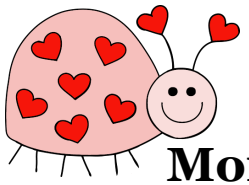
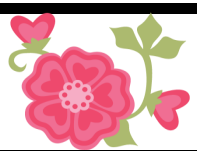
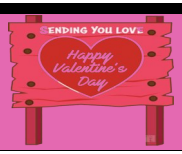


Shenandoah Park Active Adults 55+ Program
February 2025

Mon	Tue	Wed	Thu	Fri
				
3 Water Aerobics Monday - Friday 9:00AM - 9:45AM **Memory Workshop w/Graciela** **3PM - 4:30PM**	4 In-Person Fitness Class @ Shenandoah Park w/ Graciela 9AM - 1PM **Memory Workshop w/Graciela** **2PM - 4PM** 	**5** FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Decorating Committee w/ Regina** **12PM- 1PM** **Senior Cooking Program** **Eat Well Exchange, INC** **1PM - 2PM** Club de Tejidos, Agujas Y Cafecito Con Regina & **Arts & Crafts** **2:30PM - 4:30PM**	6 Move It, Lift It, Gym Workout 10AM - 11AM YouTube Pre-Recorded Classes **Shenandoah Card Club** **(Canasta, Rummikub, Domino)** **11AM - 1PM** Mady's Dance Factory Salsa Classes at 1PM **Lets Go Karaoke!!!!** **2:30PM - 4:30PM**	7 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **STEAM Presentations** **Science Project Session** **With Noreen At 1PM** **Movie & Popcorn** **"Notting Hill"** **2:30PM - 4:30PM**
10 **Water Aerobics** **Monday - Friday 9:00AM - 9:45AM** Memory Workshop w/Graciela 3PM - 4:30PM **Shenandoah Neighborhood Association Meeting at 7PM**	11 In-Person Fitness Class @ Shenandoah Park w/ Graciela 9AM - 1PM **Memory Workshop w/Graciela** **2PM - 4PM**	12 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Senior Cooking Program** **Eat Well Exchange, INC** **1PM - 2PM** Club de Tejidos, Agujas Y Cafecito Con Regina & **Arts & Crafts** **2:30PM - 4:30PM**	13 Move It, Lift It, Gym Workout 10AM - 11AM YouTube Pre-Recorded Classes **Shenandoah Card Club** **(Canasta, Rummikub, Domino)** **11AM - 1PM** Mady's Dance Factory Salsa Classes at 1PM **Commissioner Reyes** **Valentine's Party 2PM-4PM**	14 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Love & Friendship** **& Birthday Celebrations!!!!** **2PM - 4PM / $15.00 Due 2/7/24** **(Wear Red or Pink)** **Food, Raffles, Games of Love, & More!!!** ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ **(February 15th - Saturday)** **Coconut Grove Arts Festival** **10AM - 4PM / FREE**
17	18 In-Person Fitness Class @ Shenandoah Park w/ Graciela 9AM - 1PM **Memory Workshop w/Graciela** **2PM - 4PM**	19 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Senior Cooking Program** **Eat Well Exchange, INC** **1PM - 2PM** Club de Tejidos, Agujas Y Cafecito Con Regina & **Arts & Crafts** **2:30PM - 4:30PM**	**20 Shenandoah Coed Softball League 9AM - 11AM REGISTER NOW (NEW)** Shenandoah Card Club (Canasta, Rummikub, Domino) 11AM - 1PM **Mady's Dance Factory** **Salsa Classes at 1PM**	21 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Magic City Casino** **10AM - 3PM**
24 Water Aerobics Monday - Friday 9:00AM - 9:45AM **Memory Workshop w/Graciela** **3PM - 4:30PM**	25 In-Person Fitness Class @ Shenandoah Park w/ Graciela 9AM - 1PM **Memory Workshop w/Graciela** **2PM - 4PM**	26 FREE Computer Classes 10AM - 12PM Instructor Raul Peron Club de Tejidos, Agujas Y Cafecito Con Regina & **Arts & Crafts** **2:30PM - 4:30PM**	27 Move It, Lift It, Gym Workout 10AM - 11AM YouTube Pre-Recorded Classes **Shenandoah Card Club** **(Canasta, Rummikub, Domino)** **11AM - 1PM** Mady's Dance Factory Salsa Classes at 1PM	28 FREE Computer Classes 10AM - 12PM Instructor Raul Peron **Saint Sophia's 47th** **Annual Greek Festival** **10:30AM - 4PM**