



COOPER CITY ACTIVE ADULT ACTIVITIES

January 2017

For additional program information call 954-434-4300 #255

C/C=Community Center
at 954-434-4300, #255
P&T= Pool & Tennis Center
at 954-434-4300, #401
www.coopercityfl.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Center Closed Happy New Year!</p> 	<p>2</p> <p>C/C Center Closed P&T Hours 8:00 am - 4:00 pm No Classes</p>	<p>3</p> <p>Social Pinochle Zumba Gold Chair Yoga-Silver Sneakers Rummikub Open Mah-Jongg (Morning Doctor's — Afternoon Shopping-Target)</p>	<p>4</p> <p>Classic Silver Sneakers Clickers Corner Open Mah-Jongg Line Dancing Rummikub</p>	<p>5</p> <p>S.H.I.N.E. Senior Transportation Bingo Hotdog Lunch Monthly Birthday/Anniv Movie Matinee Line Dancing Quilting Patch</p>	<p>6</p> <p>Classic Silver Sneakers Circuit Silver Sneakers Salsa Dancing</p>	<p>7</p> <p>NEW LOCATION</p>
<p>8</p> 	<p>9</p> <p>Classic Silver Sneakers Ceramic Class /10:00 a Watercolor & More Bunco</p> 	<p>10</p> <p>Social Pinochle Zumba Gold Chair Yoga-Silver Sneakers Rummikub Open Mah-Jongg (Morning Doctor's — Afternoon Shopping-Winn-Dixie)</p>	<p>11</p> <p>To Your Health (Details on back) Classic Silver Sneakers Clickers Corner Open Mah-Jongg Line Dancing Rummikub</p>	<p>12</p> <p>S.H.I.N.E. Senior Transportation Social Pinochle Bingo Movie Matinee Line Dancing Quilting Patch</p>	<p>13</p> <p>Classic Silver Sneakers Circuit Silver Sneakers Salsa Dancing</p> 	<p>14</p> <p>Cooper City Senior Lifestyle Expo 2016 9:00 am - 12:00 pm @ Cooper City High School (Details on back)</p>
<p>15</p>	<p>16</p> <p>C/C Center Closed P&T Hours 8:00 am - 4:00 pm No Classes</p>	<p>17</p> <p>Florida Licensing on Wheels (FLOW Mobile) @ C/C 9:30 a to 2:30 p Social Pinochle Zumba Gold Chair Yoga-Silver Sneakers Rummikub Open Mah-Jongg (Morning Doctor's — Afternoon Shopping Wal-Mart)</p>	<p>18</p> <p>Classic Silver Sneakers Clickers Corner Open Mah-Jongg Line Dancing Rummikub</p>	<p>19</p> <p>S.H.I.N.E. Senior Transportation Bingo Movie Matinee Line Dancing Quilting Patch</p>	<p>20</p> <p>Classic Silver Sneakers Circuit Silver Sneakers Salsa Dancing</p> <p>Sock Hop MONTHLY LUNCHEON 11:00 a.m. @ C.C. (Details on back)</p> 	<p>21</p>
<p>22</p>	<p>23</p> <p>Ceramic Class /10:00 a BSO Senior Life Safety Program Classic Silver Sneakers Watercolor & More Bunco</p>	<p>24</p> <p>Social Pinochle Zumba Gold Chair Yoga-Silver Sneakers Rummikub Open Mah-Jongg (Morning Doctor's — Afternoon Shopping - Countryside Shops)</p>	<p>25</p> <p>Classic Silver Sneakers Clickers Corner Open Mah-Jongg Line Dancing Rummikub</p> <p>LUNCH BUNCH & SHOPPING 11:00 a.m. @ C.C.</p>	<p>26</p> <p>S.H.I.N.E. Senior Transportation Bingo Movie Matinee Line Dancing Quilting Patch</p>	<p>27</p> <p>Classic Silver Sneakers Circuit Silver Sneakers Salsa Dancing</p> 	<p>28</p>
<p>29</p> 	<p>30</p> <p>Classic Silver Sneakers Wii Gaming</p> 	<p>31</p> <p>Social Pinochle Zumba Gold Chair Yoga-Silver Sneakers Rummikub Open Mah-Jongg (NO Morning Doctor's — Shopping—Broward Mall)</p>		<p>Detailed week-day activities on back</p> 		

COOPER CITY ACTIVE ADULT ACTIVITIES—JANUARY 2017



C/C=Community Center • 9000 SW 50th Place & P&T=Pool & Tennis Center • 11600 Stonebridge Pkwy • www.coopercityfl.org



WEEKLY ACTIVITY DETAILS

MONDAY

- 10:00 a.m. **Wii Gaming** / Community Center (check monthly calendar)
- 10:00 a.m. **Ceramics** with Gail - 2nd & 4th Monday of the month
Class fee for paints, tools & firing, Green-ware extra / Community Center
- 12:00 p.m. **Classic Silver Sneakers** / P&T / **No Classes JAN 2nd & 16th**
- 12:30 p.m. **Watercolor** - 2nd & 4th Monday / No charge / Community Center
- 12:30 p.m. **Bunco** - 2nd & 4th Monday / \$2.00 / Community Center
- 6:30 p.m. **Ceramics** with Gail - 2nd & 4th Monday of the month.
Class fee for paints, tools & firing, Green-ware extra / Community Center

TUESDAY

- 8:30 a.m. **Senior Transportation Program** (Morning Doctors)
- 9:00 a.m. **Social Pinochle** - No charge / Pool & Tennis
- 10:15 a.m. **Zumba Gold** - No Charge / Pool & Tennis
- 11:30 a.m. **Chair Yoga Silver Sneakers**/Pool & Tennis
- 12:00 p.m. **Rummikub** / No charge / Community Center
- 1:00 p.m. Open **Mah-Jongg** / No charge / Pool & Tennis
- 12:30 p.m. **Senior Transportation Program** (Afternoon Shopping)

WEDNESDAY

- 9:00 & 10:00 a.m. **Classic Silver Sneakers Class** / Pool & Tennis
- 10:00 a.m. **Clickers Corner** / No charge / Socialize, Crochet, Knit, and share patterns / Community Center
- 11:00 a.m. Open **Mah-Jongg** / No charge / Pool & Tennis
- 11:30 a.m. **Line Dancing** / No charge / Community Center / Check Calendar
- 2:00 p.m. **Rummikub** / No charge / Community Center

THURSDAY

- 8:30 a.m. **Senior Transportation Program** (Morning Doctors)
- 9:00 to 11:00 a.m. **S.H.I.N.E** - Health Insurance Assistance / Comm. Center
- 10:00 a.m. **Bingo** / Community Center
- 9:00 a.m. Social **Pinochle** - 2nd Thursday No charge / Pool & Tennis
- 11:30 a.m. **Monthly B-day/Hotdog Event** - 1st Thursday / Comm. Ctr.
- 12:30 p.m. **Movie Matinee** / No Charge / Community Center
- 12:30 p.m. **Senior Transportation Program** (Afternoon Shopping)
- 6:30 p.m. **Line Dancing** / Pool & Tennis / Res No Charge / \$1.00 Non-Res
- 6:30 p.m. **Quilting Patch** / Pool & Tennis

FRIDAY

- 9:00 a.m. **Classic Silver Sneakers** / Pool & Tennis
- 10:00 a.m. **Circuit Silver Sneakers** / Pool & Tennis
- 6:00 p.m. **Salsa Dancing** / Pool & Tennis

~ ~ SENIOR TRANSPORTATION PROGRAM ~ ~

Morning trips to the doctors, pharmacy, & banks. Afternoon trips to local shopping centers. Check calendar for Tuesday shopping trip locations. Thursday shopping trips to Publix. Registration restrictions apply. Contact Patti Williams, Adult Program Specialist at 954.434.4300 #255.



NEW LOCATION

~ COOPER CITY ~

~ SENIOR LIFESTYLE EXPO 2017 ~

NEW LOCATION



It's a showcase of activity programs, resources, products, & services that will add to your adult lifestyle. Meet our program activity instructors; learn about City services gather informative information from our vendors on medical services, wellness, & more!

When: Saturday, January 14th **Time:** 9:00 a.m. - 12 Noon.
Where: Cooper City High School **Cost:** Complimentary!!!!
Free Health Screenings, door prizes & Refreshments!

~ SOCK HOP MONTHLY LUNCHEON ~

When: Friday, January 20th **Time:** 11:00 a.m. **Where:** Community Center
Cost: \$3.00 - Cooper City Res. / \$4.00 - Non-Res.
*plus last name that begins with

A-I Brings a **Potato, Pasta or Rice Side Dish**
J-Q brings a **Dessert**, & **R-Z** brings a **Vegetable Side Dish or Salad**
Sign up and pay by Thursday, January 19th at the Community or Pool & Tennis Center.
For more information, call 954-434-4300, #255

~ TO YOUR HEALTH ~

Join in on our complimentary monthly lecture. This month's topic: **Diabetes**
Presented by **ContinueCare** of South Broward

When: Wednesday, January 11th, **Time:** 8:15 - 9:00 am
Where: Cooper City Pool & Tennis Center

~ BSO MONTHLY SAFETY SENIOR LIFE SAFETY PROGRAM ~

Monthly program offered by Broward Sheriff Fire Rescue
This Months Topic: **Kitchen Safety Tips**

When: Monday, January 23rd **Time:** 11:15 a.m. - Noon
Where: Cooper City Pool & Tennis Center (Before Silver Sneakers Class)
Cost: Complimentary!!!!

FLORIDA LICENSING ON WHEELS FLOW MOBILE

EVERY OTHER MONTH IN COOPER CITY

When: Monday, January 17th **Time:** 9:30 am - 2:30 pm
Where: Cooper City Community Center
Florida Licensing On Wheels mobile offices brings motorist services directly to the customer.
For more information please visit www.gathergoget.com