**AUGUST 2022**

"Remember to be gentle with yourself and others. We are all children of chance"

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>1 SENIOR PROG.  8:00am - 2:00pm</td>
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<td>7</td>
<td>8</td>
<td>9 PRAISE DANCE CLASS</td>
<td>10 CRAFT CLASS</td>
<td>11 AEROBIC CLASS</td>
<td>12 CARD PLAYING</td>
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<tr>
<td>14 LINE DANCE  15</td>
<td>16 ID# 928 1496 7261</td>
<td>17 COMPUTER CLASS</td>
<td>18 DOMINOE GAME</td>
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<tr>
<td>21 WEIGHT ROOM 22</td>
<td>23 ID# 958 1461 4879</td>
<td>24 Farm Share/NHOA</td>
<td>25 ID# 914 7727 5297</td>
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<tr>
<td>28 29 SEWING</td>
<td>30</td>
<td>31 BIRTHDAY PARTY</td>
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**SENIOR PROGRAM**
- **MONDAY–FRIDAY**
  - 8am–2pm
  - SEWING & CRAFTS
    - MONDAY–Thurs 10:00am–12:00noon
  - AEROBIC CLASS
    - TUES–WED–THURS 10:30am–11:00am
    - Break Time
      - 11:30am–12:00noon
  - LINE DANCE
    - MON–WED–THURS 10:00am–11:00am
    - PRAISE DANCE
      - TUESDAY
      - 11:00am–12:00noon
  - WEIGHT ROOM
    - MON–FRI
    - 8:30am–11:30am
    - BREAK Time
      - 12:00noon–1:00pm
  - COMPUTER LAB
    - T.B.A.

**ZOOM Classes**
- Active Adults 55+
- Instructor: Graciela Monte
- **Tuesday**
  - **Zoom - Virtual**
    - Password: Miami parks
      - 10:00am Chair Exercise—Meeting ID 914 7727 5297
      - 11:00am Zumba Gold—Meeting ID 928 1496 7261
      - 12:00pm Stretching—Meeting ID 958 1461 4879
- **Thursday**
  - **Zoom - Virtual**
    - Password: Miami arks
      - 10:00am Chair Exercise—Meeting ID 914 7727 5297
      - 11:00am Zumba Gold—Meeting ID 928 1496 7261
      - 12:00pm Stretching—Meeting ID 958 1461 4879

**Prepare for hurricane season!**
- Is your property in a floodplain?
- Flooding can happen anywhere, but you are more prone to risk if you live in or near a floodplain.

Charles Hadley Park
1300 NW 50th St.
Miami, FL 33142
Ph#305-960-4630

E-mail: mburroughs@miamigov.com

<table>
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<tr>
<th>ACTIVE ADULTS 55+</th>
<th>ZOOM CLASSES</th>
<th>INSTRUCTOR</th>
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<tr>
<td>Active Adults</td>
<td>ZOOM Classes</td>
<td>Graciela Monte</td>
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**COUNCIL COMMITTEE**

**Charles Hadley Park**
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**The City of Miami Parks & Recreation**