



PARK MANAGER
MITCH BURROUGHS

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FARM SHARE
T.B.A.



JANUARY 2023

CHEERS TO A NEW YEAR AND ANOTHER CHANCE TO GET IT RIGHT



SENIOR PROGRAM
MONDAY-FRIDAY
8am-2pm

- SEWING & CRAFTS
MONDAY-FRIDAY
9:30am-11:30am

- AEROBICS CLASS
TUES-WED-THURS
10:30am-11:30am

LUNCH TIME
12:00 noon

- LINE DANCE
MONDAY/FRIDAY
10:30am-11:30am

- WEIGHT ROOM
• MON-FRI
• 8:00am-11:30am

- COMPUTER LAB
• MON-WED
• 1:15pm-2:15pm

- COUNCIL COMMITTEE
MEETS SECOND WED

- C.H.N. ASSOCIATION
MEETS LAST WED OF
THE MONTH 5:00 pm-7pm

- MONTHLY BIRTHDAY
PARTY LAST WED OF
MONTH 1:30PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 LIVE LAUGH..LOVE 	4 ARTS & CRAFT 	5 BIKING 	6 DOMINOES 	7
8	9 GYM WORKOUT 	10 CHAIR ID#914 7727 5297 	11 COUNCIL 	12 BINGO GAME 	13
	17 AEROBICS 	18 	19 ID# 928 1496 7261 	20 MUSICAL THERAPY 	21
22	23 WALKING 	24 SOCIALIZING 	25 C.H.N. ASSOC 	26 STRETCHING ID#958 1461 4879 	27
29	30 COMPUTER 	31 SEWING 			
August 2021 Active Adults 55+ ZOOM Classes Graciela Monte Instructor	Tuesday Zoom - Virtual Password: Miami parks		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		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		

ACTIVITIES SUBJECT TO CHANGE