

March 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 10:30am-11:30am-Computer Classes/Clases de Computacion. 10am-1pm Domino (Senior Room)</p>	<p>2 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine 10:30am-12:30pm Bingo (Sponsored by Caremax)</p>	<p>3 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	4
5	<p>6 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</p>	<p>7 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>8 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>9 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center).</p>	<p>10 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room) 9:30am-1pm Pinecrest Garden </p>	11
12	<p>13 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</p>	<p>14 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y de Estiramiento 10:30am-12:30pm Bingo (Sponsored by Humana)</p>	<p>15 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>16 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>17 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room) HAPPY ST. PATRICKS DAY </p>	18
19	<p>20 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</p>	<p>21 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>22 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>23 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>24 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	25
26	<p>27 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</p>	<p>28 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>29 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>30 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>31 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room) 9:30am-1pm By Brothers </p>	

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

March 2—Bingo (Sponsored by Caremax) 10:30am-12:30pm

March 9 -- Birthday Celebration (Sponsored by Leon Medical Center) 10:30am-12:30pm

March 14—Bingo (Sponsored by Humana) 10:30am-12:30pm

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



Field Trips

March 10: Pinecrest Garden 9:30am-1pm
11000 SW 57th Ave, Pinecrest, FL 33156

March 31: By Brothers 9:30am-1pm 15515 SW 177th Ave, Miami, FL 33187