

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) 392-9470

Adult Day Care  
(954) 450-6855

Transportation  
(954) 450-6850

**JANUARY 2020**

Jumpstart 2020 with a \$20 Annual Fee for **ALL** members under 60 years.  
Online payment option for this mandatory fee coming SOON!



**CHINESE  
NEW YEAR  
2020**

**Dinner Dance with DJ Mack**

Dress in your best Chinese attire and join us as we celebrate the 2020 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.  
**Friday, January 24, 2020.**

*It seems that life is like a giant jigsaw puzzle, with each person like each piece having a place that they fit perfectly. I hope that you enjoy, and keep coming back to the Center in 2020, for without you our puzzle is not complete.*

*I wish everyone a Happy Health New Year!*

**Happy New Year 2020!**

*Jay Shechter*

Community Services & Housing Director



**FLEA MARKET AND BAZAAR**

**Saturday, February 8, 2020 - 8:00am till 3:00pm**

**Sunday, February 9, 2020 - 9:00am till 3:00pm**

Over 100 indoor vendors - FREE admission and parking

5th 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 4, 2020 - 12:30pm in the Main Hall**



TREE CITY USA

The Southwest Focal Point Community Center, 301 NW 103rd Avenue, is located in the heart of Pembroke Pines. Membership at the SWFPCC for adults 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](http://www.ppines.com).

## **NEW! Colored Pencil Workshop**

In this creative class students will learn how to work with the surprisingly versatile colored pencil. Finished art work can look as dense as an oil painting or as translucent as a watercolor. Techniques such as layering, modeling, creating textures, blending and burnishing will be explored. Some knowledge of basic drawing skills is suggested.

*Materials not included.* **Mondays 12:30pm - 2:30pm. 1/6/20 - 2/10/20 (no class 1/20 - no makeup)** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## **“LOL: LIVING OUT LOUD” Social Meetup**

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



## **Word Weavers Writing Group with David Sherman**

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

**Tuesdays, 12:30pm - 2:30pm.**

FREE for registered SWFP members only.

## **English with Morris**

**Mondays, 10:30am - 11:30am.** FREE for registered SWFP members only.

## **English for Beginners**

**Tuesdays, 10:30am - 11:30am.** FREE for registered SWFP members only.

## **Portrait Drawing with Ruth Ynacay**

Back by popular demand! Learn the art of portrait drawing through this informative course. Working from photographs, students will learn to draw portraits, culminating their studies by creating a self-portrait using a hand held mirror at the end of the 6-week course. Please bring a sketch pad, drawing pencil, and portrait style photograph to the first class. **Fridays 12:00pm - 2:00pm.**

**1/10/20 - 2/14/20.**

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

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

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

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

FREE for Registered SWFP members only

## **Mini Spa Day!**

Enjoy a relaxing hand massage and have your nails painted too! **FREE** for registered SWFP members only. First come, first served. **1st and 3rd Wednesday of each month. 9:30am - 10:30am in S/A Room.**

## **Beginner's Guitar**

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

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

**Mondays 9:30am - 10:30am. 1/6/20 - 2/10/20 (no class 1/20 - no makeup).**

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

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

## **Intermediate Guitar**

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

**Mondays 11:30am - 12:30pm. 1/6/20 - 2/10/20 (no class 1/20 - no makeup).**

\$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.**

**1/8/20 - 2/12/20.**

\$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.**

**1/8/20 - 2/12/20.**

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

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



## Flower Arranging Workshop

In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered **2nd, 3rd and 4th Tuesdays** of the month. **9:30am - 11:30am**. Price per class: \$20.00 per person (cash ONLY). *Includes ALL Materials!* (Must register the day before by 12:00pm)

Dates for upcoming workshops are:

- **January** – 1/14 • 1/21 • 1/28
- **February** – 2/11 • 2/18 • 2/25

## 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. 1/8/20 - 2/12/20.**

\$20.00 per person (55 yrs. & older)  
\$40.00 per person (54 yrs. & under)

## Intermediate Drawing

The next step after Drawing Fundamentals, this class will expand your knowledge of drawing techniques. Offered in 6 weeks sessions. *Materials not included - Bring a sketch pad, drawing pencil to your first class.* **Thursdays 9:00am - 11:00am. 1/9/20 - 2/13/20.**

\$20.00 per person (55 yrs. & older)  
\$40.00 per person (54 yrs. & under)

## Figure Drawing

Explore the world of figure drawing in this easy to follow course. Students will learn the fundamental skills of figure drawing. Some previous drawing experience is desired. Offered in 6 weeks sessions. *Materials not included - Bring a sketch pad, drawing pencil to your first class.* **Tuesdays 12:30pm - 2:30pm. 1/7/20 - 2/11/20.**

\$20.00 per person (55 yrs. & older)  
\$40.00 per person (54 yrs. & under)



## Intro to Watercolor

This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. *Materials not included.* **Thursdays 12:30pm - 2:30pm. 1/9/20 - 2/13/20.**

\$20.00 per person (55 yrs. & older)  
\$40.00 per person (54 yrs. & under)

## Beginner's Acrylic Painting

Learn the basic skills needed to start painting in this easy to follow class. Offered in 6 weeks sessions. *Materials not included.* **Fridays 9:30am - 11:30am. 1/10/20 - 2/14/20.** 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. 1/6/20 - 2/10/20 (no class 1/20 - no makeup).**

\$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. 1/10/20 - 2/14/20.**

\$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. 1/7/20 - 2/11/20.**

FREE for registered SWFP members.

## Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 9:30am - 11:30am. 1/8/20 - 2/12/20.** \$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. 1/8/20 - 2/12/20.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Smartphone Photography 101

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

FREE to registered SWFP members.





## MONDAY

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

9:00 - 10:00 • Gym 2  
**Walktober Walking Group**

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

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

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

10:00 - 11:00 • M/H • **JoyDanz**

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

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

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

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

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • M/H • **Bingo**

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

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

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

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

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

12:30 - 2:30 • Rm 209  
**Colored Pencil Workshop**

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

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

## TUESDAY

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

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

9:00 - 12:00 • Rm 207  
**Ceramics**

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

9:00 - 10:00 • Gym 1  
**Yoga**

9:30 - 11:30 • Rm 209  
**Flower Arranging Workshop**  
*2nd, 3rd & 4th Tuesday*  
*(Must register the day before by 12:00 pm)*

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

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

10:30 - 11:30 • Rm 212  
**English for Beginners**

11:45 - 2:00 • M/H  
**Bingo**

12:00 - 1:00 • Gym 2  
**Zumba**

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

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

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

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

## WEDNESDAY

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

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

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

9:30 - 10:30 • S/A  
**Mini Spa Day**  
*1st & 3rd Wednesday*

9:30 - 11:30 • Rm 207  
**Pottery**

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

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

10:00 - 11:00 • M/H • **Salsa**

10:00 - 12:00 • Rm 212  
**Beginner's Spanish**

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

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

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

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

12:00 - 2:00 • Rm 212  
**Knitting for FUN!**

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

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

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

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

2:00 - 3:00 • M/H • **Salsa**

## THURSDAY

9:00 - 10:00 • Gym 1  
**Yoga**

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

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

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

*1st & 3rd Thursday – Vitas Healthcare*

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

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

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

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

11:00 - 12:00 • S/A  
**Senior Total Fitness**

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

11:45 - 2:00 • M/H  
**Bingo**

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

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

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

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

## FRIDAY

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

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

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

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

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

10:30 - 11:30 • Gym 1  
**Yoga**

11:30 - 12:30 • Rm 197  
**Gym Training**

12:00 - 1:00 • M/H  
**Zumba**

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

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

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

1:00 - 2:00 • Gym 1  
**Mindful Meditation**



## UP-COMING EVENTS

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

A night of Bingo and Free Refreshments  
3rd Tuesday of Each Month 6:00pm –  
provided by the Knights of Columbus.  
Packets start at \$15, play all night.  
Starts January 21, 2020

### **SUPER BOWL 2020** **PARTY WEEK**

January 27, 2020 thru January 31, 2020  
SWFP members will enjoy a week of  
fun and games as we get ready for Super  
Bowl "54"! All activities take place at  
11:00am in the Main Hall:  
**Monday, January 27**  
"Ring Toss" game with Prizes  
**Tuesday, January 28**  
"Pin the Football" game with Prizes  
**Wednesday, January 29**  
"Mini Football Toss" game with Prizes  
**Thursday, January 30**  
"Football Pass Musical Chairs" game with Prizes  
**Friday, January 31**  
Best Dress Football Fan Contest with Prizes

MASTER CHEF  
**"Chocolate Challenge"**  
Tuesday, February 11, 2020 at 10:00am in  
the Main Hall. Join us for our Master Chef  
Chocolate Challenge where cash prizes will  
be awarded for the top three decadently  
delicious desserts! Your dessert must contain  
one key ingredient for this competition...  
**CHOCOLATE!** Only home baked entries  
will be accepted – NO CANDY (list of  
ingredients must be provided). All  
participants must be present to win! Open  
to the community, only one dessert item per  
person, space is limited! Entry forms will be  
available at the Activities Desk and must be  
turned in by Tuesday, February 4, 2020!

### **AFRICAN AMERICAN** **HISTORY MONTH**

Celebration in the Main Hall with DJ Mack



Join us as we celebrate African American  
Heritage with an amazing fashion show,  
African dancers and entertainment  
by DJ Mack! **Wednesday,**  
**February 19, 2020 – 11:30am.**

# 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).

## 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. 1/8/20 - 2/12/20** \$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 19, 2020.** \$45.00 per person *(includes all materials)*



## Belly Basics with Naiilah!

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. 1/7/20 - 2/11/20.** \$45.00 per person

## Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm. 1/9/20 - 2/13/20.** \$42.00 per person



## Pines West Camera Club

A combined photographic and digital imaging organization that is open to all types of photographers. For more information visit [www.pineswestcc.com](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.**

## FREE Card and Board Games and Billiards

Every Tuesday, Wednesday and Thursday Free of Charge for registered members (6-9pm) Must present SWFP membership card.





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

## NEW! Mindful Meditation

This class focuses on the different forms of the ancient art of Meditation. The history and the primary benefits of stress reduction and improved health will be highlighted. Students will learn the simple ways to incorporate this powerful tool into their daily lives (can be done seated or lying down). **2nd and 4th Friday of the month, 1:00pm - 2:00pm. Begins 1/10/20.** FREE for registered SWFP members only. *Sponsored by Tree of Life Insurance Associates*

## Line Dancing in the Main Hall

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

## Boomer Dance Fitness

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

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



## Silver Sneakers® "Classic" is at the SWFP!

Get fit and stay fit in a fun environment! **Fridays 10:30am - 11:30am** in the Main Hall.

*Sponsored by Chen Medical*

## Laughter Yoga

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

## Flamenco Dancing

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit [www.lunacaleusa.com](http://www.lunacaleusa.com)

### EVENING Adults & Children:

**Tuesdays, Wednesdays and Thursdays**

**5:00pm - 6:00pm** (Beginners) or **6:00pm - 7:00pm** (Intermediate)

## Low Impact Exercise in the Main Hall

**Thursdays: 10:30am - 11:30am** FREE for SWFP members only. *Sponsored by Caremax*

## Fit and Strong

*Students must have taken Senior Total Fitness and have written approval from the instructor to register for this class.* Combines the gym and outdoor/indoor aerobic activity. This class is for advancing in strength and endurance and to challenge individuals to a better fitness level. Improve your heart health, strengthen muscles, bones, and joints.

**Wednesdays, 11:30am - 12:30pm.** \$10.00 per month (55 yrs. & older) \$30.00 per month (54 yrs. & under)

## Senior Total Fitness

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

**Thursdays 11:00am - 12:00pm.** FREE for SWFP members only.

*Sponsored by Aetna*

## Senior Chair Total Fitness

This class encompasses all the elements provided in the Senior Total Fitness class but while sitting on a chair.

**Wednesdays 12:30pm - 1:30pm.** FREE for SWFP members only.

*Sponsored by Aetna*

## Yo-chi-lates

A combination of Yoga, Tai Chi and Pilates – all in one class!

**Wednesdays 9:00am - 10:00am.**

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

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

## Gym Training

Once a week, our knowledgeable personal trainer will be in the workout room to assist members with proper use of gym equipment. She will also create an easy workout designed to help individuals exercise independently to reach their unique health and fitness goals! **Fridays: 11:30am - 12:30pm in the Workout Room.** FREE for SWFP members only.

## JoyDanz

Dance is all about being joyful, moving your body in organic ways to the rhythm and the beat. Come and Shake your Soul to African, Indian, Caribbean, Irish, Latin rhythms and more!!!!

**Mondays 10:00am in the Main Hall.** FREE for SWFP members only.

*Sponsored by Baptist Health South Florida*

## Ageless Grace®- BRAIN AND BODY WORKOUT!

Exercise your body and your brain! While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging – flexibility, mobility, agility, strength, breath, balance etc.

**Tuesdays 10:00am - 11:00am.**

FREE for SWFP members only.

*Sponsored by Caremax*

## Salsa in the Main Hall

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

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

*Sponsored by Aetna*

**Wednesdays: 2:00pm - 3:00pm**

*Sponsored by Caremax*

## "Scale Back"

### Weight Loss Workout

A combination of dance fusion, nutritional guidance and weekly weigh-ins will help students achieve their weight loss goals and develop a healthier lifestyle! Ages 18 years and up.

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

FREE for registered SWFP members.

*Sponsored by Health Sun*

## 20/20/20 Fitness

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of cardio exercise, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just

one hour! Ages 18 years and up.

*Students must bring in their own hand weights and mats.*

### DAYTIME

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

### EVENING

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

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## Chair Exercise

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

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

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

FREE for registered SWFP members.

## Yoga

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

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

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

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

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

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## Chair Yoga

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

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

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

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## Tai Chi

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

### DAYTIME

**Mondays: 9:15am - 10:15am**

(All Levels)

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

(Intermediate)

### EVENING (All Levels)

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

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

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

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

## Zumba!

**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*

# JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>CENTER CLOSED</b> Wednesday, January 1, 2020 Monday, January 20, 2020</p> <p><b>Happy New Year!</b></p> 		<p><b>1</b></p> <p><b>Center Closed</b></p>  <p><b>HAPPY NEW YEAR</b></p>	<p><b>2</b></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:00-12:00 Gym 1 Senior Total Fitness</p> <p>11:45-2:00 BINGO</p> <p><i>Center Closes at 5:00 Today</i></p>	<p><b>3</b></p> <p>10:30 M/H Silver Sneakers</p> <p>11:00 Lunch Trip to "Sweet Tomatoes"</p>	<p><b>4/5</b></p>
<p><b>6</b></p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p> <p>3:00 M/H Line Dance</p>	<p><b>7</b></p> <p>10:00 M/H FREE Ageless Grace</p> <p>11:15 Senior Snack Day <i>Sponsored by Caremax</i></p> <p>11:45-2:00 BINGO</p> <p>3:00-4:00 M/H "LOL: LIVING OUT LOUD" Social Meetup</p>	<p><b>8</b></p> <p>10:00 M/H FREE Salsa Class</p> <p>10:00 Puppy Corner Lobby <i>Sponsored by Petland</i></p> <p>11:00 Birthday Celebration <i>Sponsored by Florida Finest</i></p> <p>12:00 Entertainment w/Emilio</p> <p>2:00 M/H FREE Salsa Class</p>	<p><b>9</b></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:00-12:00 Gym 1 Senior Total Fitness</p> <p>11:45-2:00 BINGO</p> <p>12:30 "Disney's Aladdin" Theater Trip to Broward Center</p>	<p><b>10</b></p> <p>10:00 "Festival Flea Market" Shopping Trip</p> <p>10:30 M/H Silver Sneakers</p>	<p><b>11/12</b></p>
<p><b>13</b></p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p>	<p><b>14</b></p> <p>10:00 M/H FREE Ageless Grace</p> <p>11:00 "Local 10 ABC News" TV Studio Tour Trip \$5.00pp</p> <p>11:45-2:00 BINGO</p>	<p><b>15</b></p> <p>10:00 M/H FREE Salsa Class</p> <p>12:00 Entertainment w/Emilio</p> <p>2:00 M/H FREE Salsa Class</p>	<p><b>16</b></p> <p>10:30 M/H FREE Low Impact Class</p> <p>10:30 N/A Game Day with Silver Palm 5th Grade Students</p> <p>11:00-12:00 Gym 1 Senior Total Fitness</p> <p>11:45-2:00 BINGO</p>	<p><b>17</b></p> <p>8:30 Morikami Museum and Japanese Gardens Day Trip</p> <p>10:30 M/H Silver Sneakers</p> <p>1:00pm-3:00pm Rm 215 AARP GROUP</p>	<p><b>18/19</b></p>
<p><b>20</b></p> <p><b>Center Closed</b></p> <p>Martin Luther King Jr. Day</p>	<p><b>21</b></p> <p>9:00 Gym 2 Laughter Yoga</p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p> <p>6:00 Night Bingo</p>	<p><b>22</b></p> <p>10:00 M/H FREE Salsa Class</p> <p>12:00 Entertainment <i>Sponsored by Aetna</i></p> <p>2:00 M/H FREE Salsa Class</p>	<p><b>23</b></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:00-12:00 S/A Senior Total Fitness</p> <p>11:45-2:00 BINGO</p>	<p><b>24</b></p> <p>9am-3pm Rm 212 AARP Driver Safety (English)</p> <p>10:00 Miccosukee Casino Trip</p> <p>10:30 M/H Silver Sneakers</p> <p>5:30 "CHINESE NEW YEAR 2020" Dinner Dance</p>	<p><b>25/26</b></p>
<p><b>27</b></p> <p>10:00 M/H FREE JoyDanz</p> <p>11:00 M/H "Ring Toss" game with Prizes</p> <p>11:45-2:00 BINGO</p> <p>3:00 M/H "BINGOMANIA with Suzy"</p>	<p><b>28</b></p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:00 M/H "Pin the Football" game with Prizes</p> <p>11:45-2:00 BINGO</p>	<p><b>29</b></p> <p>10:00 M/H FREE Salsa Class</p> <p>11:00 M/H "Mini Football Toss" game with Prizes</p> <p>12:00 Entertainment <i>Sponsored by Careplus</i></p> <p>2:00 M/H FREE Salsa Class</p> <p>5:00pm-9:00pm Hollywood Beach Trip</p>	<p><b>30</b></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:00 M/H "Football Pass Musical Chairs" game with Prizes</p> <p>11:00-12:00 S/A Senior Total Fitness</p> <p>11:45-2:00 BINGO</p>	<p><b>31</b></p> <p>10:30 M/H Silver Sneakers</p> <p>11:00 M/H Best Dress Football Fan Contest with Prizes</p> <p>12:00-1:30 M/H Karaoke with Hury</p>	<p><b>SHINE HOURS</b> <i>Information regarding all Health Insurance needs.</i></p> <p>2nd &amp; 4th Tuesdays 9am-11:30am (Bilingual) Fridays 9am-11:30am Room 198</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.