



# SOUTHWEST FOCAL POINT

APRIL/MAY SCHEDULE



For Immediate Release

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## Southwest Focal Point Community Center Upcoming Activities and Events

**Pembroke Pines, FL (March 27, 2023)** – The Carl Shechter Southwest Focal Point Community Center, located at 301 NW 103 Ave., invites all ages to enjoy their upcoming activities and events for April and May. The following is a sampling of what is offered. Full schedules, for morning, afternoon and evening activities, programs and classes can be obtained at the Center and seen in City Connect newspaper and at [www.ppines.com](http://www.ppines.com).

### **MONDAY:**

#### **9:30 a.m. – 10:30 a.m. | Water Aerobics (Pool)**

Water Aerobics is a fun and peaceful workout in the pool which is great for staying fit. This class will be taught by Elda and is limited to 12 people per class. This is free for all SWFP members.

#### **9:30 a.m. – 10:30 a.m. | Line Dancing (Main Hall)**

For those interested in dancing this is a fun class to learn basic choreography. In this line dancing class beginners will feel comfortable as they enjoy moving their body to Country styled songs. Free for SWFP members.

#### **10:00 a.m. – 12:00 p.m. | Crochet & Knitting (Room 213)**

This is a free course offered to SWFP members. Martha will teach participants the concepts of crochet and knitting.

#### **10:30 a.m. – 11:30 a.m. | Tai Chi – Beginner (Gym)**

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

**Tuesday** features Yoga, Pottery, Salsa and Advanced Piano Lesson Classes;

**Wednesday** features Zumba, Arts and Crafts, Beginner Spanish Classes;

**Thursday** features Senior Power Fitness, Creative Writing, Sewing and Painting Classes;

**Friday** features Jewelry Making, Ageless Grace, Chair Total Fitness and Acrylic Painting Classes.

The City of Pembroke Pines Community Services Department provides a network of services for the community 18 years and older, who seek to participate in activities and programs that enhance quality of life and who desire opportunities for personal enrichment in a safe, enjoyable and professional environment. Specific services require members to be 60 years of

age or older at no cost to them, possible through Older American's Act (OAA) funding funneled through the Area Agency on Aging of Broward County (AAABC).

The community is encouraged to learn more about the City of Pembroke Pines' latest Events by subscribing to Pembroke Pines Media on YouTube, by reading the city's newspaper City Connect, checking the city's digital signage, or by visiting the City's Facebook page at [www.facebook.com/cityofpembrokepines](http://www.facebook.com/cityofpembrokepines), and @cityofppines for Twitter and Instagram, as well as the city's website at [www.ppines.com](http://www.ppines.com). Residents with Comcast can view Pembroke Pines Media programming on Channel 78, and residents with AT&T U-Verse can view programming on Channel 99 and click on Pembroke Pines TV.



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