

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

MAY 2017



Join us for the 36th Annual **Broward Aging Network Conference (BANC)**
at the Carl Shechter SWFP Community Center
Tuesday & Wednesday, May 23 - 24, 2017 • 9:00am - 3:30pm
For more information, please contact Patricia Alonso (954) 745-9567 Ext. 10255

CELEBRATING
Older Americans Month

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide an opportunity to celebrate what getting older looks like today. The 2017 OAM theme, **AGE OUT LOUD**, gives aging a new voice – one that reflects what today's older adults have to say.

A listing of all activities and events for Older American's Month will be available in May at the Activities Desk.

Prizes for Older American's Month games & contests provided by Chen Medical

MOTHER'S DAY
CELEBRATION

Breakfast

Wednesday, May 10, 2017

8:00am - 10:00am

FREE for registered
SWFP members only.

Sponsored by Pines Medical



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 age 60 yrs. and up. Must sign up at the Activities Desk by the deadline of May 15, 2017.

**Flea Market
& Bazaar**

Saturday, May 20, 2017

8:00am till 4:00pm

Sunday, May 21, 2017

9:00am till 3:00pm

Over 100 indoor vendors
FREE admission and 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

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. 4/18/17 - 5/30/17 (no class 5/23/17) and 6/6/17 - 7/18/17 (no class 7/4/17).**

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

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

Adult Coloring

For Relaxation, Stress Relief and Fun! We're providing some coloring sheets, but students may bring their own. So, bring your colored pencils or pens and join us – Keep Calm and Color On! Offered in 6 weeks sessions. **ADVANCE REGISTRATION IS REQUIRED. Mondays 9:30am - 11:30am. 4/17/17 - 5/22/17 and 6/5/17 - 7/10/17.**

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.

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. 4/17/17 - 5/22/17 and 6/5/17 - 7/10/17.

\$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. 4/17/17 - 5/22/17 and 6/5/17 - 7/10/17.

\$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. 4/17/17 - 5/22/17 and 7/24/17 - 8/28/17 – OR – Wednesdays 9:30am - 11:30 am. 4/19/17 - 5/31/17 (no class 5/24/17) and 7/26/17 - 8/30/17. NO CLASSES IN JUNE.

\$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. 4/19/17 - 5/31/17 (no class 5/24/17) and 7/26/17 - 8/30/17. NO CLASSES IN JUNE.**

\$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:

May – 5/16/17

June – 6/20/17

July – 7/18/17

Flower Arranging Workshop

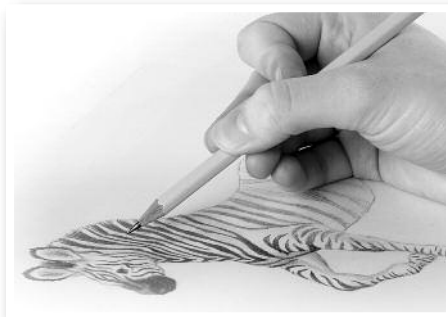
In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered twice a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$18.00 per person. Includes ALL Materials! (*Must register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

May – 5/9/17 and 5/23/17

June – 6/13/17 and 6/27/17

July – 7/11/17 and 7/25/17

DAYTIME CLASSES



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. 4/19/17 - 5/31/17 (no class 5/24/17) and 6/7/17 - 7/12/17.**
\$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. 4/20/17 - 5/25/17 and 6/8/17 - 7/13/17.**
\$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. 4/21/17 - 5/26/17 and 6/9/17 - 7/14/17.**
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. 4/18/17 - 5/30/17 (no class 5/23/17) and 6/6/17 - 7/18/17 (no class 7/4/17).**
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)



Intro to Watercolor

This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 12:30pm - 2:30pm. 4/20/17 - 5/25/17 and 6/8/17 - 7/13/17.**
\$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. 4/21/17 - 5/26/17 and 6/9/17 - 7/14/17.**
\$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. 4/21/17 - 5/26/17 and 6/9/17 - 7/14/17.**
\$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. 4/18/17 - 5/30/17 (no class 5/23/17) and 6/6/17 - 7/18/17 (no class 7/4/17).**
FREE for registered SWFP members.

Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 9:00am - 11:00am. 4/19/17 - 5/31/17 (no class 5/24/17) and 6/7/17 - 7/12/17.**
\$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. 4/19/17 - 5/31/17 (no class 5/24/17) and 6/7/17 - 7/12/17.**
\$20.00 per person (55 yrs. & older)
\$40.00 per person (54 yrs. & under)

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

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 1:45 • Main Hall • **Bingo**

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 • S/A
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**

9:00 - 10:00 • Gym 2
Yo-Chi-Lates

9:00 - 11:00 • Rm 207
Pottery

9:30 - 10:20 • Gym 1
Chair Exercise

9:30 - 11:30 • Rm 209
YOU Can Sew!

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 • Weight Room
Fit and Strong

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

12:00 - 2:00 • Rm 212
Knitting

12:00 - 4:00 • N/A
Cards and Games

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

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



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 - 11:30 • Rm 205
Adult Acting Workshop

10:00 - 11:00 • Gym 2
Mat Pilates

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 • M/H
Low Impact Exercise

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

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

12:00 - 1:00 • M/H
Zumba

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

BINGO WITH THE **NIGHTS**

**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.
May 16, 2017 and June 20, 2017*

CINCO DE MAYO PARTY

**with live DJ
Friday, May 5, 2017
12:00pm in the Main Hall
*Sponsored by Chen Medical***

MONTHLY BIRTHDAY CELEBRATION

**Wednesday, May 10, 2017
12:00pm in the Main Hall
*Sponsored by Pines Medical***

ENTERTAINMENT DAY

**with Singer "Fernando"
Wednesday, May 31, 2017
12:00pm
*Sponsored by Site Advisory Council***

SUMMERTIME FUN & GAMES WITH PRIZES

**June 8, 2017 10:00am
in the Main Hall
*Prizes provided by Simply Health Care***

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.ppinet.com.

Inside Out Theater Company, Inc.

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



Ballroom Dancing

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

"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) **May - 5/2/17 • June - 6/6/17**

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

"Cookies & Canvas" Painting Workshops for Kids

Each child will take home a one-of-a-kind painting and hopefully a newfound talent! Children should bring their own cookies or snack; everything else is included! Offered **2nd Tuesday of every month 5:45pm - 7:45pm** for children 8 years and up. \$30.00 per person (all art materials included) **May - 5/9/17 • June - 6/13/17**

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

Floral Arranging

This is a hands-on workshop all inclusive workshop where students will create individual floral center-pieces 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: **May - 5/16/17**
June - 6/20/17
July - 7/18/17



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. 4/19/17 - 5/24/17 and 6/7/17 - 7/12/17.** \$25.00 per person.

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

Pottery Studio

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. Materials not included. **Wednesdays 7:00pm - 9:00pm. 4/19/17 - 5/24/17 and 6/7/17 - 7/12/17.** \$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. July 19, 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. 4/19/17 - 5/24/17 and 7/26/17 - 8/30/17. NO CLASSES IN JUNE.** \$25.00 per person.

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



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. 4/19/17 - 5/24/17 and 7/26/17 - 8/30/17. NO CLASSES IN JUNE.** \$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) 4/19/17 - 5/24/17 and 6/7/17 - 7/12/17.** \$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. 4/18/17 - 5/23/17 and 6/6/17 - 7/18/17 (no class 7/4/17).** \$45.00 per person

Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm. 4/20/17 - 5/25/17 and 6/8/17 - 7/13/17.** \$42.00 per person

Pines West Camera Club

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

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.ppin.es.com.

NEW CLASS! Low Impact Exercise in the Main Hall
Fridays: 10:30am - 11:30am
FREE for SWFP members only.
Sponsored by Pines Medical

NEW TIME! Mat Pilates
Thursdays: 10:00am - 11:00am
\$15.00 per month (55 yrs & older)
\$35.00 per month (54 yrs & under)

NEW CLASS! Fit and Strong
Students must have taken Senior Total Fitness and have written approval from the instructor to register for this class. Combines the gym and outdoor/indoor aerobic activity. This class is for advancing in strength and endurance and to challenge individuals to a better fitness level. Improve your heart health, strengthen muscles, bones, and joints.
Wednesdays, 11:30am - 12:30pm.
FREE for SWFP members only.
(\$5 cash deposit required to hold your space for the month – must attend all classes to be refunded.)
Sponsored by Coventry Health

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.

NEW TIME! 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 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.
Mondays 12:30pm - 1:30pm
FREE for registered SWFP members. *Sponsored by Baptist Health South Florida*

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

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.

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

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO	2 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO 6:30-9:30pm "Paint & Sip"	3 10:00 M/H FREE Salsa Class 12:30 Music & Dancing with Winston 12:30 Theater Trip "Matilda"	4 10:15 Karaoke with Winston 11:45-1:45 BINGO	5 CINCO DE MAYO PARTY with live DJ 12:00pm in the Main Hall <i>Sponsored by Chen Medical</i>	6/7
8 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO	9 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO 5:45-7:45pm "Cookies & Canvas"	10 8:00-10:00am Mother's Day Breakfast <i>Sponsored by Pines Medical</i> 10:00 M/H FREE Salsa Class 10:00 Puppy Corner <i>Sponsored by Petland</i> 12:00 BirthDay Celebration <i>Sponsored by Pines Medical</i> 12:30 Music & Dancing with Winston	11 10:00 S/A Guest Speaker "Assistive Technology" 10:00 Songbird's Trip to Hillcrest 11:45-1:45 BINGO	12 10:00 Festival Flea Market Trip <i>SWFP members only. Must sign up in advance.</i>	13/14
15 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO	16 10:00 S/A FREE Ageless Grace 12:30 M/H 7th Senior Spelling Bee 6:30 Night Bingo 7:00-9:00pm Floral Arranging	17 10:00 M/H FREE Salsa Class 12:30 Music & Dancing with Winston	18 10:00 FSU Charter School 3rd Grade Students for Fun & Game Time 11:45-1:45 BINGO	19 11:00 "LA CALENITA" Lunch Trip	20/21 2 Day Flea Market Saturday 8:00am - 4:00pm Sunday 9:00am - 3:00pm
22 10:00 M/H FREE JoyDanz 11:45-1:45 BINGO	23 9:00am-3:00pm 36th Annual Broward Aging Network Conference <i>No Daytime Classes</i>	24 9:00am-3:00pm 36th Annual Broward Aging Network Conference <i>No Daytime Classes</i>	25 10:00 M/H Spanish Poetry 11:45-1:45 BINGO	26 9:30 am Flamingo Gardens Trip \$15.00 per person CASH ONLY 12:00pm-1:30pm Karaoke with Hury	27/28
29 CENTER CLOSED Memorial Day	30 10:00 Rm 212 Guest Speaker (Creole) 10:00 S/A FREE Ageless Grace 11:45-1:45 BINGO	31 10:00 M/H FREE Salsa Class 12:00 M/H Entertainment with Singer "Fernando"	<div style="border: 2px solid black; padding: 10px;"> <h2 style="text-align: center;">SUMMER BLOCK PARTY</h2> <p style="text-align: center;">Dinner Dance with Live Entertainment</p> <p style="text-align: center;">It's family night at the SWFP! Enjoy a "kid friendly" evening with food, games, music and dancing!</p> <p style="text-align: center;">\$10.00 per adult and \$5.00 per child (12 yrs. & under) - Buffet dinner at 5:30pm (reservations required) Dance starts at 6:30pm. Friday, June 16, 2017</p> </div>		SHINE HOURS <i>Information regarding all Health Insurance needs.</i> 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.**