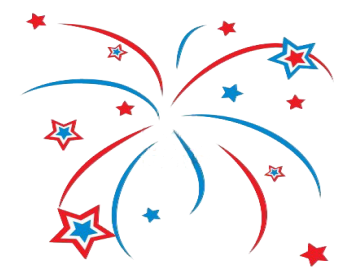


Shenandoah Park Active Adults 55+ July 2024




Mon

Tue

Wed

Thu

Fri

<p>1 Water Aerobics Monday - Friday 8:00AM - 8:45AM</p> <p>Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>2 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop With Graciela 2PM - 4PM</p>	<p>3</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>	<p>4</p> 	<p>5</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>
<p>8 Water Aerobics Monday - Friday 8:00AM - 8:45AM</p> <p>Memory Workshop With Graciela 3PM - 4:30PM</p> <p>Shenandoah Neighborhood Association Meeting at 7PM</p>	<p>9 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop With Graciela 2PM - 4PM</p>	<p>10</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>	<p>11 Move It, Lift It, Gym Workout 10AM - 12PM</p> <p>YouTube Pre-Recorded Classes with Graciela Chair Exercise & Zumba 10AM - 11AM Chair Exercise 11AM - 12PM Zumba Gold</p>	<p>12</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>
<p>15 Water Aerobics Monday - Friday 8:00AM - 8:45AM</p> <p>Arts, Crafts, and Cafecito With Regina 12:30PM - 2:30PM</p> <p>Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>16 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop With Graciela 2PM - 4PM</p>	<p>17</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>	<p>18 Move It, Lift It, Gym Workout 10AM - 12PM</p> <p>YouTube Pre-Recorded Classes with Graciela 10AM - 11AM Chair Exercise 11AM - 12PM Zumba Gold</p>	<p>19 FREE Computer Classes 10AM - 12PM</p> <p>Mayor Francis Suarez's Luau Celebration!!! Food, Performances & Raffles 2PM - 4PM / FREE!!!</p>
<p>22 Water Aerobics Monday - Friday 8:00AM - 8:45AM</p> <p>Movie & Popcorn "A Family Affair" 12:30PM - 2:30PM</p> <p>Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>23 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop With Graciela 2PM - 4PM</p>	<p>24</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>	<p>25 Summer Camp Participants Presents Night of the Stars Talent Show "The Best Carnival and Festival Celebrations Around the World" Manuel Artime Theater 5PM - 9PM / FREE EVENT</p>	<p>26 FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p> <p>End of Summer Disco Party & Birthday Celebrations!!! 2PM - 4PM / \$10.00</p>
<p>29 Water Aerobics Monday - Friday 8:00AM - 8:45AM</p> <p>Shenandoah Card Club (Canasta, Rummikub, Domino) Please Bring Snacks to Share 12:30PM - 2:30PM</p> <p>Memory Workshop With Graciela 3PM - 4:30PM</p>	<p>30 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop With Graciela 2PM - 4PM</p>	<p>31</p> <p>FREE Computer Classes 10AM - 12PM Instructor Raul Peron</p>		

