

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 JUL/AUG/SEP 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Senior Power Fitness in Main Hall (Paul) 9:00am-10:00am <i>*Sponsor Healthy Partners</i>	Yoga (Gym 1) 9:15am-10:15am (Kim) SWFP members only \$10 per person per month	Senior Power Fitness in Main Hall (Paul) 9:00am-10:00am <i>*Sponsor My Care Medical</i>	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor La Colonia Medical</i>
Water Aerobics (Pool) 9:30am-10:30am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor Health Sun</i>	Floral Arranging (Rm 209) 9:30am-11:30am (Susana) 2 nd & 4 th Tuesday (\$25 pp) includes materials Limit 10 people	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Oscar Holy Cross</i>	Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Meditation Quest (Gym 1) 9:30am-10:30am (Audrey) FREE for SWFP members <i>*Sponsor My Care Medical</i>
Int. Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (7/18/22-8/22/22) and (9/12/22-10/17/22) no class 9/5	Embroidery Class (Rm 213) 9:30am-11:30am (Mercedes) FREE for SWFP members 6 weeks session (9/6/22-10/11/22) No Class July/August	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (7/20/22-8/24/22) and (9/7/22-10/12/22)	Water Base Oil Paint (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (7/21/22-8/25/22) and (9/8/22-10/13/22)	Beginner Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (7/22/22-8/26/22) and (9/9/22-10/14/22)
Crochet & Knitting (Rm 213) 9:30am-11:30am (Reina) FREE for SWFP members	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (7/19/22-8/23/22) and (9/6/22-10/11/22)	Arts & Crafts (Rm 213) 9:30am-12:30pm FREE for SWFP members Limit 10 people	Beginner Sewing (Rm 213) 9:30am-11:30am (Ellie) 6 weeks session (\$40 pp) (7/21/22-8/25/22) and (9/8/22-10/13/22)	Card Making (Rm 213) 10:00am-12:00pm (Beverly) FREE for SWFP Members 1 st & 3 rd Friday-Limit 10 people Starts 9/2
Tai Chi –All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor Simply Healthcare</i>	Yoga (Gym 1) 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	Beginner Spanish (Rm 212) 10:00am-12:00pm (Daniel) 6 weeks session (\$30 pp) (7/20/22-8/24/22) and (9/7/22-10/12/22)	Creative Writing (Rm 212) 10:00am-11:00am (Susan) FREE for SWFP Members 1 st & 3 rd Thursdays	Jewelry Making (Rm 212) 10am-12pm -or- 1pm-3pm Offered Once a Month (Ondina) Bring your kit or purchase \$15
English with Morris (S/A) 10:30am-11:30am FREE for SWFP members	Chair Yoga (Gym 1) 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	20/20/20 (Main Hall) 10:45am-11:45am (Kim) FREE for SWFP members <i>*Sponsor Humana</i>	Salsa with Juan (Main Hall) 10:30am-11:30am FREE for SWFP members <i>*Sponsor Primary Medical Care</i>	Ageless Grace (S/A) 11:00am-12:00pm (Audrey) FREE for SWFP members <i>*Sponsor Devoted Health</i>
Chair Total Fitness (Gym 2) 11:00am-12:00pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist Health</i>	Figure Drawing (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (7/19/22-8/23/22) and (9/6/22-10/11/22)	Tai Chi-All Levels (Gym 1) 12:00pm-1:00pm (Nelson) FREE for SWFP members <i>*Sponsor Caremax</i>	Tai Chi-All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor CarePlus Health</i>	Advanced Acrylic (Rm 209) 12:00pm-2:00pm (Daniel) 6 weeks session (\$30 pp) (7/22/22-8/26/22) and (9/9/22-10/14/22)
Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Salsa with Juan (Main Hall) 1:00pm-2:00pm FREE for SWFP members <i>*Sponsor Caremax</i>	Drawing Fundamentals (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (7/20/22-8/24/22) and (9/7/22-10/12/22)	Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	 
Senior Total Fitness (Gym 2) 12:15pm-1:15pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist Health</i>	Bingomania (Main Hall) Last Tues of Month 2:30pm-4:30pm (\$12 pp) For SWFP members only	LIVE: SoFIA Tech Connect FREE Computer/iPad/iPhone Classes For more info call or email SoFIA:(954) 484-7117 Ext. 7 Techservices@thesofia.org	Intermediate Sewing (Rm 213) 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) (7/21/22-8/25/22) and (9/8/22-10/13/22)	
Colored Pencil (Rm 209) 12:30pm-2:30pm (Daniel) (7/18/22-8/22/22) and (9/12/22-10/17/22) no class 9/5	Night Bingo (Main Hall) 1 st Tuesday of the Month 6:00pm-9:00pm (\$20 pp)		Intro to Watercolor (Rm 209) 12:30pm- 2:30pm (Daniel) 6 weeks session (\$30 pp) (7/21/22-8/25/22) and (9/8/22-10/13/22)	
	Citizenship Classes (Rm 212) 9:00am – 12:00pm			
				