



Mon

Shenandoah Park Active Adults 55+ February 2023



Fri

Wed

Thu

Tue

		<p>1</p> <p><i>Happy Valentine's Day</i></p>	<p>2</p> <p>Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>3</p> <p>Valentine's Activity Arts, Crafts and Cafecito 1PM - 3PM</p>
<p>6</p>	<p>7</p> <p>In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop w/Graciela 2PM - 4PM</p>	<p>8</p> <p>Vizcaya Museum and Gardens 10AM - 4PM FREE RSVP with Adina Diaz</p>	<p>9</p> <p>Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>10</p> <p>Celebration of Love & Friendship 1PM - 3PM (Wear Red or Pink) Talent Show Contest (Sign Up) Sponsored by Humana</p>
<p>13</p>	<p>14</p> <p>In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop w/Graciela 2PM - 4PM</p>	<p>15</p> <p>Movie and Popcorn "Shotgun Wedding" 12PM - 3PM</p>	<p>16</p> <p>Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>17</p> <p>(18th Saturday) Coconut Grove Arts Festival 10AM - 4PM FREE RSVP with Adina Diaz</p>
<p>20</p>	<p>21</p> <p>In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop w/Graciela 2PM - 4PM</p>	<p>22</p>	<p>23</p> <p>Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>24</p> <p>Birthday Celebration 1:30PM - 3:30PM</p>
<p>27</p>	<p>28</p> <p>In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop w/Graciela 2PM - 4PM</p>			



1800 SW 21st Ave Miami, FL 33145 | (305) 859-2702

