

NOVEMBER 2021

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
	1 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	2 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)	3 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	4 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)	5 9:30am-11:30am- Gym 12:00pm-1pm-Sopa de letras (Art Room)	6 
7 	8 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	9 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)	10 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-12:30pm Leon Medical Center (Drive Thru Event)	11 	12 9:30am-11:30am- Gym 12:00pm-1:00pm Puzzles/Rompecabezas (Art Room)	13 
14 	15 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	16 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine. (Rutina de Estiramiento) 12:15pm-1pm Fall Decoration Decoraciones del Otoño(Art Room)	17 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	18 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:30am-1pm Thanksgiving Celebrating Celebracion de Accion de Gracias 	19 9:30am-11:30am- Gym 12:00am-1:00pm Fall Decorations (Decoraciones del Otoño)	20 
21 	22 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	23 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine. (Rutina de Estiramiento) 12:15pm-1pm Beautiful flower drawing Tricks (Hermosos trucos de dibujos de flores)	24 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	25 Happy Holidays!!! 	26 9:30am-11:30am- Gym 12pm-1:00pm-Beautiful flower drawing Tricks Hermosos trucos de dibujos de flores	27 
28 	29 9:00am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:15am Computer Classes (Clases de Computacion) 10:30am-11:15am Computer Classes (Clases de Computacion)	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)				

Monday & Wednesday Computer Classes/Lunes y Miercoles Clases de Computacion

(9:30am-10:15am) & (10:30am-11:15am)

Tuesday & Thursday Fitness Classes/Martes y Jueves Ejercicios Fisicos

9:30am-12:30pm

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



Nov 10 -Leon Medical Center Drive Thru Event 10:30am-12:30pm

Nov 18 Thanksgiving Celebrating 10:30am-1pm(Florida Blue Cross Blue Shield)

Nov 18 Celebracion de Accion de Gracias- -10:30am-1pm