

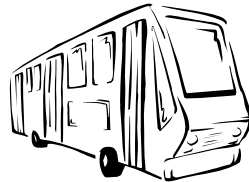
Be on the look out!

Our trips and tours brochure will be coming out next month. Here is a sneak peek of some of our upcoming trips for the 2011 – 2012 season!

- Sebastian River Cruise* – Sebastian, FL
- I Love a Piano* – Broward Stage Door Theatre
- Jacob Marley's Christmas Carol* – Actors' Playhouse Theatre
- Cirque Dreams Holiday* – Barbara Mann Theatre
- Dr. George Tour* – Miami, FL
- Vizcaya Museum and Gardens* – Miami, FL
- Cabaret* – Maltz Jupiter Theatre



And many more!!!



It Starts in Parks!

BEACH COMMUNITY CENTER

Phone: (954) 828-4610

HOURS OF OPERATION

Tuesday, Wednesday & Thursday: 8:30 a.m. – 6:00 p.m.
Monday & Friday: 8:30 a.m. – 5:00 p.m.

REGISTRATION HOURS

Monday - Friday: 8:30 a.m. - 4:00 p.m.
We accept MasterCard or Visa payments only.

DIRECTIONS

- Take Oakland Park Boulevard East to A1A
- Turn left onto A1A
- Turn left onto N.E. 34th Street
- Turn left onto N.E. 33rd Avenue
- The Beach Community Center is on your right



If you would like this publication in an alternative format (large print or audiotape), or if you need reasonable accommodation to participate in these programs please contact Marie Rock at (954) 828-4610 or mrock@fortlauderdale.gov at least seven business days prior to the program.

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City of Fort Lauderdale Parks and Recreation Department

Beach Community Center

3351 N.E. 33rd Avenue, Fort Lauderdale, FL 33308

Phone: (954) 828-4610



November 2011

<p>Broward Health Lecture</p> <p>Lisa Mansdorf, Dietician and Nutritionist, will provide a talk on "Diabetes Education" after which we will offer glucose testing.</p> <p>Diabetes Awareness Wednesday November 2 10:30 a.m. – 12:00 p.m.</p>	<p>Pilates</p> <p>Pilates is a complete physical fitness discipline centered on total body conditioning.</p> <p>Tuesday & Thursdays 10:00 – 11:30 a.m.</p> <p>Wednesdays 5:30 – 7:00 p.m.</p> <p>Residents \$ 9 / Non-Residents \$10</p>	<p>Winter Break Camp</p> <p>Our winter break camp is jam-packed with fun! Come discover science, create artwork, explore cooking, leap into fitness, and enjoy a field trip adventure. Space is limited. Registration will remain open until full.</p> <p>December 19 - 23 & 27- 30 (No camp on December 26) 8:30 a.m. – 5:30 p.m. Residents \$170 Non-Residents \$255 Y.E.S \$42.50</p> <p>Ages 6 - 11</p>
<p>Latin Fusion</p> <p>Learn the basic steps of your favorite Latin dances such as Bachata, Cha Cha, Bolero, Merengue and Salsa. No partner required.</p> <p>Thursdays 6:00 – 7:00 p.m.</p> <p>Residents \$9 / Non-Residents \$10</p>	<p>Line Dance</p> <p>Line Dance is a great cardiovascular workout and improves your balance all while learning step patterns that go along with ballroom dancing.</p> <p>Thursdays 10:30 a.m. – 12:00 p.m.</p> <p>Residents \$5 Non-Residents \$7.50</p>	<p>Feast at the Beach</p> <p>Join us for an afternoon of fun and enjoyment that includes a lunch, entertainment and bingo with fabulous prizes.</p> <p>Wednesday November 16th 11 a.m. – 3 p.m. \$13.50 per ticket</p>
<p>Fall Computer Classes</p> <p>Our computer classes are scheduled for two days per class from 9:00 a.m. to 12:00 p.m. Participants must attend both days. Please register by the Wednesday prior to the scheduled class. Classes must meet minimum registration requirements. Residents \$40 / Non-Residents \$60</p> <p>Computer Basics I December 5 & 7</p> <p>Internet Basics November 14 & 16</p> <p>Computer Basics II November 7 & 9 December 12 & 14</p> <p>Email Basics November 28 & 30</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am - 9:30am Strength & Flexibility 10:00am - 11:30am Pilates 10:00am - 12:30pm Feature Film: Limitless	2 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Computer Basics I 10:30am - 12:00pm Broward Health: Diabetes Awareness	3 8:30am - 9:30am Strength & Flexibility 10:00am - 11:30am Pilates 10:30am - 12:00pm Line Dance 12:15pm - 1:15pm Power Lunch Crunch	4 9:00am - 10:00am Body Sculpting 10:30am - 12:00pm Yoga 11:00am - 2:00pm Beach Cash Bingo
	7 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Computer Basics II	8 8:30am - 9:30am Strength & Flexibility 10:00am - 11:30am Pilates 10:00am - 12:30pm Feature Film: Love & Other Drugs	9 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Computer Basics II	10 8:30am - 9:30am Strength & Flexibility 10:00am - 11:30am Pilates 10:30am - 12:00pm Line Dance 12:15pm - 1:15pm Power Lunch Crunch
14 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Internet Basics 10:30am - 12:00pm Yoga	15 8:30am - 9:30am Strength & Flexibility 9:00am - 1:00pm AARP Driver Safety 10:00am - 12:30pm Feature Film: True Grit	16 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Internet Basics 11:00am - 3:00pm Thanksgiving Feast Luncheon	17 8:30am - 9:30am Strength & Flexibility 9:00am - 1:00pm AARP Driver Safety 10:00am - 11:30am Pilates 10:30am - 12:00pm Line Dance	18 9:00am - 10:00am Body Sculpting 10:30am - 12:00pm Yoga 11:00am - 2:00pm Beach Cash Bingo
21 8:30am - 5:30pm Thanksgiving Camp 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting	22 8:30am - 5:30pm Thanksgiving Camp 8:30am - 9:30am Strength & Flexibility 10:00am - 12:30pm Feature Film: Hall Pass	23 8:30am - 5:30pm Thanksgiving Camp 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Email Basics	24 <i>Closed for</i> <i>Thanksgiving</i> 	25 <i>Closed for</i> <i>Thanksgiving</i>
28 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Email Basics	29 8:30am - 9:30am Strength & Flexibility 10:00am - 11:30am Pilates 10:00am - 12:30pm Feature Film: No Strings Attached	30 8:30am - 11:00am Open Ping Pong 9:00am - 10:00am Body Sculpting 9:00am - 12:00pm Email Basics	November 	