

Main Number
(954) 450-6888

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

The Carl Shechter Southwest Focal Point Community Center

City of Pembroke Pines
Community Services Department

301 N.W. 103rd Avenue, Pembroke Pines, FL 33026
www.pmpines.com • Fax: (954) 450-6899

Senior Residences
(954) 392-9470

Adult Day Care
(954) 450-6855

Transportation
(954) 450-6850

OCTOBER 2019

WALKTOBER FITNESS CHALLENGE 2019

September 30 thru October 31



October is National Walking Month!

Walktober is a month-long campaign designed to inspire everyone to make walking a priority – in October and beyond! All participants will get a free prize at the end of the month based on their performance and will have their name entered in a FREE raffle!

FREE for registered SWFP members only.

Register at the Activities Desk and pick up Participant Package.

WITCHES BREW Halloween Tea Party

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

Wednesday,
October 23, 2019
2:00pm

\$18.00 per person
(reservations required)



Thrills & Chills! 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 25, 2019

\$10.00 per person. Buffet dinner at 5:30pm (reservations required).

Dance starts at 6:30pm.

Photo booth sponsored by Careplus



VETERANS EMPLOYMENT EXPO

Tuesday, October 1, 2019 – 10:00am till 2:00pm (10:00am to 12:00pm exclusively for Veterans only).

5th annual employment expo benefitting retired and active duty personnel.

Over 40 different companies and two dozen social service agencies will be present.

Expo will open to general public at 12:00pm.



TREE CITY USA

The Southwest Focal Point Community Center, 301 NW 103rd Avenue, is located in the heart of Pembroke Pines. Membership at the SWFPCC for adults 18 and older is free but required. If you need a change of pace, want new opportunities to meet people, build a support network, information, or simply a place to read a book or shoot pool please call The SWFP Community Center at 954-450-6888.

A nationally designated All-America City, Pembroke Pines is a hub of traditional and international flavor, ranging from its residents and businesses to its food and shopping. Easily accessed from I-95, the Florida Turnpike, I-75 and The Palmetto Expressway in South Broward County, Pembroke Pines enjoys a reputation as an innovative and progressive community which boasts a strong commitment to education, business, and the environment.

DAYTIME CLASSES



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

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

“LOL: LIVING OUT LOUD” Social Meetup

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

Card Making Workshop

Learn to make beautiful handmade cards and bookmarks you'll be proud to give!

Fridays, 10:00am - 12:00pm. All materials included. **FREE** for registered SWFP members only.

Word Weavers Writing Group with David Sherman

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

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

FREE for registered SWFP members only.

NEW! Portrait Drawing with Ruth Ynacay

Back by popular demand! Learn the art of portrait drawing through this informative course. Working from photographs, students will learn to draw portraits, culminating their studies by creating a self-portrait using a hand held mirror at the end of the 6-week course. Please bring a sketch pad, drawing pencil, and portrait style photograph to the first class. **Fridays 12:00pm - 2:00pm.**
9/13/19 - 10/18/19 and 11/1/19 - 12/13/19
(no class 11/29).

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

“VIP” Arts and Crafts Class for Visually Impaired Persons

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



Mini Spa Day!

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

Beginner's Guitar

For the complete beginner! Bring your guitar and get the guidance and instruction you need to learn how to play the guitar. Course book can be purchased from instructor. Offered in 6 weeks sessions.

Mondays 9:30am - 10:30am.

9/9/19 - 10/14/19 and 10/28/19 - 12/9/19
(no class 11/11).

\$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.

9/9/19 - 10/14/19 and 10/28/19 - 12/9/19
(no class 11/11).

\$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.

9/11/19 - 10/16/19 and 10/30/19 - 12/4/19.

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

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

Knitting for FUN!

In this class you will learn the basics of knitting and will knit your stress away! Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 12:00pm - 2:00pm.**

9/11/19 - 10/16/19 and 10/30/19 - 12/4/19.

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

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

DAYTIME CLASSES



Flower Arranging Workshop

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

Dates for upcoming workshops are:

- **October** – 10/8 • 10/15 • 10/22
- **November** – 11/12 • 11/19 • 11/26
- **December** – 12/10 • 12/17

Drawing Fundamentals

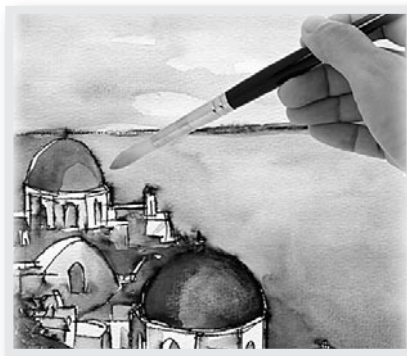
The foundation of all studio art classes is drawing. Students will learn the fundamentals of drawing including the study of line, perspective, light and shade, form and proportion in this easy to follow class. Mediums students will use are graphite pencil, charcoal and pen & ink. Offered in 6 weeks sessions. *Materials not included - Bring a sketch pad, drawing pencil to your first class.* **Wednesdays 12:30pm - 2:30pm.** 9/11/19 - 10/16/19 and 10/30/19 - 12/4/19. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Intermediate Drawing

The next step after Drawing Fundamentals, this class will expand your knowledge of drawing techniques. Offered in 6 weeks sessions. *Materials not included - Bring a sketch pad, drawing pencil to your first class.* **Thursdays 9:00am - 11:00am.** 9/12/19 - 10/17/19 and 10/31/19 - 12/12/19 (no class 11/28). \$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.** 9/10/19 - 10/15/19 and 10/29/19 - 12/3/19. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)



Intro to Watercolor

2 classes offered in 6 weeks sessions. This creative class is designed for individuals who want to learn the basic techniques of watercolor painting. This course will provide students the basic skills needed for working with watercolors. *Materials not included.* **Mondays 12:30pm - 2:30pm.** 9/9/19 - 10/14/19 and 10/28/19 - 12/9/19 (no class 11/11) – OR – **Thursdays 12:30pm - 2:30pm.** 9/12/19 - 10/17/19 and 10/31/19 - 12/12/19 (no class 11/28). \$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.** 9/13/19 - 10/18/19 and 11/1/19 - 12/13/19 (no class 11/29). 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.**

9/9/19 - 10/14/19 and 10/28/19 - 12/9/19 (no class 11/11).

\$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.** 9/13/19 - 10/18/19 and 11/1/19 - 12/13/19 (no class 11/29). \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Ceramics Class

Students will create low fire ceramic pieces using pre-molded green ware that are decorated using traditional underglazes, over glazes or layering and mixing of colors. Offered in 6 weeks sessions. **Tuesdays 9:00am - 12:00pm.** 9/10/19 - 10/15/19 and 10/29/19 - 12/3/19. FREE for registered SWFP members.

Pottery Classes

Using hand building and pottery wheels, students will create high fired stoneware pottery. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 9:30am - 11:30am.** 9/11/19 - 10/16/19 and 10/30/19 - 12/11/19 (no class 11/27). \$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.** 9/11/19 - 10/16/19 and 10/30/19 - 12/4/19. \$20.00 per person (55 yrs. & older) \$40.00 per person (54 yrs. & under)

Smartphone Photography 101

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

MONDAY

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

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

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

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

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

10:00 - 11:00 • M/H • **JoyDanz**

10:15 - 11:15 • Rm 212 • **Songbirds**

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

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

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

11:30 - 12:30 • Gym 1 • **Yoga**

11:45 - 2:00 • M/H • **Bingo**

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

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

12:00 - 4:00 • N/A
Cards and Games

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

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

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

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

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

TUESDAY

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

9:00 - 12:00 • Rm 207
Ceramics

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

9:00 - 10:00 • Gym 1
Yoga

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

10:00 - 11:00 • S/A
Ageless Grace

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

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

11:45 - 2:00 • M/H
Bingo

12:00 - 1:00 • Gym 2
Zumba

12:00 - 4:00 • N/A
Cards and Games

12:30 - 2:30 • Rm 209
Figure Drawing

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

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

WEDNESDAY

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

9:00 - 10:00 • Gym 2
Yo-Chi-Lates

9:30 - 10:30 • Gym 1
Chair Exercise

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

9:30 - 11:30 • Rm 207
Pottery

9:30 - 11:30 • Rm 209
YOU Can Sew!

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

10:00 - 11:00 • M/H • **Salsa**

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

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

10:30 - 11:30 • Gym 1
Chair Yoga

11:30 - 12:30 • Gym 1
Fit and Strong

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

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

12:00 - 4:00 • N/A
Cards and Games

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

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

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

2:00 - 3:00 • M/H • **Salsa**

THURSDAY

9:00 - 10:00 • Gym 1
Yoga

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

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

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

1st & 3rd Thursday – Vitas Healthcare

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

10:00 - 11:30 • Rm 205
Let's Talk with Carl Shechter

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

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

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

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

11:45 - 2:00 • M/H
Bingo

12:00 - 4:00 • N/A
Cards and Games

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

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

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

FRIDAY

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

9:30 - 10:30 • Gym 1
Chair Exercise

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

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

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

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

10:30 - 11:30 • Gym 1
Yoga

11:30 - 12:30 • Rm 197
Gym Training

12:00 - 1:00 • M/H
Zumba

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

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

12:00 - 4:00 • N/A
Cards and Games



UP-COMING EVENTS

BINGO WITH THE KNIGHTS

A night of Bingo and Free Refreshments
3rd Tuesday of Each Month 6:00pm –
provided by the Knights of Columbus.
Packets start at \$15, play all night.
**October 15th (no evening Bingo
November & December)**

HALLOWEEN COSTUME PARTY AND DANCING

Wednesday, October 31, 2019
11:45am - 1:45pm in the Main Hall
Prizes will be awarded for the best
dressed costume! *Sponsored by Caremax*

Key West Day Trip

Friday, November 1, 2019
departs the Center at 6:30am and
returns around 11:00pm. For registered
SWFP members only. \$125.00 per person
(cash only.) *Price includes round trip luxury
coach transportation, breakfast, snacks,
Conch Tour Train ride, and dinner in
Key West. Sign up at the Activities Desk.
Members must have their own
transportation to and from the center.*

FLEA MARKET AND BAZAAR

Over 100 indoor vendors
FREE admission and parking
Saturday, November 2, 2019
8:00am till 3:00pm
Sunday, November 3, 2019
9:00am till 3:00pm

ANNUAL THANKSGIVING FOOD DRIVE

For the past 16 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 with various canned
and dried foods, turkeys and much more
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 15, 2019.

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.ppin.es.com.

Fine Jewelry Design with Michael Stahl

Using beads, glass pearls and various forms of media, students will create exquisite one-of-a-kind jewelry pieces. Instruction includes the art of French knotting, making beaded jewelry as well as earrings and bracelets to match; and various other techniques of jewelry making. Taught by exclusive jewelry designer Michael Stahl, whose works have been featured at Elizabeth Arden, Bloomingdale's and Saks Fifth Avenue. Offered in 6 weeks sessions. **TUESDAYS 5:00pm - 7:00pm** (1st class meets from 5:00pm - 8:00pm.) **9/10/19 - 10/15/19 and 10/29/19 - 12/3/19.** \$42.00 per person (materials not included – purchase of \$20 weekly supplies kit is required weeks 1 thru 5)

Intro to Krav Maga Self Defense

Krav Maga is a self-defense system developed for the Israel Defense Forces (IDF) and Israeli security forces. It consists of a combination of fighting techniques with a focus on real world situations. Students learn to defend themselves against a variety of attacks in the quickest and most efficient way possible. Classes offered on **Tuesdays, between 7:30pm - 8:30pm.** For more information and to register please call William Padron at (305) 776-8260.

Paint & Sip Parties

Doesn't matter if you've never painted before – everyone is welcome to join the party! Gather up your family and friends and book a private painting party! Our instructors will guide each participant in the creation of a bright and beautiful painting on

stretched canvas. We are also experts on creating lots of smiles and happy memories! Each person will take home a one-of-a-kind painting and maybe even a newfound talent! *BYOB* of wine and/or snacks, everything else is included! *Private parties (minimum 10 people) are perfect for birthdays, baby showers, bachelorette parties, date nights, girl's night out, family gatherings and much more!* Email hdaniels@ppines.com for more information.

Flamenco Dancing

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

Ballroom Dancing

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

Pottery Studio

Create high fired stoneware using both the hand building method and the potter's wheel. Offered in 6 weeks sessions. *Materials not included.* **Wednesdays 7:00pm - 9:00pm. 9/11/19 - 10/16/19 and 10/30/19 - 12/11/19 (no class 11/27).** \$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 23, 2019** \$45.00 per person (includes all materials)



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. 9/10/19 - 10/15/19 and 10/29/19 - 12/31/19.** \$45.00 per person

Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* **Thursdays 6:30pm - 8:30pm. 9/12/19 - 10/17/19 and 10/31/19 - 12/12/19 (no class 11/28).** \$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.**

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.

Line Dancing in the Main Hall

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

Boomer Dance Fitness

Tired of all the loud ear popping music and high intensity, routines found in most workout gyms? Then join us for a fun new approach to fitness! This class is a mix of cardio dance with groovy music, cardio-strength, balance work and gentle stretching... designed specifically for baby boomers of all ages! **Wednesdays, 1:00pm - 2:00pm.** FREE for SWFP members only.



Silver Sneakers® "Classic" is at the SWFP!

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

Sponsored by Chen Medical

Laughter Yoga

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

Flamenco Dancing

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

EVENING Adults & Children:

Tuesdays, Wednesdays and Thursdays

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

Low Impact Exercise in the Main Hall

Thursdays: 10:30am - 11:30am FREE for SWFP members only.

Sponsored by Caremax

Fit and Strong

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

Wednesdays, 11:30am - 12:30pm.

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

Senior Total Fitness

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

Thursdays 11:00am - 12:00pm.

FREE for SWFP members only.

Sponsored by Aetna

Senior Chair Total Fitness

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

Wednesdays 12:30pm - 1:30pm.

FREE for SWFP members only.

Yo-chi-lates

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

9:00am - 10:00am.

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

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

Gym Training

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

JoyDanz

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

Mondays 10:00am in the Main Hall.

FREE for SWFP members only.

Sponsored by Baptist Health South Florida

Ageless Grace®- BRAIN AND BODY WORKOUT!

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

Tuesdays 10:00am - 11:00am.

FREE for SWFP members only.

Sponsored by Caremax

Salsa in the Main Hall

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

Wednesdays: 10:00am - 11:00am

Sponsored by Aetna

Wednesdays: 2:00pm - 3:00pm

Sponsored by Caremax

"Scale Back" Weight Loss Workout

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

Mondays 12:30pm - 1:30pm

FREE for registered SWFP members.

Sponsored by Florida Blue

20/20/20 Fitness

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

DAYTIME

Wednesdays 11:30am - 12:30pm

EVENING

Thursdays 6:30pm - 7:30pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Chair Exercise

Mondays: 12:30pm - 1:30pm

Wednesdays: 9:30am - 10:30am

Fridays: 9:30am - 10:30am

FREE for registered SWFP members.

Yoga

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

Mondays: 11:30am - 12:30pm

Tuesdays: 9:00am - 10:00am

Thursdays: 9:00am - 10:00am

Fridays: 10:30am - 11:30am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Chair Yoga

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

Mondays: 10:30am - 11:30am

Wednesdays: 10:30am - 11:30am

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Tai Chi

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

DAYTIME

Mondays: 9:15am - 10:15am

(All Levels)

Thursdays: 11:45am - 12:45pm

(Intermediate)

EVENING (All Levels)

Wednesdays: 7:00pm - 8:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Thursdays: 1:00pm - 2:00pm

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

Zumba!

Tuesdays: 12:00 - 1:00pm

FREE for registered SWFP members.

Sponsored by Caremax

Evening Zumba!

Wednesdays: 5:30pm - 6:30pm

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

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

Zumba in the Main Hall!

Fridays: 12:00pm - 1:00pm

FREE for registered SWFP members.

Sponsored by

Baptist Health South Florida

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>SHINE HOURS <i>Information regarding all Health Insurance needs.</i></p> <p>Tuesdays 9:00am - 11:30am and Wednesdays 11:00am - 1:30pm Room 198</p>	<p>1</p> <p>VETERANS EMPLOYMENT EXPO 10:00am till 2:00pm</p> <p>NO AGELESS GRACE NO BINGO TODAY</p> <p>3:00-4:00 M/H "LOL: LIVING OUT LOUD" Social Meetup</p>	<p>2</p> <p>10:00 M/H FREE Salsa Class</p> <p>11:00-2:00 Senior Appreciation Day at "The Frank" Trip</p> <p>12:30 Entertainment w/Emilio</p> <p>2:00 M/H FREE Salsa Class</p>	<p>3</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>4</p> <p>10:00am-12:00pm or 1:00pm-3:00pm Jewelry Workshop Rm 212 <i>Must sign up at the Activities Desk</i></p> <p>10:30 M/H Silver Sneakers</p> <p>11:00 Lunch Trip to "Cracker Barrel"</p>	<p>5/6</p>
<p>7</p> <p>9:00 Gym 2 Walktober</p> <p>10:00-11:30 Lobby BCPA Homestead Assistance</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p> <p>3:00 M/H Line Dance</p>	<p>8</p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p> <p>2:00-3:30 Rm 205 AARP Smart Driving TEK</p>	<p>9</p> <p>10:00 M/H FREE Salsa Class</p> <p>10:00 Puppy Corner Lobby <i>Sponsored by Petland</i></p> <p>11:00 BirthDay Celebration <i>Sponsored by Caremax</i></p> <p>12:30 Entertainment w/Emilio</p> <p>2:00 M/H FREE Salsa Class</p>	<p>10</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>11</p> <p>10:00 Coconut Creek Casino Day Trip \$5.00 pp</p> <p>10:30 M/H Silver Sneakers</p>	<p>12/13</p> <p>5:30pm Illuminate Heart Fundraiser Shining with Love Dinner Dance \$20.00 per person</p>
<p>14</p> <p>9:00 Gym 2 Walktober</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 M/H BINGO</p>	<p>15</p> <p>9:00 Gym 2 Laughter Yoga</p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:45-2:00 BIG DAY BINGO</p> <p>12:00 Lobby Frozen Yogurt Social <i>Sponsored by Healthy Partners</i></p>	<p>16</p> <p>10:00 M/H FREE Salsa Class</p> <p>11:45-12:45 M/H Magician Entertainer <i>Sponsored by Wellcare</i></p> <p>12:30 "Les Miserables" Theater Trip</p> <p>2:00 M/H FREE Salsa Class</p>	<p>17</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p> <p>6:30pm-9:00pm Southern Handcraft Craft Show</p>	<p>18</p> <p>7:00am Kennedy Space Center Day Trip</p> <p>10:30 M/H Silver Sneakers</p> <p>1:00pm-3:00pm Rm 215 AARP GROUP</p> <p>9:00am-9:00pm Southern Handcraft Craft Show</p>	<p>19/20</p> <p>9:00am-3:00pm Southern Handcraft Craft Show</p>
<p>21</p> <p>9:00 Gym 2 Walktober</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p> <p>3:00 M/H Line Dance</p>	<p>22</p> <p>9:00-12:00 Rm 205 SHINE Open Enrollment</p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p>	<p>23</p> <p>9:00-12:00 Rm 205 SHINE Open Enrollment</p> <p>10:00 M/H FREE Salsa Class</p> <p>11:45-1:45 M/H Entertainment By DJ Tom <i>Sponsored by Site</i></p> <p>2:00 M/H FREE Salsa Class</p> <p>2:00pm-4:00pm "Witch's Brew"</p> <p>Halloween Tea Party</p> <p>6:00pm Glaze Formulation Workshop</p>	<p>24</p> <p>10:00am S/A Pumpkin Painting Contest <i>Contestants please sign up at the Activities Desk</i></p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45-2:00 BINGO</p>	<p>25</p> <p>9am-3pm Rm 212 AARP Driver Safety (English)</p> <p>10:30 M/H Silver Sneakers</p> <p>12:00-1:30 M/H Karaoke with Hury</p> <p>5:30pm Thrills & Chills Dinner Dance with Live DJ Entertainment</p>	<p>26/27</p>
<p>28</p> <p>9:00 Gym 2 Walktober</p> <p>10:00 M/H FREE JoyDanz</p> <p>11:45-2:00 BINGO</p> <p>3:00 M/H "BINGOMANIA with Suzy" \$12.00pp</p>	<p>29</p> <p>10:00 S/A FREE Ageless Grace</p> <p>11:45-2:00 BINGO</p>	<p>30</p> <p>10:00 M/H FREE Salsa Class</p> <p>11:45 M/H Entertainment and Dancing DJ <i>Sponsored by MMM of Florida</i></p> <p>2:00 M/H FREE Salsa Class</p> <p>5:00pm-9:00pm Hollywood Beach Trip \$5.00</p>	<p>31</p> <p>10:30 M/H FREE Low Impact Class</p> <p>11:45 M/H Halloween Costume Party and Dancing <i>Sponsored by Caremax</i></p> <p>NO BINGO TODAY</p>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;">  <p>HEALTH FAIR</p> <p>Wednesday, November 6, 2019 9:00am till 1:00pm</p> <p>FREE and open to the public, health screenings, exercise class demonstrations, and entertainment, 50 exhibitors, giveaways and much more!</p> </div>	

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.