

NOVEMBER 2024

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
					1-9am-1pm (Gym Seniors) Gimnacio para Adultos 9:45am- 1:30pm Dadeland Mall 	2
3	4-9:30am-11:30pm Computer classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u> 	5 	6-9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room) 11:00am-11:45am Salsa Lessons (Clases de Salsa) 	7-9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) <u>10:30am-12:30pm Bingo (Sponsored by Aetna)</u> 	8-9am-1pm (Gym Seniors) Gimnacio para Adultos 10:00am-12:30pm SENIOR PLANET 	9
10	11 	12-9:30am-10:30am Fitness Classes & Stretching 11:00am-11:45am Salsa Lessons (Clases de Salsa) 	13-9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room) 11:00am-11:45am Salsa Lessons (Clases de Salsa) 	14 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)	15 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:45am-1pm Virginia Key Beach Thanksgiving Celebration!!! 	16
17	18 -9:30am-11:30pm Computer classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u> 	19-9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)</u> 11:00am-11:45am Salsa Lessons (Clases de Salsa)	20 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	21 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion)	22 9am-1pm (Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	23
24	25 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) 	26 9:30am-10:30am Fitness Classes & Stretching 12:15pm-1pm Puzzle (Art Room)	27 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	28 		30

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