

APRIL 2024

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
	<p>1</p> <p>9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>2</p> <p>9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>3</p> <p>9am-1pm (Gym Seniors) Gimnasio para-adultos 9:30am-1pm -Domino (Senior Room) 12:30pm – 4:30pm MARLINS GAME</p> 	<p>4</p> <p>9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:00am-1:00pm Flow Event / (Commissioner Kevin Cabrera)</p>	<p>5</p> <p>9am-1pm (Gym Seniors) Gimnasio para Adultos 9:45am-1pm Pinecrest Garden</p> 	6
7	<p>8</p> <p>9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>9</p> <p>9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>10</p> <p>9am-1pm (Gym Seniors) Gimnasio para-adultos 9:30am-1pm -Domino (Senior Room)</p>	<p>11</p> <p>9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)</p>	<p>12</p> <p>9am-1pm (Gym Seniors) Gimnasio para Adultos 9:30am-1pm Domino (Senior Room)</p>	13
14	<p>15</p> <p>9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>16</p> <p>9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:00pm Simply HealthCare Seminar!!!</u></p>	<p>17</p> <p>9am-1pm (Gym Seniors) Gimnasio para-adultos 9:30am-1pm -Domino (Senior Room)</p>	<p>18</p> <p>9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)</p>	<p>19</p> <p>9am-1pm (Gym Seniors) Gimnasio para Adultos 9:45am-1pm Gold Coast Railroad Museum</p> 	20
21	<p>22</p> <p>9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>23</p> <p>9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:00pm Simply HealthCare Seminar!!!</u> 12:15pm-1pm Puzzle (Art Room)</p>	<p>24</p> <p>9am-1pm (Gym Seniors) Gimnasio para-adultos 9:30am-1pm -Domino (Senior Room)</p>	<p>25</p> <p>9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion) <u>10:30am-12:30pm Birthday Celebration Sponsored by Leon Medical Center</u></p>	<p>26</p> <p>9am-1pm (Gym Seniors) Gimnasio para Adultos 9:30am-1pm Domino (Senior Room)</p>	27
28	<p>29</p> <p>9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>30</p> <p>9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>				

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

April 16- Simply HealthCare Seminar 10:30am-12:30pm

April 23 -Simply HealthCare 10:30am-12:30pm Seminar

April 25- Birthday Celebration 10:30am-12:30pm

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



Field Trips:

April 3 -12:30pm-4:30pm (Loan Depot Park (Marlins Game)

April 5- 9:45am-1pm Pinecrest Garden

April 19-9:45am-1pm Gold Coast Railroad