

*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.pinpines.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) 392-9470

Adult Day Care
(954) 450-6855

Transportation
(954) 450-6850

APRIL 2020

National Volunteer Week

April 19, 2020 thru April 25, 2020 A heartfelt Thank You
to all of our amazing volunteers!



**Pines Day
Birthday
Celebration**

CANCELLED

The City of Pembroke Pines turns 60 years old, and
everyone is invited to the party! \$10.00 per person
Buffet dinner at 5:30pm (reservations required)
Dance starts at 6:30pm **Friday, April 24, 2020**
FREE Photo Booth provided by Caremax



Attention

Due to circumstances out
of our control, the SWFP
Community Center remains
closed to all members
Until Further Notice.

Thank you for your cooperation.

**CARL SHECHTER SOUTHWEST
FOCAL POINT COMMUNITY CENTER**



Spelling
Spelling Bee

CANCELLED

SENIOR SPELLING BEE
Tuesday, May 19, 2020 • 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 11, 2020.

**Flea Market
& Bazaar**

Saturday, May 16, 2020
8:00am till 3:00pm
Sunday, May 17, 2020
9:00am till 3:00pm

Over 100 indoor vendors
FREE admission and parking



CANCELLED



TREE CITY USA

The Southwest Focal Point Community Center, 301 NW 103rd Avenue, is located in the heart of Pembroke Pines. Membership at the SWFPCC for adults 60 and older is free but required, adults 18 thru 59 have an annual fee of \$20.00. 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. **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.ppin.es.com.

Colored Pencil Workshop

In this creative class students will learn how to work with the surprisingly versatile colored pencil. Finished artwork can look as dense as an oil painting or as translucent as a watercolor. Techniques such as layering, modeling, creating textures, blending and burnishing will be explored. Some knowledge of basic drawing skills is suggested. *Materials not included.* **Mondays 12:30pm - 2:30pm. 4/13/20 - 5/18/20 and 6/1/20 - 7/6/20.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

“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! **This Senior Meetup group meets the 1st Tuesday of every month from 3:00pm - 4:00pm.** FREE refreshments will be provided.



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.

FREE for registered SWFP members only.

Portrait Drawing with Ruth Ynacay

Back by popular demand! 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 12:00pm - 2:00pm. 4/17/20 - 5/22/20 and 6/5/20 - 7/17/20 (no class 7/3).**

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

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

“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. 4/13/20 - 5/18/20 and 6/1/20 - 7/6/20.** \$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 11:30am - 12:30pm. 4/13/20 - 5/18/20 and 6/1/20 - 7/6/20.**

\$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 - 11:30am. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/8/20.

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

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

NEW! Intermediate Sewing

Offered in 6 weeks sessions.

Wednesdays 12:00pm - 2:00pm. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/8/20.

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

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

NEW TIME! 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 2:00pm - 4:00pm. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/8/20.**

\$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! 3 workshops offered a month (2nd, 3rd, and 4th Tuesdays) 9:30am - 11:30am. Price per class: \$20.00 per person (cash ONLY). *Includes ALL Materials! (Must register the day before by 12:00pm)*

Dates for upcoming workshops are:

- April – 4/14 • 4/21 • 4/28
- May – 5/12 • 5/19 • 5/26
- June – 6/9 • 6/16 • 6/23

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. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/8/20.**

\$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. 4/16/20 - 5/21/20 and 6/4/20 - 7/9/20.**

\$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. 4/14/20 - 5/26/20 (no class 5/19) and 6/2/20 - 7/7/20.**

\$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. *Materials not included.* **Thursdays 12:30pm - 2:30pm. 4/16/20 - 5/21/20 and 6/4/20 - 7/9/20.**

\$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. 4/17/20 - 5/22/20 and 6/5/20 - 7/17/20 (no class 7/3).** 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. 4/13/20 - 5/18/20 and 6/1/20 - 7/6/20.**
\$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. 4/17/20 - 5/22/20 and 6/5/20 - 7/17/20 (no class 7/3).**
\$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. 4/14/20 - 5/26/20 (no class 5/19) and 6/2/20 - 7/7/20.** 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. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/15/20 (no class 7/1).**
\$45.00 per person (18 yrs. & older)
Offered day or evening.

Beginner's Spanish Class

Offered in 6 weeks sessions. **Wednesdays 10:00am - 12:00pm. 4/15/20 - 5/27/20 (no class 5/20) and 6/3/20 - 7/8/20.**
\$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 205
Illuminate Heart Group

9:00 - 10:00 • 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 209
Intermediate Acrylic Painting

10:00 - 11:00 • M/H • **JoyDanz**

10:30 - 11:30 • Rm 212 • **Songbirds**

10:30 - 11:30 • Gym 1 • **Chair Yoga**

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

11:30 - 12:30 • Rm 213
Intermediate Guitar

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • M/H • **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
Colored Pencil Workshop

3:00 - 4:00 • M/H
Line Dancing
1st & 3rd Monday of month

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

TUESDAY

9:00 - 3:00 • Rm 205
Illuminate Heart Group

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 12:00 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 for Beginners

11:45 - 2:00 • M/H
Bingo

12:00 - 1:00 • Gym 2
Zumba Gold

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 - 3:00 • Rm 205
Illuminate Heart Group

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 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 212
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
Intermediate Sewing

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**

2:00 - 4:00 • Rm 212
Knitting for FUN!

THURSDAY

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 • Pool
Aqua Zumba

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

11:00 - 12:00 • S/A
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 205
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)

10:30 - 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 209
Adv. Painting with Acrylics

12:00 - 2:00 • Rm 207
Portrait Drawing

12:00 - 4:00 • N/A
Cards and Games

1:00 - 2:00 • Gym 1
Mindful Meditation
2nd & 4th Friday



UP-COMING EVENTS

BINGO 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 21, 2020 and June 16, 2020
(no Bingo 5/19)

Celebrating Older Americans Month

Every May, the Administration for
Community Living leads our nation's
observance of Older American's Month.
This year's theme (***Make Your Mark***) is to
encourage and celebrate countless
contributions that older adults make to our
communities. A listing of all activities and
events will be available in May at the
Activities Desk.

Cinco de Mayo

Entertainment in the Main Hall
With live Mariachi Band! **Tuesday,**
May 5, 2020 at 11:00am in the Main Hall.
Sponsored by Caremax

Mother's Day Celebration

**Wednesday, May 6, 2020, 11:00am in the
Main Hall.** *Sponsored by Chen Medical*

Mother's Day Celebration Breakfast

**Friday, May 8, 2020, starts at 8:30am
in South Activities.** Serving coffee
and pastries. For registered SWFP
members only. First come – first served.
Sponsored by Careplus

SARASOTA - DAY TRIP

Join us as we travel to Florida's Gulf Coast
and explore the City of Sarasota that was
once the winter home of the Ringling
Brothers Circus! **Friday, May 8, 2020,**
**departs the Center at 7:00am and
returns about 10:30pm.**
For registered SWFP members only.
\$145.00 per person – CASH ONLY.

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.

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.



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 some materials are provided. Glass may be purchased from instructor. **Tuesdays, 4:30pm - 6:30pm. 4/14/20 - 5/19/20 and 6/2/20 - 7/7/20.** \$48.00 per person.

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.

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. 4/15/20 - 5/20/20 and 6/3/20 - 7/15/20 (no class 7/1).** \$45.00 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 27, 2020.

\$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. 4/14/20 - 5/19/20 and 6/2/20 - 7/7/20. \$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. 4/16/20 - 5/21/20 and 6/4/20 - 7/9/20.**

\$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.**

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.

NEW! Aqua Zumba®

This shallow water class combines some of the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous for. Join the pool party, get fit and have fun!
Thursdays 10:30am - 11:30am. Starts in April 2020. FREE for registered SWFP members only.

NEW! Mindful Meditation

This class focuses on the different forms of the ancient art of Meditation. The history and the primary benefits of stress reduction and improved health will be highlighted. Students will learn the simple ways to incorporate this powerful tool into their daily lives (can be done seated or lying down). **2nd and 4th Friday of the month, 1:00pm - 2:00pm. FREE** for registered SWFP members only. *Sponsored by Tree of Life Insurance Associates*

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! **1st & 3rd 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. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit www.lunacaleusa.com

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.
\$10.00 per month (55 yrs. & older)
\$30.00 per month (54 yrs. & under)

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

Senior 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.
\$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: 11:30am - 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

2 ongoing classes are offered each week. **FREE** for SWFP members only.

Wednesdays: 10:00am - 11:00am
Sponsored by Aetna
Wednesdays: 2:00pm - 3:00pm
Sponsored by Caremax

"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 Health Sun

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.

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® Gold

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

“Wild, Wild West” Dinner Dance with DJ Mack

Put on your cowboy hats and boots and join us on the dance floor for a stomping good time! Prizes will be given for the best western themed outfits! \$10.00 per person - Buffet BBQ dinner at 5:30pm (reservations required) Dance starts at 6:30pm. **Friday, May 22, 2020.**
FREE Photo booth sponsored by Caremax.



6

9:30-1:30 S/A
AARP
Tax Preparation
10:00-11:30 Lobby
BCPA Homestead
Assistance
10:00 M/H
FREE JoyDanz
11:45-2:00 BINGO
3:00 M/H Line Dance

13

9:30-1:30 S/A
AARP
Tax Preparation
10:00 M/H
FREE JoyDanz
11:45-2:00
BINGO

20

10:00 M/H
FREE JoyDanz
11:45-2:00
BINGO
3:00 M/H
Line Dance

27

10:00 M/H
FREE JoyDanz
11:45-2:00 BINGO
3:00 M/H
“BINGOMANIA
with Suzy”
\$12.00pp

7

10:00 S/A
FREE Ageless Grace
11:45-2:00
BINGO
3:00-4:00 M/H
“LOL: LIVING OUT
LOUD” Social Meetup

14

10:00 S/A
FREE Ageless Grace
11:45-2:00
BIG BINGO
PAYOUTS

21

9:00 Gym 2
Laughter Yoga
10:00 M/H
FREE Ageless Grace
NO BINGO TODAY
11:30
Volunteer Luncheon
“Invitation only”
6:00 Night Bingo

28

10:00 S/A
FREE
Ageless Grace
11:45-2:00
BINGO

1

10am and 2pm M/H
FREE Salsa Class
12:00
Entertainment
w/Emilio

8

10am and 2pm M/H
FREE Salsa Class
11:00
Birthday Celebration
with Belly Dancer
Sponsored by Caremax
12:00
Entertainment
w/Emilio

15

10am and 2pm M/H
FREE Salsa Class
11:45
Entertainment
and Snacks
Sponsored by Careplus
12:30
“Come From Away”
Theater Trip

22

10am and 2pm M/H
FREE Salsa Class
11:45
Entertainment Day
with Singer &
Guitarist
Sponsored by
Chen Medical

29

11:45
Entertainment Day
with Circus
Performer
Sponsored by Caremax
5:00pm-9:00pm
Hollywood
Beach Trip

2

10:30 M/H
FREE
Low Impact Class
11:00-12:00 S/A
Senior Total Fitness
11:45-2:00
BINGO

9

10:30 M/H
FREE Low Impact Class
11:00
Outdoor Easter Egg
Hunt Prizes
Sponsored by Healthy Partners
11:00-12:00 S/A
Senior Total Fitness
11:45-2:00
BINGO

16

10:30 M/H
FREE
Low Impact Class
11:00-12:00 S/A
Senior Total Fitness
11:45-2:00
BINGO
12:30
Ice Cream Social
In Lobby
Sponsored by Visiting
Physicians Association

23

10:30 M/H
FREE
Low Impact Class
11:00-12:00 S/A
Senior Total Fitness
11:45-2:00
BINGO

30

10:00 S/A
Make & Take: Scrap
Wood Picture Frames
Must register in advance
10:30 M/H
FREE
Low Impact Class
11:00-12:00 S/A
Senior Total Fitness
NO BINGO

3

9am-3pm Rm 212
AARP Driver Safety
(English)
10:00
Hard Rock Casino
Day Trip
10:30 M/H
Silver Sneakers

10

9:30
Fairchild Tropical
Botanic Gardens
Day Trip
10:30 M/H
Silver Sneakers
1:00 Gym 1
Mindful Meditation

17

10:00 or 1:00 Rm 212
Jewelry Class
10:00
Miami Bayside
Marketplace Day Trip
10:30 M/H
Silver Sneakers
1:00-3:00pm Rm 215
AARP GROUP

24

10:30 M/H
Silver Sneakers
11:00
Piccadilly's Lunch Trip
12:00-1:30 M/H
Karaoke with Hury
1:00 Gym 1
Mindful Meditation
5:30pm
“Pines Day”
Dinner Dance


4/5

11/12

18/19

25/26


**PINES
DAY**
Celebrating
60 Years


**SITE ADVISORY
COUNCIL
NEEDS YOU!**
The Site Advisory Council
invites and encourages you
to become a part of this
important organization.

SHINE HOURS
Information
regarding all Health
Insurance needs.

2nd & 4th Tuesday
and every Friday
9:30am-11:30am
Room 198