



Shenandoah Park Active Adults 55+ June 2023



Mon

Tue

Wed

Thu

Fri

			<p>1 Move It, Lift It, Gym Workout 11AM - 1PM (NEW!)</p> <p>YouTube Pre-Recorded Classes with Graciela 11AM - 1PM</p>	<p>2 FREE Computer Classes 10AM - 12PM (NEW!)</p> <p>Arts, Crafts and Cafecito 1:30PM - 3:30PM</p>
<p>5 Sunday - June 4 Marlins vs. Oakland at Loan Depot Park 12:30PM - 5PM (Limited Tickets)</p>	<p>6 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop with Graciela 2PM - 4PM</p>	<p>7 Commissioner Eileen Higgins 1:30PM - 4PM</p> <p>Light Bites and Arts & Crafts FREE EVENT!!!</p>	<p>8 Move It, Lift It, Gym Workout 11AM - 1PM (NEW!)</p> <p>YouTube Pre-Recorded Classes with Graciela 11AM - 1PM</p>	<p>9 FREE Computer Classes 10AM - 12PM (NEW!)</p> <p>Savour The World's Cuisines! "Italy" 1:30PM - 4:00PM / \$10.00</p>
<p>12 Shenandoah Neighborhood Association Meeting at 7PM</p>	<p>13 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop with Graciela 2PM - 4PM</p>	<p>14 Movie and Popcorn "Maybe I Do" 1PM - 4PM</p>	<p>15 Move It, Lift It, Gym Workout 11AM - 1PM (NEW!)</p> <p>YouTube Pre-Recorded Classes with Graciela 11AM - 1PM</p>	<p>16 FREE Computer Classes 10AM - 12PM (NEW!)</p> <p>Father's Day Celebration Pot Luck & Games 1:30PM - 3:30PM</p>
<p>19</p> <p>HAPPY JUNETEENTH</p>	<p>20 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop with Graciela 2PM - 4PM</p>	<p>21 Fire Department Presentation "Fire and Fall Prevention" 10AM - 12PM</p>	<p>22 Move It, Lift It, Gym Workout 11AM - 1PM (NEW!)</p> <p>YouTube Pre-Recorded Classes with Graciela 11AM - 1PM</p>	<p>23 FREE Computer Classes 10AM - 12PM (NEW!)</p>
<p>26</p>	<p>27 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM</p> <p>Memory Workshop with Graciela 2PM - 4PM</p>	<p>28 Cooking Session with Betty "Rodris" Rodriguez Chilly & Cheese Dip /\$5.00 2PM - 4PM</p>	<p>29 Commissioner Manolo Reyes Hurricane Preparedness Presentation 10AM - 11AM</p> <p>Move It, Lift It, Gym Workout 11AM - 1PM (NEW!)</p>	<p>30 FREE Computer Classes 10AM - 12PM (NEW!)</p> <p>Birthday Celebrations! 1:30PM - 3:30PM</p>

