

# SENIOR PROGRAMS

## GUIDE



**2022**



WALKING CLUB  
MONDAY-FRIDAY  
8:30AM-9:30AM

POUND FITNESS  
MONDAY  
10:00AM-11:00AM

SILVER SNEAKERS  
WEDNESDAY 9:30AM-10:30AM  
TUESDAY  
10:00AM & 11:00AM  
FRIDAY 10:00AM-11:00AM

YOGA  
THURSDAY  
10:00AM & 11:00AM

CHAIR PILATES  
TUESDAY & THURSDAY  
1:00PM-1:45PM

BINGO  
WEDNESDAY  
3:00PM-4:00PM

SENIOR HEALTH SEMINAR  
WEDNESDAY  
10:00AM-11:00AM

COMPUTER ROOM  
MONDAY-FRIDAY  
8:00AM-5:00PM

SENIOR TECH PROGRAM  
WEDNESDAY  
2:00PM-3:00PM

PAINTING WORKSHOP  
THURSDAY  
2:30PM-4:00PM

INSURANCE SEMINAR  
FRIDAY  
1:00PM-2:00PM

## SENIOR FAMILY CENTER

18330 NW 12th Avenue  
Miami Gardens, FL 33169

### HOURS OF OPERATION:

MONDAY - FRIDAY  
8:00AM-5:00PM

**PROGRAM FEE: \$30 MONTHLY**

*Silver Sneakers & Renew Active Accepted!*

## FOR MORE INFORMATION

CALL THE

**SENIOR FAMILY CENTER**

**AT 305-622-5780**

OR THE

**PARKS ADMINISTRATIVE OFFICE**

**AT 305-622-8080**