


May 2023

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
	<p>1 9:00am-1pm(Gym Seniors) Gimnasio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion)</p> <p>10:00am-12pm Bowling</p>	<p>2 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento) 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>3 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion. 10am-1pm Domino (Senior Room)</p>	<p>4 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>5 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	6
7	<p>8 9:00am-1pm(Gym Seniors) Gimnasio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion)</p> <p>10:00am-12pm Bowling</p>	<p>9 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento) 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>10 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion. 10am-1pm Domino (Senior Room)</p>	<p>11 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:30-11:30am-Mother's Day Celebration-(Sponsored by Commissioner Manolo Reyes) 11:30am-12:30pm Bingo</p>	<p>12 9:00am-1pm Gym 9:30am-1pm Brickell City Centre</p> 	13
14	 <p>15 9:00am-1pm(Gym Seniors) Gimnasio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion)</p> <p>10:00am-12pm Bowling</p>	<p>16 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento) 10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)</p>	<p>17 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am-Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion 10am-1pm Domino (Senior Room)</p>	<p>18 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>19 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	20
21	<p>22 9:00am-1pm(Gym Seniors) Gimnasio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion)</p> <p>10:00am-12pm Bowling</p>	<p>23 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento) 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>24 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am-Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de computacion 10am-1pm Domino (Senior Room)</p>	<p>25 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de Estiramiento. 10:30am-12:30pm- Music Day,Raffles and More (Sponsored by Clinical Care)</p> 	<p>26 9:00am-1pm Gym 9:30am-1pm Miccosukee Casino & Resort</p> 	27
28	 <p>29</p>	<p>30 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento) 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>31 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am-Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de computacion 10am-1pm Domino (Senior Room)</p>			

Tuesday & Thursday: 9:30am-12pm Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y de Estiramiento

May 11-Mother's Day Celebration 10:30am-11:30am

May 11-Bingo 11:30am-12:30pm

May 16- Birthday Celebration 10:30am-12:30pm

May 25-Music Day,Raffles and More 10:30am-12:30pm

West End Park
6030 S.W 2nd St
Miami, FL 33144
Phone:(305) 960-2980



Field Trips: May 12- Brickell City Centre 9:30am-1pm
701 S Miami Ave, Miami, FL 33131

May 26-Miccosukee Casino & Resort 9:30am-1pm
500 SW 177th Ave, Miami, FL 33194