

2009 Summer

ADULT EVENING CLASSES

(18 years of age and over)

The City of Pembroke Pines

Southwest Focal Point Senior Center

301 NW 103 Avenue ~ 954-450-6888

Helen Daniels, Recreation Supervisor

Zumba!

Zumba is here! Ditch the workout, join the party! In this popular dance fitness program that utilizes Latin and international music, you will get a cardio workout that also helps tone the body. While the movements are simple, the workout is fun and the music is always exciting! *Taught by Basilisa Perkins, Certified Zumba Fitness Instructor.*

TUESDAYS 7:00pm – 8:00pm

6/9/09 – 7/14/09

\$42.00 per person

Beginner's Smooth Ballroom Dance

Ready to learn some fancy footwork like the celebrities on “*Dancing with the Stars*” or do you need to get ready for a special social event or wedding? Then this introductory dance program is just for you! The dance style being taught this session is the *Waltz*. A dance partner is required to participate in this class. *Taught by Simon Prilutsky, Award Winning Member of the Ballroom Dance Association, U.S.S.R.*

MONDAYS 6:00pm – 7:00pm

6/8/09 – 7/13/09

\$42.00 per person

Beginner's Latin Ballroom Dance

This easy to follow introductory dance class will teach you the basics of Latin Ballroom Dance. The dance style being taught this session is the *Cha-Cha*. A dance partner is required to participate in this class. *Taught by Simon Prilutsky, Award Winning Member of the Ballroom Dance Association, U.S.S.R.*

MONDAYS 7:00pm – 8:00pm

6/8/09 – 7/13/09

\$42.00 per person

Swing Dance

Swing dance is the hottest dance on the social dance floor! Discover the fun of Swing dance; perhaps the most uniquely American dance which has swept the nation and is enjoyed all over the world! A dance partner is required. *Taught by Simon Prilutsky, Award Winning Member of the Ballroom Dance Association, U.S.S.R.*

MONDAYS 8:00pm – 9:00pm

6/8/09 – 7/13/09

\$42.00 per person

Word Weavers Workshop

This very popular writer's workshop is back by demand! Whether you write poetry or prose, this writer's workshop will give you the guidance you need. Develop the necessary skills to produce magnificent written works. *Taught by Michael Portnoy, English Instructor at Florida International University.*

THURSDAYS 7:00pm – 9:00pm

6/11/09 – 7/16/09

\$42.00 per person

Tai Chi for Health

Today many doctors recommend Tai Chi to their patients to help rehabilitate themselves with both physical and mental ailments such as arthritis, rheumatism, Multiple Sclerosis, Attention Deficit Disorder, anxiety & panic attacks, and cancer to name just a few. In fact many major foundations and organizations like The Arthritis Foundation recommend Tai Chi as a beneficial aid to help keep patients in remission. Health benefits include increased strength, energy, balance, mobility, flexibility and coordination, along with an improved ability to handle mental and emotional stress, better concentration and improved posture. This gentle, energizing, and interesting exercise program is suitable for all adults; and, especially beneficial for individuals with arthritis or Multiple Sclerosis and for all senior citizens. *Taught by Sarafaith Pekar, Licensed Massage Therapist, Reiki Master and Certified Tai Chi Instructor.*

TUESDAYS 7:00pm – 8:00pm

6/9/09 – 7/14/09

\$42.00 per person

Reiki Relaxation Workshop

Stress can come from physical trauma, mental anguish or emotional upset. There is no need for stress to dominate your life. Experience Reiki relaxation and energy methods for peace, freedom and overall wellness of body, mind and spirit. *Taught by Sarafaith Pekar, Licensed Massage Therapist, Reiki Master and Certified Tai Chi Instructor.*

THURSDAYS 7:00pm – 8:00pm

6/11/09 – 7/16/09

\$42.00 per person

Beginner's Computer

This class was designed for the REAL beginner! If you've ever wanted to learn the basics of computers but were afraid to try, this course is just for you!

Taught by Aubey Marcus, Computer Instructor.

TUESDAYS 6:30pm – 8:30pm

6/9/09 – 7/14/09

\$42.00 per person (includes book)

Intermediate Computer

The next step after beginner's computer, this class will help you expand your word processing skills. *Taught by Aubey Marcus, Computer Instructor.*

WEDNESDAYS 6:30pm – 8:30pm

6/10/09 – 7/15/09

\$42.00 per person (includes book)

Intro to Advanced Computer Skills

For individuals who are comfortable with their word processing skills, and are looking to broaden their knowledge of computer software. This course offers 3 weeks of *Intro to Excel*, 2 weeks of *Intro to Advanced Word Processing*, and 1 week of *Intro to PowerPoint!* Taught by Aubey Marcus, Computer Instructor.

THURSDAYS 6:30pm – 8:30pm

6/11/09 – 7/16/09

\$42.00 per person (includes book)

Web Page Design

Learn the basic skills behind designing Web pages. Learn how to gather information, determine your intended audience, plan your navigational tools, use multimedia (sound, animation, and other media) to create an aesthetically appealing web page. *This is NOT a beginner's course; all students must have advanced computer skills to take this class.*

MONDAYS 6:30pm – 8:30pm

6/8/09 – 7/13/09

\$42.00 per person

Pottery Studio

In this workshop you will create unique high-fired stoneware. Work will include both the handbuilding method and throwing on the potter's wheel! Whether decorative or functional, each piece is truly original! All skill levels welcome. *Professional Artist and Art Educator, Leroy Daniels teaches this popular class.*

WEDNESDAYS 7:00pm – 9:00pm

6/10/09 – 7/15/09

\$42.00 per person (includes firing and instruction)

Lights, Camera, Action!

Learn how to audition and book TV and Radio Commercials! *Writer, producer and director George Bettinger comes to us with over 25 years of experience in the industry of Radio and Television.* His class teaches the A to Z's of how to get an agent, audition for casting directors and book radio and TV commercials. This class also sharpens students' skills at improvisation; very beneficial for those who want to improve their skills at public speaking. It is a fun non pressure class that is sure to please. Whether you are already in the business, just starting out or simply want to sit back and learn the industry, *Lights Camera Action* will be an inspiring uplifting experience!

TUESDAYS 7:00pm – 9:00pm

6/9/09 – 7/14/09

\$45.00 per person

Caricatures and Cartooning!

If you've ever wanted to draw cartoons and caricatures or if you dreamed of becoming an illustrator, this creative arts class is for you! Drawing is a wonderful form of expression and is relaxing and fun for everyone. Even if you have never drawn before, you can learn how to Sketch, Cartoon, Illustrate and Caricature. *George Bettinger* will assist all students in bringing their idea's from pen to paper!

WEDNESDAYS 7:00pm-9:00pm

6/10/09 – 7/15/09

\$45.00 per person

Intermediate Watercolor

Designed for those who wish to further develop their skills in watercolor. Explore a variety of watercolor techniques and materials with an emphasis on color and design. The class works primarily from still life setups and photos. Request materials list when registering. *Taught by Professional Award Winning Artist and Art Instructor, Effie Lewis.*

TUESDAYS 7:00pm – 9:00pm

6/9/09 – 7/14/09

\$42.00 per person (materials extra)

Intro to Fused Glass

Learn the fundamental techniques required for making beautiful fused glass art. In this easy to follow workshop, you will learn how to create unique one of a kind kiln fired projects. Request materials list. *Taught by Professional Glass Artist, Niki Ullery.*

THURSDAYS 6:30-8:30pm

6/11/09 – 7/16/09

\$42.00 per person (materials extra)

Belly Basics with Naiilah

Have fun as you learn to “shake it like Shakira” in this course designed for both beginners and slightly advanced students. Be prepared to fall in love with this ancient dance form as you explore basic positions, basic isolations, veil dance and freestyle dance. Students have the opportunity to perform on stage at center events! *Taught by Naiilah, Professional Belly Dance Performer and Instructor.*

TUESDAYS 7:00pm – 8:00pm

6/9/09 – 7/14/09

\$45.00 per person

Belly Dancing with Naiilah

Can't get enough belly dance? Join Naiilah for an additional, faster paced night! If you're completely new to belly dance you must have taken 1 session of belly basics before joining us in this class. Students have the opportunity to perform on stage at center events! *Taught by Naiilah, Professional Belly Dance Performer and Instructor.*

THURSDAYS 7:00pm – 8:00pm

6/11/09 – 7/16/09

\$45.00 per person

Salsa Classes

Whether you want to learn Salsa in our energetic and dynamic atmosphere or you simply want to find an alternative to the gym, these classes are for you! Taught by Latin Beat Dance Studios, selected the Best Place to Learn Salsa by City Link Magazine!

MONDAYS and WEDNESDAYS

ONGOING ~ 7:00pm – 10:00pm.

For more information call (954) 746-4444

Or visit their website: www.latin-beat.com

R.A.D.

Rape Aggression Defense for adults and *Resisting Aggression Defensively* for children. Programs available for both adults and children. *Taught by Betty and Jim Helms, R.A.D. Plus, LLC of Pembroke Pines.* For further information, contact R.A.D. at: (954) 655-7587

Spanish Language Courses

These Spanish classes are designed to teach participants the Spanish business language in order to succeed in today's workplace. Practical application of learning grammar construction and vocabulary will be emphasized through class activities such as role playing and pronunciation. The classes are presented in PowerPoint. *Taught by Jose Ramirez, owner of Spanish 4 Business, LLC of Pembroke Pines.*

MONDAYS and WEDNESDAYS ~ Classes start every month ~ 6:30pm – 9:30pm

For more information call Jose at (954) 655-5816 or visit website:

www.spanishlanguage4business.com

Free Play Billiards

Players can enjoy an evening of FREE PLAY! For adults 18 years of age and older.

Picture I.D. required. THURSDAYS 6:00pm – 9:00pm

Cards & Board Games

Bring your friends and join us for an evening of FREE PLAY! For adults 18 years of age and older. *Picture I.D. required.* TUESDAYS 6:00pm – 9:00pm

NEW! One Day All-Inclusive Workshops:

Writing College Application Essays

Gaining entrance to just about *any* college continues to get harder as more and more applicants are applying for a limited number of spaces. This workshop will show you how you can improve your chances of being admitted to the college or university of your choice. Get the guidance you need to learn how to write an outstanding personal essay as part of your college application. *Taught by Michael Portnoy, English Instructor at Florida International University.*

SATURDAY - June 6, 2009

10:00 am – 2:00pm

\$35.00 per person

30 minute lunch break – lunch may be purchased at the Center's Café.

Flower Arranging

Explore flower care and handling techniques, color coordination, free style design, symmetrical and asymmetrical arrangements, and much more. This is a hands-on workshop where students will work on individual centerpieces – *the theme this time is summer!* At the end of the workshop, each student will take their arrangement home! No need to bring anything! Price includes everything; flowers, containers, bows, decorations and more! *Taught by JoAnn Fisher, owner of "Hooray's from Hollywood".*

SATURDAY June 6, 2009

10:00 am – 12:00pm

\$32.00 per person (includes all materials)

Mosaic Birdbaths

Explore the ancient art of mosaics as you create beautiful one of a kind mini terra cotta birdbaths using authentic stained glass. Add a touch of art to your summer garden! Come as you are, no need to bring anything; all materials are provided including the use of classroom tools! *Taught by Helen Daniels, Professional Artist and Art Educator.*

SATURDAY – June 20, 2009

10:00 am – 2:00pm

\$48.00 per person

30 minute lunch break – lunch may be purchased at the Center's Café.

Digital Camera Basics

Back by popular demand! Limited space available!

In this popular one day computer workshop you will learn the basic features all digital cameras have. You will also learn how to transfer photos from your camera to a computer; email photos to family and friends, find the best methods of printing both at home and online; address long-term storage issues and filing your photos to make them easy to find. *Please note: this is not a photography class! Bring your digital camera, manuals and accessories!*

SATURDAY June 20, 2009

10:00 am – 2:00pm

\$35.00 per person

30 minute lunch break – lunch may be purchased at the Center’s Café.

Register in person or complete the attached registration form and mail it in with your payment! For more information call (954) 450-6888

2009 Summer

Registration ~ Adult Evening Classes

Name _____
Address _____
City _____ State _____ Zip _____
Phone (home) _____
Phone (other) _____
E-mail _____
1st Class _____ Class Fee \$ _____
2ndClass _____ Class Fee \$ _____
3rdClass _____ Class Fee \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

Mail registration and payment to:
The City of Pembroke Pines
Southwest Focal Point Senior Center
Attention: Helen Daniels
301 NW 103 Avenue
Pembroke Pines, FL 33026

Make checks payable to: *The City of Pembroke Pines*