

Shenandoah Park Active Adults 55+ August 2023

Mon

Tue

Wed

Thu

Fri

	<p>1 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>2 Commissioner Eileen Higgins Light Bites & Cake Decorating 2:30PM - 4:30PM</p>	<p>3 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching</p>	<p>4 </p>
<p>7 </p>	<p>8 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>9 </p>	<p>10 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching</p>	<p>11 Birthday Celebrations!!! 1:30PM - 3:30PM</p>
<p>14 Shenandoah Neighborhood Association Meeting at 7PM</p>	<p>15 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>16 Movie and Popcorn "The Out-Laws" 1PM - 4PM</p>	<p>17 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching</p>	<p>18 Arts, Crafts and Cafecito 2PM - 4PM</p>
<p>21 Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM Monday - Friday (NEW)</p>	<p>22 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW)</p>	<p>23 Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM Monday - Friday (NEW)</p>	<p>24 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW)</p>	<p>25 Savour The World's Cuisines! "Spain" 1:30PM - 4:00PM / \$10.00 Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW)</p>
<p>28 Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM Monday - Friday (NEW)</p>	<p>29 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW)</p>	<p>30 Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW) Cooking Session with Ana Maria Rojas Empanadas de Espinaca 2PM - 4PM / \$5.00</p>	<p>31 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela Water Aerobics Instructor: Daymi Gonzalez 9:00AM - 9:45AM (NEW)</p>	<p></p>



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