









# Shenandoah Park Active Adults 55+ September 2023



Mon	Tue	Wed	Thu	Fri
				1 South Pointe Beach 10AM - 4PM Please Bring Lunch
4 	5 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	6 Arts, Crafts and Cafecito 2PM - 4PM	7 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching	8 Table/Board Game Day 2PM - 4PM (Dominoes, Canasta/ Card Game, Monopoly, Chess, Checkers & Much More!)
11 <b>Water Aerobics</b> Instructor: Daymi Gonzalez 9:00AM - 9:45AM Monday - Friday (NEW) Shenandoah Neighborhood Association Meeting	12 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	13 <b>Cooking Session with Mayte Arces Charlotte Pastry 2PM - 4PM / \$5.00</b>	14 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela 9AM - 11AM Chair Exercise/ Yoga 11AM - 12PM Zumba Gold 12PM - 1PM Full Body & Stretching	15 <b>Birthday Celebrations!!! 1:30PM - 3:30PM</b>
18 <b>Water Aerobics</b> Instructor: Daymi Gonzalez 9:00AM - 9:45AM Monday - Friday (NEW)	19 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	20 Movie and Popcorn "Legends of the Falls" 1PM - 4PM	21 Move It, Lift It, Gym Workout 9AM - 1PM YouTube Pre-Recorded Classes with Graciela <b>Commissioner Eileen Higgins Light Bites &amp; Crafts 2:30PM - 4:30PM</b>	22 <b>Reliving The Movies "Legends of the Falls" **Dress to Impress** 4PM - 7PM / \$10.00</b>
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