

Be sure to call to RSVP at **754-236-8218**.
Class times and dates are subject to change.



10350 Pines Blvd
Ste D108
Pembroke Pines, FL 33026
754-236-8218 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>11 a.m. - 12:30 p.m. Find your feel great weight Class 5 with Ultra Medical (RSVP) 3 - 4 p.m. Games: Monopoly</div>	<div>2</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 2 - 4 p.m. Movie and popcorn: The Greatest Showman (2017)</div>	<div>3</div> <div>11 - 11:30 a.m. Meditation moment: Grounding yourself (streamed)</div>
<div>6</div> <div>11 a.m. - 12 p.m. Craft corner: Colored beads necklace (RSVP) 3 - 4 p.m. Games: Jenga</div>	<div>7</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 10 - 10:45 a.m. SilverSneakers® Classic* 3 - 4 p.m. Games: Uno!</div>	<div>8</div> <div>2 - 3 p.m. Smartphone Hardware Basics with Senior Tech Connect 3:30 - 4 p.m. Tech talk: How to send an e-card (streamed)</div>	<div>9</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 10 a.m. - 12 p.m. Hearing screenings 11 a.m. - 12 p.m. Craft corner: Mother's Day cards (RSVP) 2 - 4 p.m. Movie and popcorn: Jurassic World (2015)</div>	<div>10</div> <div>1 - 2 p.m. Manualidades: Tarjetas para el día de las madres (RSVP) 2:30 - 3:30 p.m. Puzzle time!</div>
<div>13</div> <div>11 a.m. - 12 p.m. Karaoke 3 - 4 p.m. Games: Checkers</div>	<div>14</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 10 - 10:45 a.m. SilverSneakers® Classic* 3 - 4 p.m. Games: Uno!</div>	<div>15</div> <div>11 a.m. - 12 p.m. Manualidades: ¡Seamos creativos! (RSVP) 3 - 4 p.m. Games: Scrabble</div>	<div>16</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. MIND diet: Foods to fight dementia 12 - 1 p.m. Healthy cooking demo 2 - 4 p.m. Movie and popcorn: Mrs. Doubtfire (1993)</div>	<div>17</div> <div>10 - 10:30 a.m. Momento de meditación: Conexión con la tierra (transmitido) 11 a.m. - 12 p.m. Gratitude workshop</div>
<div>20</div> <div>11 a.m. - 12 p.m. Coloring for relaxation 1 - 2 p.m. Cornhole</div>	<div>21</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 10 - 10:45 a.m. SilverSneakers® Classic* 2 - 3 p.m. International Tea Day: Tea party!</div>	<div>22</div> <div>1 - 2 p.m. ¡Fiesta de té! 3 - 4 p.m. Juegos: Scrabble</div>	<div>23</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 2 - 4 p.m. Movie and popcorn: Space Jam (1996)</div>	<div>24</div> <div>10 - 11 a.m. Colorear para relajarse Happy Memorial Day! We are closing at 12 p.m. in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 10 - 10:45 a.m. SilverSneakers® Classic* 3 - 4 p.m. Games: Uno!</div>	<div>29</div> <div>11 a.m. - 12 p.m. Pickleball 1 - 2 p.m. Wii sports: Bowling</div>	<div>30</div> <div>9 - 9:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. National Creativity Day: Let's get creative! 2 - 4 p.m. Movie and popcorn: The Parent trap (1998)</div>	<div>31</div> <div>11 a.m. - 12 p.m. National Smile Day 2:30 - 3:30 p.m. Games: Ball tossing</div>

*For Humana members with this benefit only.
For accommodations of persons with special needs at
meetings, call **754-236-8218 (TTY: 711)**.