

November 2023

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
			<p>1 9am-1pm (Gym Seniors) Gimnacio para adultos</p> <p>10am-1pm Domino</p>	<p>2 9:30am-10:30am Fitness Classes 10:00am-11:00am Skape Creatives – TERRARIUM</p> 	<p>3 .9am-1pm Gym 9:30am-1pm Domino (senior Room) 10:00am-1:30pm Perez Art Museum</p> 	4
5	<p>6. 9am-1pm (Gym Seniors) Gimnacio para seniors</p> <p><u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>7 9:30am-10:30am Fitness Classes & Stretching 10:00am-11:00am Skape Creatives – TERRARIUM</p> 	<p>8 9am-1pm (Gym Seniors) Gimnacio para adultos</p> <p>10am-1pm Domino</p>	<p>9 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento <u>10:30am-12:30pm BINGO (Sponsored by Humana)</u></p>	<p>10</p> 	11
12	<p>13 9am-1pm (Gym Seniors) Gimnacio para seniors</p> <p><u>10am-12pm Bowling League (Liga de bolos)</u></p> 	<p>14 9:30am-10:30am Fitness Classes & Stretching <u>10:30am-12:30pm Thanksgiving Celebrations Sponsored by Clinical Care Medical Center</u></p>	<p>15 9am-1pm (Gym Seniors) Gimnacio para adultos</p> <p>10am-1pm Domino</p>	<p>16 9:30am-10:30am Fitness Classes. 10:00am-11:00am Skape Creatives – TERRARIUM</p> 	<p>17.9am-1pm Gym 9:30am-1pm Domino (senior Room)</p> <p>9:30am-1pm Tropical Park (Thanksgiving Picnic)</p> 	18
19	<p>20 9am-1pm (Gym Seniors) Gimnacio para seniors 10am-1pm- Craft- (Manualidades)</p> 	<p>21 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>22 9am-1pm (Gym Seniors) Gimnacio para adultos</p> <p>10am-1pm Domino</p>	<p>23</p> 	<p>24</p> 	25
26	<p>27 9am-1pm (Gym Seniors) Gimnacio para seniors 10:00am-1pm Craft –(Manualidades)</p> 	<p>28 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)</p>	<p>29 9am-1pm (Gym Seniors) Gimnacio para adultos</p> <p>10am-1pm Domino</p>	<p>30 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento <u>10:30am-12:30pm Birthdays Celebration (Sponsored by Leon Medical Center)</u></p>		

Tuesday & Thursday 9:00am-12pm Fitness Classes & Stretching (Martes Y Jueves Ejercicios Fisicos y de Estiramiento)

Nov 9--Bingo Sponsored By Clinical Care Medical Center

Nov 14-Thanksgiving Celebration (Sponsored by Clinical Care Medical Center)

Nov 30-Birthday Celebration Sponsored by Leon Medical Center

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



Field Trips:Nov 3-10am-1pm (Perez Art Museum

1103 Biscayne Blvd, Miami, FL 33132)

Nov 17- 9:30am-1pm (Tropical Park 7900 SW 40th St, Miami, FL 33155)