



Shenandoah Park Active Adults 55+ April 2024



	Mon	Tue	Wed	Thu	Fri
1	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Bowling League @ Bird Bowl 9AM - 1PM / FREE	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Miami Marlins vs Los Angeles Angels 11:30AM/FREE	In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Pinecrest Gardens 10AM - 4PM /FREE Please Bring Lunch
8	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Shenandoah Neighborhood Association Meeting at 7PM Bowling League @ Bird Bowl 9AM - 1PM / FREE	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Movie & Popcorn "A Tourist's Guide To Love" 12:30PM - 2PM Manolo Reyes Hurricane Presentation 2PM - 3PM	In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Shenandoah Card Club (Canasta, Rummikub, Domino) 2PM - 4PM
15	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Bowling League @ Bird Bowl 9AM - 1PM / FREE	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Simply Healthcare Medicare Plans Seminar 2PM - 3PM (\$10 Publix Gift Card)	In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Senior Planet 10AM - 4PM / FREE Please Bring Lunch
22	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Bowling League @ Bird Bowl 9AM - 1PM / FREE	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Arts, Crafts & Cafecito 2PM - 4PM	In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose	FREE Computer Classes 10AM - 12PM Instructor Raul Peron Showcase Your Talents / Karaoke Fun & Birthday Celebration!!! 2PM - 4PM / \$10.00 Due by April 24
29	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Bowling League @ Bird Bowl 9AM - 1PM / FREE	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM			

