

*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.ppines.com • Fax: (954) 450-6899

Main Number
(954) 450-6888

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

Senior Residences
(954) 450-6960

Adult Day Care
(954) 450-6855

Transportation
(954) 450-6850

JULY 2019

The SoFIA has announced summer enrollment for its Senior Tech Services Course, which are free of charge and open to those 60 and older. Both **"Internet Basics for Older Adults"** and **"Internet Beyond Basics for Older Adults"**.

Enrollees must commit to attending two classes each week for 8 weeks. All classes take place at the SWFP Center. Volunteer course instructors are also needed.

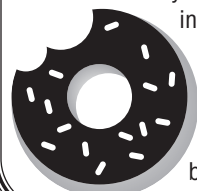
For more information or to register call 954.484.7177 ext. 7 or email seniorplanet@thesofia.org.



Wednesday, July 3, 2019 11:30am
Entertainment with DJ Mack and prizes for best "patriotic" outfits - wear your red, white and blue! Free BBQ lunch for registered members of the SWFP Community Center only. First come, first served. Members must present SWFP membership card.

Master Chef **"COPS & DONUTS" SUMMER BAKING CHALLENGE**

Historically, Cops and Donuts have been associated since the 1940's. Today, Donuts are the latest trendy treat that come in many exotic flavors. So, whether baked or fried, bring in your most creative and delicious donuts and you may be leaving with a cash prize! Celebrity "Donut Experts", City of Pembroke Pines Police Officers, will be judging this event! Only homemade entries will be accepted. A list of ingredients must be provided. NO store bought items allowed. All participants (SWFP members only) must be present to win! **Tuesday, July 16, 2019 beginning at 10:00am sharp.** Entry forms will be available at the Activities Desk and must be turned in by Monday, July 15!



Summertime Tea

Join us for a lovely array of tea sandwiches, decadent desserts & assorted afternoon teas!



Wednesday, July 24, 2019
from 2:00pm till 4:00pm
\$18.00 per person
(reservations required)

Must sign up in advance before July 10, 2019.



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.

“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.

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.

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.

NEW! 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.**

Starts in September: 9/13/19 - 10/18/19

\$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.

7/22/19 - 8/26/19 and 9/9/19 - 10/14/19.

\$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.

7/22/19 - 8/26/19 and 9/9/19 - 10/14/19.

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

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

YOU Can Sew!

In this “no pressure” course the emphasis is on having fun and creating projects you want to sew! Offered in 6 weeks sessions. *Materials not included.*

Wednesdays 9:30am - 11:30 am.

7/24/19 - 8/28/19 and 9/11/19 - 10/16/19.

\$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.**

7/24/19 - 8/28/19 and 9/11/19 - 10/16/19.

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

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

DAYTIME CLASSES



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. *Includes ALL Materials! (Must register the day before by 4:00pm)*

Dates for upcoming workshops are:

• **July** – 7/9/19 • 7/16/19 • 7/23/19

• **August** – 8/13/19 • 8/20/19 • 8/27/19

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.**

7/24/19 - 8/28/19 and 9/11/19 - 10/16/19.

\$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.**

7/25/19 - 8/29/19 and 9/12/19 - 10/17/19.

\$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.

7/23/19 - 8/27/19 and 9/10/19 - 10/15/19.

\$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.**

7/22/19 - 8/26/19 and 9/9/19 - 10/14/19

– OR – **Thursdays 12:30pm - 2:30pm.**

7/25/19 - 8/29/19 and 9/12/19 - 10/17/19.

\$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.

7/23/19 - 8/27/19 and 9/10/19 - 10/15/19.

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.**

7/22/19 - 8/26/19 and 9/9/19 - 10/14/19.

\$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.

7/23/19 - 8/27/19 and 9/10/19 - 10/15/19.

\$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.

7/23/19 - 8/27/19 and 9/10/19 - 10/15/19.

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.

7/24/19 - 8/28/19 and 9/11/19 - 10/16/19.

\$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.

7/24/19 - 8/28/19 and 9/11/19 - 10/16/19.

\$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 Group

9:00 - 9:30 • 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**

10:15 - 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 • 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
Intro to Watercolors

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 - 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 4:00 pm)

10:00 - 11:00 • S/A
Ageless Grace

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

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

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

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

WEDNESDAY

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 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 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 • 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 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)

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

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

10:30 - 11:30 • Gym 1
Yoga

11:30 - 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 - 4:00 • N/A
Cards and Games



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 September 17, 2019
(No bingo July and August)

Dionne Warwick **CONCERT**

Adrienne Arsht Center
Saturday, July 6, 2019, departs 5:30pm
\$77.00 per person *(Cash or Check Only)*
For registered SWFP members only.

Dominos Tournament with Prizes

Thursday, July 18, 2019, at 1:00pm
in North Activities
Spanish pastries and Cuban coffee
provided for all contestants
Sponsored by Careplus

Hawaiian **Luncheon & Party** with Entertainment

Wednesday, July 24, 2019 at 11:30 am
in the Main Hall
FREE for registered SWFP members only
First come, first served. Members must
present SWFP membership card
Sponsored by Elite Health

GAMES WITH PRIZES!

10:00am in the Main Hall
Beach Ball Chopsticks – Thursday, 8/1/19
Hula Hoop Contest – Thursday, 8/15/19
Beach Ball Relay – Thursday, 8/29/19

CREATE YOUR OWN **YOGURT PARFAIT**

Wednesday, August 28, 2019
11:30am in the Main Hall
Sponsored by Careplus

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.

Fine Jewelry Design with Michael Stahl

Using beads, glass pearls and various forms of media, students will create exquisite one-of-a-kind jewelry pieces. Instruction includes the art of French knotting, making beaded jewelry as well as earrings and bracelets to match; and various other techniques of jewelry making. 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.) 7/23/19 - 8/27/19 and 9/10/19 - 10/15/19. \$42.00 per person (materials not included – purchase of \$20 weekly supplies kit is required weeks 1 thru 5)

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 for more information.

Flamenco Dancing

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954) 235-8221 or visit www.lunacaleusa.com **Tuesdays, Wednesdays and Thursdays: 5:00pm - 6:00pm** (Beginners) or **6:00pm - 7:00pm** (Intermediate)

Ballroom Dancing

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

Pottery Studio

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 7:00pm - 9:00pm.** 7/24/19 - 8/28/19 and 9/11/19 - 10/16/19. \$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. September 4, 2019.** \$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.** 7/23/19 - 8/27/19 and 9/10/19 - 10/15/19. \$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.** 7/25/19 - 8/29/19 and 9/12/19 - 10/17/19. \$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 **2nd and 4th Tuesdays: 7:00pm - 9:30pm.**

New Way Photography Group Workshops

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

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

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

FREE Card and Board Games and Billiards

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

ON GOING EXERCISE CLASSES

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

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

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. Day and evening classes are offered. \$10 per 1 hour

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

DAYTIME Adults & Seniors:

Tuesdays

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

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

EVENING Adults & Children:

Tuesdays, Wednesdays and

Thursdays

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

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

Low Impact Exercise in the Main Hall

Thursdays: 10:30am - 11:30am

FREE for SWFP members only.

Sponsored by Caremax

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.

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

Salsa in the Main Hall

2 ongoing classes are offered each week. **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.

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

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 10:00-11:30 Rm 215 BCPA Homestead Assistance 10:00 M/H FREE JoyDanz 11:45-2:00 M/H BINGO 3:00 M/H Line Dance	2 10:00 S/A FREE Ageless Grace 11:45-2:00 M/H BINGO 3:00-4:00 M/H "LOL: LIVING OUT LOUD" Social Meetup	3 11:30  & Entertainment with DJ Mack	4 Center Closed  Independence Day	5 10:30 M/H Silver Sneakers 11:00 Lunch Trip to "Metro Diner"	6/7 Dionne Warwick at Adrienne Arsht Center - Departs 5:30pm
8 10:00 M/H FREE JoyDanz 11:45-2:00 M/H BINGO	9 10:00 S/A FREE Ageless Grace 11:45-2:00 M/H BINGO	10 10:00 M/H FREE Salsa Class NO Entertainment Today NO Salsa Class at 2:00	11 10:30 M/H FREE Low Impact Class 11:45-2:00 M/H BINGO	12 10:30 M/H Silver Sneakers 9:30 "Schokolad Chocolate Factory" Trip	13/14
15 10:00 M/H FREE JoyDanz 11:45-2:00 M/H BINGO	16 9:00 Gym 2 Laughter Yoga 10:00 S/A FREE Ageless Grace 10:00 Master Chef "COPS & DONUTS" Summer Baking Challenge 11:45-2:00 M/H BINGO NO Night Bingo	17 10:00 M/H FREE Salsa Class 10:00 Puppy Corner Lobby Sponsored by Petland 11:00 Birthday Celebration Sponsored by Caremax 12:30 Entertainment w/Emilio 2:00 M/H FREE Salsa Class	18 10:30 M/H FREE Low Impact Class 11:45-2:00 M/H BINGO 1:00pm N/A Domino's Tournament with Prizes	19 9am-3pm Rm 205 AARP Driver Safety (English) 10:00 Shopping Trip to "Galleria Mall" 10:30 M/H Silver Sneakers 1pm-3pm Rm 215 AARP GROUP	20/21
22 10:00 M/H FREE JoyDanz 11:45-2:00 M/H BINGO	23 10:00 S/A FREE Ageless Grace 11:45-2:00 M/H BINGO	24 10:00 M/H FREE Salsa Class 11:30 M/H Hawaiian Luncheon and Party 2:00 M/H FREE Salsa Class	25 10:30 M/H FREE Low Impact Class 11:45-2:00 M/H BINGO	26 10:30 M/H Silver Sneakers 11:00 Lunch Trip to "Bokampers" 12:00-1:30 M/H Karaoke with Hury	27/28
29 10:00 M/H FREE JoyDanz 11:45-2:00 M/H BINGO 3:00 M/H "BINGOMANIA with Suzy"	30 10:00 S/A FREE Ageless Grace 11:45-2:00 M/H BINGO	31 10:00 M/H FREE Salsa Class 12:00-2:00 M/H Entertainment Day Sponsored by Humana 2:00 M/H FREE Salsa Class 5:00pm-9:00pm Hollywood Beach Trip \$5.00	<div style="border: 2px solid black; padding: 10px;">  <p>DENIM AND DIAMONDS</p> <p>Dinner Dance with Live DJ Entertainment</p> <p>Wear your favorite denim outfits along with lots of diamonds (rhinestones work perfectly as well)! Prizes will be given for best "sparkling" costumes. \$10.00 per person. Buffet dinner at 5:30pm (reservations required) Dance starts at 6:30pm.</p> <p>Friday, August 23, 2019</p> </div>		
					SHINE HOURS Information regarding all Health Insurance needs. Tuesdays 9:00am - 11:30am and Wednesdays 9:00am - 10:30am 11:00am - 1:30pm Room 198

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