

Main Number
(954) 450-6888

Transportation
(954) 450-6850

*The Carl Shechter
Southwest Focal Point
Community Center*

City of Pembroke Pines
Community Services Department
301 N. W. 103rd Avenue, Pembroke Pines, FL
www.ppines.com • Fax: (954) 450-6899

Senior Residences
(954) 450-6960

Adult Day Care
(954) 450-6855

AUGUST 2017


Please join us for the dedication ceremony of
The Carl Shechter Southwest Focal Point Community Center Campus
on **Wednesday, August 2, 2017 11:15am** in the Center's Main Hall.



**FLEA
MARKET
& BAZAAR**

Saturday August 19	Sunday August 20
8:00am till 4:00pm	9:00am till 3:00pm

Over 100 indoor vendors
FREE admission and parking



6th Annual
**SENIOR SPANISH
SPELLING BEE**


Celebrating National Hispanic Heritage Month

**Tuesday, September 12, 2017
12:30pm in the Main Hall**

Prizes will be awarded to First Place, Second Place
and Third Place winners!

*Individuals who are interested in participating in this
competition should sign up at the Activities Desk by the
deadline of Friday, September 8, 2017.*

Copacabana Night
Dinner Dance with Live Entertainment by "Melina"



Get ready to party Latino style and
dance the night away! Authentic
Latin food will be served and
entertainer "Melina" will be
providing the music!

Friday, September 15, 2017.
\$10.00 per person. Buffet dinner
at 5:30pm (reservations required)
Dance starts at 6:30pm.
Sponsored by Coventry Health Center.

11th ANNUAL
**FALL ARTS &
CRAFTS SHOW**



**Saturday, September 23, 2017
9:00am till 5:00pm**

**Sunday, September 24, 2017
10:00am till 4:00pm**

Over 70 indoor artists • FREE admission and parking



The Southwest Focal Point Community Center, 301 NW 103rd Avenue, is located in the heart of Pembroke Pines. Membership at the SWFPCC for adults 18 and older is free but required. If you need a change of pace, want new opportunities to meet people, build a support network, information, or simply a place to read a book or shoot pool please call The SWFP Community Center at 954-450-6888.

A nationally designated All-America City, Pembroke Pines is a hub of traditional and international flavor, ranging from its residents and businesses to its food and shopping. Easily accessed from I-95, the Florida Turnpike, I-75 and The Palmetto Expressway in South Broward County, Pembroke Pines enjoys a reputation as an innovative and progressive community which boasts a strong commitment to education, business, and the environment.

DAYTIME CLASSES



The City of Pembroke Pines Southwest Focal Point Community Center is accepting registrations for daytime classes for adults and seniors. A complete listing of classes appears below.

To participate in any classes one must be a registered member of the center (membership is FREE). **Members must present their SWFP membership card when signing up for all classes, activities and events.** The deadline for registration is no later than one week prior to class beginning. All classes are held at the SWFP Community Center. To see a schedules of all activities held at the Community Center please visit www.ppines.com.

Adult Acting Workshops

Don't miss out! Taught by Inside Out Theater Company, Inc. who has produced and performed over 450 shows in South Florida! **Thursdays 9:30am - 11:30am.** \$40.00 per six week session.

For more information and to register please call (954) 385-3060 or visit www.insideouttheater.org

NEW! French Poetry

FREE for registered SWFP members only. **Meets the 2nd Thursday of each month. 10:00am - 11:00am** in the Main Hall.

NEW! Spanish Poetry

FREE for registered SWFP members only. **Meets the 4th Thursday of each month. 10:00am - 11:00am** in the Main Hall.

NEW! Mini Spa Day!

Enjoy a relaxing hand massage and have your nails painted too! **FREE** for registered SWFP members only. First come, first served. **1st and 3rd Wednesday of each month. 9:30am - 10:30am** in S/A Room.

NEW CLASS! Creative Art Journaling

The purpose of this hands on course is to generate inspiration, organize artistic ideas and develop an appreciation of Art. Each week, class will begin with a brief overview and discussion of a famous artist. Attention will be given to style, medium, theme as well as elements of art prominent in the artist's work. Students will then will then develop their ideas using a variety of mediums in their art journals. Offered in 6 weeks sessions. Six different artists will be introduced each session!

Fridays 12:00pm - 2:00pm.
7/28/17 - 9/1/17 and 9/15/17 - 10/20/17.
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)

3-D Photo Art Collage

In this exciting new class, students will learn how to transform multiple photos and art prints into incredibly amazing 3-D works of art that can be framed. Offered in 6 weeks sessions. *Materials not included – pick up supply list when registering.* **Tuesdays 9:30am - 11:30am. 7/25/17 - 8/29/17 and 9/12/17 - 10/17/17.**

\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)



NEW TIME! Adult Coloring

For Relaxation, Stress Relief and Fun! We're providing some coloring sheets, but students may bring their own. So, bring your colored pencils or pens and join us – Keep Calm and Color On! Offered in 6 weeks sessions. **ADVANCE REGISTRATION IS REQUIRED. Mondays 12:00pm - 2:00pm. STARTS: 7/24/17 - 8/28/17 and 9/11/17 - 10/16/17. FREE** for Registered SWFP Members Only.

Beginner's Guitar

For the complete beginner! Bring your guitar and get the guidance and instruction you need to learn how to play the guitar. Course book can be purchased from instructor. Offered in 6 weeks sessions. **Mondays 9:30am - 10:30am. 7/24/17 - 8/28/17 and 9/11/17 - 10/16/17.**
\$30.00 per person (55 yrs. & older)
\$50.00 per person (54 yrs. & under)

Intermediate Guitar

Students must have taken Beginner's Guitar and have written approval from the instructor to register for this class. Course book can be purchased from instructor. Offered in 6 weeks sessions.

Mondays 10:30am - 11:30am.
7/24/17 - 8/28/17 and 9/11/17 - 10/16/17.
\$30.00 per person (55 yrs. & older)
\$50.00 per person (54 yrs. & under)

YOU Can Sew!

In this "no pressure" course the emphasis is on having fun and creating projects you want to sew! Two classes are offered in 6 weeks sessions. *Materials not included.*

Mondays 12:30pm - 2:30pm, 7/24/17 - 8/28/17 and 9/11/17 - 10/16/17 -OR- Wednesdays 9:30am - 11:30 am, 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17.
\$38.00 per person per class (55 yrs. & older)
\$42.00 per person (54 yrs. & under).
Offered day or evening.

Knitting for FUN!

In this class you will learn the basics of knitting and will knit your stress away! Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 12:00pm - 2:00pm, 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17.**
\$38.00 per person (55 yrs. & older)
\$58.00 per person (54 yrs. & under)

Silk Floral Workshop

In this creative workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their projects home! Workshops offered once a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$18.00 per person. Includes ALL Materials! **(Must register 1 week before by 4:00pm)** Dates for upcoming workshops are:

- August – 8/15/17
- September – 9/19/17

DAYTIME CLASSES

Flower Arranging Workshop

In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered twice a month on **Tuesdays 9:30am - 11:30am**. Price per class: \$18.00 per person. Includes ALL Materials! (**Must register the day before by 4:00pm**) Dates for upcoming workshops are:

- **August** – 8/8/17 and 8/22/17
- **September** – 9/12/17 and 9/26/17

Drawing Fundamentals

The foundation of all studio art classes is drawing. Students will learn the fundamentals of drawing including the study of line, perspective, light and shade, form and proportion in this easy to follow class. Mediums students will use are graphite pencil, charcoal and pen & ink. Offered in 6 weeks sessions. Materials not included - Bring a sketch pad, drawing pencil to your first class. **Wednesdays 12:30pm - 2:30pm**. 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



Intermediate Drawing

The next step after Drawing Fundamentals, this class will expand your knowledge of drawing techniques. Offered in 6 weeks sessions. Materials not included – Bring a sketch pad, drawing pencil to your first class.

Thursdays 9:00am - 11:00am. 7/27/17 - 8/31/17 and 9/14/17 - 10/19/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Figure Drawing

Explore the world of figure drawing in this easy to follow course. Students will learn the fundamental skills of figure drawing. Some previous drawing experience is desired. Offered in 6 weeks sessions. Materials not included – Bring a sketch pad, drawing pencil to your first class.

Tuesdays 12:30pm - 2:30pm. 7/25/17 - 8/29/17 and 9/12/17 - 10/17/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Portrait Drawing

Learn the art of portrait drawing through this informative course. Working from photographs, students will learn to draw portraits, culminating their studies by creating a self-portrait using a hand held mirror at the end of the 6-week course. Please bring a sketch pad, drawing pencil, and portrait style photograph to the first class. **Fridays 9:30am - 11:30am**. 7/28/17 - 9/1/17 and 9/15/17 - 10/20/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Intro to Watercolor

This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. Offered in 6 weeks sessions. *Materials not included*. **Thursdays 12:30pm - 2:30pm**. 7/27/17 - 8/31/17 and 9/14/17 - 10/19/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Beginner's Acrylic Painting

Learn the basic skills needed to start painting in this easy to follow class. Offered in 6 weeks sessions. *Materials not included*. **Fridays 9:30am - 11:30am**. 7/28/17 - 9/1/17 and 9/15/17 - 10/20/17. **FREE** for registered SWFP members.



NEW! Intermediate Acrylic Painting

The next step after Beginner's Acrylic Painting, students will expand their knowledge of painting techniques. Offered in 6 weeks sessions. Materials not included. **Mondays 9:30am - 11:30am**. **STARTS: 7/24/17 - 8/28/17 and 9/11/17 - 10/16/17** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Advanced Acrylic Painting

In a supportive, friendly and relaxed environment, students will explore the wide range of effects that can be achieved using acrylics. Offered in 6 weeks sessions. Materials not included. **Fridays 12:00pm - 2:00pm**. 7/28/17 - 9/1/17 and 9/15/17 - 10/20/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Ceramics Class

Students will create low fire ceramic pieces using pre-molded green ware that are decorated using traditional underglazes, over glazes or layering and mixing of colors. Offered in 6 weeks sessions. Materials not included. **Tuesdays 9:00am - 12:00pm**. 7/25/17 - 8/29/17 and 9/12/17 - 10/17/17. **FREE** for registered SWFP members.



Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included*. **Wednesdays 9:00am - 11:00am**. 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17. \$42.00 per person (18 yrs. & older) Offered day or evening.

Beginner's Spanish Class

Offered in 6 weeks sessions. **Wednesdays 10:00am - 12:00pm**. 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

NEW! Smartphone Photography 101

Whether you have an Android or iPhone, this class will teach you how to take better pictures with your cell phone! Students will learn about basic composition and options on their phones. They will also learn how to send their pictures to family and friends or post their pictures on social media sites like Facebook. **Every 2nd & 4th Monday of the Month from 12:00pm - 2:00pm**. **FREE** to registered SWFP members.

MONDAY

9:15 - 10:15 • Gym 1
Tai Chi (Beg/Int/Adv)

9:30 - 10:30 • Rm 213
Beginner's Guitar

9:30 - 11:30 • Rm 209
Intermediate Acrylic Painting

10:00 - 11:00 • Main Hall
JoyDanz

10:00 - 11:00 • Rm 215
Understanding Our Losses
4th Monday (Bilingual)

10:15 - 11:15 • Rm 205
Songbirds

10:30 - 11:30 • Gym 1
Chair Yoga

10:30 - 11:30 • Rm 213
Intermediate Guitar

10:30 - 11:30 • Rm 212
English with Morris

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 1:45 • Main Hall • **Bingo**

12:00 - 1:00 • Rm 215
Aging Healthy and Living
Independently Forum
1st, 2nd & 3rd Monday (English)

12:00 - 2:00 • Rm 205
Adult Coloring

12:00 - 2:00 • Rm 212
Smartphone Photography 101
2nd & 4th Monday

12:00 - 4:00 • N/A
Cards and Games

12:30 - 1:20 • Gym 1
Chair Exercise

12:30 - 1:30 • Gym 2
"Scale Back"
Weight Loss Workout

12:30 - 2:30 • Rm 209
YOU Can Sew!

TUESDAY

9:00 - 10:00 • Pool
Water Aerobics

9:00 - 12:00 • Rm 207
Ceramics

9:00 - 10:00 • Gym 1
Yoga

9:30 - 11:30 • Rm 205
3-D Photo Art Collage

9:30 - 11:30 • Rm 209
Flower Arranging Workshop
2nd & 4th Tuesday
(Must register the day before by 4:00 pm)

9:30 - 11:30 • Rm 209
Silk Floral Workshop
3rd Tuesday
(Must register one week before by 4:00 pm)

10:00 - 11:00 • S/A
Ageless Grace

10:00 - 11:30 • Rm 215
Current Trends in Caregiving
(Spanish)

10:30 - 11:30 • Gym 1
Flamenco Dance (Beginners)

11:30 - 12:30 • Gym 1
Flamenco Dance (Beginners)

11:45 - 1:45 • Main Hall
Bingo

12:00 - 1:00 • Rm 212
Current Events & Brain Games

12:00 - 1:00 • Gym 2
Zumba

12:00 - 4:00 • N/A
Cards and Games

12:30 - 2:30 • Rm 209
Figure Drawing

12:30 - 4:00 • Rm 205
Duplicate Bridge

WEDNESDAY

9:00 - 10:00 • Gym 2
Yo-Chi-Lates

9:00 - 11:00 • Rm 207
Pottery

9:30 - 10:20 • Gym 1
Chair Exercise

9:30 - 10:30 • S/A
Mini Spa Day
1st & 3rd Wednesday

9:30 - 11:30 • Rm 209
YOU Can Sew!

9:30 - 1:30 • Rm 213
VIP Class

10:00 - 11:00 • M/H
Salsa

10:00 - 12:00 • Rm 205
Beginner's Spanish

10:30 - 12:00 • Rm 215
Current Trends in Caregiving
(English)

10:30 - 11:30 • Gym 1
Chair Yoga

11:30 - 12:30 • Gym 1
Fit and Strong

11:30 - 12:30 • Gym 2
20/20/20 Fitness

12:00 - 2:00 • Rm 212
Knitting

12:00 - 4:00 • N/A
Cards and Games

12:30 - 1:30 • Gym 1
Chair Total Fitness

12:30 - 2:30 • Rm 209
Drawing Fundamentals



THURSDAY

9:00 - 10:00 • Pool
Water Aerobics

9:00 - 10:00 • Gym 1
Yoga

9:00 - 11:00 • Rm 209
Intermediate Drawing

9:30 - 11:30 • Rm 205
Adult Acting Workshop

10:00 - 11:00 • M/H
French Poetry
2nd Thursday

10:00 - 11:00 • M/H
Spanish Poetry
4th Thursday

10:00 - 11:00 • Gym 2
Mat Pilates

10:00 - 11:00 • Gym 1
Walking Club (*Video*)

10:00 - 11:30 • Rm 215
Coping with Life Changes
(English)

1st & 3rd Thursday – Vitas Healthcare

11:00 - 12:00 • Gym 2
Senior Total Fitness

11:45 - 12:45 • Gym 1
Tai Chi (Beg/Int)

11:45 - 1:45 • Main Hall
Bingo

12:00 - 4:00 • N/A
Cards and Games

12:30 - 2:30 • Rm 209
Intro to Watercolors

12:30 - 4:00 • Rm 205
Duplicate Bridge

1:00 - 2:00 • Gym 1
Beginner's Tai Chi

FRIDAY

9:00 - 10:00 • Gym 2
Chair Yoga

9:30 - 10:20 • Gym 1
Chair Exercise

9:30 - 11:30 • Rm 213
Portrait Drawing

9:30 - 11:30 • Rm 209
Beginner's Acrylic Painting

10:00 - 11:00 • Rm 215
Personal Enrichment Group
(Spanish)

10:30 - 11:30 • Gym 1
Yoga

10:30 - 11:30 • M/H
Low Impact Exercise

11:15 - 12:15 • Workout Room
Gym Training

12:00 - 1:00 • Gym 1
Tai Chi (Beg/Int)

12:00 - 1:00 • M/H
Zumba

12:00 - 2:00 • Rm 209
Adv. Painting with Acrylics

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

BINGO WITH THE **NIGHTS**

A night of Bingo and Free Refreshments
*3rd Tuesday of Each Month 6:00pm –
provided by the Knights of Columbus.*
Packets start at \$15, play all night.
September 19, 2017 & October 17, 2017

ENTERTAINMENT DAY WITH SINGER

Debbie Orta

Wednesday, August 23, 2017 • 12:00pm
Sponsored by Site Advisory Council

“Flamenco” Performance

**Tuesday, August 29, 2017
12:00pm in the Main Hall**

Sponsored by Coventry Healthcare

Grandparents Day Celebration

**Friday, September 8, 2017 - 11:30am
in the Main Hall**

*FREE cake will be served!
Sponsored by Simply Healthcare*

Theater Trips

2017 - 2018

Join us as we travel to Broward Center
for the Performing Arts to enjoy
2017-2018 Broadway Series matinee
performances at 2:00pm. Price includes
ticket and transportation to and from the
center for each show. SWFP Member's
price for each show is \$70.00 per person.
Trip departs 12:30pm

- **“THE SOUND OF MUSIC”**
Wed, October 18, 2017
- **“LOVE NEVER DIES–
THE PHANTOM RETURNS”**
Wed, November 15, 2017
- **“SCHOOL OF ROCK”**
Wed, December 20, 2017
- **“WICKED”**
Thurs, February 15, 2018
- **“WAITRESS the Musical”**
Thurs, April 12, 2018
- **“JERSEY BOYS”**
Wed, May 16, 2018

AFTERNOON & EVENING CLASSES



The City of Pembroke Pines Southwest Focal Point Community Center is accepting registrations for evening classes for individuals 18 years and older. A complete listing of classes appears below.

To participate in any classes one must be a registered member of the center (membership is FREE). **Members must present their SWFP membership card when signing up for all classes, activities and events.** All classes are held at the SWFP Community Center. To see a schedules of all activities held at the Community Center please visit www.ppinet.com.

Ballroom Dancing

For more information about Ballroom Dancing and to register for classes contact Simon Prilutsky at (954) 963-5338. **Thursdays from 5:30 PM to 9:30PM.** \$10.00 per 1-hour class.



“Paint & Sip” Workshops

BYOB of wine, everything else is included! Offered **1st Tuesday of every month 6:30pm - 9:30pm.** Must be 21 yrs. and up to participate. \$45.00 per person *(art materials included)*

- **August** – 8/1/17
- **September** – 9/5/17

**Special Group Rates (minimum 10 people). Email hdaniels@ppines.com for more information!*

Pottery Studio

Create high fired stoneware using both the hand building method and the potter’s wheel. Offered in 6 weeks sessions. Materials not included. **Wednesdays 7:00pm - 9:00pm. 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17.** \$42.00 per person

Glaze Formulation One Day Workshop

This all-inclusive one day workshop is for the seasoned pottery student who is ready to start making glazes. Learn basic glaze formulas, weights and measures, colorants, mixing and storing techniques. Each student will take home 3 containers of glaze they made from scratch! **Wednesday 6:00pm - 9:00pm. October 25, 2017.** \$45.00 per person *(includes all materials).*



Adult Sewing Classes

In this creative class, students will learn how to make alterations, home decorating items and how to make custom outfits. Bring your own machine or use one of ours. All skill levels welcome. Offered in 6 weeks sessions. *Materials not included.* **Wednesday 7:00pm - 9:00pm. 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17.** \$42.00 per person



Fine Jewelry Design

Using semi-precious stones, pearls, 14K gold and Sterling Silver, students will create exquisite one-of-a-kind fine jewelry pieces. Offered in 6 weeks sessions. Materials not included. **Wednesdays 4:30pm - 6:30pm. (1st class meets from 4:30pm till 7:30pm) 7/26/17 - 8/30/17 and 9/13/17 - 10/18/17.** \$45.00 per person

Belly Basics with Nailah!

This easy to follow belly dancing course is designed for both beginners and slightly advanced students. Have fun as you exercise! Offered in 6 weeks sessions. **Tuesdays 7:00pm - 8:00pm. 7/25/17 - 8/29/17 and 9/12/17 - 10/17/17.** \$45.00 per person

Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm. 7/25/17 - 8/29/17 and 9/12/17 - 10/17/17.** \$42.00 per person

Pines West Camera Club

A combined photographic and digital imaging organization that is open to all types of photographers. For more information visit www.pineswestcc.com **2nd and 4th Tuesdays: 7:00pm - 9:30pm.**

New Way Photography Group Workshops

A wide variety of photography workshops are offered for individuals seeking to learn more about the art of photography or acquire new skills in various photo editing programs. For more information call Cesar at (305) 206-3938 or see our Meetup site at: <http://www.meetup.com/new-way-photography/> **First 4 Tuesdays Every Month: 7:00 pm - 9:30 pm –OR– 1st and 3rd Thursdays: 7:00 pm - 9:30 pm**

R.A.D.: Rape Aggression Defense for Adults

For more information please call R.A.D. at (954) 655-7587.

FREE Card and Board Games and Billiards

Every Tuesday, Wednesday and Thursday Free of Charge for registered members (6-9pm) Photo ID Required.



ON GOING EXERCISE CLASSES

The City of Pembroke Pines Southwest Focal Point Community Center is accepting registrations for ongoing exercise classes. The classes are offered on a monthly basis. A complete listing of classes appears below.

To participate in any classes one must be a registered member of the center (membership is FREE). **Members must present their SWFP membership card when signing up for all classes, activities and events.** All classes are held at the SWFP Community Center. To see a schedule of all activities held at the Community Center please visit www.ppin.es.com.

NEW CLASSES! Flamenco Dance

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. Day and evening classes are offered. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit www.lunacaleusa.com

DAYTIME Adults & Seniors:

Tuesdays

10:30am-11:30am (Beginners) or

11:30am-12:30pm (Beginners)

EVENING Adults & Children:

Tuesdays, Wednesdays and

Thursdays

5:00pm – 6:00pm (Beginners) or

6:00pm – 7:00pm (Intermediate)

NEW CLASS! Low Impact Exercise

in the Main Hall

Fridays: 10:30am - 11:30am

FREE for SWFP members only.

Sponsored by Pines Medical Center

NEW TIME! Mat Pilates

Thursdays: 10:00am - 11:00am

FREE for SWFP members only.

Sponsored by Baptist Health

South Florida

NEW CLASS! Fit and Strong

Students must have taken Senior Total

Fitness and have written approval

from the instructor to register for this

class. Combines the gym and

outdoor/indoor aerobic activity.

This class is for advancing in

strength and endurance and to

challenge individuals to a better

fitness level. Improve your heart

health, strengthen muscles, bones,

and joints.

Wednesdays, 11:30am - 12:30pm.

FREE for SWFP members only.

(\$5 cash deposit required to hold your space for the month – must attend all classes to be refunded.)

Sponsored by Coventry Health

Senior Total Fitness

This energetic class has all the elements of fitness that everyone needs to enjoy an active and healthy lifestyle! It combines resistance training, flexibility, cardiovascular and neural-motor training for all levels. Participants will experience improvement in strength, endurance, flexibility, and coordination which are key components for optimal fitness health. Each workout is dynamic and ever changing to meet the individual needs of the participants - students of all fitness levels are welcome!

Thursdays 11:00am - 12:00pm.

FREE for SWFP members only.

Chair Total Fitness

This class encompasses all the elements provided in the **Senior Total Fitness** class but while sitting on a chair. **Wednesdays 12:30pm - 1:20pm.** FREE for SWFP members only.

NEW TIME! Yo-chi-lates

A combination of Yoga, Tai Chi and Pilates – all in one class!

Wednesdays 9:00am - 10:00am in

Gym 2. FREE for SWFP members only. *Sponsored by*

Baptist Health South Florida

Gym Training

Once a week, our knowledgeable personal trainer will be in the workout room to assist members with proper use of gym equipment. She will also create an easy workout designed to help individuals exercise independently to reach their unique health and fitness goals! **Fridays 11:15am - 12:15pm in the Workout Room.** FREE for SWFP members only.

JoyDanz

Dance is all about being joyful, moving your body in organic ways to the rhythm and the beat. Come and Shake your Soul to African, Indian, Caribbean, Irish, Latin

rhythms and more!!!! **Mondays 10:00am in the Main Hall.** FREE for SWFP members only.

Ageless Grace®- BRAIN AND BODY WORKOUT!

Exercise your body and your brain! While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging – flexibility, mobility, agility, strength, breath, balance etc.

Tuesdays 10:00am in the Main

Hall. FREE and open to all.

Sponsored by Pines Medical Center

Salsa

Wednesdays 10:00am - 11:00am

in the Main Hall - FREE for

SWFP members only.

“Scale Back”

Weight Loss Workout

A combination of dance fusion, nutritional guidance and weekly weigh-ins will help students achieve their weight loss goals and develop a healthier lifestyle! Ages 18 years and up.

Mondays 12:30pm - 1:30pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

20/20/20 Fitness

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of dance, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Ages 18 years and up. *Students must bring in their own hand weights and mats.*

DAYTIME

Wednesdays 11:30am - 12:30pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

EVENING

Thursdays 6:30pm - 7:30pm

\$30.00 per month

Chair Exercise

Mondays: 12:30pm - 1:30pm

Wednesdays: 9:30am - 10:30am

Fridays: 9:30am - 10:30am

FREE for registered SWFP

members.

Water Aerobics

Tuesdays -OR- Thursdays:

9:00am - 10:00am

FREE for registered SWFP members. *Space is limited - first come, first served*

Yoga

4 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **Mondays: 11:30am - 12:30pm**

Tuesdays: 9:00am - 10:00am

Thursdays: 9:00am - 10:00am

Fridays: 10:30am - 11:30am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Chair Yoga

3 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **Mondays: 10:30am - 11:30am**

Wednesdays: 10:30am - 11:30am

Fridays: 9:00am - 10:00am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Tai Chi

Thursdays: 1:00pm - 2:00pm

(Beginner) FREE for SWFP members only – *Starting in July*

Sponsored by

Baptist Health South Florida

Tai Chi

4 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **DAYTIME**

Mondays: 9:15am - 10:15am

(Beginner/Intermediate/Advanced)

Thursdays: 11:45am - 12:45pm

(Beginner/Intermediate)

Fridays: 12:00pm - 1:00pm

(Beginner/Intermediate)

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

EVENING

Wednesdays: 7:00pm - 8:00pm

\$30.00 per month

Zumba!

Tuesdays: 12:00 - 1:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Zumba in the Main Hall!


Fridays: 12:00pm - 1:00pm

FREE for registered SWFP

members. *Sponsored by*

Baptist Health South Florida

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>SHINE HOURS <i>Information regarding all Health Insurance needs.</i> Tuesday, Wednesday & Friday 9:00am-11:30am Room 198</p>	<p>1 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO</p>	<p>2 10:00 M/H FREE Salsa Class 11:15 Dedication Ceremony for Carl Shechter 12:30 Music & Dancing with Winston</p>	<p>3 10:15 M/H Karaoke with Winston 11:45-1:45 BINGO</p>	<p>4 10:00 DOLPHIN MALL Shopping Trip \$2.00 per person CASH ONLY</p>	<p>5/6</p>
<p>7 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO</p>	<p>8 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO</p>	<p>9 10:00 M/H FREE Salsa Class 10:00 Puppy Corner <i>Sponsored by Petland</i> 12:00 Birthday Celebration <i>Sponsored by Pines Medical</i> 12:30 Music & Dancing with Winston</p>	<p>10 10:00 S/A Guest Speaker "Stop Medicare Fraud" (Bilingual) 10:00 M/H French Poetry 10:00 Songbird's Trip to Plaza at Pembroke Nursing Home 11:45-1:45 BINGO</p>	<p>11 9:00-3:00 S/A AARP Driver Safety</p>	<p>12/13</p>
<p>14 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO</p>	<p>15 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO NO Night Bingo</p>	<p>16 10:00 M/H FREE Salsa Class 12:30 Music & Dancing with Winston</p>	<p>17 10:15 Karaoke with Winston 11:45-1:45 BINGO 12:00 Ice Cream Social <i>Sponsored by Simply Healthcare</i></p>	<p>18 11:00 "Twin Peaks" Lunch Trip</p>	<p>19/20 2 Day Flea Market Saturday 8:00am – 4:00pm Sunday 9:00am – 3:00pm</p>
<p>21 NO JoyDanz 11:45-1:45 BINGO</p>	<p>22 10:00 S/A FREE Ageless Grace 10:00 Trip to Schokolad Chocolate Factory 10:00 2017-2018 Miami HEAT Golden Oldies Auditions NO Bingo</p>	<p>23 10:00 M/H FREE Salsa Class 12:00 M/H Entertainment with Debbie Orta</p>	<p>24 10:00 S/A Guest Speaker 10:00 M/H Spanish Poetry 11:45-1:45 BINGO</p>	<p>25 9:30 FLAGLER MUSEUM PALM BEACH Trip \$17.00 per person CASH ONLY 12:00-1:30 Karaoke with Hury</p>	<p>26/27</p>
<p>28 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO</p>	<p>29 10:00 Rm 212 Guest Speaker (Creole) 10:00 S/A FREE Ageless Grace 12:00 "FLAMENCO" Performance <i>Sponsored by Coventry</i> NO Bingo</p>	<p>30 10:00 M/H FREE Salsa Class 12:00 M/H Entertainment with DJ Michael Rapposelli</p>	<p>31 11:45-1:45 BINGO</p>	<div data-bbox="1062 1570 1516 1883" data-label="Complex-Block">  <p>Miami Heat GOLDEN OLDIES Auditions Tuesday, August 22, 2017 (60 yrs. and up) Registration begins at 10:00 am in the Main Hall</p> </div>	

This project is supported under an agreement with the Florida Department of Elder Affairs and the Aging and Disability Resource Center of Broward County, through funds provided by the Older Americans Act of 1965 as amended. Matching funds are provided locally via The City of Pembroke Pines. MEMBERSHIP IS FREE.