

*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

Main Number  
(954) 450-6888

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

Senior Residences  
(954) 450-6960

Adult Day Care  
(954) 450-6855

Transportation  
(954) 450-6850

APRIL 2019



9th ANNUAL  
**SENIOR SPELLING BEE**

**Tuesday, May 14, 2019 • 12:30pm till 2:00pm**

Cash prizes will be awarded to First Place, Second Place and Third Place winners! SWFP members age 60 yrs. and up. Must sign up at the Activities Desk by the deadline of May 13, 2019.

*Congratulations,  
Carl Shechter!*



For your induction into the 2019  
**Dr. Nan S. Hutchison**  
Broward Senior Hall of Fame

**FLEA MARKET  
AND BAZAAR**

**Saturday  
May 18**  
8:00 am till  
3:00 pm

**Sunday  
May 19**  
9:00 am till  
3:00 pm

Over 100 indoor vendors  
FREE admission and parking

*Spring Fling*

Dinner Dance  
with Live DJ Entertainment

Join us for a night of great food, music and dancing!  
\$10.00 per person – Buffet dinner at 5:30pm  
(reservations required) Dance starts at 6:30pm.  
Friday, April 26, 2019



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



## NEW! "LOL: LIVING OUT LOUD" Social Meetup

In this fun and upbeat group, you will meet and connect with other active seniors in a casual group setting. Find new friends with similar interests, socialize, plan group outings and much more! **Starts in April 2019.** This Senior Meetup group meets the **1st Tuesday of every month from 3:00pm-4:00pm.** FREE refreshments will be provided.

## Card Making Workshop

Learn to make beautiful handmade cards and bookmarks you'll be proud to give! **Fridays, 10:00am - 12:00pm.** All materials included. **FREE** for registered SWFP members only.

## Word Weavers Writing Group with David Sherman

Writing groups provide an excellent opportunity for aspiring writers to get feedback on their work, learn more about the craft of writing, do more writing and learn to do it better! If you have something you are working on, bring no more than 5 pages in standard manuscript format to read and have critiqued. Exercises will be assigned to develop skills in dialog and description of people, places and events. This group is led by American novelist, David Sherman who has published 32 novels, including 18 with his co-author, Dan Cragg. **Tuesdays, 12:30pm - 2:30pm (no class 5/21/19).** **FREE** for registered SWFP members only.

## 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

*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](http://www.ppines.com).

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.**

**4/15/19 - 5/20/19 and 6/3/19 - 7/8/19.**

**SPANISH: 6 weeks sessions.**

**Fridays, 12:00pm - 2:00pm.**

**4/19/19 - 5/24/19 and 6/7/19 - 7/12/19.**

\$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.*

**6 weeks sessions**

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

**4/17/19 - 5/29/19 (no class 5/22/19)**

**and 6/5/19 - 7/10/19.**

\$42.00 per person (18 years and older)

## 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. 4/19/19 - 5/24/19 and**

**6/7/19 - 7/12/19.**

\$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).** (No class 5/22/19). **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.** **4/15/19 - 5/20/19 and 6/3/19 - 7/8/19.** \$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.** **4/15/19 - 5/20/19 and 6/3/19 - 7/8/19.** \$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.** 4/17/19 - 5/29/19 (no class 5/22/19) and 6/5/19 - 7/10/19. \$38.00 per person per class (55 yrs. & older) \$42.00 per person (54 yrs. & under).

## 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.** 4/17/19 - 5/29/19 (no class 5/22/19) and 6/5/19 - 7/10/19. \$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 **2nd, 3rd and 4th Tuesdays** of the month. **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:  
 • **April** – 4/9/19 • 4/16/19 • 4/23/19  
 • **May** – 5/14/19 • 5/21/19 • 5/28/19  
 • **June** – 6/11/19 • 6/18/19 • 6/25/19

## 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.** 4/17/19 - 5/29/19 (no class 5/22/19) and 6/5/19 - 7/10/19. \$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.** 4/18/19 - 5/23/19 and 6/6/19 - 7/18/19 (no class 7/4). \$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.** 4/16/19 - 5/28/19 (no class 5/21/19) and 6/4/19 - 7/9/19. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



## Intro to Watercolor

**2 classes offered in 6 weeks sessions.** 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. *Materials not included.* **Mondays 12:30pm - 2:30pm.** 4/15/19 - 5/20/19 and 6/3/19 - 7/8/19. –OR– **Thursdays 12:30pm - 2:30pm.** 4/18/19 - 5/23/19 and 6/6/19 - 7/18/19 (no class 7/4). \$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.** 4/19/19 - 5/24/19 and 6/7/19 - 7/12/19. 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.** 4/15/19 - 5/20/19 and 6/3/19 - 7/8/19. \$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.** 4/19/19 - 5/24/19 and 6/7/19 - 7/12/19. \$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.** 4/16/19 - 5/28/19 (no class 5/21/19) and 6/4/19 - 7/9/19. 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.** 4/17/19 - 5/29/19 (no class 5/22/19) and 6/5/19 - 7/10/19. \$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.** 4/17/19 - 5/29/19 (no class 5/22/19) and 6/5/19 - 7/10/19. \$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 - 3:00 • Rm 212  
**Illuminate Heart Group**

9:00 - 9:30 • Gym 2  
**Walktober Walking Group**

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

9:30 - 10:30 • Rm 213  
**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 • Rm 213  
**Intermediate Guitar**

10:30 - 11:30 • S/A  
**English with Morris**

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • Main Hall • **Bingo**

12:00 - 1:30 • 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**

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

3:00 - 4:00 • M/H  
**Line Dancing**

3:00 - 4:30 • M/H  
**Bingomania with Suzy**  
*Last Monday of month*

## TUESDAY

9:00 - 10:00 • Pool  
**Water Aerobics**

9:00 - 10:00 • Gym 2  
**Laughter Yoga**  
*3rd Tuesday of month*

9:00 - 12:00 • Rm 207 • **Ceramics**

9:00 - 12:00 • Rm 213  
**Marvelous Hands Group**

9:00 - 10:00 • Gym 1 • **Yoga**

9:30 - 11:30 • Rm 209  
**Flower Arranging Workshop**  
*2nd, 3rd & 4th Tuesday*  
*(Must register the day 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 • Rm 212  
**English with Morris**

10:30 - 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 - 2:30 • Rm 212  
**Word Weavers Writing Group**

3:00 - 4:00 • M/H  
**Living Out Loud Social Meetup**  
*1st Tuesday of month*

## WEDNESDAY

9:00 - 10:00 • Gym 2  
**Yo-Chi-Lates**

9:30 - 10:30 • Gym 1  
**Chair Exercise**

9:30 - 10:30 • S/A  
**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**

1:00 - 2:00 • Gym 2  
**Boomer Dance Fitness**

2:00 - 3:00 • M/H • **Salsa**

## THURSDAY

9:00 - 10:00 • Pool  
**Water Aerobics**

9:00 - 10:00 • Gym 1  
**Yoga**

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

9:00 - 12:00 • Rm 213  
**Marvelous Hands Group**

9:30 - 10:30 • Rm 215  
**Coping with Life Changes**  
*(English)*  
*1st & 3rd Thursday – Vitas Healthcare*

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)*

10:30 - 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

9:00 - 3:00 • Rm 212  
**Illuminate Heart Group**

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)*

10:00 - 12:00 • Rm 213  
**Card Making Workshop**

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

10:30 - 11:30 • Gym 1  
**Yoga**

11:30 - 12:30 • 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

### NEW! **BINGOMANIA** *with Suzy*

This afternoon Bingo game features all cash jackpots! Packets cost \$10 per person, all monies collected are paid out to jackpot winners!

**Last Monday of every Month**  
**from 3:00pm - 4:30pm**

### **BINGO NIGHTS** **WITH THE KNIGHTS**

**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.  
**April 16, 2019 and June 18, 2019**  
*(No bingo on 5/21)*

### **NATIONAL VOLUNTEER WEEK**

**April 7, 2019 thru April 13, 2019**  
Special volunteer luncheon on Thursday, April 11, 2019 by invitation only.

### **Outdoor** **Easter Egg Hunt**

Prizes will be given!  
**Thursday, April 18, 2019, meet at 11:00am by the outdoor garden.**  
*Prizes sponsored by Healthy Partners*

### *Flamingo Gardens*

#### **Day Trip**

Enjoy 60 acres of wildlife sanctuaries, aviary and botanical gardens – a true tropical paradise! **Friday, April 26, 2019 - departs 9:30 am.** For registered SWFP members only. \$30.00 per person. **CASH ONLY.** Price includes admission, guided tour of the gardens, wildlife encounter show, narrated tram tour and lunch. This trip involves a moderate amount of walking – wear comfortable shoes.

# 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.pppines.com](http://www.pppines.com).

## **NEW! Stained Glass for Beginners**

This class will teach students the basics of stained glass construction using the copper foil method made famous by Tiffany. Classroom tools and materials are provided. Extra glass may be purchased from instructor. **Starts in April: Wednesdays, 4:30pm - 6:30pm. 4/17/19 - 5/22/19 and 6/5/19 - 7/10/19.** \$48.00 per person

## **Fine Jewelry Design with Michael Stahl**

Using semiprecious stones, pearls and sterling Silver, students will create exquisite one-of-a-kind fine jewelry pieces. Instruction includes the art of French knotting, making beaded jewelry as well as earrings and bracelets to math. Taught by exclusive jewelry designer Michael Stahl, whose works have been featured at Elizabeth Arden, Bloomingdale's and Saks Fifth Avenue. Offered in 6 weeks sessions. **Tuesdays 5:00pm - 7:00pm** (1st class meets from 5:00pm - 8:00pm.) **4/16/19 - 5/21/19 and 6/4/19 - 7/9/19.** \$42.00 per person (materials not included)

## **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. 4/16/19 - 5/21/19 and 6/4/19 - 7/9/19.**

**SPANISH: 6 weeks sessions Thursdays, 6:30pm - 8:30pm 4/18/19 - 5/23/19 and 6/6/19 - 7/18/19 (no class 7/4/19).** \$42.00 per person (18 years and older)

## **Intro to 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 **Tuesdays, 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](mailto: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](http://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. 4/17/19 - 5/22/19 and 6/5/19 - 7/10/19.** \$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. May 29, 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. 4/16/19 - 5/21/19 and 6/4/19 - 7/9/19.** \$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. 4/18/19 - 5/23/19 and 6/6/19 - 7/18/19 (no class 7/4/19).** \$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](http://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](mailto: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](http://www.ppin.es.com).

## NEW! Line Dancing in the Main Hall

This isn't your average country line dance class! This new afternoon class offers a variety of music including country western, pop, swing, rock and roll, disco, R & B, Latin and jazz! So, put on your dancing shoes and join the fun! **Starts in April 2019: 1st Monday of the Month from 3:00pm-4:00pm.** FREE for registered SWFP members only.

## Boomer Dance Fitness

Tired of all the loud ear popping music and high intensity, routines found in most workout gyms? Then join us for a fun new approach to fitness! This class is a mix of cardio dance with groovy music, cardio-strength, balance work and gentle stretching... designed specifically for baby boomers of all ages!

**Wednesdays, 1:00pm - 2:00pm.** FREE for SWFP members only.



## 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 3rd Tuesday of every month **9:00am - 10:00am.** FREE for SWFP members only. *Sponsored by Chen Medical*

## 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](http://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*

## 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. *Sponsored by Aetna*

## 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 Aetna*

## 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** FREE for SWFP members only. *Sponsored by Healthy Partners*

## 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 11:30am - 12:30pm 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. *Sponsored by Caremax*

## Salsa in the Main Hall

**Wednesdays 10:00am - 11:00am**

**- or - 2:00pm - 3:00pm.**

FREE for SWFP members only.

*Sponsored by Aetna*

## "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 Florida Blue*

## 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**

FREE for registered SWFP members.

*Sponsored by Caremax*

## 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*

# APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>1</b> 9:30-1:30 S/A <b>AARP Tax Preparation</b> 10:00-11:30 Rm 198 <b>BCPA Homestead Assistance</b> 10:00 M/H <b>FREE JoyDanz</b> 11:45-2:00 <b>BINGO</b> 3:00 M/H <b>Line Dance</b>	<b>2</b> 10:00 M/H <b>FREE</b> <b>Ageless Grace</b> 11:45-2:00 <b>BINGO</b> 3:00-4:00 M/H <b>"LOL: LIVING OUT LOUD" Social Meetup</b>	<b>3</b> 10:00 M/H <b>FREE Salsa Class</b> 12:30 <b>Entertainment with Emilio</b> 12:30 <b>"DEAR EVAN HANSEN" Theater Trip to Broward Center</b> 2:00 M/H <b>FREE Salsa Class</b>	<b>4</b> 10:30 M/H <b>FREE</b> <b>Low Impact Class</b> 11:45-2:00 <b>BINGO</b>	<b>5</b> 9am-3pm Rm 205 <b>AARP Driver Safety (English)</b> 10:30 M/H <b>Silver Sneakers</b> 11:00 <b>"TOO JAY'S DELP" Lunch Trip</b>	<b>6/7</b>
<b>8</b> 9:30-1:30 S/A <b>AARP Tax Preparation</b> <b>NO JoyDanz</b> 11:45-2:00 <b>BINGO</b>	<b>9</b> 10:00 M/H <b>FREE</b> <b>Ageless Grace</b> 11:45-2:00 <b>BINGO</b>	<b>19</b> 10:00 M/H <b>FREE Salsa Class</b> 10:00 <b>Puppy Corner Lobby Sponsored by Petland</b> 11:00 <b>Birthday Celebration Sponsored by Chen</b> 12:30 <b>Entertainment w/Emilio</b> 2:00 M/H <b>FREE Salsa Class</b>	<b>11</b> 10:30 M/H <b>FREE</b> <b>Low Impact Class</b> 11:45-2:00 <b>Volunteer Luncheon "Invitation Only"</b> <b>NO BINGO TODAY</b>	<b>12</b> 10am-11:30am Rm 205 <b>AARP Smart Driving TEK</b> 10:00 <b>"DOLPHIN MALL" Shopping Trip</b> 10:30 M/H <b>Silver Sneakers</b> 1:00 M/H Guest Speaker <b>"Osteoporosis and its Treatment with Prolia"</b>	<b>13/14</b>
<b>15</b> 9:30-1:30 S/A <b>AARP Tax Preparation</b> 10:00 M/H <b>FREE JoyDanz</b> 11:45-2:00 <b>BINGO</b>	<b>16</b> 9:00 Gym 2 <b>Laughter Yoga</b> 10:00 S/A <b>FREE</b> <b>Ageless Grace</b> 11:45-2:00 <b>BINGO</b> 6:00 <b>Night Bingo</b>	<b>17</b> 10:00 M/H <b>FREE Salsa Class</b> 12:30 <b>Entertainment with DJ Michael Rapposelli Sponsored by SITE</b> 2:00 M/H <b>FREE Salsa Class</b>	<b>18</b> 10:30 M/H <b>FREE</b> <b>Low Impact Class</b> 11:00 <b>"OUTDOOR EASTER EGG HUNT"</b> 11:45-2:00 <b>BINGO</b>	<b>19</b> 10:00 <b>"LAS OLAS" Day Trip</b> \$2.00 per person 10:30 M/H <b>Silver Sneakers</b>	<b>20/21</b>
<b>22</b> 10:00 M/H <b>FREE JoyDanz</b> 11:45-2:00 <b>BINGO</b>	<b>23</b> 10:00 S/A <b>FREE</b> <b>Ageless Grace</b> 11:45-2:00 <b>BINGO</b>	<b>24</b> 10:00 M/H <b>FREE Salsa Class</b> 12:00-2:00 M/H <b>Entertainment Day Sponsored by Caremax</b> 2:00 M/H <b>FREE Salsa Class</b>	<b>25</b> 10:30 M/H <b>FREE</b> <b>Low Impact Class</b> 11:45-2:00 <b>BINGO</b>	<b>26</b> 9:30. <b>"FLAMINGO GARDENS" Day Trip</b> 10:30 M/H <b>Silver Sneakers</b> 12:00-1:30 M/H <b>Karaoke with Hury</b> 5:30 <b>"Spring Fling" Dinner Dance</b>	<b>27/28</b>
<b>29</b> 10:00 M/H <b>FREE JoyDanz</b> 11:45-2:00 <b>BINGO</b> 3:00 M/H <b>"BINGOMANIA with Suzy"</b>	<b>30</b> 10:00 S/A <b>FREE Ageless Grace</b> 11:45-2:00 <b>BINGO</b>	<div data-bbox="581 1570 1279 1885" data-label="Complex-Block"> <div style="border: 2px solid black; padding: 10px;"> <h2 style="text-align: center; margin: 0;">FLOWER POWER</h2> <h3 style="text-align: center; margin: 0;">Dinner Dance with Live DJ Entertainment</h3> <p style="text-align: center; margin: 0;">Travel back to the 60's and have a "groovy" time! Wear your tie dye shirts, peace signs, flowers, miniskirts and bell bottoms. Prizes will be given for best costumes. \$10.00 per person – Buffet dinner at 5:30pm (reservations required). Dance starts at 6:30pm. <b>Friday, May 24, 2019.</b></p>  </div> </div>			<b>SHINE HOURS</b> <i>Information regarding all Health Insurance needs.</i> <b>Friday</b> <b>9:00am-11:30am</b> <b>Room 198</b>

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.**