







October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	Fitness 9 AM Self Defense 10 AM Techy Tuesdays 1 PM	Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11: 15 AM	Movie Day - Hispanic Heritage 10 AM Tai Chi 1:30 PM	
7	8	9	10	11	12
Strength Training 9 AM Watercolor Painting 11 AM	Fitness 9 AM Coffee Clinic 10 AM Game Day 11 AM	Book Club 9 AM Pastries & Presentations 11 AM Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Lunch & Learn 11 AM Chair Yoga 1:30 PM	
14	15	16	17	18	19
	Fitness 9 AM Game Day 11 AM Techy Tuesdays 1 PM	Murder Mystery 10 AM  Birthday Costume Party 11 AM Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Spooky Brunch & Learn 11 AM (Encompass Health) Meditation 1:30 PM	
21	22	23	24	25	26
Strength Training 9 AM	Fitness 9 AM		Zumba Gold 10 AM Line Dancing 11:15 AM	 Halloween Spooktacular 6 PM Cutler Ridge Park 	Halloween Golf Cart Parade 6 PM Cutler Ridge Park
28	29	30	31		
Strength Training 9 AM Diamond Art 11 AM	Fitness 9 AM	Book Club 9 AM Doc Talk 11 AM Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11:15 AM		

Please be advised that two or more Council Members may be in attendance.

Please contact Paola Perez at pperez@cutlerbay-fl.gov or (786) 205-5427 to RSVP.
All classes will be at Franjo Park except special event(s) | 20175 Franjo Rd. Cutler Bay, FL