







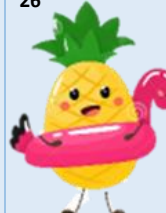





AUGUST 2023

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
		1 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	2 9am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	3- 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	4 9am-1pm Gym 9:30am-1pm Domino (senior Room)	5 
6 	7 9am-1pm (Gym Seniors) Gimnacio para-Seniors 9:30am-12:30pm Art & Craft (Art Room) 9:30am-12:30pm Manualidades (Salon De Arte)	8 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	9 9am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	10 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	11 9am-1pm Gym 9:30am-1pm Domino (senior Room)	12 
13 	14 9am-1pm (Gym Seniors) Gimnacio para-Seniors 9:30am-12:30pm Art & Craft (Art Room) 9:30am-12:30pm Manualidades (Salon De Arte)	15 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	16 9am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	17 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	18 9am-1pm Gym 9:30am-1pm Domino (senior Room)	19 
20 	21 9am-1pm (Gym Seniors) Gimnacio para-Seniors 9:30am-12:30pm Art & Craft (Art Room) 9:30am-12:30pm Manualidades (Salon de Arte)	22 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	23 9am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	24 - 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:30am-12:30pm Birthday Celebrations (Sponsored by Leon Medical Center)	25.9:30am-1pm Domino (Senior Room) 9:30am-1:30pm Seminole Hard Rock Hotel & Casino 	26 
27 	28 9am-1pm (Gym Seniors) Gimnacio para-Seniors 9:30am-12:30pm Art & Craft (Art Room) 9:30am-12:30pm Manualidades (Salon de Arte)	29 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	30 9am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	31 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)		

Monday & Wednesday -9:30am-12:30pm Art & Craft (Manualidades Salon de Arte)
Tuesday & Thursday-9:30am-12pm Fitness Classes & Stretching /Martes y Jueves -Ejercicios Fisicos y de Estiramiento

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



Field Trips: August 25 -9:30am-1:30pm Seminole Hard Rock Hotel & Casino.
Address:1 Seminole Way, Hollywood, FL 33314