

MAY 2024

	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
			1 9am-1pm (Gym Seniors) Gimnacio para-adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	2 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento Miami Marlins vs The Rockies 11:00-3:30pm	3 9am-1pm (Gym Seniors) Gimnacio para Adultos 10am-1pm Senior Planet 	4
5	6- 9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u> 	7-9:30am-10:30am Fitness Classes & Stretching District 4 Mother's Day Celebration 10:30am-12:30pm 	8 9am-1pm (Gym Seniors) Gimnacio para-adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	9 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	10 9am-1pm (Gym Seniors) Gimnacio para Adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	11
12	 13 -9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u> 	14 9:30am-10:30am Fitness Classes & Stretching 10:30am-12:30pm BINGO (Sponsored by Humana) 	15 9am-1pm (Gym Seniors) Gimnacio para-adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	16 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	17-9am-1pm (Gym Seniors) Gimnacio para Adultos <u>REDLAND INTERNATIONAL ORCHID FESTIVAL</u> 9:45am-1:30pm 	18
19	20-9am-1pm (Gym Seniors) Gimnacio para seniors 9:30am-11:30pm Computing classes (Clases de computacion) <u>10am-12pm Bowling League (Liga de bolos)</u> 	21-9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 10:30am-12:30pm BINGO (Sponsored By Aetna)	22 9am-1pm (Gym Seniors) Gimnacio para-adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	23 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	24 9am-1pm (Gym Seniors) Gimnacio para Adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	25
26	27 	28 9:30am-10:30am Fitness Classes & Stretching 10:30AM-12:30pm Birthday Celebration (Sponsored by Leon Medical Center)	29 -9am-1pm (Gym Seniors) Gimnacio para-adultos 9:30am-1pm Vizcaya Museum & Gardens 	30 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	31 9am-1pm (Gym Seniors) Gimnacio para Adultos <u>9:30AM-1Pm Domino (Senior Room)</u>	

Tuesday & Thursday:9:30am-12pm Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y de Estiramiento

May 7-Mother's Day Celebration (District 4)

May 14-Bingo 10:30am-12:30pm

May 21-Bingo 10:30am-12:30pm

May 28-Birthday Celebration (Leon Medical Center)

West End Park
6030 S.W 2nd St
Miami, FL 33144
Phone:(305) 960-2980



Field Trips: May 2-LoanDepot Park 11am-3:30pm

May 3-Senior Planet 10am-1:00pm

May 17- Fruit & Spice Park- 9:45am-1:30pm

May 29-Vizcaya Museum & Gardens 9:30am-1pm