

Main Number
(954) 450-6888

Center Hours
Monday & Friday
8:00am-5:00pm
Tuesday-Wednesday-
Thursday
8:00am-9:30pm

The Carl Shechter Southwest Focal Point Community Center

City of Pembroke Pines
Community Services Department

301 N.W. 103rd Avenue, Pembroke Pines, FL 33026
www.ppines.com • Fax: (954) 450-6899

Senior Residences
(954) 450-6960

Adult Day Care
(954) 450-6855

Transportation
(954) 450-6850

NOVEMBER 2018

Flea Market and Bazaar



Saturday
November 3, 2018
8:00am till 4:00pm

Sunday
November 4, 2018
9:00am till 3:00pm

Over 100 indoor vendors –
FREE admission
and parking

MASTER CHEF

“Holiday Traditions Around The World” Baking Challenge

Tuesday, December 4, 2018 - Beginning
10:00am sharp in the Main Hall



The purpose of this baking challenge is to explore traditional holiday desserts from around the world! From flaky French pastries to crispy Italian cookies, judges will be looking for authentic holiday puddings, cakes, tarts and more that will take us on a delicious culinary journey around the world! So whether its Greek honey dipped cookies, English Steamed Pudding, Mexican Citrus-Pumpkin Flan, German strudel or even Caribbean Rum Cake – bring in your favorite home baked traditional holiday dessert and you may be leaving with a cash prize! **Celebrity Judges from Johnson Wales University – College of Culinary Arts will be judging this event.** Only home baked entries will be accepted. A list of ingredients must be provided with entry form. All participants (SWFP members only) must be a present to win! Entry forms will be available at the Activities Desk and must be turned in by Monday, December 3rd!

23rd Annual

HEALTH FAIR

Wednesday, November 7, 2018

9:00am till 1:00pm

FREE and open to the public

Health screenings,
exercise class
demonstrations, and
entertainment,
50 exhibitors,
giveaways and
much more!



Annual Holiday Open House

Thursday, December 13, 2018

6:00pm till 9:00pm

Live Entertainment
Hot Cocoa and Cookies
Face Painting • Holiday Displays

**Santa will be here giving away
free party favors!**

FREE and open to the public



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



Computer Essentials in English and Spanish – Level 1

(12 hour Course)

This easy beginner's course, is designed to give students the skills required for basic computer use. This class, which has been created specifically for individuals with little or no computer experience, enables students to perform basic computer functions as well as understand basic computer vocabulary and technology. An introduction to MS Word, Publisher, Internet and Social Media will also be included. *Students should bring their own flash drive to save class documents.*

ENGLISH: 6 weeks sessions

Mondays, 9:30am - 11:30am.

10/29/18 - 12/10/18 (no class 11/12)

SPANISH: 6 weeks sessions.

NEW DAY AND TIME! Fridays, 12:00pm - 2:00pm. 11/2/18 - 12/14/18 (no class 11/23)

\$42.00 per person (18 years and older)

Intermediate Computer Skills in English – Level 2

(12 hour Course)

The next step after Computer Essentials, this class will help students expand their knowledge of computers, applications and computer networking. Students will explore features and perform basic functions of MS Word and Publisher – creating documents and even greeting cards. They will also learn to navigate and perform simple Web searches as well as sending emails and utilizing Social Media. An introduction to PowerPoint and using a 3-D printer will also be included. *Students should bring their own flash drive to save class documents.*

ENGLISH: 6 weeks sessions

Wednesdays, 9:30am - 11:30am.

10/31/18 - 12/5/18

\$42.00 per person (18 years and older)

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.

Advanced Computer Skills in English – Level 3 (12 hour Course)

The next step after Intermediate Computer, this class will help students expand their knowledge of computers, applications and computer networking. *Students should bring their own flash drive to save class documents.*

6 weeks sessions Fridays, 9:30am -

11:30am. 11/2/18 - 12/14/18

(no class 11/23)

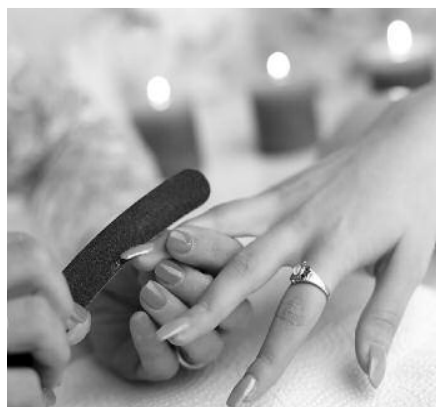
\$42.00 per person (18 years and older)

“VIP” Arts and Crafts Class for Visually Impaired Persons

No registration required – feel free to just join in! In this ongoing creative class, VIP students can make a wide array of craft projects such as dolls, dogs, hats and scarfs and much more. **Wednesdays, 9:30am - 1:30pm (with a 1 hr. lunch break).** **FREE** for Registered SWFP members only

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.



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.

10/29/18 - 12/10/18 (no class 11/12)

\$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.

10/29/18 - 12/10/18 (no class 11/12)

\$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! Offered in 6 weeks sessions. *Materials not included.*

Wednesdays 9:30am - 11:30 am.

10/31/18 - 12/12/18 (no class 11/21)

\$38.00 per person per class (55 yrs. & older)

\$42.00 per person (54 yrs. & under).

DAYTIME CLASSES

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. 10/31/18 - 12/12/18 (no class 11/21)**
\$38.00 per person (55 yrs. & older)
\$42.00 per person (54 yrs. & under)

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: \$20.00 per person. *Includes ALL Materials!* **(Must register the day before by 4:00pm)**
Dates for upcoming workshops are:
• **November** – 11/13/18 and 11/27/18

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. 10/31/18 - 12/5/18**
\$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. 11/1/18 - 12/13/18 (no class 11/22)**
\$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. 10/30/18 - 12/4/18**
\$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. 11/1/18 - 12/13/18 (no class 11/22)**
\$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. 11/2/18 - 12/14/18 (no class 11/23)**
FREE for registered SWFP members.



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. 10/29/18 - 12/10/18 (no class 11/12)**
\$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. 11/2/18 - 12/14/18 (no class 11/23)**
\$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. **Tuesdays 9:00am - 12:00pm. 10/30/18 - 12/4/18**
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 9:30am - 11:30am. 10/31/18 - 12/12/18 (no class 11/21)** \$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. 10/31/18 - 12/5/18**
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)

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

9:00 – 9:30 • Gym 2
Walktober Walking Group

9:15 - 10:15 • Gym 1
Tai Chi (All Levels)

9:30 - 10:30 • Gym 2
Beginner's Guitar

9:30 - 11:30 • Rm 214
Computer Essentials (English)

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

10:00 - 11:00 • M/H
JoyDanz

10:15 - 11:15 • Rm 205
Songbirds

10:30 - 11:30 • Gym 1
Chair Yoga

10:30 - 11:30 • Gym 2
Intermediate Guitar

10:30 - 11:30 • Rm 213
English with Morris

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • Main Hall • **Bingo**

12:00 - 1:30 • Rm 215 or S/A
**Aging Healthy and Living
Independently Forum**
(Spanish)

12:00 - 2:00 • Rm 213
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**

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 209
Flower Arranging Workshop
2nd & 4th Tuesday
(Must register the day before by 4:00 pm)

10:00 - 11:00 • M/H
Ageless Grace

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

10:00 - 11:00 • Rm 213
Guest Speaker (Creole)

10:30 - 11:30 • Rm 205
English with Morris

10:30 - 11:30 • Gym 2
Laughter Yoga
2nd Tuesday

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

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

11:45 - 2:00 • M/H
Bingo

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

9:30 - 10:30 • Gym 1
Chair Exercise

9:30 - 10:30 • Lobby
Mini Spa Day
1st & 3rd Wednesday

9:30 - 11:30 • Rm 214
Intermediate Computer (English)

9:30 - 11:30 • Rm 207
Pottery

9:30 - 11:30 • Rm 209
YOU Can Sew!

9:30 - 1:30 • Rm 213
**VIP Visually Impaired
Crafts 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 for Fun

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 212
Citizenship Class

10:00 - 11:00 • Rm 205
Let's Talk with Carl Shechter

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

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

11:00 - 12:00 • Gym 1
Senior Total Fitness

11:45 - 12:45 • Gym 2
Tai Chi (Intermediate)

11:45 - 2:00 • M/H
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

9:30 - 10:30 • Gym 1
Chair Exercise

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

10:00 - 11:30 • Rm 215
Personal Enrichment Group
(Spanish)

10:30 - 11:30 • M/H
Silver Sneakers "Classic"

10:30 - 11:30 • Gym 1
Yoga

11:15 - 12:15 • Rm 197
Gym Training

12:00 - 1:00 • M/H
Zumba

12:00 - 2:00 • Rm 214
Computer Essentials (Spanish)

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

"Spoons and Toons!" Cereal and Cartoons

The Saturday mornings you spent gorging on sugary sweet cereal and watching non-stop cartoons don't have to be a thing of the past. All "Kids at Heart" can enjoy watching a variety of cartoon classics while munching on bowls of their favorite cereals! FREE for registered SWFP members only. **Monday, November 5, 2018 8:30am in the Main Hall**

LOOKING GLAMOUROUS Makeup by Mary Kay

FREE makeup applications for registered SWFP members only. **Friday, November 9, 2018, 9:30am - 11:30am.** Please register at the activities desk. *Sponsored by Healthmed*

2018 Holiday Ornaments Sale

Handcrafted stoneware ornaments made by the SWFP Center's "Artists in Action" Pottery students and staff. \$5.00 donation per ornament - all proceeds benefit seniors programs. **Sale begins Wednesday, November 14, 2018 at the Activities Desk**

POOLSIDE LUNCHEON

**Thursday, November 15, 2018,
12:00pm - 2:00pm.** Must be a registered SWFP member to attend.
Sponsored by Caremax Medical

Holiday Light Tour Trip

Join us as we travel to Tradewinds Park in Coconut Creek to see The Holiday Fantasy of Lights; Broward County's spectacular drive-thru holiday lighting event with over 3 miles of giant animated holiday displays and illuminated trees! **Tuesday, December 4, 2018, departs 6pm.** FREE for registered SWFP members only. Members must have their own transportation to and from the center. *First come, first served – sign up at Activities Desk*

Holiday Tea Party

Join us for a celebration of the sights, sounds and tastes of the holiday season! Enjoy a festive afternoon of tea sandwiches, decadent desserts & assorted teas!
Wednesday, December 19, 2018, 2:00pm
\$18.00 per person
(reservations required – before 12/7/18)

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.

Microsoft Excel for the Workplace

(12 hour Course)

Become a confident, capable Excel user! *Microsoft Excel* is a powerful and versatile tool that is essential for managing and presenting data in today's working environment. In this *Excel for the Workplace* course, you will gain the knowledge and skills to create and edit worksheets, add formulas and functions, sort data, create charts and graphs, calculate statistics and present summary information in a consumable and professional format. *Students should bring their own flash drive to save class documents.*

ENGLISH: 6 weeks sessions
Tuesdays, 6:30pm - 8:30pm.
10/30/18 - 12/4/18

SPANISH: 6 weeks sessions
Thursdays, 6:30pm - 8:30pm
11/1/18 - 12/13/18
(no class 11/22)
\$42.00 per person
(18 years and older)

Krav Maga Self Defense

Krav Maga is a self-defense system developed for the Israel Defense Forces (IDF) and Israeli security forces. It consists of a combination of fighting techniques with a focus on real world situations. Students learn to defend themselves against a variety of attacks in the quickest and most efficient way possible. Classes offered on **Thursdays, between 7:30pm - 8:30pm.** For more information and to register please call William Padron at (305) 776-8260.

Paint & Sip Parties

Doesn't matter if you've never painted before – everyone is welcome to join the party! Gather up your family and friends and book a private painting party! Our instructors will guide each participant in the creation of a bright and beautiful painting on stretched canvas. We are also experts on creating lots of smiles and happy memories! Each person will take home a one-of-a-kind painting and maybe even a newfound talent! BYOB of wine and/or snacks, everything else is included! *Private parties (minimum 10 people) are perfect for birthdays, baby showers, bachelorette parties, date nights, girl's night out, family gatherings and much more!* Email hdaniels@ppines.com for more information.

Flamenco Dancing

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. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit www.lunacaleusa.com
Tuesdays, Wednesdays and Thursdays: 5:00pm - 6:00pm (Beginners) or **6:00pm - 7:00pm** (Intermediate)

Ballroom Dancing

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

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.
10/31/18 - 12/12/18
(no class 11/21)
\$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.
February 20, 2019.
\$45.00 per person
(includes all materials)

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.
10/30/18 - 12/4/18.
\$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.** 11/1/18 - 12/13/18 (no class 11/22).
\$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. Email: radsofla@bellsouth.net

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.

Krav Maga Self Defense

Krav Maga is a self-defense system developed for the Israel Defense Forces (IDF) and Israeli security forces. It consists of a combination of fighting techniques with a focus on real world situations. Students learn to defend themselves against a variety of attacks in the quickest and most efficient way possible. Classes offered on **Thursdays, between 7:30pm-8:30pm**. For more information and to register please call William Padron at (305) 776-8260.



Silver Sneakers® "Classic" is at the SWFP!

Get fit and stay fit in a fun environment! **Fridays 10:30am - 11:30am in the Main Hall.**

Sponsored by Chen Medical

Laughter Yoga

Offered the 2nd Tuesday of every month **10:30am - 11:30am**. FREE for SWFP members only. *Sponsored by Chen Senior Medical Center*

Flamenco Dancing

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)

Low Impact Exercise in the Main Hall

Thursdays: 10:30am - 11:30am

FREE for SWFP members only.

Sponsored by Caremax Medical Center

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.

Sponsored by Coventry Health

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 - 1:30pm**. FREE for SWFP members only.

Yo-chi-lates

A combination of Yoga, Tai Chi and Pilates – all in one class! **Wednesdays 9:00am - 10:00am in Gym 2** \$10.00 per month (55 yrs. & older) \$30.00 per month (54 yrs. & under)

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. *Sponsored by Baptist Health South Florida*

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 - 11:00am**. FREE for SWFP members only.

Salsa

Wednesdays 10:00am - 11:00am in the Main Hall - FREE for SWFP members only.

Sponsored by Coventry Health

"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

FREE for registered SWFP members.

Sponsored by Caremax Medical Center

20/20/20 Fitness

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of cardio exercise, 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

EVENING

Thursdays 6:30pm - 7:30pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

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

2 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

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

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

(All Levels)

Thursdays: 11:45am - 12:45pm

(Intermediate)

EVENING (All Levels)

Wednesdays: 7:00pm - 8:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Thursdays: 1:00pm - 2:00pm

(Beginner) FREE for registered SWFP members. *Sponsored by CarePlus*

Zumba!

Tuesdays: 12:00 - 1:00pm

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

Evening Zumba!

Wednesdays: 5:30pm - 6:30pm

\$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

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
 <p>Center Closed</p> <p>Monday November 12, 2018</p> <p>Thursday November 22, 2018</p> <p>Friday November 23, 2018</p>		<p>SHINE HOURS</p> <p>Information regarding all Health Insurance needs.</p> <p>Tuesday, Wednesday & Friday 9:00am-11:30am Room 198</p>	<p>1</p> <p>8:30am BREAKFAST IN THE FALL <i>Sponsored by Coventry Healthcare</i></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>2</p> <p>10:00 SAWGRASS MALL Shopping Trip</p> <p>10:30 M/H Silver Sneakers</p>	<p>3/4</p> <p>FLEA MARKET AND BAZAAR</p> <p>Saturday 8:00am till 4:00pm</p> <p>Sunday 9:00am till 3:00pm <i>FREE Admission and Parking</i></p>
<p>5</p> <p>8:30am SPOONS AND TOONS!</p> <p>10:00-11:30 Rm 215 BCPA Homestead Assistance</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p>	<p>6</p> <p>9:30-11:30 Rm 212 SHINE Open Enrollment</p> <p>10:00 M/H FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p>	<p>7</p> <p>9:00am till 1:00pm</p>  <p>23rd Annual HEALTH FAIR</p>	<p>8</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>9</p> <p>9am-3pm 205 AARP Driver Safety (Spanish) <i>Sponsored by Toyota</i></p> <p>9:30-11:30 Rm 213 LOOKING GLAMOUROUS</p> <p>10:30 M/H Silver Sneakers</p> <p>11:00 Village Tavern Restaurant Lunch Trip</p>	<p>10/11</p>
<p>12</p> <p>Center Closed</p>  <p>VETERANS DAY</p>	<p>13</p> <p>9:30-11:30 Rm 212 SHINE Open Enrollment</p> <p>10:00 M/H FREE Ageless Grace</p> <p>10:30 Gym 2 Laughter Yoga</p> <p>No BINGO TODAY</p> <p>12:00pm M/H Broward Center for the Performing Arts Presentation</p>	<p>14</p> <p>10:00 M/H FREE Salsa Class</p> <p>10:00 Puppy Corner Lobby <i>Sponsored by Petland</i></p> <p>11:30 Birthday Celebration <i>Sponsored by Coventry</i></p> <p>12:30 Music & Dancing with Winston</p>	<p>15</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p> <p>12:00pm-2:00pm POOLSIDE LUNCHEON</p>	<p>16</p> <p>10:00 REDLANDS TROPICAL TRAIL All Inclusive Day Trip \$55 per person CASH ONLY</p> <p>10:30 M/H Silver Sneakers</p>	<p>17/18</p>
<p>19</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p>	<p>20</p> <p>9:30-11:30 Rm 212 SHINE Open Enrollment</p> <p>10:00 M/H FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p>	<p>21</p> <p>10:00 M/H FREE Salsa Class</p> <p>11:00 M/H Entertainment by Girl Scouts Troop 1008</p> <p>12:30 Music & Dancing with Winston</p>	<p>22</p> <p>Center Closed</p>  <p>Happy Thanksgiving</p>	<p>23</p> <p>Center Closed</p>	<p>24/25</p>
<p>26</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p>	<p>27</p> <p>10:00 Room 212 Guest Speaker (Creole) <i>Sponsored by Humana</i></p> <p>10:00 M/H FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p>	<p>28</p> <p>10:00 M/H FREE Salsa Class</p> <p>12:00-1:30 M/H Entertainment <i>Sponsored by CarePlus</i></p> <p>12:30 "The King & I" Theater Trip</p>	<p>29</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>30</p> <p>10:00 "DOLPHIN MALL" Shopping Trip</p> <p>10:30 M/H Silver Sneakers</p> <p>12:00-1:30 M/H Karaoke with Hury</p>	

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.