

# City of Pembroke Pines – Carl Shechter Southwest Focal Point Community Center Classes and Programs (July-August-September 2024)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Senior Power Fitness (M/Hall)</b> 9:00am-10:00am (Paul) FREE for SWFP members <i>*Sponsor Las Mercedes</i>	<b>Yoga (Gym 1)</b> 9:15am-10:15am (Kim) SWFP members only \$10 per person per month	<b>Senior Power Fitness (M/Hall)</b> 9:00am-10:00am (Paul) FREE for SWFP members <i>*Sponsor Community Medical</i>	<b>Zumba (Main Hall)</b> 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Caremax</i>
<b>Creative Writing-Spanish (Connie) (Rm 212)</b> 9:15am-10:15am FREE for SWFP members	<b>Citizenship Classes (Rm 212)</b> 9:00am – 2:00pm	<b>Zumba (Main Hall)</b> 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Baptist Health</i>	<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Meditation Quest (Gym 1)</b> 9:30am-10:30am (Audrey) FREE for SWFP members <i>*Sponsor Health Sun</i>
<b>Water Aerobics (Pool)</b> 9:30am-10:30am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor CarePlus</i>	<b>Floral Arranging (Rm 209)</b> 9:30am-11:30am (Susana) 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday (\$25 pp) includes materials Limit 10 people	<b>Pottery (Rm 207)</b> 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 7/24/24 – 8/28/24 & 9/11/24 – 10/16/24	<b>Water Base Oil Paint (Rm 209)</b> 9:30am-11:30am (Daniel) 6 weeks session (\$40 pp) 7/25/24 – 8/29/24 & 9/12/24 – 10/17/24	<b>Beginner Acrylic (Rm 209)</b> 9:30am-11:30am (Daniel) 6 weeks session (\$40 pp) 7/26/24 – 8/30/24 & 9/13/24 – 10/18/24
<b>Line Dancing (Main Hall)</b> 9:30am-10:30am FREE for SWFP members <i>*Sponsor Oakmont Village</i>	<b>Pottery (Rm 207)</b> 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 7/23/24 – 8/27/24 & 9/10/24 – 10/15/24	<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) 7/25/24 – 8/29/24 & 9/12/24 – 10/17/24	<b>Card Making (Rm 213)</b> 10:00am-1:00pm (Deborah) Every Friday – FREE for members
<b>Int. Acrylic (Rm 209)</b> 9:30am-11:30am (Daniel) 6 weeks session (\$40 pp) 7/22/24 – 8/26/24 & 9/9/24 – 10/14/24	<b>Embroidery Class (Rm 213)</b> 10:00am-12:00pm (Mercedes) FREE for SWFP members	<b>Conversational Spanish (Rm 212)</b> 6 weeks session (\$40 pp) 10:00am-12:00pm (Daniel) 7/24/24 – 8/28/24 & 9/11/24 – 10/16/24	<b>Creative Writing (Rm 212)</b> 10:00am-11:00am (Susan) 6 weeks - FREE members Begins in September 9/12/24 – 10/17/24	<b>Ageless Grace (Gym 1)</b> 11:00am-12:00pm (Audrey) FREE for SWFP members <i>*Sponsor Vivamas Medical Center</i>
<b>Cardio, Strength &amp; Core (Gym 2)</b> 9:45am-10:45am (Kim) SWFP Members only \$10 per person per month	<b>Yoga (Gym 1)</b> 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	<b>Water Aerobics (Pool)</b> 10:45am-11:45am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor All In One Benefits</i>	<b>Salsa with Rosa (Main Hall)</b> 10:30am-11:30am FREE for SWFP members <i>*Sponsor Intune Health</i>	<b>Chair Total Fitness (M/H)</b> 11:30am-12:30pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist Health 3<sup>rd</sup> Friday Gym 2</i>
<b>Crochet &amp; Knitting (Rm 213)</b> 10:00am-12:00pm (Mercedes) FREE for SWFP members	<b>Tai Chi Fan (Main Hall)</b> 11:00am-12:00pm (Frank) FREE for SWFP members <i>*Sponsor Devoted Health</i>	<b>20/20/20 (Main Hall)</b> 10:45am-11:45am (Kim) FREE for SWFP members <i>*Sponsor Humana</i>	<b>Tai Chi- Advanced (Gym 1)</b> 10:30am-11:30am (Andrew) SWFP members only \$10 per person per month	<b>Advanced Acrylic (Rm 209)</b> 12:00pm-2:00pm (Daniel) 6 weeks session (\$40 pp) 7/26/24 – 8/30/24 & 9/13/24 – 10/18/24
<b>Tai Chi –Beginner (Gym 1)</b> 10:30am-11:30am (Andrew) FREE for SWFP members <i>*Sponsor Simply Healthcare</i>	<b>Chair Yoga (Gym 1)</b> 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	<b>Tai Chi-Beginner (Gym 1)</b> 12:00pm-1:00pm (Andrew) FREE for SWFP members <i>*Sponsor Elite Health</i>	<b>Site Bingo (Main Hall)</b> 12:00pm-2:00pm (\$8 pp) For SWFP members only	<b>Personal Training (Weight Room)</b> 12:45pm-1:45pm (Carlos) \$20 per month
<b>English with Morris (212)</b> 10:30am-11:30am FREE for SWFP members	<b>Zumba Toning (Main Hall)</b> 12:00pm-1:00pm (Frankie) FREE for SWFP members <i>*Sponsor UniVida</i>	<b>Drawing Fundamentals (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$40 pp) 7/24/24 – 8/28/24 & 9/11/24 – 10/16/24	<b>Intermediate Sewing (Rm 213)</b> 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) 7/25/24 – 8/29/24 & 9/12/24 – 10/17/24	
<b>Yoga (Gym 2)</b> 11:00am-12:00pm (Kim) SWFP Members only \$10 per person per month	<b>Figure Drawing (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$40pp) 7/23/24 – 8/27/24 & 9/10/24 – 10/15/24	<b>Tai Chi-Intermediate (Gym 1)</b> 1:00pm-2:00pm (Andrew) SWFP members only \$10 per person per month	<b>Intro to Watercolor (Rm 209)</b> 12:30pm- 2:30pm (Daniel) 6 weeks session (\$40 pp) 7/25/24 – 8/29/24 & 9/12/24 – 10/17/24	
<b>Beginner Spanish (212)</b> 11:45am-1:45pm (Rosa) 6 weeks session (\$40 pp) 7/22/24 – 8/26/24 & 9/9/24 – 10/14/24	<b>Salsa with Rosa (Main Hall)</b> 1:00pm-2:00pm FREE <i>*Sponsor Caremax</i>	<b>Intermediate Piano (Gym 2)</b> 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 7/17/24 – 9/4/24	<b>Beginner Piano (Gym 2)</b> 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 7/18/24 – 9/5/24	
<b>Site Bingo (Main Hall)</b> 12:00pm-2:00pm (\$8 pp) For SWFP members only <b>Colored Pencil (Rm 209)</b> 12:30pm-2:30pm (Daniel) 6 weeks session (\$40 pp) 7/22/24 – 8/26/24 & 9/9/24 – 10/14/24	<b>FREE Ballroom Dancing</b> 2:10pm-4:10pm (Main Hall)  <b>Spanish Book Club</b> Last Tues of the Month 2:15p-3:15p (Rm 212)	<b>LIVE: SoFIA Tech Connect FREE Computer/iPad/iPhone Classes</b> For more info call or email SoFIA: (954) 484-7117 Techservices@thesofia.org		
<b>Songbirds (Gym 2)</b> 12:30pm-2:00pm (Alex) FREE for SWFP members	<b>Advanced Piano (Gym 2)</b> 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 7/16/24 – 9/3/24			
<b>NEW Sewing Machine Basics (Rm 213)</b> 12:30pm-2:30pm 6 weeks session (\$40 pp) 7/22/24 – 8/26/24 & 9/9/24 – 10/14/24	<b>Bingomania (Main Hall)</b> Last Tues of Month 2:30pm-4:30pm (\$12 pp)			
	<b>Night Bingo (Main Hall)</b> 1 <sup>st</sup> Tuesday of the Month 6:00pm-9:00pm (\$20 pp)			