

City of Pembroke Pines – Carl Shechter Southwest Focal Point Community Center
 301 NW 103rd Avenue | Pembroke Pines, FL | 33026 | Phone: (954) 450-6888
(LIVE - In Person) Classes & Events OCT/NOV/DEC 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2021 Walktober Fitness Challenge 9:00am-10:00am (Kim) (10/4/21 thru 10/25/21) Pick up packet at Activities Desk FREE for SWFP members only	Floral Arranging (Rm 209) 9:30am-11:30am (Susana) 2 nd & 4 th Tuesday (\$25 pp) includes all materials Limit 10 people	Yoga (Gym 1) 9:00am-10:00am (Kim) SWFP members only \$10 per person per month	Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members only	Chair Total Fitness (Virtual) 9:30am-10:30am (Carlos) FREE for SWFP members only *Sponsor Baptist-via Zoom only	LIVE: SoFIA Tech Connect Classes FREE Computer, iPad and iPhone For more info call or email SoFIA: (954) 484-7117 Ext. 126 Techservices@thesofia.org
Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members only	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (10/26/21 – 12/7/21) *No class 11/23 - Limit 12 people	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members only *Sponsor Oscar Holy Cross	Silver Sneakers (Main Hall) 9:00am-10:00am *Provided by Chen Medical	Mindful Meditation (Gym 1) 9:30am-10:30am (Audrey) FREE for SWFP members only *Sponsor Aetna	
Water Aerobics (Pool) 9:30am-10:30am (Elda) FREE for SWFP members only Limit 12 people *Sponsor Health Sun	Yoga (Gym 1) 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (10/27/21 – 12/8/21) *No class 11/24 - Limit 12 people	Advanced Drawing (Rm 209) 9:00am-11:00am (Daniel) 6 weeks session (\$30 pp) (10/28/21 – 12/16/21) *No class 11/11 & 11/25	Beginner Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) 10/29/21 – 12/10/21 *No class 11/26	
Intermediate Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (10/25/21 – 11/29/21)	Chair Yoga (Gym 1) 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	Arts & Crafts (Rm 213) 9:30am-12:30pm FREE for SWFP members only Limit 10 people	Beginner Sewing (Rm 213) 9:30am-11:30am (Ellie) 6 weeks session (\$40 pp) 10/28/21 – 12/16/21	Card Making (Rm 213) 10:00am-12:00pm (Beverly) FREE for SWFP Members only Limit 10 people	
Tai Chi –All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members only *Sponsor Tree of Life	Figure Drawing (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (10/26/21 – 11/30/21)	Beginner Spanish (Rm 212) 10:00am-12:00pm (Daniel) 6 weeks session (\$30 pp) (10/27/21 - 12/1/21)	Salsa with Juan (Main Hall) 10:30am-11:30am-starts 11/4 FREE for SWFP members only *Sponsored by IMC Health	Jewelry Making (Rm 212) 10am-12pm -or- 1pm-3pm (Ondina) Offered Once a Month Bring your own kit or purchase \$15	
Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Salsa with Juan (Main Hall) 1:00pm-2:00pm-starts 10/19 FREE for SWFP members only *Sponsored by Caremax	20/20/20 (Gym 1) 10:30am-11:30am (Kim) FREE for SWFP members only *Sponsor Humana	Tai Chi-All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members only *Sponsor Careplus	Ageless Grace (S/A) 11:00am-12:00pm (Audrey) FREE for SWFP members only *Sponsor Devoted Health	
Colored Pencil (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (10/25/21 – 11/29/21)	Bingomania (Main Hall) Last Tues of Month 2:30pm-4:30pm (\$12 pp) For SWFP members only NO BINGO NOV-DEC	Tai Chi-All Levels (Gym 1) 12:00pm-1:00pm (Nelson) FREE for SWFP members only *Sponsor Caremax	Senior Total Fitness (Virtual) 12:00pm-1:00pm (Carlos) FREE for SWFP members only *Sponsor Baptist-via Zoom only	Advanced Acrylic (Rm 209) 12:00pm-2:00pm (Daniel) 6 weeks session (\$30 pp) (10/29/21 – 12/10/21) *No class 11/26	
	Night Bingo (Main Hall) 1 st Tuesday of the Month 6:00pm-9:00pm (\$20 pp) NO BINGO NOV-DEC	Drawing Fundamentals (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (10/27/21 - 12/1/21)	Intermediate Sewing (Rm 213) 12:00pm-2:00pm (Ellie) 6 weeks session (\$40 pp) (10/28/21 – 12/16/21)	Spanish Karaoke (Main Hall) 3rd Friday of Month 12:30pm – 1:30pm	
			Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only		
 			Intro to Watercolor (Rm 209) 12:30pm- 2:30pm (Daniel) (10/28/21 – 12/16/21) *No class 11/11 & 11/25		