



# Shenandoah Park Active Adults 55+ October 2024



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<p>1 <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p>2 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron</p>	<p>3 Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela 10AM - 11AM Chair Exercise 11AM - 12PM Zumba Gold</p>	<p>4 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron</p>
<p>7 Water Aerobics Monday - Friday 9:00AM - 10:00M <b>Bowling League at Bird Bowl 9:15AM - 1PM</b> Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>8 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p>9 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Shenandoah Card Club</b> (Canasta, Rummikub, Domino) Please Bring Snacks to Share 2PM - 4PM</p>	<p>10 Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela 10AM - 11AM Chair Exercise 11AM - 12PM Zumba Gold</p>	<p>11 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Seminole Hard Rock Casino</b> 10AM - 4PM</p>
<p>14  HAPPY COLUMBUS DAY</p>	<p>15 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p>16 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Movie and Popcorn</b> "The Curse of Bridge Hollow" 12:30PM - 2:00PM</p>	<p>17 Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela <b>Mady's Dance Factory</b> <b>Salsa Classes at 1PM</b> <b>TO BE ANNOUNCED (NEW!!!)</b></p>	<p>18 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Senior Planet</b> <b>Please Bring Lunch</b> 9AM - 4PM</p>
<p>21 Water Aerobics Monday - Friday 9:00AM - 10:00M <b>Bowling League at Bird Bowl 9:15AM - 1PM</b> Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>22 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p>23 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron <b>Arts, Crafts and Cafecito</b> <b>With Regina</b> 2PM - 4PM</p>	<p>24 Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela <b>Mady's Dance Factory</b> <b>Salsa Classes at 1PM</b> <b>TO BE ANNOUNCED (NEW!!!)</b></p>	<p>25 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Manolo Reyes' Halloween Celebration</b> 2PM - 4PM</p>
<p>28 Water Aerobics Monday - Friday 9:00AM - 10:00M <b>Bowling League at Bird Bowl 9:15AM - 1PM</b> Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>29 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p>30 <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Spooky Halloween Party &amp; Birthday Celebrations!!!</b> 2PM - 4PM / \$10.00</p>	<p>31 <b>Mady's Dance Factory</b> <b>Salsa Classes at 1PM</b> <b>TO BE ANNOUNCED (NEW!!!)</b>  <b>Shenandoah Community Halloween Event!</b> 6PM - 8PM</p>	

