









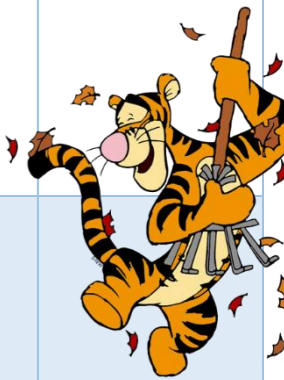


SEPTEMBER 2022

| Domingo (Sunday)   | Lunes (Monday)   | Martes (Tuesday)  | Miércoles (Wednesday)   | Jueves (Thursday)   | Viernes (Friday)   | Sabado (Sat)  |
|--|--|---|---|---|--|---|
|         |   |   |   | 1<br>9:30am-10:30pm -Fitness Classes/<br>Ejercicios Fisicos y de Estiramiento<br><br>10:45am-12pm Gym & Stretching<br>Routine<br>(Rutina de Estiramiento)<br>12:15pm-1pm Puzzle ( Art Room) | 2<br>9:00am-1:00pm- Gym<br>9:30am-1pm Domino<br>(Senior Room)  | 3<br>    |
| 4  | 5<br>   | 6<br>9:30am-10:20am -Fitness Classes &<br>stretching<br>(Ejercicios Fisicos y de<br>estiramiento.)<br>10:45am-12pm Gym & Stretching<br>Routine<br>(Rutina de Estiramiento)<br>12:15pm-1pm Puzzle( Art Room) | 7<br>9:00am-1pm (Gym Seniors) Gimnacio<br>para adultos<br>9:30am-10:30am Computer<br>Classes/Clases de Computacion<br>10:30am-11:30am-Computer<br>Classes/Clases de Computacion.<br><br>10am-1pm Domino (Senior Room) | 8<br>9:30am-10:30am -Fitness Classes/<br>Ejercicios Fisicos y de estiramiento.<br>10:45am-12pm Gym & Stretching<br>Routine<br>(Rutina de Estiramiento)<br>12:15pm-1pm Puzzle(Art Room)      | 9<br>9:00am—1pm Gym<br>9:30am-1pm Domino<br>9:45am-1pm Ermita de La<br>Caridad<br>                    | 10  |
|         | 12<br>9:00am-1pm (Gym Seniors)<br>Gimnacio para adultos<br>9:30AM-10:30AM-Computer<br>Classes<br>(Clases de Computacion)<br>10:30am-11:30am Computer<br>Classes/Clases de Computacion<br>10am-1pm Craft/Manualidades     | 13<br>9:30am-10:20am -Fitness Classes &<br>Stretching (Ejercicios Fisicos y de<br>Estiramiento<br>10:45am-12pm Gym & Stretching<br>Routine<br>(Rutina de Estiramiento)<br>12:15pm-1pm Puzzle (Art Room)     | 14<br>9:00am-1pm (Gym Seniors) Gimnacio<br>para adultos<br>9:30am-10:30am-Computer<br>Classes/Clases de Computacion<br>10:30am-11:30am-Computer<br>Classes/Clases de Computacion<br>10am-1pm Domino (Senior Room)     | 15<br>9:30am-10:30am -Fitness Classes/<br>Ejercicios Fisicos y de Estiramiento<br>10:45am-12pm Gym & Streching<br>Routine (Rutina de Estiramiento)<br>12:15pm_1pm Puzzle( Art Room)         | 16<br>9:00am-1pm Gym<br>9:30am-1pm Domino (Senior<br>Room)   | 17<br>  |
| 18<br> | 19<br>9:00am-1pm(Gym Seniors)<br>Gimnacio<br>Para adultos .<br>9:30AM-10:30am-Computer<br>Classes<br>(Clases de Computacion)<br>10:30am-11:30am Computer<br>Classes/Clases de Computacion<br>10am-1pm Craft/Manualidades | 20<br>9:30am-10:30am -Fitness Classes/<br>Ejercicios Fisicos y de estiramiento.<br>10:30am-12:30pm Birthday<br>Celebrations (Sponsored By Leon<br>Medical Center)   | 21<br>9:00am-1pm (Gym Seniors) Gimnacio<br>para adultos<br>9:30am-10:30am-Computer<br>Classes/Clases de Computacion<br>10:30am-11:30am-Computer<br>Classes/Clases de computacion<br>10am-1pm Domino (Senior Room)     | 22<br>9:30am-10:30am -Fitness Classes/<br>Ejercicios Fisicos y de estiramiento.<br>10:45am-12pm Gym & Stretching<br>Routine<br><b>10:30am-12:30pm BINGO</b><br>(Blue Cross Blue shield)     | 23<br>9:00am—1pm Gym<br>9:30am-1pm Domino<br>9:45am-1:45pm Seminole Hard<br>Rock Hotel & Casino<br> | 24<br> |
|  | 26<br>9:00am-1pm(Gym Seniors)<br>Gimnacio para adultos .<br>9:30am-10:30am Computer<br>Classes/Clases de Computacion<br>10:30am-11:30am Computer<br>Classes/Clases de Computacion  | 27<br>9:30am-10:30am -Fitness<br>Classes/Ejercicios Fisicos y de<br>estiramiento.<br>10:45am-12pm Gym & Stretching<br>Routine. (Rutina de Estiramiento)<br>12:15pm-1pm Puzzle (Art Room)                    | 28<br>9:00am-1pm( Gym Seniors)<br>Gimnacio Para Adultos<br>9:30am-10:30am Computer<br>Classes/Clases de Computacion<br>10:30am-11:30am-Computer<br>Classes/Clases de Computacion<br>10am-1pm Domino (Senior Room)     | 29<br>9:30am-10:30am -Fitness<br>Classes/Ejercicios Fisicos y de<br>estiramiento.<br>10:45am-12pm Gym & Stretching<br>Routine (Rutina de Estiramiento)<br>12:15pm-1pm Puzzle ( Art Room)    | 30<br>9:00am-1pm Gym<br>9:30am-1pm Domino<br>(Senior Room)   |   |

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

**Birthday Celebration -September 20 -10:30am-12:30pm  
September 22-10:30am-2:30pm BINGO**

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

**Field Trips: September 9 – 9:45am-1pm Ermita de La Caridad**

**3609 S Miami Ave, Miami, FL 33133**

**September 23-9:45am-1:45pm Seminole Hard Rock Hotel & Casino**

