

# DECEMBER 2025

| Domingo                                                                            | Lunes (Monday)                                                                                                                                                         | Martes (Tuesday)                                                                                                                                                                                             | Miércoles (Wednesday)                                                                                                                                        | Jueves (Thursday)                                                                                                                                                                                                       | Viernes (Friday)                                                                                                                                                                                                                                                       | Sabado (Sat)                                                                                |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|    | 1-9am-1pm (Gym Seniors) Gimnasio para seniors<br><br><b>10am-12pm Bowling League</b>  | 2-9:00am-10:00am Fitness Classes & Stretching<br>10:45am-12pm Gym & Stretching Routine<br><br>11:00am-11:45am Salsa Lessons | 3-9am-1pm (Gym Seniors) Gimnasio para-adultos<br>9am-11am Pickleball<br>    | 4--9:00am-10:00am Fitness Classes/Ejercicios Fisicos y de estiramiento<br>4pm-8pm Miami City Hall<br>                                | 5-9am-1pm ( Gym Seniors) Gimnasio para Adultos<br>9:30am-1pm Domino (Senior Room)<br>4:30pm-8:30pm<br><b><u>Holiday Lighting Ceremony at Manolo Reyes Park (District 4)</u></b><br> | 6-<br>   |
|    | 8--9am-1pm (Gym Seniors) Gimnasio para seniors<br><br><b>10am-12pm Bowling League</b> | 9-9:00am-10:00am Fitness Classes & Stretching<br>10:45am-12pm Gym & Stretching Routine<br><br>11:00am-11:45am Salsa Lessons | 10-9am-1pm (Gym Seniors) Gimnasio para-adultos<br>9am-11am Pickleball<br>  | 11-9:00am-10:00am Fitness Classes/Ejercicios Fisicos y de estiramiento                                                                                                                                                  | 12-9am-1pm ( Gym Seniors) Gimnasio para Adultos<br><b>9:45am-1pm Bayside Marketplace</b><br>                                                                                        | 13-<br>  |
|    | 15-9am-1pm (Gym Seniors) Gimnasio para seniors<br>9am-9:45 Water Aerobics<br>         | 16-9:00am-10:00am Fitness Classes & Stretching<br>10:45am-12pm Gym<br><br>11:00am-11:45am Salsa Lessons                     | 17-9am-1pm (Gym Seniors) Gimnasio para-adultos<br>9am-11am Pickleball<br>   | 18-9:00am-10:00am Fitness Classes & Stretching<br><b>10:30am-12:30pm (Birthday Celebration Sponsored by Leon Medical Center)</b><br> | 19-9:45am-1pm ( Gym Seniors) Gimnasio para Adultos<br><b>9:45am-1:00pm Virginia Key Beach Christmas Celebration!!!!</b><br>                                                         | 20-<br>  |
|   | 22-9am-1pm (Gym Seniors) Gimnasio para seniors<br>9am-9:45 Water Aerobics<br>        | 23-9:00am-10:00am Fitness Classes & Stretching<br>10:45am-12pm Gym & Stretching Routine<br>12:15pm-1pm Puzzle (Art Room)                                                                                     | 24-9am-1pm (Gym Seniors) Gimnasio para-adultos<br>9am-11am Pickleball<br> | 25-<br>                                                                                                                             | 26-9am-1pm (Gym Seniors) Gimnasio para Adultos<br>9:30am-1pm Domino (Senior Room)                                                                                                                                                                                      | 27-<br> |
|  | 29-9am-1pm (Gym Seniors) Gimnasio para seniors<br>9am-9:45 Water Aerobics<br>       | 30-9:00am-10:00am Fitness Classes & Stretching<br>10:45am-12pm Gym & Stretching Routine<br>12:15pm-1pm Puzzle (Art Room)                                                                                     | 31-9am-1pm (Gym Seniors) Gimnasio para-adultos<br>9am-11am Pickleball<br> |                                                                                                                                    |                                                                                                                                                                                                                                                                        |                                                                                             |

**Tuesday & Thursday:9:30am-12pm** Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y de Estiramiento

December 18 10:30am-12:30pm Birthday Celebration( Sponsoed By Leon Medical Center)

West End Park  
6030 S.W 2<sup>nd</sup> St  
Miami, FL 33144  
Phone:(305) 960-2980



**Field Trips: Dec 12- Bayside 9:45 am – 1:00 pm**

**(401 Biscayne Blvd, Miami, FL 33132)**

**Dec- 19 Virginia Key Beach 9:45am-1:30pm**

**3801 Rickenbacker Cswy, Miami, FL 33149**