

City of Pembroke Pines – Carl Shechter Southwest Focal Point Community Center Classes and Programs (OCTOBER-NOVEMBER-DECEMBER 2023)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Senior Power Fitness (M/Hall) 9:00am-10:00am (Paul) FREE for SWFP members *Sponsor Las Mercedes	Yoga (Gym 1) 9:15am-10:15am (Kim) SWFP members only \$10 per person per month	Senior Power Fitness (M/Hall) 9:00am-10:00am (Paul) FREE for SWFP members *Sponsor Common Health	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members *Sponsor La Colonia Medical
Creative Writing-Spanish (Rm 212) 9:15am-10:15am (Martha) 6 weeks session FREE for SWFP members 9/11/23 – 10/16/23 & 10/30/23 - 12/4/23	Reiki Healing (Gym 1) 9:00am-10:00am FREE for SWFP members *Sponsor Aetna	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members *Sponsor Conviva	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 *Sponsor Health Sun
Water Aerobics (Pool) 9:30am-10:30am (Elda) FREE for SWFP members <i>Limit 12 people</i> *Sponsor CarePlus	Citizenship Classes (Rm 212) 9:00am – 2:00pm	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 9/13/23 – 10/18/23 & 11/1/23 – 12/6/23	Water Base Oil Paint (Rm 209) 9:30am-11:30am (Daniel) 5 weeks session (\$30 pp) 9/28/23 – 10/26/23 6 weeks session (\$35 pp) 11/2/23 – 12/14/23 *No class 11/23	Beginner Acrylic (Rm 209) 9:30am-11:30am (Daniel) 5 weeks session (\$30 pp) 9/29/23 – 10/27/23 6 weeks session (\$35 pp) 11/3/23 – 12/22/23 *No class 11/10 & 11/24
Line Dancing (Main Hall) 9:30am-10:30am FREE for SWFP members *Sponsor Intune Health	Floral Arranging (Rm 209) 9:30am-11:30am (Susana) 2 nd & 4 th Tuesday (\$25 pp) includes materials <i>Limit 10 people</i>	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) 9/14/23 – 10/19/23 & 11/2/23 – 12/14/23 *No class 11/23	Card Making (Rm 213) 10:00am-1:00pm (Deborah) Every Friday – FREE for members
Int. Acrylic (Rm 209) 9:30am-11:30am (Daniel) 5 weeks session (\$30 pp) 9/25/23 – 10/23/23 6 weeks session (\$35 pp) 10/30/23 – 12/4/23	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 9/12/23 – 10/17/23 & 10/31/23 – 12/5/23	Beginner Spanish (Rm 212) 10:00am-12:00pm (Daniel) 5 weeks session (\$30 pp) 9/27/23 – 10/25/23 6 weeks session (\$35 pp) 11/1/23 – 12/6/23	Creative Writing (Rm 212) 10:00am-11:00am (Susan) 6 weeks - FREE members 9/14/23 – 10/19/23 & 11/2/23 – 12/14/23 *No class 11/23	Ageless Grace (Gym 1) 11:00am-12:00pm (Audrey) FREE for SWFP members *Sponsor Caremax
Cardio, Strength & Core (Gym 2) 9:45am-10:45am (Kim) SWFP Members only \$10 per person per month	Embroidery Class (Rm 213) 10:00am-12:00pm (Mercedes) FREE for SWFP members	Water Aerobics (Pool) 10:45am-11:45am (Elda) FREE for SWFP members <i>Limit 12 people</i> *Sponsor All In One Benefits	Salsa with Rosa (Main Hall) 10:30am-11:30am FREE for SWFP members *Sponsor Devoted Health	Chair Total Fitness (M/H) 11:00am-12:00pm (Carlos) FREE for SWFP members *Sponsor Baptist Health 3rd Friday Gym 2
Crochet & Knitting (Rm 213) 10:00am-12:00pm (Mercedes) FREE for SWFP members	Yoga (Gym 1) 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	20/20/20 (Main Hall) 10:45am-11:45am (Kim) FREE for SWFP members *Sponsor Humana	Tai Chi-Intermediate (Gym 1) 10:30am-11:30am (Nelson) SWFP members only \$10 per person per month *No class 11/23	Advanced Acrylic (Rm 209) 12:00pm-2:00pm (Daniel) 5 weeks session (\$30 pp) 9/29/23 – 10/27/23 6 weeks session (\$35 pp) 11/3/23 – 12/22/23 *No class 11/10 & 11/24
Tai Chi –Beginner (Gym 1) 10:30am-11:30am (Nelson) FREE for SWFP members *Sponsor Simply Healthcare	Tai Chi Fan (Main Hall) 11:00am-12:00pm (Frank) FREE for SWFP members *Sponsor Esencia Therapy	Tai Chi-Beginner (Gym 1) 12:00pm-1:00pm (Nelson) FREE for SWFP members *Sponsor Elite Health	Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Senior Total Fitness (M/H) 12:15pm-1:15pm (Carlos) FREE for SWFP members *Sponsor Baptist Health 3rd Friday Gym 2
English with Morris (212) 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	Drawing Fundamentals (Rm 209) 12:30pm-2:30pm (Daniel) 5 weeks session (\$30 pp) 9/27/23 – 10/25/23 6 weeks session (\$35 pp) 11/1/23 – 12/6/23	Intermediate Sewing (Rm 213) 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) 9/14/23 – 10/19/23 & 11/2/23 – 12/14/23 *No class 11/23	
Yoga (Gym 2) 11:00am-12:00pm (Kim) SWFP Members only \$10 per person per month	Zumba Toning (Main Hall) 12:00pm-1:00pm (Frankie) FREE for SWFP members *Sponsor Elite Health *Starts October 3rd	Intermediate Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 6 weeks (\$10 pp) 9/6/23 – 10/25/23 & 11/8/23 – 12/13/23	Intro to Watercolor (Rm 209) 12:30pm- 2:30pm (Daniel) 5 weeks session (\$30 pp) 9/28/23 – 10/26/23 6 weeks session (\$35 pp) 11/2/23 – 12/14/23 *No class 11/23	
Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Figure Drawing (Rm 209) 12:30pm-2:30pm (Daniel) 5 weeks session (\$30 pp) 9/26/23 – 10/24/23 & 6 weeks session (\$35 pp) 10/31/23 – 12/5/23	LIVE: SoFIA Tech Connect FREE Computer/iPad/iPhone Classes <i>For more info call or email SoFIA: (954) 484-7117</i> Techservices@thesofia.org	Beginner Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 9/7/23 – 10/26/23 & 11/9/23 – 12/14/23	
Colored Pencil (Rm 209) 12:30pm-2:30pm (Daniel) 5 weeks session (\$30 pp) 9/25/23 – 10/23/23 6 weeks session (\$35 pp) 10/30/23 – 12/4/23	Salsa with Rosa (Main Hall) 1:00pm-2:00pm FREE for SWFP members *Sponsor Caremax			
Songbirds (Gym 2) 12:30pm-2:00pm (Alex) FREE for SWFP members	Advanced Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 6 weeks (\$10 pp) 9/5/23 – 10/24/23 & 11/7/23 – 12/12/23			
	Bingomania (Main Hall) <i>Last Tues of Month</i> 2:30pm-4:30pm (\$12 pp) For SWFP members only *No Bingomania Nov & Dec			
	Night Bingo (Main Hall) 1 st Tuesday of the Month 6:00pm-9:00pm (\$20 pp) *No Bingo Nov & Dec			