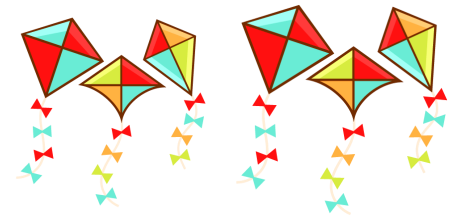




# Shenandoah Park Active Adults 55+ June 2024



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>3</b> Water Aerobics Monday - Friday 8:00AM - 8:45AM <b>Memory Workshop w/Graciela</b> 3PM - 4:30PM Shenandoah Neighborhood Association Meeting at 7PM</p>	<p><b>4</b> In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p><b>5</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  Shenandoah Card Club (Canasta, Rummikub, Domino) Please Bring Snacks to Share 2PM - 4PM</p>	<p><b>6</b> Move It, Lift It, Gym Workout 10AM - 11:30PM - YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body &amp; Stretching <b>In-Person Fitness Class</b> @ Shenandoah Park 11:30AM - 12:30PM Zumba Gold 12:30PM - 1:30PM Stretch &amp; Meditation Instructor Alison DeBose</p>	<p><b>7</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron</p>
<p><b>10</b> Water Aerobics Monday - Friday 8:00AM - 8:45AM <b>Memory Workshop w/Graciela</b> 3PM - 4:30PM</p>	<p><b>11</b> In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p><b>12</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  Movie and Popcorn "Love, Divided" 12:30PM - 2PM</p>	<p><b>13</b> Move It, Lift It, Gym Workout 10AM - 11:30PM - YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body &amp; Stretching <b>In-Person Fitness Class</b> @ Shenandoah Park 11:30AM - 12:30PM Zumba Gold 12:30PM - 1:30PM Stretch &amp; Meditation Instructor Alison DeBose</p>	<p><b>14</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Father's Day Celebration</b> Pot Luck &amp; Games 2PM - 4PM \$3 Donation For Musical Entertainment</p>
<p><b>17</b> Water Aerobics Monday - Friday 8:00AM - 8:45AM <b>Memory Workshop w/Graciela</b> 3PM - 4:30PM</p>	<p><b>18</b> In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p><b>19</b> ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ <b>HAPPY JUNETEENTH</b> ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>	<p><b>20</b> Move It, Lift It, Gym Workout 10AM - 11:30PM - YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body &amp; Stretching <b>In-Person Fitness Class</b> @ Shenandoah Park 11:30AM - 12:30PM Zumba Gold 12:30PM - 1:30PM Stretch &amp; Meditation Instructor Alison DeBose</p>	<p><b>21</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>It's Bingo Time!</b> 2PM - 4PM</p>
<p><b>24</b> Water Aerobics Monday - Friday 8:00AM - 8:45AM <b>Memory Workshop w/Graciela</b> 3PM - 4:30PM</p>	<p><b>25</b> In-Person Fitness Class @ Shenandoah Park 9AM - 1PM <b>Memory Workshop With Graciela</b> 2PM - 4PM</p>	<p><b>26</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  Arts, Crafts, and Cafecito With Regina 2PM - 4PM</p>	<p><b>27</b> Move It, Lift It, Gym Workout 10AM - 11:30PM - YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body &amp; Stretching <b>In-Person Fitness Class</b> @ Shenandoah Park 11:30AM - 12:30PM Zumba Gold 12:30PM - 1:30PM Stretch &amp; Meditation Instructor Alison DeBose</p>	<p><b>28</b> <b>FREE Computer Classes</b> 10AM - 12PM Instructor Raul Peron  <b>Tacky Day Party &amp; Birthday Celebration!!!</b> 2PM - 4PM / \$10.00</p>

