

Main Number  
(954) 450-6888

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

*The Carl Shechter  
Southwest Focal Point  
Community Center*

City of Pembroke Pines  
Community Services Department

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

Senior Residences  
(954) 450-6960

Adult Day Care  
(954) 450-6855

Transportation  
(954) 450-6850

FEBRUARY 2019

4<sup>TH</sup> ANNUAL  
**SENIORS vs. SENIORS  
Spelling Bee**

*In this intergenerational Spelling Bee, it's  
Charter High School Students vs. Seniors from  
the Southwest Focal Point Senior Center!*

**Tuesday, February 5, 2019  
12:30pm in the Main Hall**

**FLEA  
MARKET &  
BAZAAR**

<b>Saturday</b> Feb. 9, 2019 8:00am till 4:00pm	<b>Sunday</b> Feb. 10, 2019 9:00am till 3:00pm
--	---

*Over 100 indoor vendors  
FREE admission and parking*

MASTER CHEF  
**"DARK or WHITE"**  
Chocolate Challenge

Tuesday, February 12, 2019 beginning  
promptly at 10:00am in the Main Hall



Join us for our Annual "Master Chef Chocolate Challenge" where prizes will be awarded for the top three decadently delicious desserts! Love rich dark chocolate, or do you prefer creamy white chocolate? You may even like BOTH! Bring in your favorite home baked dessert and you may be leaving with a prize! Your dessert must contain one key ingredient for this competition...**DARK and/or WHITE CHOCOLATE!** Only home baked entries will be accepted – NO CANDY (list of ingredients must be provided). All participants (SWFP members only) must be a present to win! Entry forms will be available at the Activities Desk and must be turned in by Monday, February 11, 2019.

**CHINESE NEW YEAR**

**Dinner  
Dance with  
DJ Mack**

**Friday, February 22, 2019**

Dress in your best Chinese attire and join us  
as we celebrate the 2019 Chinese New Year!  
Prizes will be given for best outfits.  
\$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



## **NEW! Card Making Workshop**

Learn to make beautiful handmade cards and bookmarks you'll be proud to give!

**Fridays, 10:00am - 12:00pm.** All materials included. **FREE** for registered SWFP members only.

## **NEW! 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.

## **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.**

**2/25/19 - 4/1/19**

**SPANISH: 6 weeks sessions.**

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

**3/1/19 - 4/5/19**

**\$42.00** per person (18 years and older)

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

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

## **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.**

**2/27/19 - 4/3/19**

**\$42.00** per person (18 years and older)

## **Advanced Computer Skills in English – Level 3**

*(12 hour Course)*

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

**6 weeks sessions Fridays, 9:30am -**

**11:30am. 3/1/19 - 4/5/19**

**\$42.00** per person (18 years and older)

## **“VIP” Arts and Crafts Class for Visually Impaired Persons**

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

**2/25/19 - 4/1/19**

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

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

## **Intermediate Guitar**

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

**Mondays 10:30am - 11:30am.**

**2/25/19 - 4/1/19.**

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

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



# DAYTIME CLASSES

## 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. 2/27/19 - 4/3/19.** \$38.00 per person per class (55 yrs. & older) \$42.00 per person (54 yrs. & under).

## Knitting for FUN!

In this class you will learn the basics of knitting and will knit your stress away! Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 12:00pm - 2:00pm. 2/27/19 - 4/3/19.** \$38.00 per person (55 yrs. & older) \$42.00 per person (54 yrs. & under)



## Flower Arranging Workshop

In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered twice a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$20.00 per person. *Includes ALL Materials!* (Must register the day before by 4:00pm) Dates for upcoming workshops are:  
• **February** – 2/12/19 and 2/26/19  
• **March** – 3/12/19 and 3/26/19

## Drawing Fundamentals

The foundation of all studio art classes is drawing. Students will learn the fundamentals of drawing including the study of line, perspective, light and shade, form and proportion in this easy to follow class. Mediums students will use are graphite pencil, charcoal and pen & ink. Offered in 6 weeks sessions. *Materials not included - Bring a sketch pad, drawing pencil to your first class.* **Wednesdays 12:30pm - 2:30pm. 2/27/19 - 4/3/19** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Intermediate Drawing

The next step after Drawing Fundamentals, this class will expand your knowledge of drawing techniques. Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.* **Thursdays 9:00am - 11:00am. 2/28/19 - 4/4/19** \$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. 2/26/19 - 4/2/19** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



## Intro to Watercolor

**2 classes offered in 6 weeks sessions.** This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. *Materials not included.* **Mondays 12:30pm - 2:30pm. 2/25/19 - 4/1/19 – or – Thursdays 12:30pm - 2:30pm. 2/28/19 - 4/4/19** \$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. 3/1/19 - 4/5/19** FREE for registered SWFP members.

## Intermediate Acrylic Painting

The next step after Beginner's Acrylic Painting, students will expand their knowledge of painting techniques. Offered in 6 weeks sessions. *Materials not included.* **Mondays 9:30am - 11:30am. 2/25/19 - 4/1/19** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Advanced Acrylic Painting

In a supportive, friendly and relaxed environment, students will explore the wide range of effects that can be achieved using acrylics. Offered in 6 weeks sessions. *Materials not included.* **Fridays 12:00pm - 2:00pm. 3/1/19 - 4/5/19** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Ceramics Class

Students will create low fire ceramic pieces using pre-molded green ware that are decorated using traditional underglazes, over glazes or layering and mixing of colors. Offered in 6 weeks sessions. **Tuesdays 9:00am - 12:00pm. 2/26/19 - 4/2/19** FREE for registered SWFP members.

## Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 9:30am - 11:30am. 2/27/19 - 4/10/19 (no class 3/27/19)** \$42.00 per person (18 yrs. & older) Offered day or evening.

## Beginner's Spanish Class

Offered in 6 weeks sessions. **Wednesdays 10:00am - 12:00pm. 2/27/19 - 4/3/19** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Smartphone Photography 101

Whether you have an Android or iPhone, this class will teach you how to take better pictures with your cell phone! Students will learn about basic composition and options on their phones. They will also learn how to send their pictures to family and friends or post their pictures on social media sites like Facebook. **Every 2nd & 4th Monday of the Month from 12:00pm - 2:00pm.** FREE to registered SWFP members.

## MONDAY

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

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

9:00 - 10:00 • M/H (*Feb. Only*)  
**Tai Chi (All Levels)**

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

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

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

10:00 - 11:00 • M/H • **JoyDanz**

10:15 - 11:15 • Rm 205 • **Songbirds**

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

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

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

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • Main Hall • **Bingo**

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

12:00 - 2:00 • Rm 213  
**Smartphone Photography 101**  
*2nd & 4th Monday*

12:00 - 4:00 • N/A  
**Cards and Games**

12:30 - 1:20 • Gym 1  
**Chair Exercise**

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

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

## TUESDAY

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

9:00 - 12:00 • Rm 207 • **Ceramics**

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

9:00 - 10:00 • Gym 1 • **Yoga**

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

10:00 - 11:00 • S/A  
**Ageless Grace**

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

10:00 - 11:00 • Rm 213  
**Guest Speaker (*Creole*)**  
*Last Tuesday of month*

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

10:30 - 11:30 • Gym 2  
**Laughter Yoga**  
*3rd Tuesday*

10:30 - 12:30 • Gym 1  
**Flamenco Dance (Beginners)**

11:45 - 2:00 • M/H • **Bingo**

12:00 - 1:00 • Gym 2 • **Zumba**

12:00 - 4:00 • N/A  
**Cards and Games**

12:30 - 2:30 • Rm 209  
**Figure Drawing**

12:30 - 2:30 • Rm 212  
**Word Weavers Writing Group**

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 • Lobby  
**Mini Spa Day**  
*1st & 3rd Wednesday*

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

9:30 - 11:30 • Rm 207 • **Pottery**

9:30 - 11:30 • Rm 209  
**YOU Can Sew!**

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

10:00 - 11:00 • M/H • **Salsa**

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

10:30 - 12:00 • Rm 215  
**Current Trends in Caregiving**  
(*English*)

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

11:30 - 12:30 • Gym 1  
**Fit and Strong**

11:30 - 12:30 • Gym 2  
**20/20/20 Fitness**

12:00 - 2:00 • Rm 212  
**Knitting**

12:00 - 4:00 • N/A  
**Cards and Games**

12:30 - 1:30 • Gym 1  
**Chair Total Fitness**

12:30 - 2:30 • Rm 209  
**Drawing Fundamentals**

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

2:00 - 3:00 • M/H • **Salsa**

## THURSDAY

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

9:00 - 10:00 • Gym 1  
**Yoga**

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

9:30 - 10:30 • Rm 215  
**Coping with Life Changes**  
*(English)*

*1st & 3rd Thursday – Vitas Healthcare*

9:30 - 11:30 • Rm 212  
**Citizenship Class**

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

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

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

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

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

11:45 - 2:00 • M/H  
**Bingo**

12:00 - 4:00 • N/A  
**Cards and Games**

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

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

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

## FRIDAY

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

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

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

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

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

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

10:30 - 11:30 • Gym 1  
**Yoga**

11:15 - 12:15 • Rm 197  
**Gym Training**

12:00 - 1:00 • M/H  
**Zumba**

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

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

12:00 - 4:00 • N/A  
**Cards and Games**



## UP-COMING EVENTS

### **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.  
February 19, 2019 • March 19, 2019

### *Valentine's Day Breakfast*

Thursday, February 14, 2019,  
8:30am - 10:00am in  
South Activities Room  
*Sponsored by Caremax*

### *Valentine's Day Entertainment*

Thursday, February 14, 2019,  
12:00pm in the Main Hall  
*Sponsored by Healthy Partners*

### **AFRICAN AMERICAN HISTORY MONTH**

**Celebration in the Main Hall**

Join us as we celebrate African American  
Heritage with a fashion show, demonstration  
of African musical instruments and African  
dancing! **Wednesday, February 27, 2019 –**  
**12:00pm in the Main Hall**  
*DJ sponsored by Careplus*

### *"Luck 'O The Irish"* **Dinner Dance with DJ Mack**

Join us as we celebrate St. Patrick's  
Day 2019 and "rock" the dance floor!  
Prizes will be given for best St. Patty's Day  
costumes! \$10.00 per person - Buffet  
dinner at 5:30pm *(reservations required)*  
Dance starts at 6:30pm.  
Friday, March 15, 2019



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

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

Using semiprecious stones, pearls and sterling Silver, students will create exquisite one-of-a-kind fine jewelry pieces. Instruction includes the art of French knotting, making beaded jewelry as well as earrings and bracelets to math. Taught by exclusive jewelry designer Michael Stahl, whose works have been featured at Elizabeth Arden, Bloomingdale's and Saks Fifth Avenue. Offered in 6 weeks sessions.

**Tuesdays 5:00pm - 7:00pm**  
(1st class meets from 5:00pm - 8:00pm.) **Starts in February 2019: 2/26/19 - 4/2/19.**

\$42.00 per person  
(materials not included)

## **Microsoft Excel for the Workplace**

(12 hour Course)

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

**ENGLISH: 6 weeks sessions**  
**Tuesdays, 6:30pm - 8:30pm.**  
2/26/19 - 4/2/19

**SPANISH: 6 weeks sessions**  
**Thursdays, 6:30pm - 8:30pm**  
3/1/19 - 4/5/19

\$42.00 per person  
(18 years and older)

## **NEW DAY! Intro to Krav Maga Self Defense**

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

## **Paint & Sip Parties**

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

## **Flamenco Dancing**

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities.

\$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit [www.lunacaleusa.com](http://www.lunacaleusa.com)

**Tuesdays, Wednesdays and Thursdays: 5:00pm - 6:00pm**  
(Beginners) or **6:00pm - 7:00pm**  
(Intermediate)

## **Ballroom Dancing**

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

## **Pottery Studio**

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. *Materials not included.*  
**Wednesdays 7:00pm - 9:00pm.**  
2/27/19 - 4/10/19 (no class 3/27/19) \$42.00 per person

## **Glaze Formulation One Day Workshop**

This all-inclusive one day workshop is for the seasoned pottery student who is ready to start making glazes. Learn basic glaze formulas, weights and measures, colorants, mixing and storing techniques. Each student will take home 3 containers of glaze they made from scratch!  
**Wednesday 6:00pm - 9:00pm.**  
**February 20, 2019.**  
\$45.00 per person  
(includes all materials)

## **Belly Basics with Nailah!**

This easy to follow belly dancing course is designed for both beginners and slightly advanced students. Have fun as you exercise! Offered in 6 weeks sessions.  
**Tuesdays 7:00pm - 8:00pm.**  
2/26/19 - 4/2/19  
\$45.00 per person

## **Intro to Fused Glass**

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm.** 2/28/19 - 4/4/19  
\$42.00 per person

## **Pines West Camera Club**

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

## **New Way Photography Group Workshops**

A wide variety of photography workshops are offered for individuals seeking to learn more about the art of photography or acquire new skills in various photo editing programs. For more information call Cesar at (305) 206-3938 or see our Meetup site at: <http://www.meetup.com/new-way-photography/> **First 4 Tuesdays Every Month: 7:00 pm - 9:30 pm**  
-OR- **1st and 3rd Thursdays: 7:00 pm - 9:30 pm**

## **R.A.D.: Rape Aggression Defense for Adults**

For more information please call R.A.D. at (954) 655-7587.  
Email: [radsofla@bellsouth.net](mailto:radsofla@bellsouth.net)

## **FREE Card and Board Games and Billiards**

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

# ON GOING EXERCISE CLASSES

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

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

## **NEW! 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! **Starts in February 2019: Wednesdays, 1:00pm – 2:00pm.** FREE for SWFP members only.

## **NEW DAY! 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.



## **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 Medical*

## **Flamenco Dancing**

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. Day and evening classes are offered. \$10 per 1 hour

class. To register call Luna Calé Flamenco at (954) 235-8221 or visit [www.lunacaleusa.com](http://www.lunacaleusa.com)

**DAYTIME Adults & Seniors:**  
**Tuesdays**

**10:30am - 11:30am** (Beginners) or

**11:30am - 12:30pm** (Beginners)

**EVENING Adults & Children:**

**Tuesdays, Wednesdays and Thursdays**

**5:00pm - 6:00pm** (Beginners) or

**6:00pm - 7:00pm** (Intermediate)

**Low Impact Exercise** in the Main Hall

**Thursdays: 10:30am - 11:30am**

FREE for SWFP members only.

*Sponsored by Caremax*

## **Fit and Strong**

*Students must have taken Senior Total Fitness and have written approval from the instructor to register for this class.*

Combines the gym and outdoor/indoor aerobic activity. This class is for advancing in strength and endurance and to challenge individuals to a better fitness level. Improve your heart health, strengthen muscles, bones, and joints. **Wednesdays, 11:30am - 12:30pm.** FREE for SWFP members only. (\$5 cash deposit required to hold your space for the month – must attend all classes to be refunded.)

*Sponsored by Aetna*

## **Senior Total Fitness**

This energetic class has all the elements of fitness that everyone needs to enjoy an active and healthy lifestyle! It combines resistance training, flexibility, cardiovascular and neural-motor training for all levels. Participants will experience improvement in strength, endurance, flexibility, and coordination which are key components for optimal fitness health. Each workout is dynamic and ever changing to meet the individual needs of the participants - students of all fitness levels are welcome! **Thursdays 11:00am - 12:00pm.** FREE for SWFP members only.

*Sponsored by Aetna*

## **Chair Total Fitness**

This class encompasses all the elements provided in the **Senior Total Fitness** class but while sitting on a chair. **Wednesdays 12:30pm - 1:30pm.** FREE for SWFP members only.

## **Yo-chi-lates**

A combination of Yoga, Tai Chi and Pilates – all in one class! **Wednesdays 9:00am - 10:00am in Gym 2** FREE for SWFP members only.  
*Sponsored by Healthy Partners*

## **Gym Training**

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

## **JoyDanz**

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

## **Ageless Grace®- BRAIN AND BODY WORKOUT!**

Exercise your body and your brain! While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging – flexibility, mobility, agility, strength, breath, balance etc. **Tuesdays 10:00am - 11:00am.** FREE for SWFP members only.  
*Sponsored by Caremax*

## **NEW! 2nd Class Added! Salsa in the Main Hall**

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

– or – **2:00pm - 3:00pm.**

FREE for SWFP members only.

*Sponsored by Aetna*

## **"Scale Back" Weight Loss Workout**

A combination of dance fusion, nutritional guidance and weekly weigh-ins will help students achieve their weight loss goals and develop a healthier lifestyle! Ages 18 years and up. **Mondays 12:30pm - 1:30pm** FREE for registered SWFP members.  
*Sponsored by Florida Blue*

## **20/20/20 Fitness**

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

**DAYTIME**

**Wednesdays 11:30am - 12:30pm**

**EVENING**

**Thursdays 6:30pm - 7:30pm**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Chair Exercise**

**Mondays: 12:30pm - 1:30pm**

**Wednesdays: 9:30am - 10:30am**

**Fridays: 9:30am - 10:30am**

FREE for registered SWFP members.

## **Water Aerobics**

**Tuesdays -OR- Thursdays:**

**9:00am - 10:00am**

FREE for registered SWFP members.

*Space is limited - first come, first served*

## **Yoga**

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

**Mondays: 11:30am - 12:30pm**

**Tuesdays: 9:00am - 10:00am**

**Thursdays: 9:00am - 10:00am**

**Fridays: 10:30am - 11:30am**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Chair Yoga**

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

**Mondays: 10:30am - 11:30am**

**Wednesdays: 10:30am - 11:30am**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Tai Chi**

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

**DAYTIME**

**Mondays: 9:00am - 10:00am**

*(All Levels)*

**Main Hall (FREE) for February Only**

**Thursdays: 11:45am - 12:45pm**

*(Intermediate)*

**EVENING (All Levels)**

**Wednesdays: 7:00pm - 8:00pm**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

**Thursdays: 1:00pm - 2:00pm**

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

## **Zumba!**

**Tuesdays: 12:00 - 1:00pm**

FREE for registered SWFP members.

*Sponsored by Caremax*

## **Evening Zumba!**

**Wednesdays: 5:30pm - 6:30pm**

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

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

## **Zumba in the Main Hall!**

**Fridays: 12:00pm - 1:00pm**

FREE for registered SWFP members.

*Sponsored by Baptist Health South Florida*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>"Blooms of Kindness" Community Art Bomb</b></p> <p>National Random Acts of Kindness day is February 17th and the SWFP Center's "Artists in Action" Pottery students and staff want to plant the seeds of kindness and see what blooms!</p> <p>Their project is a citywide "scavenger hunt" meant to promote positivity and kindness. The group has created colorful handcrafted stoneware "Blooms" that will be hidden around our city in public places for someone to find. Their goal is to bring a smile to someone's face and hopefully brighten their day. When you find a bloom, take a picture of it and say where you found it, then post on the group's Facebook page (Artists in Action Blooms of Kindness Project) so we can follow its journey. Finders can keep the bloom, give it to someone who really needs it, or re-hide the bloom in a new location. After all, the world can always use a little more kindness!</p>					
<p><b>4</b></p> <p>9:30-1:30 S/A <b>AARP</b> Tax Preparation</p> <p>10:00-11:30 Rm 215 <b>BCPA Homestead Assistance</b></p> <p>10:00 M/H <b>FREE JoyDanz</b></p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>5</b></p> <p>10:00 M/H <b>FREE</b> Ageless Grace</p> <p><b>NO BINGO TODAY</b></p> <p>12:30 M/H <b>"Seniors vs. Seniors" Spelling Bee</b></p>	<p><b>6</b></p> <p>10:00 M/H <b>FREE Salsa Class</b></p> <p>11:05-12:05 M/H <b>"Be Scam Smart" Workshop</b></p> <p>12:30 <b>Entertainment with Emilio</b></p> <p>2:00 M/H <b>FREE Salsa Class</b></p>	<p><b>7</b></p> <p>10:30 M/H <b>FREE</b> Low Impact Class</p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>1</b></p> <p>10:30 M/H <b>Silver Sneakers</b></p> <p>11:00 <b>"La Famiglia Restaurant" Lunch Trip</b></p>	<p><b>2/3</b></p>
<p><b>11</b></p> <p>9:30-1:30 S/A <b>AARP</b> Tax Preparation</p> <p>10:00 M/H <b>FREE JoyDanz</b></p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>12</b></p> <p>10:00 S/A <b>FREE Ageless Grace</b></p> <p>10:00 M/H <b>Master Chef Chocolate Challenge</b></p> <p>10:30 Gym 2 <b>Laughter Yoga</b></p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>13</b></p> <p>10:00 M/H <b>FREE Salsa Class</b></p> <p>10:00 <b>Petland's Puppy Corner</b> <i>Sponsored by Petland</i></p> <p>11:30 <b>Birthday Celebration</b> <i>Sponsored by Chen</i></p> <p>12:30 <b>Entertainment w/Emilio</b></p> <p>2:00 M/H <b>FREE Salsa Class</b></p>	<p><b>14</b></p> <p>8:30-10:00 S/A <b>"Valentine's Day Breakfast"</b></p> <p>10:30 M/H <b>FREE</b> Low Impact Class</p> <p>12:00 M/H <b>"Valentine's Day Entertainment"</b></p> <p><b>NO BINGO TODAY</b></p>	<p><b>8</b></p> <p>10:00 <b>"Aventura Mall" Shopping Trip</b></p> <p>10:00-11:30 Rm 205 <b>AARP Smart Driving TEK</b></p> <p>10:30 M/H <b>Silver Sneakers</b></p>	<p><b>9/10</b></p> <p><b>FLEA MARKET &amp; BAZAAR</b></p> <p><b>Saturday</b> 8:00am till 4:00pm</p> <p><b>Sunday</b> 9:00am till 3:00pm</p> <p><i>FREE admission and parking</i></p>
<p><b>18</b></p> <p style="text-align: center;"><b>Center Closed</b></p> <p style="text-align: center;"><b>Presidents' Day</b></p>	<p><b>19</b></p> <p>10:00 S/A <b>FREE</b> Ageless Grace</p> <p>11:45-2:00 <b>BINGO</b></p> <p>6:00 <b>Night Bingo</b></p>	<p><b>20</b></p> <p>10:00 M/H <b>FREE Salsa Class</b></p> <p>12:00-2:00 M/H <b>Entertainment with DJ Tom Caminiti</b> <i>Sponsored by SITE</i></p> <p>2:00 M/H <b>FREE Salsa Class</b></p>	<p><b>21</b></p> <p>10:30 M/H <b>FREE</b> Low Impact Class</p> <p>11:45-2:00 <b>BINGO</b></p> <p>12:30 <b>"Fiddler On The Roof" Theater Trip to Broward Center for the Performing Arts</b></p>	<p><b>15</b></p> <p>9am-3pm Rm 205 <b>AARP Driver Safety (Spanish)</b></p> <p>9:00 <b>"Morikami Museum and Japanese Gardens" Trip</b> \$17.00 per person <b>CASH ONLY</b></p> <p>10:30 M/H <b>Silver Sneakers</b></p>	<p><b>16/17</b></p>
<p><b>25</b></p> <p>9:30-1:30 S/A <b>AARP</b> Tax Preparation</p> <p>10:00 M/H <b>FREE JoyDanz</b></p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>26</b></p> <p>10:00 Room 212 <b>Guest Speaker (Creole)</b> <i>Sponsored by Healthy Partners</i></p> <p>10:00 S/A <b>FREE Ageless Grace</b></p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>27</b></p> <p>10:00 M/H <b>FREE Salsa Class</b></p> <p>12:00 <b>"African American History" Celebration</b></p> <p>2:00 M/H <b>FREE Salsa Class</b></p>	<p><b>28</b></p> <p>10:30 M/H <b>FREE</b> Low Impact Class</p> <p>11:45-2:00 <b>BINGO</b></p>	<p><b>22</b></p> <p>10:30 M/H <b>Silver Sneakers</b></p> <p>11:00 <b>"Dragon Gate Chinese Restaurant" Lunch Trip</b></p> <p>12:00-1:30 M/H <b>Karaoke with Hury</b></p> <p>5:30 <b>"Chinese New Year" Dinner Dance</b></p>	<p><b>23/24</b></p>
					<p><b>SHINE HOURS</b></p> <p><i>Information regarding all Health Insurance needs.</i></p> <p><b>Wednesday</b> <b>9:00am-11:30am</b> <b>Room 198</b></p>

This project is supported under an agreement with the Florida Department of Elder Affairs and the Aging and Disability Resource Center of Broward County, through funds provided by the Older Americans Act of 1965 as amended. Matching funds are provided locally via The City of Pembroke Pines. **MEMBERSHIP IS FREE.**