



Hortt Park

1700 SW 14 Court Fort Lauderdale, FL 33312

Mon		Tue		Wed		Thu		Fri	
						1 9:30 - 10:30 a.m. Group Exercise		Annual Membership \$55 Resident or Non-Resident _____ \$5.50 Resident w/ Approved Fee Reduction Paperwork TRIP DETAILS <ul style="list-style-type: none"> July 8 @ 5:30-8:30 p.m. Friday Night Sound Waves: Party Express @ The HUB on Las Olas & AIA. Bus Pick up: 4:45 p.m. Riverland Pk, 5:15 p.m. Holiday Pk. <i>RSVP to Jon Quinton 954-828-4594.</i> July 22 @ 2 p.m. Monster Mini Golf. Bus pick ups: 12:30 p.m. Beach Comm. Ctr, 12:50 p.m. Bass Pk. <i>RSVP to Lee Lee Glickman 954-828-4610.</i> 	
4 Closed for the 4th of July		5 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		6 9:15 - 10:15 a.m. Movement Meditation 10:30 a.m. - 12:30 p.m. Art		7 9:30 - 10:30 a.m. Yoga 10:45 a.m. - 12:00 p.m. Coffee & Conversation: <i>Community CPR</i>		8 Trip: 5:30—8:30 p.m. Party Express @ The HUB <i>Fort Lauderdale Beach</i>	
11 9:00 - 10:15 a.m. Golf 10:15 - 11:15 a.m. Movement Meditation		12 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		13 10:30 a.m. - 12:30 p.m. Art		14 9:30 - 10:30 a.m. Yoga 11:00 a.m. - 12:00 p.m. Coffee & Conversation: <i>Medicare Fraud & Bingo</i>		15 9:30 - 10:30 a.m. Group Exercise 11:00 a.m. - 1:00 p.m. Round Table	
18 9:00 - 10:15 a.m. Golf		19 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		20 10:30 a.m. - 12:30 p.m. Art		21 9:30 - 10:30 a.m. Yoga 10:45 a.m. - 11:30 a.m. Coffee & Conversation: <i>Transportation Options for Seniors</i>		22 Trip: 2:00 p.m. <i>Monster Mini Golf</i>	
25 9:00 - 10:15 a.m. Golf		26 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		27 10:30 a.m. - 12:30 p.m. Art		28 9:30 - 10:30 a.m. Yoga 10:30 a.m. - 2:30 p.m. <i>Monthly Event: Create A Canvas</i>		29 9:30 - 10:30 a.m. Group Exercise	

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.