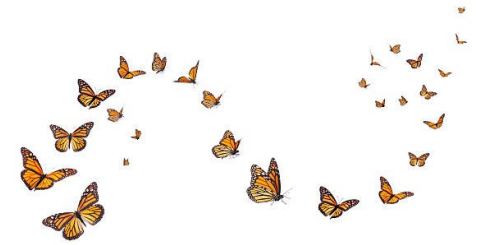




Shenandoah Park Active Adults 55+ May 2023




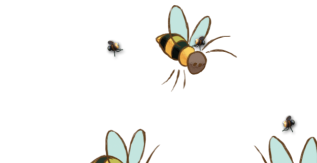


Mon

Tue

Wed

Thu

Fri

<p>1 Bowling League at Bird Bowl 9:30AM - 12:30PM</p>	<p>2 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>3 </p>	<p>4 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Move It, Lift It Gym Workout 11-1 Gym (NEW!)</p>	<p>5 FREE Computer Classes 10AM - 12PM (NEW!) Savour The World's Cuisines! "Cinco de Mayo Celebration" (Pot Luck) 1:30 PM - 3:30 PM</p>
<p>8 Bowling League at Bird Bowl 9:30AM - 12:30PM Shenandoah Neighborhood Association Meeting at 7PM</p>	<p>9 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>10 </p>	<p>11 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Move It, Lift It Gym Workout 11-1 Gym (NEW!)</p>	<p>12 FREE Computer Classes 10AM - 12PM (NEW!) Mother's Day Celebration & Pampering Session (Pot Luck) 1:30 PM - 3:30 PM</p>
<p>15 Bowling League at Bird Bowl 9:30AM - 12:30PM Ribbon Cutting (Pool/Basketball Court) 5 PM - 7 PM</p>	<p>16 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>17 </p>	<p>18 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Move It, Lift It Gym Workout 11-1 Gym (NEW!)</p>	<p>19 FREE Computer Classes 10AM - 12PM (NEW!) Arts, Crafts and Cafecito 1:30PM - 3:30PM</p>
<p>22 Bowling League at Bird Bowl 9:30AM - 12:30PM</p>	<p>23 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>24 Movie and Popcorn "Wild Oats" 1PM - 4PM</p>	<p>25 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Move It, Lift It Gym Workout 11-1 Gym (NEW!)</p>	<p>26 FREE Computer Classes 10AM - 12PM (NEW!) Birthday Celebrations! 1:30PM - 3:30PM</p>
<p>29 Happy Memorial Day! </p>	<p>30 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>31 Pinecrest Gardens 10:00 AM - 4:00 PM FREE Please Bring Lunch</p>	