

# City of Pembroke Pines – Carl Shechter Southwest Focal Point Community Center

301 NW 103<sup>rd</sup> Avenue | Pembroke Pines, FL | 33026 | Phone: (954) 450-6888

## (LIVE - In Person) Classes & Events APR/MAY/JUN 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Silver Sneakers (Main Hall)</b> 9:00am-10:00am <i>*Provided by Chen Medical</i>	<b>Yoga (Gym 1)</b> 9:00am-10:00am (Kim) SWFP members only \$10 per person per month	<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Zumba (Main Hall)</b> 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor La Colonia Medical</i>
<b>Water Aerobics (Pool)</b> 9:30am-10:30am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor Health Sun</i>	<b>Floral Arranging (Rm 209)</b> 9:30am-11:30am (Susana) 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday (\$25 pp) materials included Limit 10 people	<b>Zumba (Main Hall)</b> 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Oscar Holy Cross</i>	<b>Silver Sneakers (Main Hall)</b> 9:00am-10:00am <i>*Provided by Chen Medical</i>	<b>Meditation Quest (Gym 1)</b> 9:30am-10:30am (Audrey) FREE for SWFP members <i>*Sponsor Aetna</i>
<b>Int. Acrylic (Rm 209)</b> 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (4/11/22-5/16/22) and (*6/6/22-7/13/22)	<b>Embroidery Class (Rm 213)</b> 9:30am-11:30am (Mercedes) FREE for SWFP members 6 weeks session (4/12/22-5/17/22) and (5/31/22-7/5/22)	<b>Pottery (Rm 207)</b> 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (4/13/22-5/18/22) and (6/1/22-7/6/22)	<b>Advanced Drawing (Rm 209)</b> 9:00am-11:00am (Daniel) 6 weeks session (\$30 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22)	<b>Beginner Acrylic (Rm 209)</b> 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (4/15/22-5/20/22) and (6/3/22-7/8/22)
<b>Crochet &amp; Knitting (213)</b> 9:30am-11:30am (Reina) FREE for SWFP members	<b>Pottery (Rm 207)</b> 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (4/12/22-5/17/22) and (5/31/22-7/5/22)	<b>Arts &amp; Crafts (Rm 213)</b> 9:30am-12:30pm FREE for SWFP members Limit 10 people	<b>Beginner Sewing (Rm 213)</b> 9:30am-11:30am (Ellie) 6 weeks session (\$40 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22)	<b>Jewelry Making (Rm 212)</b> 10am-12pm -or- 1pm-3pm Offered Once a Month (Ondina) Bring your kit or purchase \$15
<b>Tai Chi –All Levels (Gym 1)</b> 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor Simply Healthcare</i>	<b>Yoga (Gym 1)</b> 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	<b>Beginner Spanish (Rm 212)</b> 10:00am-12:00pm (Daniel) 6 weeks session (\$30 pp) (4/13/22-5/18/22) and (6/1/22-7/6/22)	<b>Creative Writing (212)</b> 10:00am-11:00am (Susan) FREE for SWFP Members 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays Starts 6/2	<b>Ageless Grace (S/A)</b> 11:00am-12:00pm (Audrey) FREE for SWFP members <i>*Sponsor Devoted Health</i>
<b>English with Morris (212)</b> 10:30am-11:30am FREE for SWFP members	<b>Chair Yoga (Gym 1)</b> 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	<b>20/20/20 (Gym 1)</b> 10:30am-11:30am (Kim) FREE for SWFP members <i>*Sponsor Humana</i>	<b>Salsa with Juan (Main Hall)</b> 10:30am-11:30am FREE for SWFP members <i>*Sponsored by Florida Blue</i>	<b>Advanced Acrylic (Rm 209)</b> 12:00pm-2:00pm (Daniel) 6 weeks session (\$30 pp) (4/15/22-5/20/22) and (6/3/22-7/8/22)
<b>Chair Total Fitness (Gym 2)</b> 11:00am-12:00pm (Carlos) FREE for SWFP members Starts 6/6 <i>*Sponsor Baptist</i>	<b>Figure Drawing (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/12/22-5/17/22) and (5/31/22-7/5/22)	<b>Tai Chi-All Levels (Gym 1)</b> 12:00pm-1:00pm (Nelson) FREE for SWFP members <i>*Sponsor Caremax</i>	<b>Tai Chi-All Levels (Gym 1)</b> 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor Careplus</i>	 Area Agency on Aging of Broward County
<b>Site Bingo (Main Hall)</b> 12:00pm-2:00pm (\$8 pp) For SWFP members only	<b>Salsa with Juan (Main Hall)</b> 1:00pm-2:00pm FREE for SWFP members <i>*Sponsored by Caremax</i>	<b>Drawing Fundamentals (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/13/22-5/18/22) and (6/1/22-7/6/22)	<b>Site Bingo (Main Hall)</b> 12:00pm-2:00pm (\$8 pp) For SWFP members only (4/14/22-5/19/22) and (6/2/22-7/7/22)	
<b>Senior Total Fitness (Gym 2)</b> 12:15pm-1:15pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist</i> Starts 6/6	<b>Bingomania (Main Hall)</b> Last Tues of Month 2:30pm-4:30pm (\$12 pp) For SWFP members only	<b>LIVE: SoFIA Tech Connect Classes</b> <b>FREE Computer, iPad and iPhone</b> For more info call or email SoFIA: (954) 484-7117 Ext. 7 Techservices@thesofia.org	<b>Intermediate Sewing (Rm 213)</b> 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22)	
<b>Colored Pencil (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/11/22-5/16/22) and (*6/6/22-7/13/22)	<b>Night Bingo (Main Hall)</b> 1 <sup>st</sup> Tuesday of the Month 6:00pm-9:00pm (\$20 pp)		<b>Intro to Watercolor (Rm 209)</b> 12:30pm- 2:30pm (Daniel) 6 weeks session (\$30 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22)	
	<b>Citizenship Classes (Rm 212)</b> 9:00am – 12:00pm			
				