

























CITY OF WEST PARK - SENIOR PROGRAM

March - 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5.	6.	7.
	Field Trip  Sterling Group Lunch	Visions of Images  Sterling Group Lunch	Field Trip Bible Study Aldi  Sterling Group Lunch	Field Trip Calder Casino  Sterling Group Lunch	Premium Fit Program  Sterling Group Lunch	
8	9. Chair Aerobics  Sterling Group Lunch	10. Visions of Images  Sterling Group Lunch	11. Field Trip Dollar Tree  Sterling Group Lunch	12. Field Trip \$WAP SHOP  Sterling Group Lunch	13. Premium Fit Program  Sterling Group Lunch	14.
15.	16. Field Trip Pembroke Pines  Sterling Group Lunch	17. Visions of Images  Sterling Group Lunch	18. Field Trip Walmart  Sterling Group Lunch	19. Field Trip SENIORS LUNCHEON  Sterling Group Lunch	20. Field Trip Movies  Sterling Group Lunch	21.
22.	23. Chair Volleyball  Sterling Group Lunch	24. Visions of Images  Sterling Group Lunch	25. Field Trip AMF BOWLING  Sterling Group Lunch	26. MEGA BINGO  Sterling Group Lunch	27. Premium Fit Program  Sterling Group Lunch	28.
29	30 Chair Aerobics  Sterling Group Lunch	31 Visions of Images  Sterling Group Lunch				

Please wear the color T-Shirts on Scheduled Trip Days

*** Calendar is subject to change ***

SENIOR CENTER LOCATION & INFORMATION

McTyre Park 3501 SW 56 Ave, West Park, FL 33023

Monday - Friday: 08:00 am - 2:00 pm

For more information, contact Jimmisha Sampson @ 954-998-9745