
















January 2022						
Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
						1 
2 	3 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10:00am-1pm Dominos (Senior Room)	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 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10am-1pm Dominos (Senior Room)	6 9:30am-10:30am -Fitness Classes/ Ejercicios Fisicos y de estiramiento. 10:45am-12pm Gym & Stretching Routine. (Rutina de Estiramiento) 12:00pm-1pm Puzzle (Art Room)	7 9:30am-11:30am- Gym 12:00pm-1:00pm Puzzles/Rompecabezas (Art Room)	8 
9 	10 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10:00am-11am Dibujos de Aves (Art Room) Birds Drawings	11 9:30am-10:30am -Fitness Classes & Stretching (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 Seniors) Gimnasio para adultos 10am-1pm Dominos Senior Room	13 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)	14 9:30am-11:30am- Gym 9:30am-1pm <u>Ermita de la Caridad</u> 	15 
16 	17 	18 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)	19 9:00am-1pm (Gym Seniors) Gimnasio adultos 10:30am-12:30pm <u>Leon Medical Center (Drive Thru Event)</u> 	20 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)	21 9:30am-11:30am- Gym 12:00am-1:00pm Puzzles (Art Room)	22 
23 	24 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10:00am-11am Decorar flores de Papel colorido (Draw Paper Flower)	25 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)	26 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10am-1pm Dominos (Senior Room) 	27 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)	28 9:30am-11:30am- Gym 9:30am-1pm <u>RF Orchids</u> 	29 
30	31 9:00am-1pm (Gym Seniors) Gimnasio para adultos 10:00am-1pm Dominos (Senior Room)					

Tuesday & Thursday Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y Estiramientos (9:30am-12:30pm)

January 19: Leon Medical Center/ Drive Thru Event 10:30am-12:30pm

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



Field Trips: January 14 Ermita de La Caridad 9:30am-1pm

January 28 RF Orchids 9:30am-1pm

