

May 2023

Williams Park Active Adults 55+ Program Calendar

1717 NW 5th Ave, Miami | 305-533-3545 | TrLogan@miamigov.com

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9am-10am-Arts and Crafts 10am-11am- Computer Classes 11am-12pm- Walking 12pm-1pm-Memory Workshop 1pm-2pm- Music Therapy	9am-10am-Warm up 10am-11am-Chai Yoga 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games	9am-10am- Stretching 10am-11am- Bingo 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Zumba	9am-10am-Warm up 10am-11am-Chai Yoga 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games	9am-10am-Walking 10am-11am- Bingo 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games
8	9	10	11	12
9am-10am-Arts and Crafts 10am-11am- Computer Classes 11am-12pm- Walking 12pm-1pm-Memory Workshop 1pm-2pm- Music Therapy	9am-10am-Warm up 10am-11am-Chai Yoga 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games	9am-10am- Stretching 10am-11am- Bingo 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Zumba	9am-10am-Warm up 10am-11am-Chai Yoga 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games	9am-10am-Walking 10am-11am- Bingo 11am-12pm- Card Playing 12pm-1pm-Socialzing 1pm-2pm- Fun and Games
15	16	17	18	19
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22	23	24	25	26
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29	30	31		
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