

AUGUST 2024

Domingo	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
				1 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	2 9am-1pm (Gym Seniors) Gimnacio para Adultos	3
4	5 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	6 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	7 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	8 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	9 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	10
11	12 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	13 9:30am-10:30am Fitness Classes & Stretching	14 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room) 11:30am-4pm Loan Park (Marlins Game)	15 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	16 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	17
18	19 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	20 -9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)</u> 	21 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	22 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion)	23 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:45am-1:30pm (<u>Seminole Hard Rock Hotel & Casino</u>) 	24
25	26 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	27 9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:30pm BINGO sponsored by Clinical Care Medical Center</u>	28 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	29 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion)	30 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	31

Tuesday & Thursday:9:30am-12pm Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y de Estiramiento

August 20-10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)

August 27-Bingo 10:30am-12:30pm (Sponsored by Clinical Care Medical Center)

West End Park
6030 S.W 2nd St
Miami, FL 33144 Phone:(305) 960-2980



Field Trips:

August 23-9:45am-1:30pm-Seminole Hard Rock Hotel & Casino: 1 Seminole Way, Hollywood, FL