



PARK MANAGER
MITCH BURROUGHS

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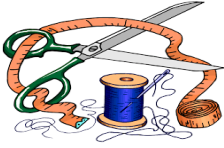



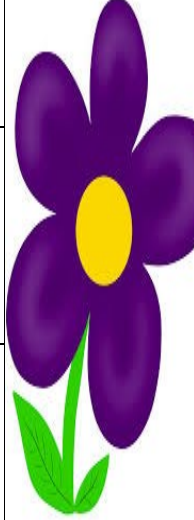








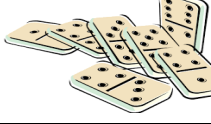









Charles Hadley Park
1300 NW 50th St.
Miami, FL 33142
Phone: 305-960-4630

FARM SHARE
APRIL 24, 2024



APRIL 2024

STOP MANAGING MATERIAL THINGS AND MANAGE THE THINGS THAT MATTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BOWLING LEAGUE 	2. SEWING CLASS with Takisha 	3 ARTS/CRAFT with Takisha 	4 DADE CO. YOUTH FAIR 	5 CARD PLAYING DAILY 	
	8 HEALTH PRESENTATION PART 1 	9 GYM WORKOUT 	10 COUNCIL COMMITTEE 	11 ZUMBA with Allison 	12 LINE DANCE with Lady E 	
	15 HEALTH PRESENTATION PART 2 	8. CARRIBEAN DANCE with Allison 	17 LOCAL #4686 MEMBERS ONLY 	18 DIMINOES GAMES 	19 FUN FRIDAY 	
21	COMPUTERS 22 with Rafael 	23 SENIOR CIRCUIT/TRAINING with Allison 	24 GET IN SHAPE with Allison 	25 CARDIO/CORE with Allison 	26 KARAOKE SINGING 	27
28	AEROBICS 29 with Greg 	30 BIKE RIDING 				



SENIOR PROGRAM
MONDAY-FRIDAY
8:30AM-2 pm

SEWING & CRAFT
MONDAY-FRIDAY
10:00-12 NOON

AEROBIC CLASS
MONDAY- THURSDAY
10:30 AM-11:30AM

LINE DANCING
MONDAY&FRIDAY
10:00AM-11:30AM

WEIGHT ROOM GYM
MONDAY-FRIDAY
8:30AM-12:00 NOON
1:00PM-5:00 PM

COMPUTER CLASSES
MONDAY-THURSDAY
9:15AM & 10:15 AM
1:15 PM & 2:15 PM

CARIBBEAN X DANCE 55+
TUE9:00AM
WED 7:00PM

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

STRETCH & MEDITATION
TUESDAY 11:00AM

CARDIO & CORE
WEDNESDAY 5:00PM
BOOT CAMP/CIRCUIT TRAIN
WEDNESDAY 6:00PM

ZUMBA GOLD
THURS 9:30AM

COUNCIL COMMITTEE
SECOND WEDNESDAY

WHERE YOU ARE DOES NOT CHANGE WHO YOU ARE..KNOW YOUR VALUE

ACTIVITIES SUBJECT TO CHANGE

CHARLES HADLEY PARK
 1350 NW 50 STREET
 MIAMI, FLORIDA 33142
 PH # 305-960-4630

AUGUST 2015

SENIOR PRO-GRAM
 MONDAY-FRIDAY
 9am-2pm

SEWING & CRAFTS
 MONDAY THRU WED
 9am-11:30am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	AUGUST 					1
2	3	4	5 Walmart shopping 	6	7 Workout 	8
9 	10	11	12 	13	14	15
16 SPIRIT WEEK 	17 Tee Shirt Day 	18 Twin Day 	19 	20 Crazy Hat Day 	21 P.Jays Day 	22
23 Trip To Orlando 	24 Cards 	25	26 Gym Workout 	27 S.C.P. Meets 	28 H.B. Seniors 	29

ACTIVITIES
 SUBJECT
 CHANGE

SENIORS ON THE MOVE

