



Hortt Park

1700 SW 14 Court Fort Lauderdale, FL 33312

Mon		Tue		Wed		Thu		Fri			
<h2>JUNE 2016</h2> <p>City of Fort Lauderdale PARKS & RECREATION</p>						<p>TRIP DETAILS Thurs., 6/16 @ 5:30 p.m. Olive Garden. Bus pickups: 5:00 p.m. at Osswald Park & 5:30 p.m. Holiday Park. RSVP to Osswald Park 954-828-6455</p>		<p>Annual Membership \$55 Resident or Non-Resident _____ \$5.50 Resident w/Approved Fee</p>			
13 9:00 - 10:15 a.m. Golf 10:15 - 11:15 a.m. Movement Meditation	14 9:00 - 10:00 a.m. Yoga 10:00 a.m. - 11:00 a.m. Afro- Caribbean Dance 11:00 a.m. - 2:00 p.m. Open Quilting	15 9:15 - 10:15 a.m. Movement Meditation 10:30 a.m. - 12:30 p.m. Art	16 9:30 - 10:30 a.m. Yoga <i>Trip: Olive Garden 6:00-7:30 p.m.</i>	17 9:30 - 10:30 a.m. Group Exercise 11:00 a.m. - 1:00 p.m. Round Table	18	20 9:00 - 10:15 a.m. Golf 10:15 - 11:15 a.m. Movement Meditation	21 9:00 - 10:00 a.m. Yoga 10:00 a.m. - 11:00 a.m. Afro- Caribbean Dance 11:00 a.m. - 2:00 p.m. Open Quilting	22 9:15 - 10:15 a.m. Movement Meditation 10:30 a.m. - 12:30 p.m. Art	23 9:30 - 10:30 a.m. Yoga 10:45 a.m. - 11:30 a.m. Coffee & Conversation: <i>Healthy Eating & Physical Activity</i>	24 9:30 - 10:30 a.m. Group Exercise	25 <i>Trip: Sawgrass Mills Mall</i> Bus pickups: 9:30 am Holiday Park, 9:45 am Laud Manors, 9:55 am Bass Pk. RSVP to Phil Peterson 954-828-5408
27 9:00 - 10:15 a.m. Golf 10:15 - 11:15 a.m. Movement Meditation	28 9:00 - 10:00 a.m. Yoga 10:00 a.m. - 11:00 a.m. Afro- Caribbean Dance 11:00 a.m. - 2:00 p.m. Open Quilting	29 9:15 - 10:15 a.m. Movement Meditation 10:30 a.m. - 12:30 p.m. Art	30 9:30 - 10:30 a.m. Yoga 10:45 a.m.—12:45 p.m. Monthly Event: <i>Self Defense Workshop with A&J School of Self Defense</i>								

If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs, please contact 954-828-7275 or parksinfo@fortlauderdale.gov at least seven business days prior to the program.