






**FEBRUARY 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 &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</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 &amp; Stretching (Ejercicios Fisicos y de estiramientos ) 10:30am-12:30pm Valentine’s Day Celebration (Commissioner Manolo Reyes )</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. 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>10 9:00am-1pm Gym 9:30am-1pm Maurice Ferré Park</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 &amp; Stretching (Ejercicios Fisicos ) <u>Birthday Celebration</u> <u>10:30am-12:30pm</u> <u>Sponsored By (Leon Medical Center)</u></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. 10:30 am-12:30pm Bingo <b>Sponsored By Humana</b></p>	<p>17 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	18
19		<p>21 9:30am-10:20am -Fitness Classes &amp; Stretching (Ejercicios Fisicos y de Estiramiento 10:30am-12pm A Healthy Brain Presentation Sponsored by Humana</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 &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>24 9:00am-1pm Gym 9:30am-1pm <b>Knaus Berry Farm</b></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 &amp; Stretching (Ejercicios Fisicos y de Estiramiento 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>				

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

**February 7-10:30am-12:30pm** Valentine’s Day Celebration

**February 14- 10:30am-12:30pm** Birthday Celebration (Sponsored by Leon Medical Center)

**February 16- 10:30am-12:30pm** Bingo (Sponsored By Humana)

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



**Field Trips: February 10- 9:30am-1pm** Maurice Ferré Park Exposicion de Animales 1075 Biscayne Blvd, Miami, FL 33132

**February 24 – 9:30am-1pm** Knaus Berry Farm 15980 SW 248th St, Homestead, FL 33031