

AUGUST 2022

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)																						
 1 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Craft/Manualidades	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)	3 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Domino (Senior Room)	4 9:30am-10:30pm -Fitness Classes/ Ejercicios Fisicos y de Estiramiento 10:45am-12pm Gym & Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)	5 9:00am-1:00pm- Gym 9:30am-1pm Domino (Senior Room)	6 	7 8 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Craft/Manualidades	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)	10 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Domino (Senior Room)	11 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)	12 9:00am—1pm Gym 9:30am-1pm Domino (Senior Room)	13 	14 15 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Craft/Manualidades	16 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)	17 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Domino (Senior Room)	18 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)	19 9:00am-1pm Gym 9:45am-1pm (The Palms at Town and Country)	20 	21 22 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 10am-1pm Craft/Manualidades	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)	24 9:00am-1pm (Gym Seniors) Gimnacio para adultos 10am-1pm Domino (Senior Room)	25 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:30am-12pm Birthday Celebration (Hosted By Leon Medical Center)	26 9:00am—1pm Gym 9:30am-1pm Domino (Senior Room)	27 	28 29 9:00am-1pm(Gym Seniors) Gimnacio para adultos . 10am-1pm Craft/Manualidades	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)	31 9:00am-1pm(Gym Seniors) Gimnacio Para Adultos 10am-1pm Domino (Senior Room) 		

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

August 25: Birthday Celebration (Celebracion de Cumpleaños) (Hosted By Leon Medical Center)



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



Field Trips: August 19 9:45am-1pm The Palms at Town & Country 11800 Mills Dr,Miami FL,33183

