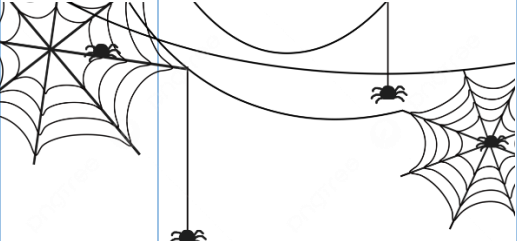








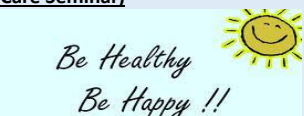





# OCTOBER 2024

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
		1 9:00am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	2-9am-1pm (Gym Seniors) Gimnasio para-adultos 9:45m-1:30pm Fairchild Botanic Garden 	3-9:00am-10:00am Fitness Classes/Ejercicios Físicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	4 9am-1pm ( Gym Seniors) Gimnasio para Adultos	5 
6	7-9:30am-11:30pm Computer classes (Clases de computacion) 10am-12pm Bowling League (Liga de bolos) 	8 9:00am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	9 9am-1pm (Gym Seniors) Gimnasio para-adultos  9:30am-1pm -Domino (Senior Room)	10-9:00am-10:00am Fitness Classes/Ejercicios Físicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	11 9am-1pm ( Gym Seniors) Gimnasio para Adultos  9:30am-1pm Domino (Senior Room)	12
13	14--9:30am-11:30pm Computer classes (Clases de computacion) 10am-12pm Bowling League (Liga de bolos) 	15-9:00am-10:00am Fitness Classes & Stretching 10:30am-12:30pm Clinical Care Medical Center Fall Giveaway!! 	16 9am-1pm (Gym Seniors) Gimnasio para-adultos 9:30am-1pm -Domino (Senior Room)  11:30am-4pm Loan Park (Marlins Game)	17-9:00am-10:00am Fitness Classes/Ejercicios Físicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)	18-9am-1pm ( Gym Seniors) Gimnasio para Adultos 9:45am-1pm Miccosukee Casino & Resort 	19 
20	21-9:30am-11:30pm Computer classes (Clases de computacion) 10am-12pm Bowling League (Liga de bolos) 	22 9:00am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	23 9am-1pm (Gym Seniors) Gimnasio para-adultos  9:30am-1pm -Domino (Senior Room)	24-9:00am-10:00am Fitness Classes/Ejercicios Físicos y de estiramiento 10:30am-11:30am-(Simply Health Care Seminar) 	25 9am-1pm ( Gym Seniors) Gimnasio para Adultos  9:30am-1pm Domino (Senior Room)	26
27	28-9:30am-11:30pm Computer classes (Clases de computacion) 10am-12pm Bowling League (Liga de bolos) 	29-9:00am-10:00am Fitness Classes & Stretching 10:30am-12:30pm Costume Celebration Sponsored by the Commissioner's Office 	30 9am-1pm (Gym Seniors) Gimnasio para-adultos  9:30am-1pm -Domino (Senior Room)	31-9:00am-10:00am Fitness Classes/Ejercicios Físicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)		

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

Oct 15-Fall Giveaway (Sponsored by Clinical Care Medical Center)

Oct 29- Costume Celebration District 4 10:30am-12:30pm

Oct 24-Simply Health Care Seminar 10:30am-11:30pm

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



**Field Trips: Oct 2- 9:45m-1:30pm** Fairchild Botanic Garden

(Old Cutler Rd, Coral Gables, FL 33156)

**Oct 18 -9:45am-1pm** Miccosukee Casino & Resort

500 SW 177th Ave, Miami, FL 33194