

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  
www.ppines.com • Fax: (954) 450-6899

Senior Residences  
(954) 450-6960

Adult Day Care  
(954) 450-6855

Transportation  
(954) 450-6850

SEPTEMBER 2018



7<sup>th</sup> ANNUAL

## SENIOR SPELLING BEE

*Celebrating National Hispanic Heritage Month*  
**Tuesday, September 11, 2018 - 12:30pm in the Main Hall**

Prizes will be awarded to First Place, Second Place and Third Place winners! Sign up at the Activities Desk by the deadline of Friday, September 7, 2018

12<sup>TH</sup> ANNUAL  
**FALL ARTS & CRAFTS SHOW**

**Saturday, September 22, 2018**

9:00am till 4:00pm

**Sunday, September 23, 2018**

10:00am till 4:00pm

*Over 70 indoor  
artists – FREE  
admission and parking*



## "PIRATES OF THE CARIBBEAN"

Dinner Dance with Live Entertainment

Get ready to party at the ultimate "Pirate Theme" party of the year! Prizes will be given for the best pirate costumes! **Friday, September 28, 2018.**

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

## ANTIQUES & COLLECTIBLES SHOW

**Saturday,  
October 13, 2018**

9:00am till 4:00pm

**Sunday,  
October 14, 2018**

10:00am till 4:00pm



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.pines.com](http://www.pines.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)

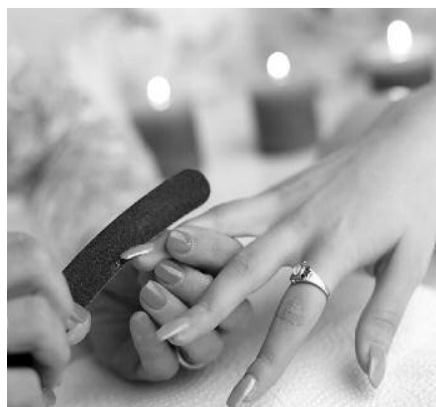
\$42.00 per person (18 years and older)

## “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:  
• **September** – 9/11/18 and 9/25/18  
• **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 • 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 • Rm 212  
**English with Morris**

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 2  
**Mat Pilates**

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 2  
**Senior Total Fitness**

11:45 - 12:45 • Gym 1  
**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 213  
**Portrait Drawing**

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

### **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.  
**September 18, 2018**  
**October 16, 2018**

### **Grandparents Day** **Breakfast**

**Friday, September 7, 2018 - 8:30am**  
*Sponsored by United Healthcare*

### **PATRIOT DAY** **REMEMBERING 911**

**Tuesday, September 11, 2018**  
**10:30am in the Main Hall**

### **WITCHES BREW** **Halloween Tea Party**

*Join us for a spooky array of tea sandwiches,  
decadent desserts & assorted teas!*  
**Wednesday, October 24, 2018 at 2:00pm**  
\$18.00 per person *(reservations required)*

### **"EAT, DRINK & BE SCARY!"**

**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*

### **WALKTOBER** **FITNESS CHALLENGE** **2018 is coming!**

**October 1 through 31**  
FREE prizes and raffle at the end of the  
month. *Register at the Activities Desk*

# 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](http://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](mailto: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](http://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.**  
**September 5, 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](http://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](mailto: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](http://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](http://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*

## Mat Pilates

**Thursdays: 10:00am - 11:00am**

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

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

## 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 - 1:20pm**. 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*

MONDAY

TUESDAY

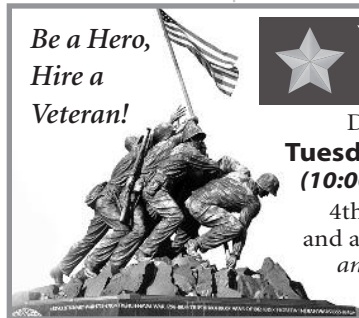
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

*Be a Hero,  
Hire a  
Veteran!*



## ★ VETERANS ★ EMPLOYMENT EXPO

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

### SHINE HOURS

*Information regarding all Health Insurance needs.*

**Monday, Tuesday, Wednesday & Friday**  
**9:00am-11:30am**  
**Room 198**

**1/2**

**3**  
**Center Closed**  
**Labor Day**

**4**  
10:00 S/A  
**FREE Ageless Grace**  
  
11:45-2:00  
**BINGO**

**5**  
10:00 M/H  
**FREE Salsa Class**  
  
12:30  
**Music & Dancing with Winston**  
  
6:00pm  
**Glaze Formulation Workshop**

**6**  
10:30 M/H  
**FREE**  
**Low Impact Class**  
  
11:00 S/A  
**Free Facials, Aging Gracefully**  
*Sponsored by Coventry*  
  
11:45-2:00  
**BINGO**

**7**  
8:30 M/H  
**"Grandparents Day" Breakfast**  
*Sponsored by United Healthcare*  
  
9 AM-3 PM S/A  
**AARP Driver Safety (Spanish)**  
  
10:30 M/H  
**Silver Sneakers**  
  
11:00 "Sal's Italian Restaurant" Lunch Trip

**8/9**

**10**  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-2:00  
**BINGO**

**11**  
10:00 S/A  
**FREE Ageless Grace**  
10:30  
**Remembering 911**  
10:30 Gym 2  
**Laughter Yoga**  
12:30 M/H **7th Annual SENIOR SPANISH SPELLING BEE**  
**No BINGO Today**

**12**  
10:00 M/H  
**FREE Salsa Class**  
10:00  
**Puppy Corner Lobby**  
*Sponsored by Petland*  
11:30  
**Birthday Celebration**  
*Sponsored by Chen Medical*  
12:30  
**Music & Dancing with Winston**

**13**  
10:30 M/H  
**FREE**  
**Low Impact Class**  
  
11:45-2:00  
**BINGO**

**14**  
10:00  
**"Miami Bayside Marketplace" Shopping Trip**  
\$2.00 per person  
**CASH ONLY**  
  
10:30 M/H  
**Silver Sneakers**

**15/16**

**17**  
10:00 M/H  
**FREE JoyDanz**  
  
10:00-11:30 Rm 215  
**BCPA Homestead Assistance**  
  
11:45-2:00  
**BINGO**

**18**  
10:00 S/A  
**FREE Ageless Grace**  
**No Daytime BINGO**  
  
12:00 M/H  
**Mexican Fiesta**  
*Sponsored by Caremax*  
  
6:00pm  
**Night BINGO**

**19**  
10:00 M/H  
**FREE Salsa Class**  
11:00 North Courtyard  
**New Orleans Free Beignets and Snow Cones**  
*Sponsored by Coventry*  
  
12:30  
**Music & Dancing with Winston**

**20**  
10:30 M/H  
**FREE**  
**Low Impact Class**  
  
11:45-2:00  
**BINGO**

**21**  
10:30 M/H  
**Silver Sneakers**  
  
11:00  
**"China Pavillion" Lunch Trip**

**22/23**  
**Fall Art Show**  
Saturday  
9:00am till 4:00pm  
Sunday  
10:00am till 4:00pm

**24**  
10:00 M/H  
**FREE JoyDanz**  
  
11:45-2:00  
**BINGO**

**25**  
10:00 Room 212  
**Guest Speaker (Creole)**  
  
10:00 S/A  
**FREE Ageless Grace**  
  
11:00  
**"Sticky Marbles Game" with Prizes**  
  
11:45-2:00  
**BINGO**

**26**  
10:00 M/H  
**FREE Salsa Class**  
  
12:00 M/H  
**Entertainment with Alain**  
*Sponsored by Caremax*

**27**  
10:30 M/H  
**FREE**  
**Low Impact Class**  
  
11:45-2:00  
**BINGO**

**28**  
10:00  
**"Gulfstream Casino" Trip \$5.00 pp**  
  
10:30 M/H  
**Silver Sneakers**  
  
12:00-1:30 PM M/H  
**Karaoke with Hury**  
  
5:30 "Pirates of the Caribbean" Dinner Dance

**29/30**