



**PARK MANAGER
MITCH BURROUGHS**

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FARM SHARE
JULY 10, 2024



DMV JULY 18



JULY 2024

IF YOU WANT TO KNOW SOMEONE MIND LISTEN TO THEIR WORDS IF YOU WANT TO KNOW THEIR HEART WATCH THEIR ACTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LINE DANCING With Lady E 	2 WEIGHT ROOM 	BINGO DAILY 3 	HAPPY 4th of July 	5 CARD PLAYING 	
	AEROBIC CLASS 8 With Greg 	9 STRETCHING With Allison 	10 COUNCIL MEETS 	11 HURRICANE PRESENTATION 	12 HEALTH PRESENTATION 	
14	15 SEWING CLASS With Keshia 	16 DOMINOES GAME 	17 LOCAL #4686 MEMBERS ONLY 	TABLE TOP FUN 18 	CELEBRATING 19 OUR MEN 	20 BACK TO SCHOOL GIVE AWAY
21	22 COMPUTER CLASS With Rafael 	23 CARRIBEAN DANCING With Allison 	24 C.H.P.N. ASSOCIATION 	25 ZUMBA With Allison 	26 HAPPY BIRTHDAY SENIORS 	27
28	29 SEWING With Keshia 	BIKE EXERCISE 30 	THROW BACK PARTY 31 COVER DISH AFFAIR 	HAPPY 4TH OF JULY! 		



SENIOR PROGRAM
MONDAY-FRIDAY
8:30AM-2 pm

SEWING & CRAFT
MONDAY-FRIDAY
10:00-12 NOON

AEROBIC CLASS
MONDAY- THURSDAY
10:30 AM-11:30AM

LINE DANCING
MONDAY&FRIDAY
10:00AM-11:30AM

WEIGHT ROOM GYM
MONDAY-FRIDAY
8:30AM-12:00 NOON
1:00PM-5:00 PM

COMPUTER CLASSES
MONDAY-THURSDAY
9:15AM & 10:15 AM
1:15 PM & 2:15 PM

CARIBBEAN X DANCE 55+
TUE 9:00AM
WED 7:00PM

SENIOR CIRCUIT TRAINING
TUESDAY 10:00AM
WED 6:00PM

STRETCH & MEDITATION
TUESDAY 11:00AM
CARDIO & CORE

BOOT CAMP/CIRCUIT TRAIN
WEDNESDAY 6:00PM
ZUMBA GOLD
THURS 9:30AM

COUNCIL COMMITTEE
SECOND WEDNESDAY
C.H.N. ASSOCIATION
LAST WEDNESDAY 5:00PM

A NEGATIVE MIND WILL NEVER GIVE YOU POSITIVE RESULTS

ACTIVITIES SUBJECT TO CHANGE