# NOVEMBER 2026

| Domingo (Sunday) | Lunes (Monday) | Martes (Tuesday) | Miércoles (Wednesday) | Jueves (Thursday) | Viernes (Friday) | Sabado (Sat) |
|---|---|---|---|---|---|---|
| |  |  | | | | |
| 1 | 2<br>9:00am-9:45am Water Aerobics<br>9:30am-12:30pm Bowling League (Liga de bolos)<br> | 3<br> | 4<br>9am-1pm (Gym Seniors) Gimnacio para-adultos<br>9:30am-1pm -Domino (Senior Room<br>9:30am-10:30am Pickleball<br>11:00am-11:45am Salsa Classes | 5<br>9:30am-10:30am Fitness Classes/Ejercisios Fisicos y de estiramiento | 6<br>9am-1pm (Gym Seniors) Gimnacio para Adultos<br>9am-9:45am Water Aerobics<br>9am-1pm Domino(Senior Room) | 7 |
| 8 | 9- 9:00am-9:45am Water Aerobics<br>9:30am-12:30pm Bowling League (Liga de bolos<br> | 10-<br>9:30am-10:30am Fitness Classes & Stretching<br>11:00am-11:45am Yoga Class | 11<br> | 12-9:30am-10:30am Fitness Classes/Ejercisios Fisicos y de estiramiento | 13-<br>9:00am-9:45am Water Aerobics<br>9:45am-1pm Field Trip Blue Lagoon Farm<br> | 14 |
| 15 | 16-9:00-9:45am Water Aerobics<br>10am-12pm Bowling League (Liga de bolos)<br> | 17-9:30am-10:30am Fitness Classes & Stretching<br>10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center<br>11:00am-11:45am SALSA CLASSES<br> | 18-9am-1pm (Gym Seniors) Gimnacio para-adultos<br>9:30am-10:30am Pickleball<br> | 19-9:30am-10:30am Fitness Classes/Ejercisios Fisicos y de estiramiento<br>10:30am-12:30pm BINGO<br> | 20- -9am-1pm ( Gym Seniors) Gimnacio para Adultos<br>9:30am-1pm Domino (Senior Room)<br>9am-9:45am Water Aerobics<br>9am-1pm Domino (Senior Room) | 21 |
| 22 | 23-9:00am-9:45am Water Aerobics<br>9am-1pm (Gym Seniors) Gimnacio para seniors<br> | 24-9:30am-10:30am Fitness Classes & Stretching<br>11:00am-11:45am Yoga Class<br>12:15pm-1pm Puzzle (Art Room | 25-9am-1pm (Gym Seniors) Gimnacio para-adultos<br>9:30am-1pm -Domino (Senior Room)<br><br> | 26<br> | 27<br> | 28 |
| 30 | | | | |  | |




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

