



# Coral Gate Park

## Active Adult 55+ Schedule



### FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 	<b>4</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>5</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>6</b>  10AM-11AM: Chair Exercise 11AM-12PM: Stretch	<b>7</b> <b>NO SENIOR PROGRAM</b>
<b>10</b> 	<b>11</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>12</b> <b>NO SENIOR PROGRAM</b>	<b>13</b>  10AM-11AM: Chair Exercise 11AM-12PM: Stretch	<b>14</b> <b>Valentine's Craft Party</b> <b>10:30AM</b> 
<b>17</b>  <b>PARK CLOSED</b>	<b>18</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>19</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>20</b>  10AM-11AM: Chair Exercise 11AM-12PM: Stretch	<b>21</b> <b>NO SENIOR PROGRAM</b>
<b>24</b> 	<b>25</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>26</b> 10AM-11AM: Arts & Crafts  <b>Confirma tu participación el día antes con Norma</b>	<b>27</b>  10AM-11AM: Chair Exercise 11AM-12PM: Stretch	<b>28</b> 11AM-2PM: Domino 
<b>3</b> <b>**Confirma tu participación la semana anterior a los eventos.</b>	<b>4</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>5</b> 10AM -11AM: Chair Exercise 11AM-2PM: Domino 	<b>6</b>  10AM-11AM: Chair Exercise 11AM-12PM: Stretch	<b>7</b> 11AM-2PM: Domino 



**CORAL GATE PARK**  
**305-960-5130**  
**1415 S.W. 32 Avenue**  
 Milena Eakes – [MEakes@miamigov.com](mailto:MEakes@miamigov.com)

