

NOVEMBER 2022

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
		<p>1 9:30am-12:00pm -Fitness Classes & stretching (Ejercicios Fisicos y Estiramiento.)</p> <p>12:15pm-1pm Puzzle(Art Room</p>	<p>2 9:00am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer Classes/Clases de Computacion 9:45am-1pm Miami Beach Botanical Garden</p>	<p>3 9:30am-10:20am -Fitness Classes/ Ejercicios Fisicos y Estiramiento.</p> <p><u>10:30am-12:30pm BINGO</u> (Host- Palm Medical Center</p>	<p>4- 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	5
6	<p>7 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 9:30AM-11:30am-Computer Classes (Clases de Computacion)</p> <p>10am-1pm Bowling League at Bird Bowl</p>	<p>8 9:30am-12:00pm -Fitness Classes & Stretching (Ejercicios Fisicos y Estiramiento)</p> <p>12:15pm-1pm Puzzle(Art Room</p>	<p>9 9:00am-1pm (Gym Seniors) Gimnacio 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>10 9:30am-12:00pm -Fitness Classes/ Ejercicios Fisicos y Estiramiento.</p> <p>12:15pm-1pm Puzzle(Art Room)</p>	<p>11 </p>	12
13	<p>14 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 9:30AM-11:30am-Computer Classes (Clases de Computacion)</p> <p>10am-1pm Bowling League at Bird Bowl</p>	<p>15 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y Estiramiento <u>10:30am-12:30pm Thanksgiving Celebration (Host- Leon Medical Center)</u></p>	<p>16 9:00am-1pm (Gym Seniors) Gimnacio 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>17 9:30am-12:00pm -Fitness Classes/ Ejercicios Fisicos y Estiramiento</p> <p><u>10:30am-12:30pm Bingo (Host Humana)</u></p>	<p>18 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p> 	19
20	<p>21 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 9:30AM-11:30am-Computer Classes (Clases de Computacion) 10am-1pm Bowling League at Bird Bowl</p>	<p>22 9:30am-12:00pm -Fitness Classes & Stretching 9:45am-1pm Maurice A.Ferre Park Exposicion (Un Puente de Luz) (Outdoor Art Exhibition)Un Puente de Luz</p>	<p>23 9:00am-1pm (Gym Seniors) Gimnacio 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>24 </p>	<p>25 </p>	26
27	<p>28 9:00am-1pm(Gym Seniors) Gimnacio para adultos . 9:30am-11:30am Computer Classes/Clases de Computacion 10am-1pm Bowling League at Bird Bowl</p>	<p>29 9:30am-10:20am -Fitness Classes & Stretching (Ejercicios Fisicos y Estiramiento <u>10:30am-11:30am Healthy Brain Presentation (Host Humana)</u></p>	<p>30 9:00am-1pm(Gym Seniors) Gimnacio 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

Nov 3- Bingo 10:30am-12:30pm (Host Palm Medical Centers)

Nov 15- Thanksgiving Celebration (Host Leon Medical Center)

Nov 17-Bingo 10:30am-12:30pm (Host Humana)

Nov 29- Healthy Brain Presentation (Host Humana)

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



Field Trips:

November 2 ---- 9:45am-1pm Miami beach Botanical Garden

November 22-- 9:45am-1pm Maurice A. Ferre Park-Outdoor Art Exhibition(Un Puente de Luz)