

OCTOBER 2022

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
						1
2 	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 Craft/Manualidades	4 -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	5 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)	6 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)	7 9:00am—1pm Gym 9:30am-1pm Domino 9:45am-1:30pm (Robert is Here Fruit Stand) 	8 
9 	10 	11 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)	12 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)	13 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de Estiramiento 10:45am-12pm Gym & Streching Routine (Rutina de Estiramiento) 12:15pm_1pm Puzzle(Art Room)	14 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)	15 
16 	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 Craft/Manualidades	18 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:30am-12:30pm Halloween Celebration (Sponsored by Leon Medical Center)	19 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)	20 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	21 9:00am—1pm Gym 9:30am-1pm Domino 9:45am-1:45pm Miccosukee Resort & Gaming	22 
23 	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	25 9:30am-10:30am -Fitness Classes/Ejercicios Fisicos y de estiramiento. Fall Celebration with Commissioner Manolo Reyes 10:30am-12:30pm	26 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)	27 9:30am-10:30am -Fitness Classes/Ejercicios Fisicos y de estiramiento. 10:35am-12:30pm BINGO!!	28 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)	29 
30 	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					


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

Halloween Celebration October 18 -10:30am-12:30pm/Leon Medical Center

October 25 -Fall Celebration with commissioner Manolo Reyes 10:30am-12:30pm

BINGO October 27 10:30am -12:30pm

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



Field Trips: October 7 Robert is Here Fruit Stand – 9:45am-1:30pm
19200 SW 344th St, Homestead, FL 33034

October 21-9:45am-1:45pm Miccosukee Resort & Gaming
500 SW 177th Ave, Miami, FL 33194