

Comprehensive Program Schedule

The following tables identify a comprehensive list of existing and planned age friendly programs to be implemented at the thirteen (13) pilot park sites.

North Region

Arcola Lakes	Country Village	Gwen Cherry	Highland Oaks
Water Aerobics Ceramics Social Program Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Social Program Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Line Dance Exercise Fitness Social Program Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Walk for Life EnhanceFitness Matter of Balance Chronic Disease

*existing programming in red

Central Region

Continental	North Trail	Ruben Dario	Westwind Lakes
Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Zumba Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Social Program Walk for Life EnhanceFitness Matter of Balance Chronic Disease

*existing programming in red

South Region

Deerwood	Goulds	South Dade	West Perrine
Baptist Health Zumba Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Ceramics Knitting and Quilting EnhanceFitness Social Program Walk for Life Matter of Balance Chronic Disease	Walk for Life EnhanceFitness Matter of Balance Chronic Disease	Line Dance Social Program Walk for Life EnhanceFitness Matter of Balance Chronic Disease

*existing programming in red