

October

MIAMI BEACH

Flamingo Park Senior Calendar

Mon	Tue	Wed	Thu	Fri
	1 * Registration begins* <u>Dance Fusion:</u> 9:00am-10:00am	2 <u>Water Aerobics:</u> 12:00pm-1:00pm	3 Teacher Planning Day No Senior Classes	4 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am
7 <u>Water Aerobics:</u> 12:00pm-1:00pm	8 <u>Dance Fusion:</u> 9:00am-10:00am	9 <u>Water Aerobics:</u> 12:00pm-1:00pm	12 <u>Chair Aerobics:</u> 9:00am-10:00am	13 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am
14 <u>Water Aerobics:</u> 12:00pm-1:00pm	15 <u>Dance Fusion:</u> 9:00am-10:00am	16 * By Brothers Homestead* <u>Water Aerobics:</u> 12:00pm-1:00pm	19 <u>Chair Aerobics:</u> 9:00am-10:00am	20 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am
21 <u>Water Aerobics:</u> 12:00pm-1:00pm	22 <u>Dance Fusion:</u> 9:00am-10:00am	25 <u>Water Aerobics:</u> 12:00pm-1:00pm	26 <u>Chair Aerobics:</u> 9:00am-10:00am	27 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am
28 <u>Water Aerobics:</u> 12:00pm-1:00pm	29 <u>Dance Fusion:</u> 9:00am-10:00am	30 <u>Water Aerobics:</u> 12:00pm-1:00pm	31 <u>Chair Aerobics:</u> 9:00am-10:00am	

General Information:

- Monday & Wednesday: Water Aerobics - 12:00pm-1:00pm
- Tuesday: Dance Fusion - 9:00am - 10:00am
- Thursday: Chair Aerobics - 9:00am - 10:00am
- Friday: Tai Chi - 9:00am - 10:00am
- Friday: Chair Yoga- 10:15am- 11:15am

Contact Information for Miami Beach Parks and Recreation

Senior Scenes Programming:

Flamingo Park

999 11th Street, Miami Beach, FL 33139

305.673.7779

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 By Brothers Homestead

Lunch is Included

15515 SW 177th Ave, Miami, FL 33187

Wednesday, October 16, 2024

Bus leaves @ 9:00 am

Returns @ 2:00pm

Registration begins Tuesday, October 1, 2024

Max Capacity: 20 Participants

Event: Floral Design Workshop for Seniors 55+

Date: October 5, 2024

Time: 1:00 p.m. – 2:00 p.m.

Location: North Shore Park (501 72nd Street)

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.

Schedules subject to change. Please call (305) 673-7779 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).