# Shenandoah Park
# Active Adults 55+
# July 2023

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| 3 | 4 HAPPY 4TH OF JULY | 5 | 6 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching | 7 FREE Computer Classes 10AM - 12PM Savour The World's Cuisines! "America" & 4th of July Celebration 1:30PM - 4PM / $10.00 |
| 10 Shenandoah Neighborhood Association Meeting at 7PM | 11 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM | 12 Concert and Popcorn "Andre Rio" 1PM - 4PM | 13 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela Commissioner Eileen Higgins Light Bites & Arts and Crafts 1:30PM - 4PM | 14 FREE Computer Classes 10AM - 12PM Birthday Celebrations! 1:30PM - 3:30PM |
| 17 | 18 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM | 19 | 20 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching | 21 FREE Computer Classes 10AM - 12PM Arts, Crafts and Cafecito 2PM - 4PM Marlins vs. Colorado Rookies 5:30PM - 10:30PM (Request Tickets by July 11th) |
| 24 | 25 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM | 26 Cooking Session with Ana Maria Rojas Empanadas de Espinaca 2PM - 4PM / $5.00 | 27 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching | 28 FREE Computer Classes 10AM - 12PM Reliving The Movies "The Great Gatsby" **Dress to Impress** 4PM - 7PM / $10.00 |
| 31 | | | | |