



# Shenandoah Park Active Adults 55+



## September 2022



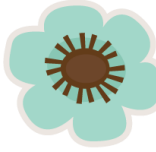




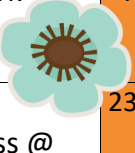

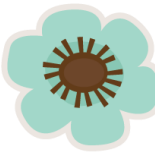
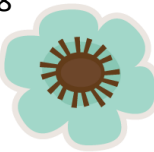
**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

			1 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM	2 
5 	6 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	7 	8 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM	9 South Pointe Beach 10AM - 4:30PM Please Bring Lunch
12 Marlins vs. Rangers Baseball Game 11:30AM - 5:00PM	13 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	14 	15 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM 	16 Wat Buddharangsi Buddhist Temple & Robert Is Here Fruit Stand 10AM - 4PM
19 	20 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	21 Movie and Popcorn "The Bridges of Madison County" 1PM - 4PM	22 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM	23 Mind and Body Connection Virtual @ Shenandoah 12PM - 1PM <b>Birthday Celebration</b> 1:30PM - 3:30PM
26 	27 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	28 	29 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM	30 Viernes Culturales La Pequena Habana 5:30PM - 10:30PM