pong 1:30 PM All Level Pickleball 2 PM Senior Dance 4:30 PM Spanish on Zoom	8:30 AM Tai Chi/Qigong 9:30 AM Walking Club 10 AM Water Aerobics 10 AM Jazzercise 10:15 AM Chair Yoga 10:30 AM Clay Class 11:30 AM Zumba 11:30 AM Sit & Fit Next Level 1 PM Int/Adv Pickleball
<b>TCC WILL BE CLOSED ON 5/29 FOR MEMORIAL DAY</b>				