



PARK MANAGER
MITCH BURROUGHS

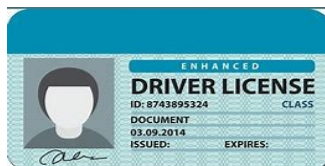
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FARM
SHARE
MARCH 27, 2024



MARCH 5TH
D.M.V.



MARCH 2024

IT'S NICE TO BE IMPORTANT..BUT IT'S EVEN MORE IMPORTANT TO BE NICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EASTER SUNDAY 31 					1 .LINE DANCING with Lady E 	2
3 	4 AEROBICS with Coach Dean 	5 STRETCH & MEDITATION 	6 WORKOUT With Allison 	7 SEWING with Takesha 	8 RESTAURANT Eat Out 	
11. SIMPLY HEALTH PRESENTATION 	12 Fun with Takesha Crafts 	13 COUNCIL MEETING 	14 COUNCIL COMMITTEE 	15. SIMPLY HEALTH PRESENTATION 	16 	
17 HAPPY ST PATRICK DAY 	18 COMPUTERS with RAFAEL 	ELECTION DAY 	20 LOCAL# 4686 MEMBERS ONLY 	21 DOMINOES 	22 GYM WORKOUT 	
24 PALM SUNDAY 	25 BIKE EXERCISE 	26 CARD PLAYING DAILY 	27 EASTER CELEBRATION 	28 ZUMBA With Allison 	29 	
						30



SENIOR PROGRAM
MONDAY-FRIDAY
8:30AM-2:00PM

SEWING & CRAFT
MON - FRI
10:00AM-12:00PM

AEROBIC CLASS
MON - THURS
10:30 AM-11:30AM

LINE DANCING
MON & FRI
10:00AM-11:30AM

WEIGHT ROOM GYM
MON-FRI
8:30AM-12:00 NOON
1:00PM-5:00 PM

COMPUTER CLASSES
MON-THURS
9:15AM & 10:15 AM
1:15 PM & 2:15 PM

CARIBBEAN X DANCE 55+
TUE 9:00AM
WED 7:00PM

SENIOR CIRCUIT TRAINING
TUES 10:00AM
WED 6:00PM

STRETCH & MEDITATION
TUES 11:00AM

CARDIO & CORE
WED 5:00PM

BOOT CAMP/CIRCUIT TRAIN
WED 6:00PM

ZUMBA GOLD
THURS 9:30AM

COUNCIL COMMITTEE
SECOND WEDNESDAY

IT'S BETTER TO PREPARE STRONG CHILDREN..THAN TO PREPARE BROKEN MEN

ACTIVITIES SUBJECT TO CHANGE

