



Shenandoah Park Active Adults 55+ February 2024



Mon

Tue

Wed

Thu

Fri

			<p>1 Serie Del Caribe 2024 Nicaragua vs. Puerto Rico Loan Depot Park 9:30AM - 2:30PM</p>	<p>2 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron</p>
<p>5 Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM</p>	<p>6 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>7 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron Yeru - Science For Adults @ 12:30PM Commissioner Reyes Valentine's Party 2PM-4PM</p>	<p>8 In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose</p>	<p>9 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron Celebration of Love & Friendship 2PM - 4PM / \$10.00 Due 2/7/24 (Wear Red or Pink) Food, Raffles, Games of Love, & More!!!</p>
<p>12 Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM Shenandoah Neighborhood Association Meeting at 7PM</p>	<p>13 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>14 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron <i>Happy Valentine's Day</i></p>	<p>15 In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose</p>	<p>16 & 17 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron (February 17th - Saturday) Coconut Grove Art Festival 10AM - 4PM / FREE</p>
<p>19</p> 	<p>20 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>21 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron Vizcaya Museum and Gardens 10AM - 4PM / FREE</p>	<p>22 In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose</p>	<p>23 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron Birthday Celebrations!!!! 2PM-4PM</p>
<p>26 Water Aerobics Monday - Friday 9:00AM - 9:45AM Memory Workshop w/Graciela 3PM - 4:30PM</p>	<p>27 In-Person Fitness Class @ Shenandoah Park 9AM - 1PM Memory Workshop w/Graciela 2PM - 4PM</p>	<p>28 FREE Computer Classes 10AM -10:45AM /11AM-11:45AM Instructor Raul Peron Arts, Crafts & Cafecito w/ Irama Badilla 2PM - 4PM Bring An Empty Wine Bottle</p>	<p>29 In-Person Fitness Class @ Shenandoah Park 11AM - 12PM Zumba Gold 12PM - 1PM Stretch & Meditation Instructor Alison DeBose</p>	

