



April 2024



	Mon	Tue	Wed	Thu	Fri	Sat
Active Learning	<p>Tuesday, April 2: Plant Milk, Smoothies, Juices, oh my! @ Warfield Park 11 AM—12:30 PM Tuesday, April 16: Hair Health @ Warfield Park 11 AM—12:30 PM <i>RSVP to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov</i></p>					
Art		Hortt 12—2 PM		Holiday 11 AM—1 PM		
Balance & Strengthening	Croissant 9:00—10:00 AM					
Canasta *		Beach Community 1:30-4 PM				
Canasta Lessons		Beach Comm. 11:30 AM-1 PM				
Chess				Riverside 9:00—11:00 AM <i>No class 4/25</i>		
Creative Writing		Beach Comm. 9:30-11:30 AM				
Dance (Ballroom) *	Holiday 6:30—8:00 PM <i>Cha Cha</i>	Beach Comm. 6:30-8:00 PM <i>starting 4/9</i>		Holiday 6:30—8:00 PM <i>Cha Cha</i>		
Dance (Line Beginner)	Bass 9:30 AM—11 AM		Bass 9:30 AM—11 AM			
Dance (Line Multi-Level)	Osswald 6:15—8:15 PM* <i>1st Mondays held on Tues</i>	Bass 9:30—11 AM Bass 6:00—8:00 PM *	Bass 6:00—8:00 PM *	Bass 9:30 AM—11 AM Osswald 6:15—8:15 PM*		Osswald 9 AM-12 PM * <i>location for 2nd Saturday may differ</i>
Golf	Osswald 8:30—10:30 AM		Osswald 8:30 —10:30 AM			
Group Exercise						Holiday 9:00-10:00AM
Mahjongg Open Play			Beach Community 12-4:00 PM*		Holiday 9:30—11:30 AM	
Mahjongg Lessons			Beach Comm. Ctr. 12:30-2 PM			

Classes are subject to change. Programs with an asterisk () are current Club 55 membership perks. Programs with 2 asterisks (**) are free community programs open to all adults.*

INFORMATION: 954-828-7275 or parks.fortlauderdale.gov/club55



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	Mon	Tue	Wed	Thu	Fri	Sat
Monthly Events	Tuesday, April 9: How to Gua? And other daily routines @ Warfield Park 11 AM –1 PM. <i>RSVP by March 21st to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov</i>					
Outings	Thursday, 4/4: Cox Science Museum, Titanic artifacts exhibit, West Palm Beach 10 AM—12 PM Saturday, 4/13: Prime of Your Life Expo, senior expo with speakers, Fort Lauderdale 9 AM—12 PM <i>RSVP by March 21st to Vanessa Wright at (954) 828-6120 or vwright@fortlauderdale.gov</i>					
Party Bridge *				Beach Comm 12:30—3:30 PM		
Pickleball (Multi-level)		Holiday 10:00 AM—1:00 PM	Holiday 10:00 AM—1:00 PM <i>No open play 4/10</i>	Holiday 10:00 AM—1:00 PM		
Pickleball (Intermediate)	Riverland 10:00 AM-1:00 PM				Riverland 10:00 AM-1:00 PM	
Pickleball Lessons <i>Beginner Level</i>		4/30-5/14 @ Holiday 8:45-9:45 AM <i>RSVP to affrench@fortlauderdale.gov</i>				
Roundtable, lunch served					4/5 Warfield @ 11:30 AM-1 PM	
Senior Social Club	Carter 12:00—5:00 PM	Carter 12:00—5:00 PM (Open)	Carter 12:00—5:00 PM (Open)	Carter 12:00—5:00 PM (Open)	Carter 12—5 PM (Open)	
Stretch & Strengthen				Lauderdale Manors 1– 2 PM		
Tai Chi		Holiday Park 9:30—10:30 AM		Holiday Park 9:30—10:30 AM		
Tennis Instruction					George English 8:00-9:00 AM	
Yoga, Chair		Warfield 9:45—11:00 AM				
Yoga, Meditative		Warfield 9:00—9:30 AM				
Zumba <i>Moderate Intensity level class</i>			Hortt 11:15 AM—12:15 PM	L. Manors 11:45 AM-12:45 PM		

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Please refer to the Club 55 Brochure for more information on Outings, Monthly Events, and Active Learning programs, available at the City of Fort Lauderdale Community Centers, online, and over email to the Club 55 email group.

If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs, please contact 954-828-7275 or parksinfo@fortlauderdale.gov at least seven business days prior to the program.