

# Shenandoah Park Active Adults 55+ August 2026

| Mon                                                                                                                                                                                                                                                          | Tue                                                                                                                                  | Wed                                                                                                                                                                                                                                                     | Thu                                                                                                                                                                                                                                                                                                                                                           | Fri                                                                                             |
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|                                                                                                                                                                              |                                                     |                                                                                                                                                                       |                                                                                                                                                                                                                                                                            |              |
| <b>3</b><br><br>Water Aerobics<br>Monday - Friday 8:00AM - 8:45AM<br><b>Basics For Computers Course</b><br>1:30PM - 3PM<br>Memory Workshop With Graciela<br>3PM - 4:30PM    | <b>4</b><br>In-Person Fitness Class<br>@ Shenandoah Park w/ Graciela<br>9AM - 1PM<br><b>Memory Workshop w/Graciela</b><br>2PM - 4PM  | <b>5</b><br>Shenandoah Coed Softball<br>League 9AM - 11AM<br>Club de Knitting & Painting<br>1:30PM - 3:00PM<br>                                                        | <b>6</b><br><b>Senior Tricycle Reservation Program</b><br><b>(Inside Park Use Only)</b><br>9:30AM -12PM<br><br>In-Person Chair/Standing Aerobics<br>Fitness Class<br>1PM - 2PM<br>      | <b>7</b><br> |
| <b>10</b><br><br>Water Aerobics<br>Monday - Friday 9:00AM - 9:45AM<br><b>Basics For Computers Course</b><br>1:30PM - 3PM<br>Memory Workshop With Graciela<br>3PM - 4:30PM   | <b>11</b><br>In-Person Fitness Class<br>@ Shenandoah Park w/ Graciela<br>9AM - 1PM<br><b>Memory Workshop w/Graciela</b><br>2PM - 4PM | <b>12</b><br>Shenandoah Coed Softball<br>League 9AM - 11AM<br>Club de Knitting & Painting<br>1:30PM - 3:00PM<br>                                                      | <b>13</b><br><b>Senior Tricycle Reservation Program</b><br><b>(Inside Park Use Only)</b><br>9:30AM -12PM<br><br>In-Person Chair/Standing Aerobics<br>Fitness Class<br>1PM - 2PM<br>    | <b>14</b><br><b>Armonia y Bienestar<br/>con Plantas</b><br><b>10:00AM -12:00PM</b>              |
| <b>17</b><br><br>Water Aerobics<br>Monday - Friday 9:00AM - 9:45AM<br><b>Basics For Computers Course</b><br>1:30PM - 3PM<br>Memory Workshop With Graciela<br>3PM - 4:30PM | <b>18</b><br>In-Person Fitness Class<br>@ Shenandoah Park w/ Graciela<br>9AM - 1PM<br><b>Memory Workshop w/Graciela</b><br>2PM - 4PM | <b>19</b><br>Shenandoah Coed Softball<br>League 9AM - 11AM<br>Club de Knitting & Painting<br>1:30PM - 3:00PM<br>                                                     | <b>20</b><br><b>Senior Tricycle Reservation Program</b><br><b>(Inside Park Use Only)</b><br>9:30AM -12PM<br><br>In-Person Chair/Standing Aerobics<br>Fitness Class<br>1PM - 2PM<br> | <b>21</b><br><b>Senior Planet</b><br><b>9:30 AM-2:00PM</b>                                      |
| <b>24</b><br><br>Water Aerobics<br>Monday - Friday 9:00AM - 9:45AM<br><b>Basics For Computers Course</b><br>1:30PM - 3PM<br>Memory Workshop With Graciela<br>3PM - 4:30PM | <b>25</b><br>In-Person Fitness Class<br>@ Shenandoah Park w/ Graciela<br>9AM - 1PM<br><b>Memory Workshop w/Graciela</b><br>2PM - 4PM | <b>26</b><br>Shenandoah Coed Softball<br>League 9AM - 11AM<br>Club de Knitting & Painting<br>1:30PM - 3:00PM<br> <b>The Miami Garden Club</b><br><b>7PM - 8:30PM</b> | <b>27</b><br><b>Senior Tricycle Reservation Program</b><br><b>(Inside Park Use Only)</b><br>9:30AM -12PM<br><br>In-Person Chair/Standing Aerobics<br>Fitness Class<br>1PM - 2PM<br> | <b>28</b><br><b>Gulfstream Park<br/>Racing and Casino</b><br><b>9:30 AM- 4PM</b>                |

