

Mon	Tue	Wed	Thu	Fri
<p>2</p> 	<p>3</p> <p>*Registration begins*</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p> <p><u>Chair Yoga</u> 11:00am- 12:00pm</p>	<p>4</p> <p><u>Dance Fusion:</u> 8:30am- 9:30am</p>	<p>5</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p>	<p>6</p>
<p>9</p> <p><u>Chair Aerobics:</u> 8:30am-9:30am</p>	<p>10</p> <p>*NMB Health Fair*</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p> <p><u>Chair Yoga</u> 11:00am- 12:00pm</p>	<p>11</p> <p><u>Dance Fusion:</u> 8:30am- 9:30am</p>	<p>12</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p>	<p>13</p>
<p>16</p> <p><u>Chair Aerobics:</u> 8:30am-9:30am</p>	<p>17</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p> <p><u>Chair Yoga</u> 11:00am- 12:00pm</p>	<p>18</p> <p><u>Dance Fusion:</u> 8:30am- 9:30am</p>	<p>19</p> <p>*Floral Workshop*</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p>	<p>20</p>
<p>23</p> <p><u>Chair Aerobics:</u> 8:30am-9:30am</p>	<p>24</p> <p>*Senior Police Ball*</p> <p><u>Tai Chi:</u> 9:00 am-10:00am</p> <p><u>Chair Yoga</u> 11:00am- 12:00pm</p>	<p>25</p> <p><u>Dance Fusion:</u> 8:30am- 9:30am</p>	<p>26</p> <p><u>Tai Chi:</u> 9:00am-10:00am</p>	<p>27</p>
<p>30</p> <p><u>Chair Aerobics:</u> 8:30am-9:30am</p>				

General Information:

- Chair Aerobics: Monday, 8:30am -9:30am
 - Tai Chi : Tuesday, 9:00am -10:00am
- Chair Yoga: Tuesday, 11:00am-12:00pm
- Wednesday: Dance Fusion - 8:30am -9:30am
 - Thursday: Tai Chi - 9:00am - 10:00am
- Fitness Center at SRYC: Monday-Friday, 7:30 am- 1:00 pm
 - Saturday- Closed
 - Sunday- 9:30am-5pm

Contact Information for Miami Beach Parks and Recreation

Senior Scenes Programming:

Scott Rakow Youth Center
2700 Sheridan Avenue, Miami Beach, FL 33140
305.673.7767
Xavier Guerrero | xavierguerrero@miamibeachfl.gov

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the Rectrac registration system.

Please visit miamibeachparks.com to see all senior program offerings at various city facilities.

General Information:

Fieldtrip To Senior Health Fair Seniors 55+

Lunch is Included

McDonald Center NMB City Hall
17051 NE 19th Avenue
North Miami Beach, FL
September 10, 2024
Bus leaves @ 9:30 am
Returns @ 2:00pm

Registration begins, September 3, 2024

Fee: Free for Seniors 55+

Max Capacity: 20 Participants

Event: Floral Design Workshop for Seniors 55+

Date: September 19, 2024

Time: 2:00pm– 3:00pm

Location: UNIDAD Senior Center

7251 Collins Avenue

Miami Beach, FL 33141

Registration begins, September 3, 2024

Fee: Free for Seniors 55+

MB Seniors ages 55+ will enjoy a floral design workshop where they can make a beautiful bouquet. Space is limited, and registration is required by visiting register.miamibeachparks.com.

If you need assistance with registration, please call 305.673.7767.

Event: Senior Police Ball (Grand Ballroom)

Date: September 24, 2024

Time: 6:00pm- 8:00pm

Location: 1901 Convention Center Dr

Miami Beach, FL 33139

Registration begins, September 3, 2024

Fee: Free for Seniors 55+

Schedules subject to change. Please call (305) 673-7767 for most updated information.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).