



Shenandoah Park Active Adults 55+ March 2023



Mon

Tue

Wed

Thu

Fri

	<p><i>Lucky</i></p>	<p>1 Fairchild Tropical Botanic Garden The Glasshouse Café 10AM - 4PM FREE</p>	<p>2 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>3 </p>
<p>6</p>	<p>7 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>8 </p>	<p>9 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>10 Phillip and Patricia Frost Museum of Science 10AM - 4PM FREE / \$5 for Planetarium RSVP with Adina Diaz</p>
<p>13</p>	<p>14 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM Humana "Using Technology to Stay Connected" 1:15PM - 2:15PM</p>	<p>15 </p>	<p>16 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Dept. of Motor Vehicles Florida License on Wheels 9:30AM - 2PM</p>	<p>17 St. Patrick's Day Party & Birthday Celebration Sponsored by Humana (Games & Prizes) 1:30PM - 3:30PM</p>
<p>20</p>	<p>21 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>22 </p>	<p>23 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM</p>	<p>24 History Miami Museum Willy Chirino Exhibition (NEW) 10AM - 4PM FREE</p>
<p>27</p>	<p>28 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>29 Movie and Popcorn "Leap Year" 1:30PM - 3:30PM</p>	<p>30 Virtual Fitness Class @ Shenandoah Park 10AM - 1PM Empower 60 Event (Dinner Will Be Served) 2PM - 6PM</p>	<p>31 Easter Activity Arts, Crafts and Cafecito 1:30PM - 3:30PM</p>



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