



Shenandoah Park Active Adults 55+ November 2022



Mon

Tue

Wed

Thu

Fri

	<p>1 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>2</p>	<p>3 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	
<p>7 Bowling League at Bird Bowl 10AM - 2PM</p>	<p>8 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>9 Humana "Cooking for One" 10AM - 11:30AM Movie and Popcorn "The Best Exotic Marigold Hotel" 1PM - 3PM</p>	<p>10 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>11 Bingo Raffles & Prizes! 1:30PM - 3:30PM Sponsored By Floridian Healthcare</p>
<p>14 Bowling League at Bird Bowl 10AM - 2PM</p>	<p>15 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>		<p>17 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>18 Thanksgiving & Birthday Celebration 1:30PM - 3:30PM Sponsored By Floridian Healthcare</p>
<p>21 Bowling League at Bird Bowl 10AM - 2PM</p>	<p>22 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>			
<p>28 Bowling League at Bird Bowl 10AM - 2PM</p>	<p>29 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM Mind and Body Connection Virtual @ Shenandoah Park 1PM - 2PM</p>	<p>30</p>	<p>31</p>	

