

CLUB 55+



REGISTER NOW! | MARCH 2024 - AUGUST 2024

All of the programs listed require reservations.

Please include your first and last name, phone number, and bus pickup location if applicable.



Enjoy endless opportunities at 12 City parks for one affordable low fee!

Annual Membership \$55

Senior Discount Fee \$5.50 (for qualifying applicants)

**Art (Multimedia) | Chair Yoga | Chess | Cultural Experiences | Fitness | Golf
Health Lectures | Line Dance | Mahjong | Outings | Recreational Activities
Special Events | Tennis | Wellness Programs | Zumba | AND MORE!**

Activities vary by site and subject to change.

FOR MORE INFORMATION

954-828-7275 (PARK) | parks.fortlauderdale.gov

OUTINGS



MARCH 20

Miami Open | 3 - 9 PM Miami Gardens

Join us for an elite experience at the Miami Open Tennis Tournament. Experience the art, food, and music taking place throughout the campus. View tennis matches between international tennis players throughout the Hard Rock stadium grounds. Access the end of day match at the stadium court. Please check the clear bag requirements at the Miami Open website. Moderate walking.

RSVP by March 19 to Starr Ferguson at (954) 828-6455 or sferguson@fortlauderdale.gov

MARCH 23

Gulfstream Park | 12 - 4 PM Hallandale Beach

Check out some of the trendy shops, try your luck at the casino, view live horse racing, visit one of the local art galleries, or grab a bite to eat at one of the many restaurants at this indoor and outdoor entertainment complex. Moderate walking.

RSVP by March 14 to Starr Ferguson at (954) 828-6455 or sferguson@fortlauderdale.gov

APRIL 4

Cox Science Center & Aquarium 10 AM - 12 PM West Palm Beach

Take a journey through the human brain, visit the Aquariums of the Atlantic, and experience the Titanic Artifact Exhibition, including authentic artifacts recovered from the wreck site.

RSVP by March 18 to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov

APRIL 13

Prime of Your Life Expo | 9 AM - 12 PM The Westin Fort Lauderdale

Attend seminars by expert speakers on aging with confidence sponsored by the Sun-Sentinel, with topics such as lifestyle and wellness, fitness and energy, health and medical, Medicare and insurance, and more. Enjoy live music, food and drink sampling, exhibitors on the latest

products and services, and giveaways. Seminar schedule to be announced at a later date.

RSVP by April 1 to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov

MAY 8

Aventura Mall | 10:30 AM - 2:30 PM Aventura

We invite you to join us for the best place to shop in Miami, the Aventura Mall; defined by unique experiences, renowned luxury boutiques and shopper favorites, a world-class art collection, international indoor and outdoor dining, and cutting-edge architecture. Moderate walking.

RSVP by May 1 to Greg Williams at (954) 828-5321 or gwilliams@fortlauderdale.gov

MAY 22

Lion Country Safari | 11 AM - 2:30 PM West Palm Beach

Ride through this 600-acre drive thru Safari Park us as we see a variety of iconic animals, including some of the largest herds of zebra, rhino, and giraffe on record in the country in the park's seven main habitats.

RSVP by May 15 to Greg Williams at (954) 828-5321 or gwilliams@fortlauderdale.gov

JUNE 14

Perez Art Museum | 11 AM - 1:30 PM Downtown Miami

Visit this modern and contemporary art museum dedicated to collecting and exhibiting international art of the 20th and 21st centuries. Special exhibits during your visit include: Marcela Cantuaria: The South American Dream; Jason Seife: Coming to Fruition; and Sea Change, an immersive exhibition by several artists. Admission is provided. The PAMM gift shop and Verde Waterfront Restaurant are both available on site and are on your own. Reservations are recommended if you are visiting the restaurant.

RSVP April 1 to May 30 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JUNE 28

Coconut Grove | 11 AM - 2 PM Miami

Walk around one of Miami's most vibrant neighborhoods complete with lush trees, outdoor dining, and coffee shops. Shop at CoCo Walk, take in the view at The Barnacle Historic State Park, or take a moment to relax in the Meditation Garden. Moderate walking.

RSVP April 1 to June 12 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JULY 19

History Miami Museum & Bayside Marketplace | 11 AM - 3 PM Downtown Miami

Gain insight on South Florida history with a focus on Miami on a guided tour of the History Miami Museum led by a museum educator. Listen to stories and see a Cuban refugee raft, a Seminole dugout canoe, and a Spitz Projector from the exhibitions, including "It's a Miami Thing" and "Tropical Dreams: A People's History of South Florida." After the museum visit the Bayside Marketplace nearby. This indoor and outdoor shopping center is complete with restaurants, fun shops, and a view of Biscayne Bay. Moderate walking.

RSVP May 1 to July 2 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JULY 26

Movies | Time TBD Hollywood

Watch the latest movie at Cinema Paradiso, an intimate movie theatre, home of Fort Lauderdale International Film Festival (FLIFF), located in the heart of Hollywood. After the movie, stroll down Hollywood Blvd or grab a bite to eat at one of the many restaurants nearby. RSVP for this outing, and the movie title and time will be sent out to the group the week prior.

RSVP May 1 to July 2 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

AUGUST 14

Gumbo Limbo Nature Center 10 - 11:30 AM Boca Raton

Tour the butterfly garden, Ashley trail, four outdoor aquariums, sea turtle rehabilitation facility, and the Florida Atlantic University observation gallery. Please keep in mind that this guided tour is an outdoor outing with limited shade and moderate walking.

RSVP June 1 to July 31 to Kyle Miller at (954) 828-4610 or kyle.miller@fortlauderdale.gov

AUGUST 24

Yellow Green Market | 10 AM - 12 PM Hollywood

Explore the Yellow Green Market located in Hollywood that is only open on weekends. This local market has something for everyone to browse or purchase. The market is mostly shaded and indoors with open air ventilation. Enjoy getting dropped off and avoid the hassle of parking.

RSVP June 1 to August 9 to Kyle Miller at (954) 828-4610 or kyle.miller@fortlauderdale.gov

ACTIVE LEARNING



MARCH 6

Discover Podcasts | 10 AM - 12 PM Osswald Park

Learn all about podcasts and how to select one to listen to. Take it further if you wish and develop your skill and confidence in creating a podcast.

RSVP by March 4 to Starr Ferguson at (954) 828-6455 or sferguson@fortlauderdale.gov

MARCH 7

Tech It Out- Word Computer Class 10 AM - 12:30 PM Osswald Park

Sharpen your computer skills by learning the basics of Microsoft Word. Participants are welcome to bring their own laptop with Word or follow along on the presentation screen.

RSVP by March 4 to Starr Ferguson at (954) 828-6455 or sferguson@fortlauderdale.gov

APRIL 2

Plant Milk, Smoothies, Juices, oh my! 11 AM - 12:30 PM Warfield Park

Proper diet and nutrition are one of the five major principles of Yoga. Learn to make plant milk from basic ingredients as a base for a nutritious smoothie, and extract juices from fruits and vegetables while learning the benefits of juicing.

RSVP by March 19 to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov

APRIL 16

Hair Health | 11 AM - 12:30 PM Warfield Park

Connect the mind, body, and spirit. A healthy lifestyle, a main principle of yoga, can be reflected in one's hair. Learn ways to maximize your own hair health with simple techniques that can be practiced in your own home.

RSVP by April 2 to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov

MAY 7

Paint Your Own Mug | 10 AM - 12:30 PM Riverland Park

Express your creativity in this fun arts and crafts class. All art materials are included. Bring a smock or old shirt to cover your clothing.

RSVP by April 30 to Greg Williams at (954) 828-5321 or gwilliams@fortlauderdale.gov

MAY 21

Paint Your Own Canvas | 10 AM - 12:30 PM Riverland Park

Bring out your inner artist with this fun guided painting class. All painting materials are included. Bring a smock or old shirt to cover your clothing.

RSVP by May 14 to Greg Williams at (954) 828-5321 or gwilliams@fortlauderdale.gov

JUNE 11

Aromatherapy | 11:15 AM Hortt Park

Create your own scented roll-on bottles using essential oils to target areas of stress. Practice this stress management technique in this class to use during your own meditation practice at home.

RSVP April 1 to May 30 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JUNE 19

Easy Grow Anywhere | 9:30 - 11 AM Hortt Park

Learn to grow and care for South Florida favorites, such as air plants, tillandsias, orchids, and bromeliads from our very own Fort Lauderdale Garden Club past Vice President and member and Moringa Garden Circle past President and member, Hadny Fayyaz. The focus will be on plants that are easy to grow anywhere in your garden or home.

RSVP April 1 to June 30 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JULY 16

Tie-Dye | 11 AM Hortt Park

Fold, twist, or pleat your way into a fun Tie-Dye design. Bring 2 small items that are 100% cotton to tie-dye, such as a white t-shirt or canvas tote bag, and we will provide the color dyes and the instructions. Also bring a smock or old shirt to protect your clothing. 15 members maximum.

RSVP May 1 to June 30 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JULY 23

Paper Quilling | 11 AM Hortt Park

Decorate greeting cards, boxes, or create your own unique artwork by rolling, looping, curling, and twisting strips of paper to create different shapes and decorative designs. Beginners are welcome.

RSVP May 1 to July 9 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

AUGUST 12

Intro to Keyboard Typing | 10- 11 AM Beach Community Center

Learn to type by utilizing correct posture, form, and hand placement. Work on technique with speed drills to improve your word per minute output. Laptop required; Microsoft required.

RSVP June 1 to August 5 to Kyle Miller at (954) 828-4610 or kyle.miller@fortlauderdale.gov

AUGUST 22

Intro to Bocce | 10 - 11:30 AM Beach Community Center

The term "Bocce" means comes from the Italian word "Bowl." Learn how to play this fun outdoor game in which players toss the bocce ball underhand to reach the "pallino", or smaller ball while playing as individuals or groups. This lesson in particular will take place indoors. All equipment provided.

RSVP June 1 to August 15 to Kyle Miller at (954) 828-4610 or kyle.miller@fortlauderdale.gov

MONTHLY EVENTS

MARCH 13

Candle Making | 10 AM - 12:30 PM *Osswald Park*

Create beautiful, handmade scented candles by melting and pouring the wax into a vessel. Learn the ancient art of dipping candles by setting layers of wax to create long centerpiece candles with a rustic look. 20 members maximum.

RSVP by March 8 to Starr Ferguson at (954) 828-6455 or sferguson@fortlauderdale.gov

APRIL 9

Self Care- How to Gua? And other daily routines! | 11 AM - 1 PM *Warfield Park*

Learn how to Gua as part of a natural self-care routine. Find easy ways to care for your skin, while incorporating healthy habits, such as deep breathing, simple stretches, and meditation into your daily routine.

RSVP by March 21 to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov

MAY 2

Mother's Day Brunch | 10 AM - 12:30 PM *Riverland Park*

Celebrate the selfless love mothers have shared with us with this delicious, casual brunch dedicated to all mothers. All members invited to this event.

RSVP by April 25 to Greg Williams at (954) 828-5321 or gwilliams@fortlauderdale.gov

JUNE 25

Wood Crafts | 11:30 AM *Hortt Park*

Bring out your crafty side by creating a one of a kind make-it and take-it project. Bring a smock or shirt to protect your clothing.

RSVP April 1 to June 4 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

JULY 9

Roll an Abstract | 11:30 AM *Hortt Park*

Roll the dice to create your own abstract painting. Each roll is a selection for a part of the painting that will come together to create your final masterpiece. Beginners are welcome. Bring a smock or shirt to protect your clothing.

RSVP May 1 to June 15 to Ari Ffrench at (954) 828-4546 or affrench@fortlauderdale.gov

AUGUST 28

Dance Night | 6:30 - 8 PM *Beach Community Center*

Let's dance! Bring a partner or meet someone new to dance with to the fun music of a DJ. Light appetizers and beverages will be provided.

RSVP June 1 to August 21 to Kyle Miller at (954) 828-4610 or kyle.miller@fortlauderdale.gov



LOCATIONS

- | | | |
|--|--|---|
| 1. Bass Park
2750 NW 19th Street
Fort Lauderdale, FL
954-828-8498 | 5. George English Park
1101 Bayview Drive
Fort Lauderdale, FL
954-828-4620 | 9. Osswald Park
2220 NW 21st Avenue
Fort Lauderdale, FL
954-828-6455 |
| 2. Beach Community Center
3351 NE 33rd Avenue
Fort Lauderdale, FL
954-828-4610 | 6. Holiday Park
1150 G. Harold Martin Drive
Fort Lauderdale, FL
954-828-5383 | 10. Riverland Park
950 SW 27th Avenue
Fort Lauderdale, FL
954-828-5320 |
| 3. Carter Park
1450 W. Sunrise Boulevard
Fort Lauderdale, FL
954-828-5411 | 7. Hortt Park
1700 SW 14th Court
Fort Lauderdale, FL
954-828-7275 | 11. Riverside Park
555 SW 11th Avenue
Fort Lauderdale, FL
954-828-7275 |
| 4. Croissant Park
245 W. Park Drive
Fort Lauderdale, FL
954-828-6154 | 8. Lauderdale Manors Park
1340 Chateau Park Drive
Fort Lauderdale, FL
954-828-5412 | 12. Warfield Park
1000 N. Andrews Avenue
Fort Lauderdale, FL
954-828-6120 |

For more information, please call 954-828-PARK (7275) or visit parks.fortlauderdale.gov.