

**CENTURY VILLAGE PEMBROKE PINES
COURSE CATALOGUE Summer II 2025
REGISTRATION STARTS August 20th.**

A Matter of Balance – Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness. This program is designed to reduce the fear of falling and increase activity levels among older adults. This nationally recognized program was developed at the Royal Center at Boston University. **Free** to sign up, space is limited. **TUESDAYS @ 9:30AM.**

AARP Defensive Driving Course – Offered monthly, this is a 1-day workshop that teaches proven driving techniques that keep you and your loved ones safe on the road. You may be eligible to earn a multi-year discount on your car insurance if you complete this class! \$20 for residents with an active AARP membership, \$25 for non-members.

AARP Smart DriverTEK Workshop – Offered monthly, this is a **Free** 1-day workshop that helps you stay in the know about the latest safety technology in today’s cars. Understanding how new car technology works can make driving safer and more enjoyable. **Free** to sign up, space is limited.

Anti-Aging Gymnastics – Stay active and feel youthful with gentle movements led by Diriam Cordova. Boost mobility, strength, and well-being through anti-aging exercise and lifestyle tips. **MON/WED OR TUES/THURS. 4:00PM.**

Book Review & Lecture – Ronelle Delmont hosts a monthly book review and lecture on the first Tuesday of every month. Check in the staff office for more information and what book will be studied. Reading the material is not required to participate in the class. Free to participate. **2ND TUESDAY EVERY MONTH 1:00PM.**

Creative Writing – Have you ever had a desire to write a short story, write poetry, or craft your memoir? Create something great with Hilda! This workshop will reinforce your writing skills and give you the tools to put your passion to paper. \$40 for 6 classes. **WEDNESDAYS @ 1:00PM.**

Eat Smart, Live Strong – “Eat Smart, Live Strong” is a nutritional education class that helps students overcome challenges with eating healthily every day. Learn to save money on fruits & vegetables and learn the benefits of participating in physical activity on most days of the week. **Free** to sign up, space is limited. **THURSDAYS @ 10:00AM.**

English Café Conversation – Practice your English conversation skills with English instructor Hilda Alvarado. Enjoy a relaxing, social class while boosting your skills with engaging activities! \$40 for 6 classes. **MONDAYS @ 1:00PM.**

El Don De La Vida – Este curso con Hilda Alvarado ofrece una vista interior de el por que usted se puede sentir triste y solitario. Juntos tomamos parte en discusiones significativas donde exploraremos tecnicas de beinestar emocional, y redescubra como abrazar tranquilidad, relajamiento, gratitud, y amor! \$40 por 6 clases. **LUNES @ 3:00PM.**

Drumfit with Nancy – DrumFit with Nancy is a seated class where you can do rhythmic exercise that helps with focus, attention, and concentration. All materials are provided for your use. \$30 for 6 classes. **WEDNESDAYS @ 1:00PM.**

English for Beginner's - Hilda Alvarado is a best-selling author, freelance Spanish writer, Spanish tutor, and a life coach. Learn English with Hilda! ¡Aprenda inglés con la profesora Hilda! \$40 for 6 classes. **WEDNESDAYS @ 11:00AM.**

The Gift of Life – This workshop with Hilda Alvarado provides an inside view as to why you may feel stuck or unhappy in your life. Together, take part in meaningful discussions, explore techniques for emotional well-being, and rediscover how to embrace tranquility, relaxation, gratitude, and love! \$40 for 6 classes. **MONDAYS @ 2:00PM.**

Intermediate Level English - Hilda Alvarado continues her popular English classes with a new, conversational class! This class will only be held in English. Practice English through conversing, reading, comprehension, and discussions to help you understand and improve your speaking skills! \$40 for 6 classes. **WEDNESDAY @ 12:00PM.**

Intermediate Level Spanish – Continue learning Spanish with Sylma Perez, a Broward College Certified Instructor and tutor. Learn through conversational lessons, reading short stories, writing lessons, and speaking through the past tense or subjectively. \$35 for 6 classes. **TUESDAYS @ 10:00AM FOR NEW STUDENTS OR 11:00AM FOR OLD STUDENTS.**

Meditation & Reiki - Guided meditation, sound, and energy healings with Reiki. Weekly subjects will correspond with the meditation of the week. Participants will feel relaxed, energized, and make new friends! Let's get together and have some fun! Available in English and Spanish. \$60 for 6 classes. **SATURDAYS @ 11:00AM.**

Paint by Numbers – Painting by numbers is a great way to learn about art and colors in a stress-free environment. See how a piece comes together before your own eyes as you follow along in this guided painting course. \$30 for 6 classes. **FRIDAYS @ 11:00AM.**

Piano Classes for Beginners – Start playing the piano or re-fresh your beginner skills with this music class! Jill Scheinfeldt has been teaching music for 30 years and is excited to meet you! \$40 for 6 classes. **WEDNESDAYS @ 4:30PM.**

Piano Classes for Intermediate – Continue playing the piano or re-fresh your intermediate skills with this music class! Jill Scheinfeldt has been teaching music for 30 years and is excited to meet you! \$40 for 6 classes. **TUESDAYS @ 4:30PM.**

Piano Classes for Advanced – Continue playing the piano and building your skills with this music class! Jill Scheinfeldt has been teaching music for 30 years and is excited to continue your music journey! \$40 for 6 classes. **THURSDAYS @ 4:30PM.**

Portuguese for Beginners – Pick up a new language with Brazilian instructor Elida Cammer. Learn Portuguese and the Brazilian culture from the very beginning with fun, engaging activities! \$40 for 6 classes. **MONDAYS @ 5:30PM.**

Spanish for Beginners – Practice makes perfect, this class will help you practice your Spanish skills in a learning environment that goes at your own pace. \$30 for 6 classes. **THURSDAYS @ 11:00AM.**

Tai Chi Exercise – Learn the stimulating and stress relieving art of Tai Chi from an expert physical trainer with over 25 years of experience. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. \$30 for 6 classes or \$60 for 12 or \$90 for 18. **MONDAYS @ 11:30AM. WEDNESDAYS 11:00AM. FRIDAYS @ 11:00AM.**

The Tao Te Ching – Experience true peace of mind throughout the rest of your life by becoming harmonious and balanced – ONE WITH NATURE – in a world that is creating more personal problems and is threatening us with impending doom. By the end of six classes, Robert Picariello, using the tireless wisdom of Eastern Philosophy, will have taught you how to use nature to guide your decisions and put you at peace with everyone in your sphere of influence. \$30 for 6 classes. **TUESDAYS @ 1:00PM.**

VISIT THE STAFF OFFICE IN THE CLUBHOUSE FOR MORE INFORMATION.

ALL CLASSES PAYABLE BY: CHECK OR CREDIT CARD.

CLASSES START September 8th.

Questions? Call (954) 435-6001