





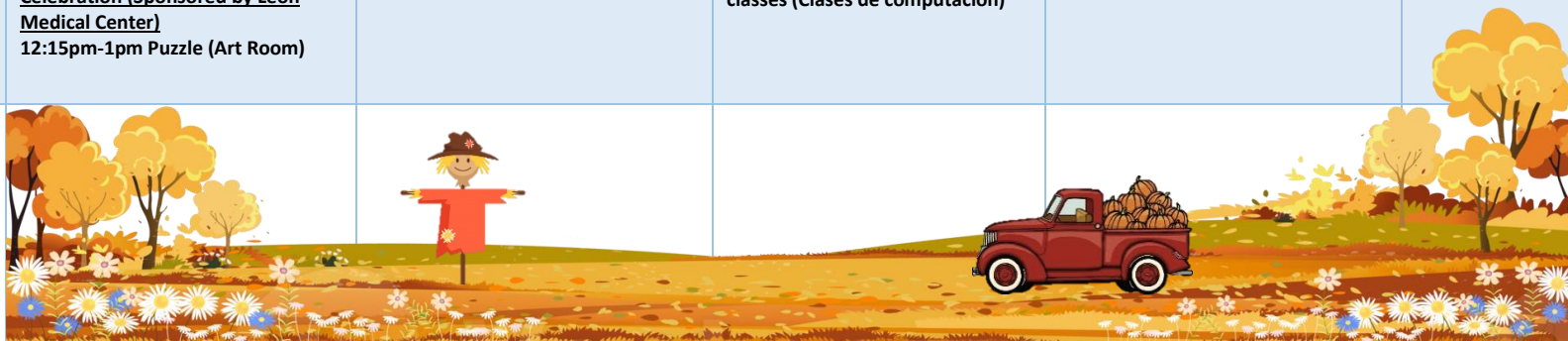


# SEPTEMBER 2024

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)	
.1		<p>3 9:30am-10:30am Fitness Classes &amp; Stretching 10:45am-12pm Gym &amp; Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>4 9am-1pm (Gym Seniors) Gimnacio para-adultos  9:30am-1pm -Domino (Senior Room)</p>	<p>5-9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computer classes (Clases de computacion) <u>Miami Marlins 5:30pm-8:30pm</u></p> 	<p>6-9am-1pm ( Gym Seniors) Gimnacio para Adultos <u>9:45am-1pm Ermita de La Caridad del Cobre</u></p> 	7	
8	<p>9 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computer classes (Clases de computacion)</p>	<p>10 9:30am-10:30am Fitness Classes &amp; Stretching 10:45am-12pm Gym &amp; Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>11 9am-1pm (Gym Seniors) Gimnacio para-adultos  9:30am-1pm -Domino (Senior Room)</p>	<p>12 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computer classes (Clases de computacion) 12:15-1pm Puzzle (Art Room)</p>	<p>13 9am-1pm ( Gym Seniors) Gimnacio para Adultos  9:30am-1pm Domino (Senior Room)</p>	14	
15	<p>16 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computer classes (Clases de computacion)</p>	<p>17 9:30am-10:30am Fitness Classes &amp; Stretching <u>10:30am-12:30pm Bingo -Hispanic Heritage (Sponsored by Humana)</u></p> 	<p>18 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)  11:30am-4pm Loan Park (Marlins Game)</p>	<p>19-9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computer classes (Clases de computacion) <u>Miami Marlins 4:00pm-7:30pm</u></p> 	<p>20-9am-1pm ( Gym Seniors) Gimnacio para Adultos <u>9:45am-1:30pm The Palms at Town &amp; Country</u></p> 	21	
22	<p>23 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computer classes (Clases de computacion)</p>	<p>24 9:30am-10:30am Fitness Classes &amp; Stretching <u>10:30am-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)</u> 12:15pm-1pm Puzzle (Art Room)</p>	<p>25 9am-1pm (Gym Seniors) Gimnacio para-adultos  9:30am-1pm -Domino (Senior Room)</p>	<p>26 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computer classes (Clases de computacion)</p>	<p>27 9am-1pm ( Gym Seniors) Gimnacio para Adultos  9:30am-1pm Domino (Senior Room)</p>	28	
29	<p>30 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computer classes (Clases de computacion)</p>						

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

Sept-17-Bingo (Sponsored by Humana) (10:30am-12:30pm )

Sept 24-Birthday Celebration Sponsored by leon medical Center (10:30am-12:30pm)

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



**Field Trips:** Sept 6- Ermita de La Caridad 9:45am-1:30pm  
3609 S Miami ave Miami Fl, 33133  
Sept 20- The Palms at Town & Country 9:45am-1:30pm