

OCT

MON	TUE	WED	THU	FRI
				1 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a Chen Doc Talk 11a-11:45a
4 E Fitness (Zoom) 9a-10a E Fitness 10a-11a Yoga 6:30p- 7:45p	5 Arts & Crafts 9:30a- 12p Game Day 9:30a- 12p T.O.P.S 6p- 8p	6 E Fitness (Zoom) 9a- 10a Movie & Popcorn 11a	7 Bingo 12:00p- 1:30p	8 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a Mini Trip: Monster Mini Golf
11 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a Nutrition Talk 11:15a-12p Yoga 6:30p- 7:45p	12 Arts & Crafts-Creative Drawing 9:30a-12p Game Day 9:30a- 12p T.O.P.S 6p- 8p	13 E Fitness (Zoom) 9a- 10a	14 Ice Cream Social 11a-12p Bingo 12:00p- 1:30p	15 E Fitness (Zoom) 9a-10a E Fitness 10a-11a Humana Health Talk 11a-12a E Fitness 11a-12p
18 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a Birthday Party 12p-1p Yoga 6:30p- 7:45p	19 Arts & Crafts 9:30a- 12p Game Day 9:30a- 12p T.O.P.S 6p- 8p	20 E Fitness (Zoom) 9a- 10a	21 Bingo 12:00p- 1:30p	22 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a
25 E Fitness (Zoom) 9a-10a E Fitness 10a-11a Chair Yoga 11:15a-12p Yoga 6:30p- 7:45p	26 Arts & Crafts 9:30a- 12p Game Day 9:30a- 12p T.O.P.S 6p- 8p	27 E Fitness (Zoom) 9a- 10a Get Together at NAG 11:30a-1:00p	28 Bingo 12:00p- 1:30p	29 E Fitness (Zoom) 9a-10a E Fitness 10a- 11a

Classes have limited availability; please call or email to reserve your space in the activity.

Yoga 6:30: \$10 per class: Val Jennings 954-663-0922

T.O.P.S. 6p: \$26 reg. fee/ \$5 monthly: Joseph Lamonica 954-980-3778

Zoom Login

Monday

Enhanced Fitness ID: 897 4591 7794 Passcode: 165938

Tuesday

Arts & Crafts 10a ID: 951 8795 7443 Passcode: 674234

Wednesday

Enhanced Fitness ID: 979 7820 4474 Passcode: 891832

Thursday

Bingo 12:30p ID: 980 7792 5677 Passcode: 758888

Friday

Enhanced Fitness ID: 897 4591 7794 Passcode: 165938

Information is subject to change.

For more information contact (954) 630-4494 or stevenm@oaklandparkfl.gov