



Shenandoah Park Active Adults 55+ December 2023



Mon

Tue

Wed

Thu

Fri

Mon		Tue		Wed		Thu		Fri	
4	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM	5	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	6	 Holiday Arts, Crafts & Cafecito 2PM - 4PM Manolo Reyes Annual Shenandoah Park Christmas Tree Lighting @ 6PM	7	Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body & Stretching	1	Painting With A Twist 6:30PM - 9:30PM \$36 Per Person Payment Due By: Nov 28
11	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Shenandoah Neighborhood Association Meeting at 7PM	12	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	13	Movie, Hot Cocoa & Cookies "Dolly Parton's Christmas On The Square" 2PM - 4PM	14	Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body & Stretching	8	Holiday Luncheon & Birthday Celebration 2:30PM - 4:30PM Sponsored by Commissioner Eileen Higgins
18	Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM	19	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	20	Commissioner Reyes' Holiday Party 2PM - 4PM	21	Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body & Stretching	15	Sawgrass Mills Mall 10:00AM - 4:00PM
25		26	In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM	27		28	Move It, Lift It, Gym Workout 10AM - 12PM YouTube Pre-Recorded Classes with Graciela Chair Exercise, Full Body & Stretching	22	
								29	Christmas Pajama Party Hot Chocolate, Churros, Games & More! 2PM - 4PM