

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 APR/MAY/JUN 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Silver Sneakers (Main Hall) 9:00am-10:00am <i>*Provided by Chen Medical</i>	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	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 <i>Limit 12 people</i> <i>*Sponsor Health Sun</i>	Floral Arranging (Rm 209) 9:30am-11:30am (Susana) 2 nd & 4 th Tuesday (\$25 pp) includes all materials <i>Limit 10 people</i>	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Oscar Holy Cross</i>	Silver Sneakers (Main Hall) 9:00am-10:00am <i>*Provided by Chen Medical</i>	Chair Total Fitness (Virtual) 9:30am-10:30am (Carlos) FREE for SWFP members <i>*Sponsor Baptist-via Zoom only</i>
Int. Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (4/11/22-5/16/22) and (*6/6/22-7/13/22)	Embroidery Class (Rm 213) 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)	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (4/13/22-5/18/22) and (6/1/22-7/6/22)	Advanced Drawing (Rm 209) 9:00am-11:00am (Daniel) 6 weeks session (\$30 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22)	Meditation Quest (Gym 1) 9:30am-10:30am (Audrey) FREE for SWFP members <i>*Sponsor Aetna</i>
Tai Chi –All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor Simply Healthcare</i>	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) (4/12/22-5/17/22) and (5/31/22-7/5/22)	Arts & Crafts (Rm 213) 9:30am-12:30pm FREE for SWFP members <i>Limit 10 people</i>	Beginner Sewing (Rm 213) 9:30am-11:30am (Ellie) 6 weeks session (\$40 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22) <i>Limit 8 people</i>	Beginner Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$30 pp) (4/15/22-5/20/22) and (6/3/22-7/8/22)
English with Morris (212) 10:30am-11:30am FREE for SWFP members <i>starts 4/4/22</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) (4/13/22-5/18/22) and (6/1/22-7/6/22)	Salsa with Juan (Main Hall) 10:30am-11:30am FREE for SWFP members <i>*Sponsored by Florida Blue</i>	Card Making (Rm 213) 10:00am-12:00pm (Beverly) FREE for SWFP Members <i>1st & 3rd Friday-Limit 10 people</i>
Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Chair Yoga (Gym 1) 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	20/20/20 (Gym 1) 10:30am-11:30am (Kim) FREE for SWFP members <i>*Sponsor Humana</i>	Tai Chi-All Levels (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members <i>*Sponsor Careplus</i>	Jewelry Making (Rm 212) 10am-12pm -or- 1pm-3pm Offered Once a Month (Ondina) <i>Bring your kit or purchase \$15</i>
Colored Pencil (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/11/22-5/16/22) and (*6/6/22-7/13/22)	Figure Drawing (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/12/22-5/17/22) and (5/31/22-7/5/22)	Tai Chi-All Levels (Gym 1) 12:00pm-1:00pm (Nelson) FREE for SWFP members <i>*Sponsor Caremax</i>	Senior Total Fitness (Virtual) 12:00pm-1:00pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist-via Zoom only</i>	Ageless Grace (S/A) 11:00am-12:00pm (Audrey) FREE for SWFP members <i>*Sponsor Devoted Health</i>
AARP Tax-Aide (S/A) Mondays & Thursdays 9:30am – 1:30pm (2/3/22 – 4/18/22)	Salsa with Juan (Main Hall) 1:00pm-2:00pm FREE for SWFP members <i>*Sponsored by Caremax</i>	Drawing Fundamentals (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$30 pp) (4/13/22-5/18/22) and (6/1/22-7/6/22)	Intermediate Sewing (Rm 213) 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) (4/14/22-5/19/22) and (6/2/22-7/7/22) <i>Limit 8 people</i>	Advanced Acrylic (Rm 209) 12:00pm-2:00pm (Daniel) 6 weeks session (\$30 pp) (4/15/22-5/20/22) and (6/3/22-7/8/22)
	Bingomania (Main Hall) <i>Last Tues of Month</i> 2:30pm-4:30pm (\$12 pp) For SWFP members only	LIVE: SoFIA Tech Connect Classes FREE Computer, iPad and iPhone <i>For more info call or email SoFIA:</i> (954) 484-7117 Ext. 7 Techservices@thesofia.org	Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Karaoke with Hury (Main Hall) 3 rd Friday of Month 12:30pm – 1:30pm
	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) (4/14/22-5/19/22) and (6/2/22-7/7/22)	Pembroke Pines AARP (Rm 215) 3 rd Friday of Month 1:00pm-2:00pm
	Citizenship Classes (Rm 215) 9:00am – 12:00pm			
				

Revised: 3/30/22 *Makeups for 3 Monday Holidays