









# JULY 2024

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
	<b>1</b> 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	<b>2</b> 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	<b>3</b> 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)		<b>5</b> 9am-1pm ( Gym Seniors) Gimnacio para Adultos	
<b>7</b>	<b>8</b> 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	<b>9</b> 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	<b>10</b> 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	<b>11</b> 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)	<b>12</b> 9am-1pm ( Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	<b>13</b>
	<b>15</b> 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	<b>16</b> 9:30am-10:30am Fitness Classes & Stretching	<b>17</b> 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room) 11:30am-4pm Loan Park (Marlins Game)	<b>18</b> 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:30am-12:30pm <u>BirthDay Celebration (Sponsored by Leon Medical Center )</u>	<b>19</b> 9am-1pm ( Gym Seniors) Gimnacio para Adultos 9:45am-1pm Gold Coast Railroad Museum	
<b>21</b>	<b>22</b> 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	<b>23</b> 9:30am-10:30am Fitness Classes & Stretching 12:15pm-1pm Puzzle (Art Room)	<b>24</b> 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)	<b>25</b> 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 9:30am-11:30pm Computing classes (Clases de computacion)	<b>26</b> 9am-1pm ( Gym Seniors) Gimnacio para Adultos 9:30am-1pm Domino (Senior Room)	<b>27</b>
	<b>29</b> 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion)	<b>30</b> 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	<b>31</b> 9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm -Domino (Senior Room)			

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

**July 18 - Birthday Celebration 10:30am-12:30pm Sponsored by Leon Medical Center**

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



*Have a happy Summer !!!*

