










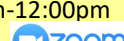







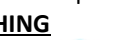





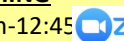






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Please click the class link below, download the Zoom app and make a profile.

On the day of class enter the meeting ID and password.

PASSWORD FOR ALL CLASSES IS miamiparks (all lowercase no spaces)

SEPTEMBER/SEPTIEMBRE 2022

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>Antonio Maceo Park 5135 NW 7 St. Miami, FL, 33126 (305) 960-2930</p>			<p>1 <u>DOMINO</u> 8:00am-5:00pm <u>MUSIC/MUSICA</u> 10:00am-11:00am <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>YOGA/BLENENSTAR</u> 10:15am- 11:15am outside <u>PRAYER/ORACIÓN</u> 11:00am-12:00pm  <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCHING</u> 12:00pm-12:45pm Meeting ID: 958 1461 4879 <u>MEMORY/ MEMORIA</u> 2:00pm-4:00 Movie day 1:30-3:30</p>	<p>2 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm</p>
<p>5 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>6 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCHING</u>  12:00pm-12:45pm Meeting ID: 958 1461 4879</p>	<p>7 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm <u>CRAFTS/ MANUALIDADES</u> 1:00pm-3:00pm</p>	<p>8 <u>DOMINO</u> 8:00am-5:00pm <u>MUSIC/MUSICA</u> 10:00am-11:00am <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>YOGA/MLENESTAR</u> 10:15am- 11:15am <u>PRAYER/ORACIÓN</u> 11:00am-12:00pm  <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCHING</u> 12:00pm-12:45pm Meeting ID: 958 1461 4879 <u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>9 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm</p>
<p>12 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm BINGO 1:30-3:00</p>	<p>13 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCH</u>  12:00pm-12:45pm Meeting ID: 958 1461 4879 1:30-3:00 PARTY UNIVIDA</p>	<p>14 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm <u>CRAFTS/ MANUALIDADES</u> 1:00pm-3:00pm</p> 	<p>15 <u>DOMINO</u> 8:00am-5:00pm <u>MUSIC/MUSICA</u> 10:00am-11:00am <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>YOGA/BLENESTAR</u> 10:15am- 11:15am <u>ZUMBA</u>  11:00am-12:00pm Meeting ID: 928 1496 7261 <u>PRAYER/ORACIÓN</u> 11:00am-12:00pm  <u>STRETCHING</u> 12:00pm-12:45pm  Meeting ID: 958 1461 4879 <u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm Movie day 1:30-3:30</p>	<p>16 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm FATHER'S DAY EVEN 1:00-3:00</p>
<p>19 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm BINGO 1:30-3:00</p>	<p>20 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCH</u>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <u>SISTEMA IMUNO</u> 1:30PM - 3:00PM <u>TECHNOLOGY CLASS</u> 1:30PM-3:00PM</p>	<p>21 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm <u>CRAFTS/ MANUALIDADES</u> 1:00pm-3:00pm</p>	<p>22 <u>DOMINO</u> 8:00am-5:00pm <u>MUSIC/MUSICA</u> 10:00am-11:00am <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>YOGA/BLENESTAR</u> 10:15am- 11:15am <u>ZUMBA</u>  11:00am-12:00pm Meeting ID: 928 1496 7261 <u>STRETCHING</u> 12:00pm-12:45pm  Meeting ID: 958 1461 4879 <u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>23 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm PARTY 1:30-3:30</p>
<p>26 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm <u>BINGO</u> 1:30pm-3:30pm</p>	<p>27 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCH</u>  12:00pm-12:45pm Meeting ID: 958 1461 4879</p>	<p>28 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm <u>CRAFTS/ MANUALIDADES</u> 1:00pm-3:00pm</p>	<p>29 <u>DOMINO</u> 8:00am-5:00pm <u>MUSIC/MUSICA</u> 10:00am-11:00am <u>CHAIR</u>  10:00am-10:45am Meeting ID: 914 7727 5297 <u>YOGA/BLENESTAR</u> 10:15am- 11:15am <u>ZUMBA</u>  11:00am-11:45am Meeting ID: 928 1496 7261 <u>STRETCHING</u> 12:00pm-12:45pm Meeting ID: 958 1461 4879 <u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>23 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>CONNEXIÓN DE LA MENTE Y EL CUERPO</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u>  10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm PARTY 1:30-3:30 PARTY 1:30-3:30</p>