

Mon

Shenandoah Park Active Adults 55+ January 2023

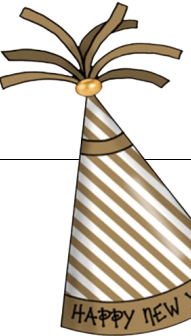



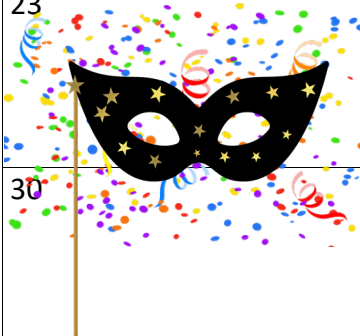



Fri

Tue

Wed

Thu

<p>2</p> 	<p>3 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>4</p>	<p>5 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>6 Wynwood Walls 10AM - 4PM</p>
<p>9</p> 	<p>10 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>11 Movie and Popcorn "Ticket To Paradise" 1PM - 4PM</p>	<p>12 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>13 Savour The World's Cuisines! "Argentina"  1PM - 3PM / \$10.00</p>
<p>16</p>	<p>17 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>18</p> 	<p>19 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>20 Bayside Marketplace 10AM - 4PM</p>
<p>23</p> 	<p>24 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>25</p>	<p>26 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>27 Birthday Celebration 1:30PM - 3:30PM</p> 
<p>30</p>	<p>31 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>			



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