

Main Number  
(954) 450-6888

Transportation  
(954) 450-6850

*The Carl Shechter  
Southwest Focal Point  
Community Center*

**City of Pembroke Pines  
Community Services Department**

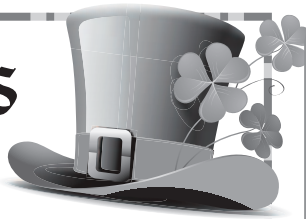
301 N. W. 103rd Avenue, Pembroke Pines, FL  
www.ppines.com • Fax: (954) 450-6899

Senior Residences  
(954) 450-6960

Adult Day Care  
(954) 450-6855

**MARCH 2017**

**St. Patrick's  
Day** Dinner Dance with  
Live Entertainment



Join us as we celebrate St. Patrick's Day and "rock" the dance floor! Prizes will be given for best St. Patty's Day costumes! Bring your camera to take snapshots in front of our photo backdrop! \$10.00 per person - Buffet dinner at 5:30pm (reservations required)  
Dance starts at 6:30pm.

*Sponsored by Site Advisory Council.*

**Friday, March 17, 2017**

*Spring Tea*

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

**Wednesday, March 22, 2017  
2:00pm till 4:00pm**

\$18.00 per person  
*(reservations required)*



ANNUAL  
**Spring Bonnet Contest**  
WITH PRIZES



*Let your creativity soar and create a one-of-a-kind bonnet that will turn heads! Wear your creation to this event and you may win a prize!*

**Thursday,  
March 23, 2017  
10:30am in the Main Hall**

**ANTIQUES**  
—AND—  
**COLLECTIBLES SHOW**

**Saturday, March 25, 2017**

9:00am till 4:00pm

**Sunday, March 26, 2017**

10:00am till 4:00pm

50 dealer spaces

Admission \$2.00 or \$3.00 for both days  
Children under 12, free - Free Parking



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



## Adult Acting Workshops

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

## NEW! 3-D Photo Art Collage

In this exciting new class, students will learn how to transform multiple photos and art prints into incredibly amazing 3-D works of art that can be framed. Offered in 6 weeks sessions. *Materials not included – pick up supply list when registering.* **Tuesdays 9:30am - 11:30am. 2/28/17 - 4/4/17 and 4/18/17 - 5/30/17 (no class 5/23/17).** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Adult Coloring

For Relaxation, Stress Relief and Fun! We're providing some coloring sheets, but students may bring their own. So, bring your colored pencils or pens and join us – Keep Calm and Color On! Offered in 6 weeks sessions. ADVANCE REGISTRATION IS REQUIRED. **Mondays 9:30am - 11:30am. 2/27/17 - 4/3/17 and 4/17/17 - 5/22/17.** FREE for Registered SWFP Members Only.



*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).

## 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. 2/27/17 - 4/3/17 and 4/17/17 - 5/22/17.** \$30.00 per person (55 yrs. & older) \$50.00 per person (54 yrs. & under)

## Intermediate Guitar

Students must have taken Beginner's Guitar and have written approval from the instructor to register for this class. Course book can be purchased from instructor. Offered in 6 weeks sessions. **Mondays 10:30am - 11:30am. 2/27/17 - 4/3/17 and 4/17/17 - 5/22/17.** \$30.00 per person (55 yrs. & older) \$50.00 per person (54 yrs. & under)

## YOU Can Sew!

In this "no pressure" course the emphasis is on having fun and creating projects you want to sew! Two classes are offered in 6 weeks sessions. *Materials not included.* **Mondays 12:30pm - 2:30pm. 2/27/17 - 4/3/17 and 4/17/17 - 5/22/17 – OR – Wednesdays 9:30am - 11:30 am. 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17 (no class 5/24/17).** \$38.00 per person per class (55 yrs. & older) \$42.00 per person (54 yrs. & under). Offered day or evening.

## Knitting for FUN!

In this class you will learn the basics of knitting and will knit your stress away! Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 12:00pm - 2:00pm. 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17 (no class 5/24/17).** \$38.00 per person (55 yrs. & older) \$58.00 per person (54 yrs. & under)



## Silk Floral Workshop

In this creative workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their projects home! Workshops offered once a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$18.00 per person. Includes ALL Materials! (*Must register 1 week before by 4:00pm*) Dates for upcoming workshops are: **March – 3/21/17  
April – 4/18/17  
May – 5/16/17**

## Flower Arranging Workshop

In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered twice a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$18.00 per person. Includes ALL Materials! (*Must register the day before by 4:00pm*) Dates for upcoming workshops are: **March – 3/14/17 and 3/28/17  
April – 4/11/17 and 4/25/17  
May – 5/9/17 and 5/23/17**

## Drawing Fundamentals

The foundation of all studio art classes is drawing. Students will learn the fundamentals of drawing including the study of line, perspective, light and shade, form and proportion in this easy to follow class. Mediums students will use are graphite pencil, charcoal and pen & ink. Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.* **Wednesdays 12:30pm - 2:30pm. 3/8/17 - 4/12/17 (no class 3/1/17) and 4/19/17 - 5/31/17 (no class 5/24/17).** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



## Intermediate Drawing

The next step after Drawing Fundamentals, this class will expand your knowledge of drawing techniques. Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.* **Thursdays 9:00am - 11:00am. 3/9/17 - 4/13/17 (no class 3/2/17) and 4/20/17 - 5/25/17.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



## Beginner's Painting

Learn the basic skills needed to start painting in this easy to follow class. Offered in 6 weeks sessions. *Materials not included.* **Fridays 9:30am - 11:30am. 3/10/17 - 4/14/17 (no class 3/3/17) and 4/21/17 - 5/26/17.** FREE for registered SWFP members.

## Figure Drawing

Explore the world of figure drawing in this easy to follow course. Students will learn the fundamental skills of figure drawing. Some previous drawing experience is desired. Offered in 6 weeks sessions. *Materials not included – Bring a sketch pad, drawing pencil to your first class.* **Tuesdays 12:30pm - 2:30pm. 3/7/17 - 4/11/17 (no class 2/28/17) and 4/18/17 - 5/30/17 (no class 5/23/17).** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



## Intro to Watercolor

This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 12:30pm - 2:30pm. 3/9/17 - 4/13/17 (no class 3/2/17) and 4/20/17 - 5/25/17.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Painting with Acrylics

In a supportive, friendly and relaxed environment, students will explore the wide range of effects that can be achieved using acrylics. Offered in 6 weeks sessions. *Materials not included.* **Fridays 12:00pm - 2:00pm. 3/10/17 - 4/14/17 (no class 3/3/17) and 4/21/17 - 5/26/17.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Portrait Drawing

Learn the art of portrait drawing through this informative course. Working from photographs, students will learn to draw portraits, culminating their studies by creating a self-portrait using a hand held mirror at the end of the 6-week course. Please bring a sketch pad, drawing pencil, and portrait style photograph to the first class. **Fridays 9:30am - 11:30am. 3/3/17 - 4/7/17 and 4/21/17 - 5/26/17.** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Ceramics Class

Students will create low fire ceramic pieces using pre-molded green ware that are decorated using traditional underglazes, over glazes or layering and mixing of colors. Offered in 6 weeks sessions. *Materials not included.* **Tuesdays 9:00am - 12:00pm. 3/7/17 - 4/11/17 (no class 2/28/17) and 4/18/17 - 5/30/17 (no class 5/23/17).** FREE for registered SWFP members.

## Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 9:00am - 11:00am. 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17 (no class 5/24/17).** \$42.00 per person (18 yrs. & older) Offered day or evening.

## Beginner's Spanish Class

Offered in 6 weeks sessions. **Wednesdays 10:00am - 12:00pm. 3/8/17 - 4/12/17 (no class 3/1/17) and 4/19/17 - 5/31/17 (no class 5/24/17).** \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

## Photography 101

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



## MONDAY

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

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

9:30 - 11:30 • Rm 209  
**Adult Coloring**

10:00 - 11:00 • Main Hall  
**JoyDanz**

10:00 - 11:00 • Rm 116  
**Aging Healthy and Living  
Independently Forum**  
*1st, 2nd & 3rd Monday (English)*

10:00 - 11:00 • Rm 116  
**Understanding Our Losses**  
*4th Monday (Bilingual)*

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

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

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

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

11:00 - 12:00 • Gym 2  
**Line Dance**

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 1:45 • Main Hall • **Bingo**

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

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

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

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

12:30 - 2:30 • Rm 209  
**YOU Can Sew!**

## TUESDAY

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

9:00 - 12:00 • Rm 207  
**Ceramics**

9:00 - 10:00 • Gym 1  
**Yoga**

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

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

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

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

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

10:00 - 11:30 • Rm 116  
**Current Trends in Caregiving**  
*(Spanish)*

11:45 - 1:45 • Main Hall  
**Bingo**

12:00 - 1:00 • Rm 212  
**Current Events & Brain Games**

12:00 - 1:00 • Gym 2  
**Zumba**

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

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

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

## WEDNESDAY

9:00 - 11:00 • Rm 207 • **Pottery**

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

9:30 - 10:20 • Gym 1  
**Chair Exercise**

9:30 - 10:30 • Gym 2  
**Yo-Chi-Lates**

9:30 - 1:30 • Rm 213  
**VIP Class**

10:00 - 11:00 • Main Hall  
**Salsa**

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

10:30 - 12:00 • Rm 116  
**Current Trends in Caregiving**  
*(English)*

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

11:30 - 12:30 • Gym 1  
**Fit and Strong**  
*(Starts in April)*

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

12:00 - 2:00 • Rm 212  
**Knitting**

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

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

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



## THURSDAY

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

9:00 - 10:00 • Gym 1 • **Yoga**

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

9:30 - 10:30 • Gym 2  
**Mat Pilates**

9:30 - 11:30 • Rm 205  
**Adult Acting Workshop**

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

10:00 - 11:30 • Rm 116  
**Coping with Life Changes**  
(*English*)

*1st and 3rd Thursday – Vitas Healthcare*

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

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

11:45 - 1:45 • Main Hall  
**Bingo**

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

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

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

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

## FRIDAY

9:00 - 10:00 • Gym 2  
**Chair Yoga**

9:30 - 10:20 • Gym 1  
**Chair Exercise**

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

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

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

10:30 - 11:30 • Gym 1  
**Yoga**

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

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

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

12:00 - 1:00 • Gym 2  
**Zumba**

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

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



## UP-COMING EVENTS

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

**A night of Bingo and Free Refreshments**  
*3rd Tuesday of Each Month 6:00pm –  
provided by the Knights of Columbus.*  
Packets start at \$15, play all night.  
**March 21st • April 18th • May 16th**

### *Lady Pines Pageant*

Open for women aged 60 years and older.  
Contestants will be judged on style, charisma  
and personality. The winner will represent  
the City of Pembroke Pines at a variety  
of events during the year.

**The pageant will be held at the S.W. Focal  
Point Community Center on Tuesday,  
April 11, 2017 at 12:30pm in the Main Hall.**  
**Application deadline is Friday, April 7, 2017**  
Call the Activities Desk at (954) 450-6888  
for more information.

### **CABARET HAVANA**

#### **Dinner Dance with Live Entertainment**

Enjoy delicious authentic Latin food and music!  
Bring your camera to take snapshots in front  
of our photo backdrop! \$10.00 per person  
Buffet dinner at 5:30pm (*reservations required*)

Dance starts at 6:30pm.  
*Sponsored by Site Advisory Council.*  
**Friday, April 21, 2017**

### **MORIKAMI MUSEUM & JAPANESE GARDENS TRIP**

**Friday, April 28, 2017**

**Trip departs at 8:30am.**

\$15.00 CASH ONLY per person for SWFP  
members (transportation provided to and  
from center only). Lunch on your own or  
purchase from the café overlooking the  
gardens. *This trip involves a moderate amount  
of walking – wear comfortable shoes.*

### **7TH ANNUAL SENIOR SPELLING BEE**

**Tuesday, May 16, 2017. 12:30pm till 2:00pm.**  
*Cash prizes will be awarded to First Place,  
Second Place and Third Place winners! SWFP  
members only. Must sign up at the Activities  
Desk by the deadline of May 15, 2017.*

# 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).

## Inside Out Theater Company, Inc.

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

## Ballroom Dancing

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

## Art Appreciation through Creative Art Journaling

The purpose of this hands on course is to generate inspiration, organize artistic ideas and develop an appreciation of Art. Each week, class will begin with a brief overview and discussion of a famous artist. Attention will be given to style, medium, theme as well as elements of art prominent in the artist's work. Students will then will then develop their ideas using a variety of mediums in their art journals. Offered in 6 weeks sessions. Six different artists will be introduced each session!  
**Thursdays 7:00pm - 9:00pm.** 3/2/17 - 4/6/17 and 4/20/17 - 5/25/17. \$42.00 per person.

## "Paint & Sip" Workshops

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

*\*Special Group Rates (minimum 10 people). Email [hdaniels@ppines.com](mailto:hdaniels@ppines.com) for more information!*

## "Cookies & Canvas"

### Painting Workshops for Kids

Each child will take home a one-of-a-kind painting and hopefully a newfound talent! Children should bring their own cookies or snack; everything else is included! Offered **2nd Tuesday of every month 5:45pm - 7:45pm** for children 8 years and up. \$30.00 per person (all art materials included)  
**March - 3/14/17**  
**April - 4/11/17**

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

## Floral Arranging

This is a hands-on workshop all inclusive workshop where students will create individual floral centerpieces to take home. Offered **once a month on Tuesdays from 7:00pm till 9:00pm.** Price per class: \$18.00 per person (18 yrs. & older) *Includes ALL Materials!* Must register by 4pm day before class. Dates for upcoming workshops are:  
**March - 3/21/17**  
**April - 4/18/17**  
**May - 5/16/17**

## Pottery Studio for Children

Students will learn basic hand building methods in clay and be introduced to the potter's wheel. The focus is placed on creating artistic projects that develop a positive form of expression and having...FUN! Offered in 6 weeks sessions. Includes ALL materials. Children 8 yrs. & up. **Wednesdays 5:45pm - 6:45pm.** 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17. \$25.00 per person.

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

## Pottery Studio

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. Materials not included. **Wednesdays 7:00pm - 9:00pm.** 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17. \$42.00 per person

## Glaze Formulation One Day Workshop

This all-inclusive one day workshop is for the seasoned pottery student who is ready to start making glazes. Learn basic glaze formulas, weights and measures, colorants, mixing and storing techniques. Each student will take home 3 containers of glaze they made from scratch!  
**Wednesday 6:00pm - 9:00pm.** **April 12, 2017.** \$45.00 per person (includes all materials).

## Sewing Classes for Children

Children will learn how to operate a sewing machine, sewing fundamentals, pattern layout as well as how to select fun fabrics and patterns! Bring your own machine, or use one of ours. Offered in 6 week sessions. *Materials not included.* 8 yrs. and up. **Wednesday 5:45pm - 6:45pm.** 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17. \$25.00 per person.

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

## Adult Sewing Classes

In this creative class, students will learn how to make alterations, home decorating items and how to make custom outfits. Bring your own machine or use one of ours. All skill levels welcome. Offered in 6 weeks sessions. *Materials not included.* **Wednesday 7:00pm - 9:00pm.** 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17. \$42.00 per person

## Fine Jewelry Design

Using semi-precious stones, pearls, 14K gold and Sterling Silver, students will create exquisite one-of-a-kind fine jewelry pieces. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 4:30pm - 6:30pm.** (1st class meets from 4:30pm till 7:30pm) 3/1/17 - 4/5/17 and 4/19/17 - 5/31/17. \$45.00 per person

## Belly Basics with Nailah!

This easy to follow belly dancing course is designed for both beginners and slightly advanced students. Have fun as you exercise! Offered in 6 weeks sessions. **Tuesdays 7:00pm - 8:00pm.** 2/28/17 - 4/4/17 and 4/18/17 - 5/23/17. \$45.00 per person

## Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm.** 3/2/17 - 4/6/17 and 4/20/17 - 5/25/17. \$42.00 per person

## Pines West Camera Club

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

## Beginners Photography

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

## Special Photo Editing Programs

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

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

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

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

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

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

## ON GOING EXERCISE CLASSES

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

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

### **Mat Pilates**

**Thursdays: 9:30am – 10:30am**  
\$15.00 per month (55 yrs & older)  
\$35.00 per month (54 yrs & under)

### **COMING SOON! Fit and Strong**

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. BEGINS IN APRIL 2017.**

\$15.00 per month (55 yrs & older)  
\$35.00 per month (54 yrs & under)

### **Senior Total Fitness**

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

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

### **Chair Total Fitness**

This class encompasses all the elements provided in the Senior Total Fitness class but while

sitting on a chair. **Wednesdays 12:30pm - 1:20pm.** FREE for SWFP members only.

### **Yo-chi-lates**

A combination of Yoga, Tai Chi and Pilates – all in one class!  
**Wednesdays 9:30am - 10:30am in Gym 2.** FREE for SWFP members only. *Sponsored by Baptist Health South Florida*

### **Gym Training**

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.

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

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

### **Salsa**

**Wednesdays 10:00am - 11:00am in the Main Hall - FREE** for SWFP members only.

### **“Scale Back”**

#### **Weight Loss Workout**

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

#### **DAYTIME**

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

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

#### **EVENING**

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

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

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

#### **DAYTIME**

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

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

#### **EVENING**

**Thursdays 6:30pm - 7:30pm**  
\$30.00 per month

### **Zumba for Teens and Adults**

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

### **Tai Chi**

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

**Wednesdays 7:00pm - 8:00pm**  
\$30.00 per month

### **Chair Exercise**

**Mondays: 12:30pm - 1:30pm**  
**Wednesdays: 9:30am - 10:30am**  
**Fridays: 9:30am - 10:30am**  
FREE for registered SWFP members

### **Line Dance**

**Mondays: 11:00am - 12:00pm**  
\$10.00 per month (55 yrs & older)  
\$30.00 per month (54 yrs & under)

### **Water Aerobics**

**Tuesdays -OR- Thursdays: 9:00am - 10:00am**  
FREE for registered SWFP members. *Space is limited - first come, first served*

### **Yoga**

4 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **Mondays: 11:30am - 12:30pm**  
**Tuesdays: 9:00am - 10:00am**  
**Thursdays: 9:00am - 10:00am**  
**Fridays: 10:30am - 11:30am**  
\$10.00 per month (55 yrs & older)  
\$30.00 per month (54 yrs & under)

### **Tai Chi**

4 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **Mondays: 9:15am - 10:15am** (Beginner/Intermediate/Advanced)  
**Thursdays: 11:45am - 12:45pm** (Beginner/Intermediate)  
**Thursdays: 1:00pm - 2:00pm** (Beginner)  
**Fridays: 12:00pm - 1:00pm** (Beginner/Intermediate)  
\$10.00 per month (55 yrs & older)  
\$30.00 per month (54 yrs & under)

### **Chair Yoga**

3 ongoing monthly classes are offered each week. Each day and time for the month is a separate fee. **Mondays: 10:30am - 11:30am**  
**Wednesdays: 10:30am - 11:30am**  
**Fridays: 9:00am - 10:00am**  
\$10.00 per month (55 yrs & older)  
\$30.00 per month (54 yrs & under)

### **Zumba!**

**Tuesdays: 12:00 - 1:00pm**  
\$10.00 per month (55 yrs & older)  
\$30.00 per month (54 yrs & under)

### **Zumba!**

**Fridays: 12:00pm - 1:00pm**  
FREE for registered SWFP members. *Sponsored by Baptist Health South Florida*

# MARCH 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY



## SITE ADVISORY COUNCIL NEEDS YOU!

The Site Advisory Council invites and encourages you to become a part of this important organization. If you have any questions or would like to sign up please go to the Activities Department.

Nominations accepted the week of:  
March 20th – April 31st, 2017

**6**  
9:00-1:30 S/A  
**AARP Tax Preparation**  
  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-1:45  
**BINGO**

**13**  
9:00-1:30 S/A  
**AARP Tax Preparation**  
  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-1:45  
**BINGO**

**20**  
9:00-1:30 S/A  
**AARP Tax Preparation**  
  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-1:45  
**BINGO**

**27**  
9:00-1:30 S/A  
**AARP Tax Preparation**  
  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-1:45  
**BINGO**

**7**  
10:00 M/H  
**FREE Ageless Grace**  
  
11:45-1:45  
**BINGO**  
  
6:30-9:30pm  
**“Paint & Sip”**

**14**  
10:00 M/H  
**FREE Ageless Grace**  
  
11:45-1:45  
**BINGO**  
  
5:45-7:45pm  
**“Cookies & Canvas”**

**21**  
10:00 M/H  
**FREE Ageless Grace**  
  
11:45-1:45 **BINGO**  
  
6:30 **Night Bingo**  
  
7:00-9:00pm  
**Floral Arranging**

**28**  
10:00 M/H  
**FREE Ageless Grace**  
  
10:00 Rm 212  
**Guest Speaker**  
(Creole)  
  
11:45-1:45  
**BINGO**

**1**  
10:00 M/H  
**FREE Salsa Class**  
  
11:00  
**Trip to St. Max**  
  
11:00  
**“EAT SOMETHING GREEN”**  
**Contest with Prizes**  
  
12:30  
**Music & Dancing**  
**with Winston**

**8**  
10:00 M/H  
**FREE Salsa Class**  
10:00  
**Puppy Corner**  
*Sponsored by Petland*  
11:00  
**“DRINK SOMETHING GREEN”**  
**Contest with Prizes**  
12:30  
**Music & Dancing**  
**with Winston**  
**Birthday Celebration**  
*Sponsored by Chen Medical*

**15**  
10:00 M/H  
**FREE Salsa Class**  
  
12:30  
**Music & Dancing**  
**with Winston**  
**“PARTY IN GREEN”**  
*Prizes will be given for the best green outfits!*

**22**  
10:00 M/H  
**FREE Salsa Class**  
12:00  
**Entertainment**  
**with DJ Mack**  
*Sponsored by Site Advisory Council*  
2:00-4:00  
**Spring Tea Party**

**29**  
10:00 M/H  
**FREE Salsa Class**  
12:00  
**Entertainment**  
**with DJ Michael**  
12:00  
**Theater Trip**  
*(Something Rotten)*

**2**  
10:15  
**Karaoke**  
**with Winston**  
  
11:45-1:45  
**BINGO**

**9**  
10:00 S/A  
**Guest Speaker**  
**“Living in Retirement”**  
(English)  
  
10:00  
**Songbird’s Trip to**  
**VA Nursing Home**  
  
11:45-1:45 **BINGO**

**16**  
10:15  
**Karaoke**  
**with Winston**  
  
11:45-1:45  
**BINGO**

**23**  
10:00 S/A  
**Guest Speaker**  
**“Poison Control”**  
(English and Spanish)  
10:30  
**“SPRING BONNET”**  
**Contest with Prizes**  
  
11:45-1:45  
**BINGO**

**30**  
10:00 S/A  
**Guest Speaker**  
**“Nutrition”**  
(English and Spanish)  
10:00 M/H  
**Spanish Poetry**  
  
11:45-1:45  
**BINGO**

**3**  
11:45-1:45  
**Music & Dancing**  
**with**  
**DJ Tom Caminiti**

**10**  
10:00  
**Shopping Trip**  
**to**  
**Sawgrass Mills**  
  
10:00  
**FSU Charter School**  
*1st Grade Students for*  
*Fun & Game Time*

**17**  
5:30pm  
**“St Patrick’s Day”**  
**Dinner Dance with**  
**Live Entertainment**

**24**  
9:30  
**“Knaus Berry Farm”**  
**Trip**  
\$5.00 per person  
**CASH ONLY**

**31**  
9:30  
**“CORAL CASTLE**  
**MUSEUM” Trip**  
\$30.00 per person  
**CASH ONLY**  
  
12:00pm-1:30pm  
**Karaoke with Hury**

**4/5**

**11/12**

**18/19**

**25/26**  
**2 DAY**  
**ANTIQU**  
**SHOW**  
  
Saturday  
9:00am - 4:00pm  
  
Sunday  
10:00am - 4:00pm

**SHINE HOURS**  
*Information*  
*regarding all Health*  
*Insurance needs.*  
**Tuesday, Wednesday**  
**& Friday**  
**9:00am-11:30am**  
**Room 198**

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