

S.W. Focal Point
Community Center

Main Number
(954) 450-6888

Transportation
(954) 450-6850

Senior Residences
(954) 450-6960

Adult Day Care
(954) 450-6855

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

DECEMBER 2016

Master Chef **"HOLIDAY CAKE BAKING CHALLENGE"**

Join us for our "Master Chef Holiday Cake Baking Challenge" where prizes will be awarded for the top three delightfully delicious and visually stunning Holiday Cakes.

Tony Meyer (Head Baker), Frank Ramirez (Cake Designer) and Maylene Gonzalez (Cake Decorator) from Vicky Bakery will be our celebrity judges for this challenge!

Thursday, December 1, 2016 10:00am
in the Main Hall. Entry forms are available at the Activities Desk and must be turned in by Monday, Nov. 28th.



HOLIDAY
Open House

Thursday, December 8, 2016 - 6:00pm till 9:00pm



Live entertainment

• Hot Cocoa and Cookies

• Face Painting

• Holiday Displays

Santa will be here giving away free party favors!

FREE and open to the public

Sponsored by Petland of Pembroke Pines



with Live Entertainment

Wear your most elegant black or white ensemble to this event where we will be awarding prizes to the best dressed man and woman! Bring your camera to take snapshots in front of our photo backdrop! \$10.00 per person - Buffet dinner at 5:30pm (reservations required) Dance starts at 6:30pm. Sponsored by Site Advisory Council.
Friday, January 20, 2017.



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.pines.com.

NEW! Adult Acting Workshops

Don't miss out – classes start in **January 2017!** Taught by Inside Out Theater Company, Inc. who has produced and performed over 450 shows in South Florida! **Thursdays 9:30am - 11:30am.** \$40.00 per six week session. For more information and to register please call (954) 385-3060 or visit www.insideouttheater.org

NEW! 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.** 1/10/17 - 2/14/17 and 2/28/17 - 4/4/17. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Adult Coloring

For Relaxation, Stress Relief and Fun! We're providing some coloring sheets, but students may bring their own. So, bring your colored pencils or pens and join us – Keep Calm and Color On! Offered in 6 weeks sessions. **ADVANCE REGISTRATION IS REQUIRED. Mondays 9:30am - 11:30am.** 1/9/17 - 2/21/17 (no class 1/16/17) and 2/27/17 - 4/3/17. FREE for Registered SWFP Members Only.



Beginner's Guitar

For the complete beginner! Bring your guitar and get the guidance and instruction you need to learn how to play the guitar. Course book can be purchased from instructor. Offered in 6 weeks sessions. **Mondays 9:30am - 10:30am.** 1/9/17 - 2/21/17 (no class 1/16/17) and 2/27/17 - 4/3/17. \$30.00 per person (55 yrs. & older) \$50.00 per person (54 yrs. & under)

Intermediate Guitar

Students must have taken Beginner's Guitar and have written approval from the instructor to register for this class. Course book can be purchased from instructor. Offered in 6 weeks sessions. **Mondays 10:30am - 11:30am.** 1/9/17 - 2/21/17 (no class 1/16/17) and 2/27/17 - 4/3/17. \$30.00 per person (55 yrs. & older) \$50.00 per person (54 yrs. & under)

YOU Can Sew!

In this "no pressure" course the emphasis is on having fun and creating projects you want to sew! Two classes are offered in 6 weeks sessions. *Materials not included.* **Mondays 12:30pm - 2:30pm,** 1/9/17 - 2/21/17 (no class 1/16/17) and 2/27/17 - 4/3/17 – **OR – Wednesdays 9:30am - 11:30 am,** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$38.00 per person per class (55 yrs. & older) \$42.00 per person (54 yrs. & under). Offered day or evening.

Knitting for FUN!

In this class you will learn the basics of knitting and will knit your stress away! Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 12:00pm - 2:00pm.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$38.00 per person (55 yrs. & older) \$58.00 per person (54 yrs. & under)



NEW! Silk Floral Workshop

In this creative workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their projects home! Workshops offered once a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$18.00 per person. Includes ALL Materials! (*Must register 1 week before by 4:00pm*) Dates for upcoming workshops are: **January – 1/17/17**
February – 2/21/17
March – 3/21/17

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: **January – 1/10/17 and 1/24/17**
February – 2/14/17 and 2/28/17
March – 3/14/17 and 3/28/17

Drawing Fundamentals

The foundation of all studio art classes is drawing. Students will learn the fundamentals of drawing including the study of line, perspective, light and shade, form and proportion in this easy to follow class. Mediums students will use are graphite pencil, charcoal and pen & ink. Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.* **Wednesdays 12:30pm - 2:30pm.**

1/11/17 - 2/15/17 and 3/1/17 - 4/5/17.

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

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



Intermediate Drawing

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

Thursdays 9:00am - 11:00am. 1/12/17 - 2/16/17 and 3/2/17 - 4/6/17.

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

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



Beginner's 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.

1/13/17 - 2/17/17 and 3/3/17 - 4/7/17.

FREE for registered SWFP members.

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.** 1/10/17 - 2/14/17 and 2/28/17 - 4/4/17.

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

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



Intro to Watercolor

This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. Offered in 6 weeks sessions. *Materials not included.*

Thursdays: 12:30pm - 2:30pm. 1/12/17 - 2/16/17 and 3/2/17 - 4/6/17.

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

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

Painting with Acrylics

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.

1/13/17 - 2/17/17 and 3/3/17 - 4/7/17.

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

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

NEW! Portrait Drawing

Learn the art of portrait drawing through this informative course. Working from photographs, students will learn to draw portraits, culminating their studies by creating a self-portrait using a hand held mirror at the end of the 6-week course. Please bring a sketch pad, drawing pencil, and portrait style photograph to the first class. **Fridays 9:30am - 11:30am.** 1/13/17 - 2/17/17 and 3/3/17 - 4/7/17.

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

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

Ceramics Class

Students will create low fire ceramic pieces using pre-molded green ware that are decorated using traditional underglazes, over glazes or layering and mixing of colors. Offered in 6 weeks sessions. *Materials not included.* **Tuesdays 9:00am - 12:00pm.** 1/10/17 - 2/14/17 and 2/28/17 - 4/4/17. FREE for registered SWFP members.

Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions.

Materials not included. **Wednesdays 9:00am - 11:00am.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17.

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

Offered day or evening.

Beginner's Spanish Class

Offered in 6 weeks sessions.

Wednesdays: 10:00am - 12:00pm.

1/11/17 - 2/15/17 and 3/1/17 - 4/5/17.

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

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

Photography 101

If you would like to learn about using your camera, or you are new to photography and want to learn about photography basics, this is where you should be! **Every 2nd Monday of the Month from 12:00pm - 2:00pm.** FREE to registered members.



MONDAY

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

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

9:30 - 11:30 • Rm 209
Adult Coloring

10:00 - 11:00 • Main Hall
JoyDanz

10:00 - 11:00 • Rm 116
**Aging Healthy and Living
Independently Forum**
1st & 3rd Monday (English)

10:00 - 11:00 • Rm 116
Bereavement Support Group
2nd Monday (Spanish)

10:15 - 11:15 • Rm 205
Songbirds

10:30 - 11:20 • Gym 1
Chair Yoga

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

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

11:00 - 12:00 • Gym 2
Line Dance

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 1:45 • Main Hall • **Bingo**

12:00 - 2:00 • Rm 212
Photography 101
2nd Monday of the Month

12:00 - 4:00 • N/A
Cards and Games

12:30 - 1:20 • Gym 1
Chair Exercise

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

12:30 - 2:30 • Rm 209
YOU Can Sew!

TUESDAY

9:00 - 10:00 • Pool
Water Aerobics

9:00 - 12:00 • Rm 207
Ceramics

9:00 - 10:00 • Gym 1
Yoga

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

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

10:00 - 10:30 • Gym 1
Walking Club
(1/2 hr warm-up/Walking outside)

10:00 - 11:00 • Main Hall
Ageless Grace

10:00 - 11:30 • Rm 116
Caregivers Support Group
(Spanish)

11:45 - 1:45 • Main Hall
Bingo

12:00 - 1:00 • Gym 2
Zumba

12:00 - 4:00 • N/A
Cards and Games

12:30 - 2:30 • Rm 209
Figure Drawing

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

WEDNESDAY

9:00 - 11:00 • Rm 207 • **Pottery**

9:30 - 11:30 • Rm 209
YOU Can Sew!

9:30 - 10:20 • Gym 1
Chair Exercise

9:30 - 10:30 • Gym 2
Yo-Chi-Lates

9:30 - 1:30 • Rm 213
VIP Class

10:00 - 11:00 • Main Hall
Salsa

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

10:30 - 12:00 • Rm 116
Caregivers Support Group
(English)

10:30 - 11:30 • Gym 1
Chair Yoga

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 - 1:20 • 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
Advanced Drawing

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

10:00 - 11:00 • Rm 116
Bereavement Support Group
(*English*)
2nd Thursday of the month

10:00 - 11:30 • Rm 116
Coping with Life Changes
(*English*)
1st and 3rd Thursday – Vitas Healthcare

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

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

11:45 - 1:45 • Main Hall
Bingo

12:00 - 4:00 • N/A
Cards and Games

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

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

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

FRIDAY

9:00 - 10:00 • Gym 2
Chair Yoga

9:30 - 10:20 • Gym 1
Chair Exercise

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

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

10:00 - 11:00 • Rm 116
Personal Enrichment Group
(*Spanish*)

10:30 - 11:30 • Gym 1
Yoga

10:30 - 11:30 • Gym 2
Kickin' Kendrick

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

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

12:00 - 1:00 • Gym 2
Zumba

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

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.
(No evening Bingo in
November or December)
Begins on January 17, 2017.

Holiday Tea Party

*Join us for a celebration of the sights,
sounds and tastes of the holiday season!*
Enjoy a festive afternoon of
tea sandwiches, decadent desserts
& assorted teas!
Wednesday, December 21, 2016
2:00pm
\$18.00 per person
(*reservations required – before 12/8/16*)

HOLIDAY PERFORMANCE

Students from the Music Studio
Thursday, December 22, 2016
at 10:00am in the Main Hall

NEW YEARS DANCE PARTY

with DJ Mack
Join us as we dance and celebrate
the upcoming 2017 New Year!
Friday, December 30, 2016
11:45am in the Main Hall

Bank of America
BROADWAY IN
FORT LAUDERDALE

BROWARD CENTER
FOR THE PERFORMING ARTS

Join us for a preview of the
2016-2017 Broadway in Ft. Lauderdale
Season hosted by Broward Center
for the Performing Arts!
Includes FREE raffles for theater tickets!
Tuesday, December 6, 2016
12:00pm in the Main Hall

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.ppines.com.

Inside Out Theater Company, Inc.

Classes for adults and children are now being offered at the SWFP Community Center! For additional information please call (954) 385-3060 or visit www.insideouttheater.org

Ballroom Dancing

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

NEW! Art Appreciation through Creative Art Journaling

The purpose of this hands on course is to generate inspiration, organize artistic ideas and develop an appreciation of Art. Each week, class will begin with a brief overview and discussion of a famous artist. Attention will be given to style, medium, theme as well as elements of art prominent in the artist's work. Students will then will then develop their ideas using a variety of mediums in their art journals. Offered in 6 weeks sessions. Six different artists will be introduced each session!
Thursdays 7:00pm - 9:00pm.
1/12/17 - 2/16/17 and 3/2/17 - 4/6/17. \$42.00 per person.

"Paint & Sip" Workshops

BYOB of wine, everything else is included! Offered **1st Tuesday of every month 6:30pm - 9:30pm.** Must be 21 yrs. and up to participate. \$45.00 per person (*art materials included*)
January - 1/3/17
February - 2/7/17
March - 3/7/17

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

"Cookies & Canvas"

Painting Workshops for Kids

Each child will take home a one-of-a-kind painting and hopefully a newfound talent! Children should bring their own cookies or snack; everything else is included! Offered **2nd Tuesday of every month 5:45pm - 7:45pm** for children 8 years and up. \$30.00 per person (all art materials included)
January - 1/10/17
February - 2/14/17
March - 3/14/17

**Special Group Rates and Saturdays available for Girls Scouts and Boy Scouts Troops (minimum 10 people). Email hdaniels@ppines.com for more information!*

Floral Arranging

This is a hands-on workshop all inclusive workshop where students will create individual floral centerpieces to take home. Offered **once a month on Tuesdays from 7:00pm till 9:00pm.** Price per class: \$18.00 per person (18 yrs. & older) *Includes ALL Materials!* Must register by 4pm day before class. Dates for upcoming workshops are:
January - 1/17/17
February - 2/21/17
March - 3/21/17

NEW! Pottery Studio for Children

Students will learn basic hand building methods in clay and be introduced to the potter's wheel. The focus is placed on creating artistic projects that develop a positive form of expression and having...FUN! Offered in 6 weeks sessions. Includes ALL materials. Children 8 yrs. & up. **Wednesdays 5:45pm - 6:45pm.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$25.00 per person.

**Special Group Rates and Saturdays available for Girls Scouts and Boy Scouts Troops (minimum 10 people). Email hdaniels@ppines.com for more information!*

Pottery Studio

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. Materials not included. **Wednesdays 7:00pm - 9:00pm.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$42.00 per person

Glaze Formulation One Day Workshop

This all-inclusive one day workshop is for the seasoned pottery student who is ready to start making glazes. Learn basic glaze formulas, weights and measures, colorants, mixing and storing techniques. Each student will take home 3 containers of glaze they made from scratch!
Wednesday 6:00pm - 9:00pm.
February 22, 2017. \$45.00 per person (*includes all materials*).

NEW! Sewing Classes for Children

Children will learn how to operate a sewing machine, sewing fundamentals, pattern layout as well as how to select fun fabrics and patterns! Bring your own machine, or use one of ours. Offered in 6 week sessions. *Materials not included.* 8 yrs. and up. **Wednesday 5:45pm - 6:45pm.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$25.00 per person.

Adult Sewing Classes

In this creative class, students will learn how to make alterations, home decorating items and how to make custom outfits. Bring your own machine or use one of ours. All skill levels welcome. Offered in 6 weeks sessions. *Materials not included.* **Wednesday 7:00pm - 9:00pm.** 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$42.00 per person

Fine Jewelry Design

Using semi-precious stones, pearls, 14K gold and Sterling Silver,

students will create exquisite one-of-a-kind fine jewelry pieces. Offered in 6 weeks sessions. Materials not included.

Wednesdays 4:30pm - 6:30pm. (*1st class meets from 4:30pm till 7:30pm*) 1/11/17 - 2/15/17 and 3/1/17 - 4/5/17. \$45.00 per person

Belly Basics with Nailah!

This easy to follow belly dancing course is designed for both beginners and slightly advanced students. Have fun as you exercise! Offered in 6 weeks sessions.
Tuesdays 7:00pm - 8:00pm.
1/10/17 - 2/14/17 and 2/28/17 - 4/4/17. \$45.00 per person

Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.*
Thursdays 6:30pm - 8:30pm.
1/12/17 - 2/16/17 and 3/2/17 - 4/6/17. \$42.00 per person

Pines West Camera Club

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

Beginners Photography

Cell phone cameras, point-and-shoot cameras, DSLR cameras; if you would like to learn about using your camera, or you are new to photography and want to learn about photography basics, this is where you should come. See our Meetup site at: <http://www.meetup.com/new-way-photography/> **First 4 Tuesdays Every Month: 7:00 pm - 9:30 pm.**

Special Photo Editing Programs

If you are interested in learning to use or just explore some of the alternative editing programs for

photographers this is the place to come. We will be covering a number of the plugins for Lightroom and Photoshop as well as standalone programs that can enhance your photo editing and workflow. We will also cover some

of the Photoshop CC tools that are commonly used to edit your photos. See our Meetup site at: <http://www.meetup.com/new-way-photography/>
**1st and 3rd Thursdays:
7:00 pm - 9:30 pm**

R.A.D.: Rape Aggression Defense for adults and Resisting Aggression Defensively for children
Programs for adults and children. For more information please call R.A.D. at (954) 655-7587.

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

ON GOING EXERCISE CLASSES

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

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

NEW! Mat Pilates

Mondays: 9:30am - 10:30am
\$15.00 per month (55 yrs & older)
\$35.00 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.

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 9:30am - 10:30am in Gym 2. FREE for SWFP members only. *Sponsored by Baptist Health South Florida*

Gym Training

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

JoyDanz

Dance is all about being joyful, moving your body in organic ways to the rhythm and the beat. Come and Shake your Soul to African, Indian, Caribbean, Irish, Latin rhythms and more!!!! **Mondays 10:00am in the Main Hall.** FREE for SWFP members only.

Ageless Grace®- BRAIN AND BODY WORKOUT!

Exercise your body and your brain! While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging – flexibility, mobility, agility, strength, breath, balance etc. **Tuesdays 10:00am in the Main Hall.** FREE and open to everyone. *This class is made possible by a generous grant from the National Parkinson's Foundation.*

“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.

DAYTIME

Mondays 12:30pm - 1:30pm

FREE for registered SWFP members. *Sponsored by Baptist Health South Florida*
EVENING

Wednesdays 6:30pm - 7:30pm
\$30.00 per month

20/20/20 Fitness

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

DAYTIME

Wednesdays 11:30am - 12:30pm

FREE for registered SWFP members. *Sponsored by Baptist Health South Florida*

EVENING

Thursdays 6:30pm - 7:30pm

\$30.00 per month

Zumba for Teens and Adults

These classes are open to persons 14 years and older! Ditch the workout, join the party! Zumba is here! **Tuesdays 6:30pm - 7:30pm**
\$30.00 per month

Tai Chi

Students will learn the basic concepts of tai chi, including posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection. For all levels of students: Beginner/ Intermediate/ Advanced.

Wednesdays 7:00pm - 8:00pm

\$30.00 per month

Chair Exercise

Mondays: 12:30pm - 1:20pm

Wednesdays: 9:30am - 10:20am

Fridays: 9:30am - 10:20am

FREE for registered SWFP members

Line Dance

Mondays: 11:00am - 12:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

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)

Tai Chi

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

Mondays: 9:15am - 10:15am

(Beginner/Intermediate/Advanced)

Thursdays: 11:45am - 12:45pm

(Beginner/Intermediate)

Thursdays: 1:00pm - 2:00pm

(Beginner)

Fridays: 12:00pm - 1:00pm

(Beginner/Intermediate)

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Chair Yoga

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

Mondays: 10:30am - 11:30am

Wednesdays: 10:30am - 11:30am

Fridays: 9:00am - 10:00am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Zumba!

Tuesdays: 12:00 - 1:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Zumba!

Fridays: 12:00pm - 1:00pm

FREE for registered SWFP members. *Sponsored by Baptist Health South Florida*

DECEMBER 2016

MONDAY



Blood Pressure Hours
Monday & Wednesday
10:00 am - 12:00 pm

5
10:00 M/H
FREE JoyDanz

11:45-1:45
BINGO

12
10:00 **NO JoyDanz**

10:15
"HOLIDAY CELEBRATION"
Performance by the Songbirds

11:45-1:45
BINGO


19
10:00 M/H
FREE JoyDanz

11:45-1:45
BINGO

26
Center Closed

Happy Holidays

TUESDAY



CENTER CLOSED
Monday, December 26, 2016
and
Monday, January 2, 2017
Happy Holidays

6
10:00 M/H
FREE Ageless Grace

10:00 Rm 212
Guest Speaker (Creole)

12:00-1:00
Broward Center Broadway Presentation

6:30-9:30pm
"Paint & Sip" Painting Workshop

13
10:00 M/H
FREE Ageless Grace

12:00-2:00 M/H
Holiday Celebration
Sponsored by Palm Medical Center

5:45-7:45pm
"Cookies & Canvas"

20
9:30-11:30 Rm 209
Silk Floral Workshop

10:00 M/H
FREE Ageless Grace
11:45-1:45 **BINGO**

6:00pm
"HOLIDAY LIGHT TOUR" Trip
7:00-9:00pm
Floral Arranging

27
10:00 M/H
FREE Ageless Grace

11:45-1:45
BINGO

WEDNESDAY

7
10:00 M/H
FREE Salsa Class

12:30
Music & Dancing with Winston

14
10:00 M/H
FREE Salsa Class

12:30
Music & Dancing with Winston

21
10:00 M/H
FREE Salsa Class

12:30
Music & Dancing with Winston

12:30
"CINDERELLA" Theater Trip
2:00-4:00
HOLIDAY TEA PARTY

28
10:00 M/H
FREE Salsa Class

12:00
Entertainment
Sponsored by Site Advisory Council

THURSDAY

1
10:00 M/H
Master Chef "HOLIDAY CAKE BAKING CHALLENGE" with Winston

10:00 S/A
Guest Speaker "Holiday Blues"

11:45-1:45 **BINGO**

8
10:00-10:45
Holiday Performance by Tanglewood Academy

11:45-1:45 **BINGO**

6:00pm-9:00pm
Holiday Open House
Free to the public

15
10:00-10:45
Holiday Fun by Lil Rascals

10:15
Karaoke with Winston

11:45-1:45
BINGO

22
10:00-11:00
A behind-the-scenes look at the culture, musicians, and instruments of Shen Yun, with a cultural presentation revealing a glimpse into 5,000 years of Chinese history.
Presented by: Florida Falun Dafa Assoc.

29
9:30-11:30
Entertainment by The Music Studio Students

11:45-1:45
BINGO

FRIDAY

2
9:00-3:00 S/A
AARP Driver Safety Class

10:00
Sawgrass Mills Shopping Trip

9
9:30-3:00
Bayside Marketplace Trip
\$2.00 pp

16
11:00am
Lunch Trip to the Cheesecake Factory

23
12:00pm-1:30pm
Karaoke with Hury

30
11:45
NEW YEARS with DJ Mack

SATURDAY/SUNDAY

3/4

10/11

17/18

24/25
Hanukkah begins at sundown

Merry Christmas and Happy Hanukkah

31