






















Coral Gate Park

Active Adult 55+ Schedule



October 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	<p>2</p> <p>10AM-11AM: Arts & Craft</p> 	<p>3</p> <p><u>In the computer center</u> 10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	4
<p>7</p> <p>Bowling 9AM-1PM</p> 	<p>8</p> <p>10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	<p>9</p> <p>10AM-11AM: Arts & Craft</p> 	<p>10</p> <p>10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	11
<p>14</p> <p>NO BOWLING</p>	<p>15</p> <p>10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	<p>16</p> <p>10AM-11AM: Arts & Craft</p> 	<p>17</p> <p>9AM-10AM: Chair Exercise 10AM-11AM: Stretch 11AM-12PM: Line Dance 12:15PM-2PM: Domino</p> 	<p>18</p> 
<p>21</p> <p>Bowling 9AM-1PM</p> 	<p>22</p> <p>10AM -11AM: Chair Exercise 11AM-2PM: Domino</p> 	<p>23</p> <p>10AM-11AM: Arts & Craft</p> 	<p>24</p> <p>9AM-10AM: Chair Exercise 10AM-11AM: Stretch 11AM-12PM: Line Dance 12:15PM-2PM: Domino</p> 	25
<p>28</p> <p>Bowling 9AM-1PM</p> 	<p>29</p>  <p>Halloween Bingo Party 10:30-2:00PM</p>	<p>30</p> <p>10AM-11AM: Arts & Craft</p> 	<p>31</p> <p>HAPPY HALLOWEEN</p> <p>9AM-10AM: Chair Exercise 10AM-11AM: Stretch 11AM-12PM: Line Dance 12:15PM-2PM: Domino</p> 	<p>3</p> <p>**Confirma tu participación la semana anterior a las eventos.</p>

CORAL GATE PARK
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