

*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

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

OCTOBER 2018

**October is
National
Walking Month!**

WALKTOBER Fitness Challenge 2018

Walk 31 minutes every day for 31 days! Group walks with Instructor, nutritional guidance, and weekly weigh-ins. FREE prizes and raffles. FREE for registered SWFP members only. Register at the Activities Desk.



**VETERANS
EMPLOYMENT EXPO**

Be a Hero,
Hire a
Veteran!



Dress for success and have your resume ready!
Tuesday, October 2, 2018 • 10:00am till 2:00pm
(10:00am to 12:00pm exclusively for Veterans only)

4th Annual Employment Expo benefitting
retired and active duty personnel.
Over 40 different companies and a dozen
social service agencies will be present!
Expo will open to general public at 12:00pm

**Antiques & Collectibles
Show**

**Saturday
October 13, 2018**
9:00 am – 4:00 pm

**Sunday
October 14, 2018**
10:00 am – 4:00 pm

FREE Parking
and Admission



“Witch’s Brew” Halloween Tea Party



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

**Wednesday,
October 24, 2018
2:00pm**

\$18.00 per person
(reservations required)



Halloween Dinner Dance with DJ Mack

Join us for a “wicked” good time... if you dare!
Prizes will be given for the best Halloween Costumes!

Friday, October 26, 2018

\$10.00 per person. Buffet dinner at 5:30pm (reservations required).
Dance starts at 6:30pm. Entertainment sponsored by Caremax Medical



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



Computer Essentials in English and Spanish – Level 1

(12 hour Course)

This easy beginner's course, is designed to give students the skills required for basic computer use. This class, which has been created specifically for individuals with little or no computer experience, enables students to perform basic computer functions as well as understand basic computer vocabulary and technology. An introduction to MS Word, Publisher, Internet and Social Media will also be included. *Students should bring their own flash drive to save class documents.*

ENGLISH: 6 weeks sessions

Mondays, 9:30am - 11:30am.

9/10/18 - 10/15/18 and 10/29/18 - 12/10/18
(no class 11/12)

SPANISH: 6 weeks sessions.

NEW DAY AND TIME! Fridays, 12:00pm - 2:00pm. 9/14/18 - 10/19/18 and 11/2/18 - 12/14/18 (no class 11/23)

\$42.00 per person (18 years and older)

Intermediate Computer Skills in English – Level 2

(12 hour Course)

The next step after Computer Essentials, this class will help students expand their knowledge of computers, applications and computer networking. Students will explore features and perform basic functions of MS Word and Publisher – creating documents and even greeting cards. They will also learn to navigate and perform simple Web searches as well as sending emails and utilizing Social Media. An introduction to PowerPoint and using a 3-D printer will also be included. *Students should bring their own flash drive to save class documents.*

ENGLISH: 6 weeks sessions

Wednesdays, 9:30am - 11:30am.

9/12/18 - 10/17/18 and 10/31/18 - 12/5/18

\$42.00 per person (18 years and older)

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

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

Advanced Computer Skills in English – Level 3 (12 hour Course)

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

6 weeks sessions Fridays, 9:30am -

11:30am. 9/14/18 - 10/19/18 and 11/2/18 - 12/14/18 (no class 11/23)

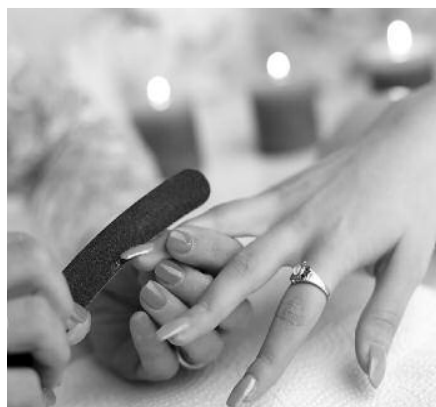
\$42.00 per person (18 years and older)

“VIP” Arts and Crafts Class for Visually Impaired Persons

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

Mini Spa Day!

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



NEW DAY AND TIME! “Drop-In” Adult Coloring

No registration required - feel free to just join in! 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.

Tuesdays, 9:30am - 11:30am.

FREE for Registered SWFP Members Only.

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.

9/10/18 - 10/15/18 and 10/29/18 - 12/10/18
(no class 11/12)

\$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.

9/10/18 - 10/15/18 and 10/29/18 - 12/10/18
(no class 11/12)

\$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.

10/31/18 - 12/5/19 (no classes in
September & October).

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

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

DAYTIME CLASSES

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. 10/31/18 - 12/5/19 (no classes in September & October).**
\$38.00 per person (55 yrs. & older)
\$42.00 per person (54 yrs. & under)



Flower Arranging Workshop

In this all-inclusive workshop, there will be a different theme and project each class and at the end of the workshop, each student will take their arrangement home! Workshops offered twice a month on **Tuesdays 9:30am - 11:30am.** Price per class: \$20.00 per person. *Includes ALL Materials!* **(Must register the day before by 4:00pm)**
Dates for upcoming workshops are:
• **October** – 10/9/18 and 10/23/18

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. 9/12/18 - 10/17/18 and 10/31/18 - 12/5/18**
\$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. 9/13/18 - 10/18/18 and 11/1/18 - 12/13/18 (no class 11/22)**
\$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. 9/11/18 - 10/16/18 and 10/30/18 - 12/4/18**
\$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. 9/13/18 - 10/18/18 and 11/1/18 - 12/13/18 (no class 11/22)**
\$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. 9/14/18 - 10/19/18 and 11/2/18 - 12/14/18 (no class 11/23)**
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. 9/10/18 - 10/15/18 and 10/29/18 - 12/10/18 (no class 11/12)**
\$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. 9/14/18 - 10/19/18 and 11/2/18 - 12/14/18 (no class 11/23)**
\$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, overglazes or layering and mixing of colors. Offered in 6 weeks sessions. **Tuesdays 9:00am - 12:00pm. 9/11/18 - 10/16/18 and 10/30/18 - 12/4/18**
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. 9/12/18 - 10/17/18 and 10/31/18 - 12/5/18**
\$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. 9/12/18 - 10/17/18 and 10/31/18 - 12/5/18**
\$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

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

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

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

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

10:00 - 11:00 • M/H
JoyDanz

10:15 - 11:15 • Rm 205
Songbirds

10:30 - 11:30 • Gym 1
Chair Yoga

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

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

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • Main Hall • **Bingo**

12:00 - 1:30 • Rm 215
**Aging Healthy and Living
Independently Forum**
(Spanish)

12:00 - 2:00 • Rm 212
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

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
Adult Coloring

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

10:00 - 11:00 • S/A
Ageless Grace

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

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

10:30 - 11:30 • Gym 2
Laughter Yoga
2nd Tuesday

10:30 - 11:30 • Gym 1
Flamenco Dance (Beginners)

11:30 - 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 - 4:00 • Rm 205
Duplicate Bridge

WEDNESDAY

9:00 - 10:00 • Gym 2
Yo-Chi-Lates

9:30 - 10:20 • Gym 1
Chair Exercise

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

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

9:30 - 11:30 • Rm 207
Pottery

9:30 - 11:30 • Rm 209
YOU Can Sew!

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

10:00 - 11:00 • M/H
Salsa

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

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

10:30 - 11:30 • Gym 1
Chair Yoga

11:30 - 12:30 • Gym 1
Fit and Strong

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

12:00 - 2:00 • Rm 212
Knitting

12:00 - 4:00 • N/A
Cards and Games

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

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

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 212
Citizenship Class

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

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

10:00 - 11:30 • Rm 215
Coping with Life Changes
(English)

1st & 3rd Thursday – Vitas Healthcare

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

9:30 - 10:30 • Gym 1
Chair Exercise

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

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

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

10:30 - 11:30 • Gym 1
Yoga

11:15 - 12:15 • Rm 197
Gym Training

12:00 - 1:00 • M/H
Zumba

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

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

"BEE T.E.A.M." Spelling Bee Club

"BEE" a part of our TEAM! Together Everyone Achieves More! Club members will learn various spelling strategies and best practice ideas. All Spelling Bee Club members are encouraged to participate in the Center's Spelling Bee events. **FREE for registered SWFP members only.**
Sign up at the activities Desk.

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.
October 16, 2018

Halloween Dance Party

with DJ Tom Caminiti
Costume contest with FREE prizes!
Wednesday, October 31, 2018
12:00pm in the Main Hall
Sponsored by Caremax

FLEA MARKET AND BAZAAR

Over 100 indoor vendors
FREE admission and parking
Saturday, November 3, 2018
8:00am till 4:00pm
Sunday, November 4, 2018
9:00am till 3:00pm

ANNUAL THANKSGIVING FOOD DRIVE

For the past 15 years, the S.W. Focal Point Community Center together with donations from schools, businesses and residents assists 100 families in our community by providing generously filled bins of food for a bountiful Thanksgiving meal. To help with this year's food drive, please call (954) 450-6888. Donations must be in no later than Thursday, November 8, 2018.

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.

NEW! Microsoft Excel for the Workplace

(12 hour Course)

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

ENGLISH: 6 weeks sessions
Tuesdays, 6:30pm - 8:30pm.
9/11/18 - 10/16/18 and
10/30/18 - 12/4/18

SPANISH: 6 weeks sessions
Thursdays, 6:30pm - 8:30pm
9/13/18 - 10/18/18 and 11/1/18 -
12/13/18 (no class 11/22)
\$42.00 per person
(18 years and older)

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 **Thursdays, 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.
9/12/18 - 10/17/18 and
10/31/18 - 12/5/18.
\$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.
October 24, 2018. \$45.00 per person (*includes all materials*).

Belly Basics with Nailiah!

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.
9/11/18 - 10/16/18 and
10/30/18 - 12/4/18.
\$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.** 9/13/18 - 10/18/18 and 11/1/18 - 12/13/18 (no class 11/22).
\$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.

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 **Thursdays, between 7:30pm-8:30pm**. For more information and to register please call William Padron at (305) 776-8260.



Silver Sneakers® "Classic" is at the SWFP!

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

Sponsored by Chen Medical

Laughter Yoga

Offered the 2nd Tuesday of every month **10:30am - 11:30am**. FREE for SWFP members only. *Sponsored by Chen Senior Medical Center*

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 Medical Center

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.

Sponsored by Coventry Health

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** \$10.00 per month (55 yrs. & older) \$30.00 per month (54 yrs. & under)

Gym Training

Once a week, our knowledgeable personal trainer will be in the workout room to assist members with proper use of gym equipment. She will also

create an easy workout designed to help individuals exercise independently to reach their unique health and fitness goals! **Fridays 11:15am - 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.

Salsa

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

Sponsored by Coventry Health

"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 Caremax Medical Center*

20/20/20 Fitness

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

DAYTIME

Wednesdays 11:30am - 12:30pm

EVENING

Thursdays 6:30pm - 7:30pm

\$10.00 per month (55 yrs & older) \$30.00 per month (54 yrs & under)

Chair Exercise

Mondays: 12:30pm - 1:30pm

Wednesdays: 9:30am - 10:30am

Fridays: 9:30am - 10:30am

FREE for registered SWFP members.

Water Aerobics

Tuesdays -OR- Thursdays:

9:00am - 10:00am

FREE for registered SWFP members.

Space is limited - first come, first served

Yoga

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

Mondays: 11:30am - 12:30pm

Tuesdays: 9:00am - 10:00am

Thursdays: 9:00am - 10:00am

Fridays: 10:30am - 11:30am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Chair Yoga

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

Mondays: 10:30am - 11:30am

Wednesdays: 10:30am - 11:30am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Tai Chi

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

DAYTIME

Mondays: 9:15am - 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

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

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

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

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 9:00 Gym 2 Walktober 10:00 M/H FREE JoyDanz 10:00-11:30 Rm 215 BCPA Homestead Assistance 11:45-2:00 BINGO	2 10:00am till 2:00pm  VETERAN'S EMPLOYMENT EXPO NO Ageless Grace NO Daytime BINGO	3 10:00 M/H FREE Salsa Class 12:30 Music & Dancing with Winston	4 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	5 9am-3pm S/A AARP Driver Safety (English) 9:00am SENIOR SAIL WATER TAXI TOUR Day Trip \$18.00 per person CASH ONLY	6/7
8 9:00 Gym 2 Walktober NO JoyDanz 11:45-2:00 BINGO	9 10:00 S/A FREE Ageless Grace 10:30 Gym 2 Laughter Yoga 11:45-2:00 BINGO	10 10:00 M/H FREE Salsa Class 10:00 Puppy Corner Lobby Sponsored by Petland 11:30 Birthday Celebration Sponsored by United Healthcare 12:30 Music & Dancing with Winston	11 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO 12:30 "Phantom of the Opera" Theater Trip	12 9am-3pm 205 AARP Driver Safety (Spanish) Sponsored by Toyota 10:30 M/H Silver Sneakers 11:00 "Broccolini's Italian Restaurant" Lunch Trip 11:15 Rm 197 No Gym Training	13/14 2 DAY ANTIQUE SHOW Saturday 9:00 a.m. to 4:00pm Sunday 10:00 a.m. to 4:00pm FREE Parking and Admission
15 9:00 Gym 2 Walktober 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	16 9:30-11:30 Rm 212 SHINE Open Enrollment 10:00 S/A FREE Ageless Grace 11:45-2:00 BINGO 6:00pm Night BINGO	17 10:00 M/H SALSA DANCE CONTEST with Prizes Sponsored by Coventry 12:00 FREE Chair Massages Sponsored by Healthmed 12:30 Music & Dancing with Winston	18 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO 6:30pm-9:00pm Southern Handcraft Craft Show	19 10:00 "Festival Flea Market" Shopping Trip 10:30 M/H Silver Sneakers 9:00am-9:00pm Southern Handcraft Craft Show 11:15 Rm 197 No Gym Training	20/21 Saturday 9:00am-3:00pm Southern Handcraft Craft Show
22 9:00 Gym 2 Walktober 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	23 9:30-11:30 Rm 212 SHINE Open Enrollment 10:00 S/A FREE Ageless Grace 11:00 M/H "MUMMY WRAP" Game with Prizes 11:45-2:00 BINGO	24 10:00 M/H FREE Salsa Class 12:00-1:30 M/H Entertainment Flamenco Dancers Sponsored by Coventry 2:00-4:00 "Witch's Brew" Halloween Tea Party	25 10:30 M/H FREE Low Impact Class 11:45-2:00 BINGO	26 10:30 M/H Silver Sneakers 12:00-1:30 M/H Karaoke with Hury 5:30 "EAT, DRINK & BE SCARY" Halloween Dinner Dance	27/28
29 9:00 Gym 2 Walktober 10:00 M/H FREE JoyDanz 11:45-2:00 BINGO	30 10:00 Room 212 Guest Speaker (Creole) Sponsored by Humana 10:00 M/H FREE Ageless Grace 11:00 "FALL HARVEST" Tasting Contest with Prizes 11:45-2:00 BINGO	31 10:00 M/H FREE Salsa Class 12:00 M/H "HALLOWEEN DANCE PARTY" with DJ Tom Caminiti	 23rd Annual HEALTH FAIR Wednesday, November 7, 2018 9:00am till 1:00pm FREE and open to the public, health screenings, exercise class demonstrations, and entertainment, 50 exhibitors, giveaways and much more!		

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.