





November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				Lunch & Learn 11 AM Tai Chi 1:30 PM	
4	5	6	7	8	9
Strength Training 9 AM Pumpkin Painting 11 AM	Book Club 9 AM Fitness 10:30 AM Techy Tuesday 1 PM	Field Day 10 AM • Pickleball Clinic • Group Stretch • Park Workout Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11:15 AM Pastries & Presentations 12:30 PM	Chair Yoga 1:30 PM	
11	12	13	14	15	16
	Coffee Clinic 9:30 AM Fitness 10:30 AM	Chair Pilates 1 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Senior Games Pickleball 9 AM <i>Saga Bay Park</i>	
18	19	20	21	22	23
Senior Games Tennis 9 AM <i>Saga Bay Park</i>	Senior Games Shuffleboard, Table Tennis, & Horseshoes 9 AM East Ridge Retirement	Senior Games Track & Field 9 AM Goulds Park Kitchen Experience 5 PM <i>*Registration is REQUIRED</i>		Senior Games Awards Luncheon & Resource Fair 12 PM <i>East Ridge Retirement</i>	
25	26	27	28	29	30
Strength Training 9 AM Meditation 1:30 PM	Fitness 10:30 AM Friendsgiving Lunch 12 PM <i>Cutler Bay Town Center</i>	Chair Pilates 1 PM			

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