

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
www.ppin.es.com • Fax: (954) 450-6899

Senior Residences
(954) 450-6960

Adult Day Care
(954) 450-6855

Transportation
(954) 450-6850

AUGUST 2018





**FLEA MARKET
AND BAZAAR**

**Saturday
August 18**
8:00 am till
4:00 pm

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

Over 100 indoor vendors
FREE admission and parking



Spelling

7th ANNUAL
SENIOR SPELLING BEE
Celebrating National Hispanic Heritage Month
Tuesday, September 11, 2018 - 12:30pm in the Main Hall

Prizes will be awarded to First Place, Second Place and Third Place winners! Sign up at the Activities Desk by the deadline of Friday, September 7, 2018

12TH ANNUAL
FALL ARTS & CRAFTS SHOW

Saturday, September 22, 2018
9:00am till 4:00pm

Sunday, September 23, 2018
10:00am till 4:00pm

Over 70 indoor
artists – FREE
admission and parking



"PIRATES OF THE CARIBBEAN"
Dinner Dance with Live Entertainment

Get ready to party at the ultimate "Pirate Theme" party of the year! Prizes will be given for the best pirate costumes! **Friday, September 28, 2018.**
\$10.00 per person. Buffet dinner at 5:30pm (reservations required) Dance starts at 6:30pm.



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

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

DAYTIME CLASSES



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

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

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.

7/23/18 - 8/27/18 and 9/10/18 - 10/15/18

SPANISH: 6 weeks sessions.

NEW DAY AND TIME! Fridays, 12:00pm - 2:00pm. No classes in July and August.

9/14/18 - 10/19/18

\$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.

7/25/18 - 8/29/18 and 9/12/18 - 10/17/18

\$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.

7/27/18 - 8/31/18 and 9/14/18 - 10/19/18

\$42.00 per person (18 years and older)

Adult Acting Workshops

Taught by *Inside Out Theater Company, Inc.* who has produced and performed over 450 shows in South Florida! **Mondays 12:30pm - 2:30pm.** \$40.00 per six week session. For more information and to register please call (954) 385-3060 or visit www.insideouttheater.org

“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.



“Trash to Treasure” Recycled Crafting

In this unique class, students will create amazing re-purposed artwork by re-using everyday objects that are often thrown out as junk or garbage! Don't miss this chance to explore unconventionally creative ways to reduce, reuse and recycle by making eco-friendly original art! Using recycled and repurposed materials, we'll design one-of-a-kind, upcycled creations. These open-ended, “green” projects give you the opportunity to explore hands-on and creative ways to preserve our precious environment! Get ready to experiment and have fun! **Thursdays 9:30am - 11:30am.** **7/26/18 - 8/30/18**
**Last session this class will be offered.*
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)

3-D Photo Art Collage

In this exciting new class, students will learn how to transform multiple photos and art prints into incredibly amazing 3-D works of art that can be framed. Offered in 6 weeks sessions. *Materials not included – pick up supply list when registering.*
Tuesdays 9:30am - 11:30am.
7/24/18 - 9/4/18 (no class 8/7).
**Last session this class will be offered.*
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)

“Drop-In” Adult Coloring

No registration required – feel free to just join in! For Relaxation, Stress Relief and Fun! We're providing some coloring sheets, but students may bring their own. So, bring your colored pencils or pens and join us - Keep Calm and Color On! Offered in 6 weeks sessions.

Mondays 12:00pm - 2:00pm.

7/23/18 - 8/27/18 (no class 8/6).

**New day and time starts in September:*

Every Tuesday 9:30am - 11:30am.

FREE for Registered SWFP Members Only.

Beginner's Guitar

For the complete beginner! Bring your guitar and get the guidance and instruction you need to learn how to play the guitar.

Course book can be purchased from instructor. Offered in 6 weeks sessions.

Mondays 9:30am - 10:30am.

7/23/18 - 8/27/18 and 9/10/18 - 10/15/18

\$30.00 per person (55 yrs. & older)

\$50.00 per person (54 yrs. & under)

Intermediate Guitar

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

Mondays 10:30am - 11:30am.

7/23/18 - 8/27/18 and 9/10/18 - 10/15/18

\$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.

7/25/18 - 8/29/18 and 10/31/18 - 12/5/19

(no classes in September & October).

\$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.**

7/25/18 - 8/29/18 and 10/31/18 - 12/5/19

(no classes in September & October).

\$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: \$18.00 per person. *Includes ALL Materials!*

(Must register the day before by 4:00pm)

Dates for upcoming workshops are:

• **August** – 8/14/18 and 8/28/18

• **September** – 9/11/18 and 9/25/18

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. 7/25/18 - 8/29/18 and 9/12/18 - 10/17/18**

\$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.

7/26/18 - 8/30/18 and 9/13/18 - 10/18/18

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

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

Figure Drawing

Explore the world of figure drawing in this easy to follow course. Students will learn the fundamental skills of figure drawing. Some previous drawing experience is desired.

Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.*

Tuesdays 12:30pm - 2:30pm.

7/24/18 - 8/28/18 and 9/11/18 - 10/16/18

\$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.

7/26/18 - 8/30/18 and 9/13/18 - 10/18/18

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

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

Beginner's Acrylic Painting

Learn the basic skills needed to start painting in this easy to follow class. Offered in 6 weeks sessions. *Materials not included.*

Fridays 9:30am - 11:30am.

7/27/18 - 8/31/18 and 9/14/18 - 10/19/18

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.

7/23/18 - 8/27/18 and 9/10/18 - 10/15/18

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

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

Advanced Acrylic Painting

In a supportive, friendly and relaxed environment, students will explore the wide range of effects that can be achieved using acrylics. Offered in 6 weeks sessions. *Materials not included.*

Fridays

12:00pm - 2:00pm. 7/27/18 - 8/31/18

and 9/14/18 - 10/19/18

\$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. 7/24/18 - 8/28/18 and 9/11/18 - 10/16/18**

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. 7/25/18 - 8/29/18

and 9/12/18 - 10/17/18

\$42.00 per person (18 yrs. & older)

Offered day or evening.

Beginner's Spanish Class

Offered in 6 weeks sessions. **Wednesdays**

10:00am - 12:00pm. 7/25/18 - 8/29/18

and 9/12/18 - 10/17/18

\$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

9:15 - 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 • Main Hall
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 • Rm 212
English with Morris

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • Main Hall • **Bingo**

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

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

12:00 - 2:00 • Rm 205
Adult Coloring

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 - 1:30 • Rm 209
Adult Acting Workshop

TUESDAY

9:00 - 10:00 • Pool
Water Aerobics

9:00 - 12:00 • Rm 207
Ceramics

9:00 - 10:00 • Gym 1
Yoga

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

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

10:00 - 11:00 • S/A
Ageless Grace

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

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 • Main Hall
Bingo

12:00 - 1:00 • Rm 212
English with Morris

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 - 10:20 • 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

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

9:30 - 11:30 • Rm 207
“Trash to Treasure” Crafting

10:00 - 11:00 • Gym 2
Mat Pilates

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

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

1st & 3rd Thursday – Vitas Healthcare

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

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

11:45 - 12:45 • Gym 1
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 213
Portrait Drawing

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

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

10:30 - 11:30 • 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 213
Creative Art Journaling

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

“Let’s Talk” with Carl Shechter
over coffee & cake. *Discuss hot topics and current events!* **Every Thursday**
10:00am - 11:00am in Room 205
FREE and Open to ALL

BINGO WITH THE NIGHTS

A night of Bingo and Free Refreshments
3rd Tuesday of Each Month 6:00pm – provided by the Knights of Columbus.
Packets start at \$15, play all night.
September 18, 2018
October 16, 2018

Grandparents Day Breakfast

Friday, September 7, 2018 - 8:30am
Sponsored by United Healthcare

MIAMI HEAT GOLDEN OLDIES Auditions

Tuesday, August 7, 2018 (60 yrs. and up)
Registration begins at 10:30am in the Main Hall

THEATER TRIPS 2018-2019

Join us as we travel to Broward Center for the Performing Arts to enjoy 2018-2019 Broadway Series matinee performances at 2:00pm. Price includes ticket and transportation to and from the center for each show. Special SWFP Member's price for each show is \$60.00 per person (*except “Hamilton”). Trips depart center 12:30pm

- **“PHANTOM OF OPERA”**
Thurs, October 11, 2018
- **“THE KING AND I”**
Wed, November 28, 2018
- **“FIDDLER ON ROOF”**
Thurs, February 21, 2019
- **“DEAR EVAN HANSEN”**
Wed, April 3, 2019
- **“ANASTASIA”**
Wed, May 1, 2019
- **“A BRONX TALE Musical”**
Wed, June 19, 2019
- **“HAMILTON”**
*Date/Time/Price TBA

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.ppin.es.com.

NEW-COMING SOON!

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.
Starts in September 2018:
9/11/18 - 10/16/18

SPANISH: 6 weeks sessions
Thursdays, 6:30pm - 8:30pm
Starts in September 2018:
9/13/18 - 10/18/18
\$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 **Tuesdays, between 6:00pm - 8:00pm.** **Starting 8/23/18, classes move to 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.
7/25/18 - 8/29/18 and 9/12/18 - 10/17/18.
\$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.
September 5, 2018. \$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.
7/24/18 - 8/28/18 and 9/11/18 - 10/16/18.
\$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.** **7/26/18 - 8/30/18 and 9/13/18 - 10/18/18.**
\$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 **Tuesdays, between 6:00pm - 8:00pm. Starting 8/23/18, classes move to 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

Mat Pilates

Thursdays: 10:00am - 11:00am

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

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

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 - 1:20pm. 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** and open to everyone.

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)

NEW CLASS! 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

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
ANTIQUES & COLLECTIBLES SHOW Saturday, October 13, 2018 9:00am till 4:00pm Sunday, October 14, 2018 10:00am till 4:00pm <i>FREE parking and admission!</i>		1 8:30-10:00 AM Summertime Breakfast <i>Sponsored by HILTON</i> 10:00 M/H FREE Salsa Class 12:00 M/H Pastries <i>Sponsored by CarePlus</i> 12:30 Music & Dancing with Winston	2 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	3 10:30 M/H Silver Sneakers 11:00 "Beverly Hills Cafe" Lunch Trip	4/5
6 10:00 M/H FREE JoyDanz 10:00-11:30 Rm 215 BCPA Homestead Assistance 11:45-2:00 BINGO	7 10:00 S/A FREE Ageless Grace 10:30 M/H Miami Heat Golden Oldies Auditions 11:00 "Wizard of Oz" Trip No BINGO Today	8 10:00 M/H FREE Salsa Class 10:00 Puppy Corner Lobby <i>Sponsored by Petland</i> 11:00 Entertainment Samba Dancing <i>Sponsored by Coventry</i> 11:30 Birthday Celebration <i>Sponsored by CarePlus</i> 12:30 Music & Dancing with Winston	9 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	10 9 AM-3 PM S/A AARP Driver Safety (English) 10:00 "Dolphin Mall" Shopping Trip \$2.00 per person CASH ONLY 10:30 M/H Silver Sneakers	11/12
13 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	14 10:00 S/A FREE Ageless Grace 10:30 Gym 2 Laughter Yoga 11:45-2:00 BINGO	15 10:00 M/H FREE Salsa Class 12:30 Music & Dancing with Winston	16 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	17 10:00 "Hard Rock Casino" Trip \$5.00 per person CASH ONLY 10:30 M/H Silver Sneakers	18/19 FLEA MARKET AND BAZAAR Saturday 8:00am till 4:00pm Sunday 9:00am till 3:00pm <i>Over 100 indoor vendors FREE admission and parking</i>
20 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	21 10:00 S/A FREE Ageless Grace 11:45-2:00 BINGO 1:00pm Lobby Ice Cream Social <i>Sponsored by Coventry</i> No Night Bingo	22 10:00 M/H FREE Salsa Class 12:00 M/H Entertainment Day <i>Sponsored by United Healthcare</i>	23 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	24 10:00 "Flagler Museum Palm Beach" Trip \$17.00 per person CASH ONLY 10:30 M/H Silver Sneakers	25/26
27 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	28 10:00 Room 212 Guest Speaker (Creole) 10:00 S/A FREE Ageless Grace 11:45-2:00 BINGO	29 10:00 M/H FREE Salsa Class Personal Living Alert Presentation at 11:30 followed by Entertainment at 12:00	30 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	31 10:30 M/H Silver Sneakers 12:00-1:30 PM M/H Karaoke with Hury 11:00 "Mission BBQ" Lunch Trip	SHINE HOURS <i>Information regarding all Health Insurance needs.</i> Monday, Tuesday, Wednesday & Friday 9:00am-11:30am Room 198

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.