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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)

OCTOBER/OCTUBRE 2022

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p><b>3</b> <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><b>4</b> <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30am-10:30am <u>PARTY CAREMAX</u> 1:30pm-3:30pm <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>5</b> <u>DOMINO</u> 8:00am-5:00pm <u>DANIA BEACH CASINO</u> 9:00am-3:00pm <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><b>6</b> <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/YOGA</u>  10:30am- 11:30am outside YOGA/YOGA 12:50-1:50 INSIDE <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 <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>7</b> <u>DOMINO</u> 8:00am-5:00pm <u>STRETCHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRETCHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRETCHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm</p>
<p><b>10</b> <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><b>11</b> <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>BIRTHDAY EVENT UNIVIDA</u> 1:30pm-3:30pm <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>12</b> <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><b>13</b> <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/YOGA</u>  10:30am- 11:30am <u>DOMINO CON PADRE ALBERTO MEGATV</u> 10:00am-12:00pm <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 <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>14</b> <u>DOMINO</u> 8:00am-5:00pm <u>STRETCHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRETCHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRETCHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm <u>PARTY CON EL ENCANTO</u> 1:30pm-3:30pm</p>
<p><b>17</b> <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><b>18</b> <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>19</b> <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><b>20</b> <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/YOGA</u>  10:30am- 11:30am <u>ZUMBA</u>  11:00am-11:45am 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 <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>21</b> <u>DOMINO</u> 8:00am-5:00pm <u>STRETCHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRETCHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRETCHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm <u>HALLOWEEN PARTY</u> 1:30pm-3:30pm</p>
<p><b>24</b> <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><b>25</b> <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30am-10:30am <u>SISTEMA IMUNO</u> 1:30pm-3:30pm <u>PARTY CANO HEALTH</u> 1:30PM-3:30PM <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>26</b> <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>DOLPHIN MALL</u> 10:00am-2:00pm <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><b>27</b> <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/YOGA</u> 10:30am- 11:30am <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 <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p><b>28</b> <u>DOMINO</u> 8:00am-5:00pm <u>STRETCHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>FOOD DRIVE BY CANO-HEALTH</u> 10:00am-12:00pm <u>STRETCHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRETCHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm <u>SOCIAL FRIDAY/ VIERNES SOCIAL</u> 1:00pm-2:30pm</p>
<p><b>31</b> <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM <u>COMPUTER CLASS</u> 2:00pm-4:00pm</p>	<p>Antonio Maceo Park 5135 NW 7 St. Miami, FL, 33126</p> 