



# Shenandoah Park Active Adults 55+ October 2022




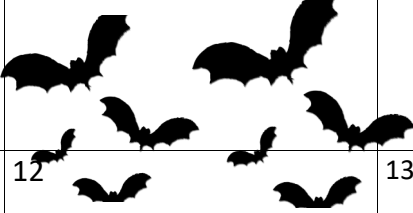




**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>3</p> 	<p>4 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>5</p> 	<p>6 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>7 Gulfstream Park Racing and Casino 10AM - 4PM</p> 
<p>10</p> 	<p>11 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>12</p> 	<p>13 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>14 Morikami Museum &amp; Japanese Gardens/Cornell Café 10AM - 4PM <b>\$13.00 Entrance Fee</b></p>
<p>17 Bowling League at Bird Bowl 10:30AM - 3:00PM <b>FREE</b></p>	<p>18 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM Mind and Body Connection Virtual @ Shenandoah Park 4PM - 5PM</p>	<p>19 Movie and Popcorn "Never Too Late" 1PM - 4PM</p>	<p>20 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>21 Birthday Celebration &amp; Costume Party 1:30PM - 3:30PM</p>
<p>24 Bowling League at Bird Bowl 10:30AM - 3:00PM <b>FREE</b></p>	<p>25 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>26</p> 	<p>27 Virtual Zoom Class @ Shenandoah Park 10AM - 1PM</p>	<p>28 Painting with a Twist Wear Your Fave Costume! Bring Spooky Treats!!! 6:30PM - 10PM / <b>\$35.00</b> RSVP with Adina Diaz</p>
<p>31 Bowling League at Bird Bowl 10:30AM - 3:00PM <b>FREE</b></p>	