



Mon	Tue	Wed	Thu	Fri
				1 <b>*Registration Begins*</b> <u>Tai Chi:</u> 9:00am-10:00am <u>Chair Yoga:</u> 10:15am-11:15am
4 <u>Water Aerobics:</u> 12:00pm- 1:00pm	5 	6 <u>Water Aerobics:</u> 12:00pm- 1:00pm	7 <u>Chair Aerobics:</u> 9:00am- 10:00am	8 <u>Tai Chi:</u> 9:00am-10:00am <u>Chair Yoga:</u> 10:15am-11:15am
11 <b>Veterans Day Observed</b> 	12 <u>Dance Fusion:</u> 9:00 am-10:00am	13 <u>Water Aerobics:</u> 12:00pm- 1:00pm	14 <u>Chair Aerobics:</u> 9:00am- 10:00am	15 <u>Tai Chi:</u> 9:00am-10:00am <u>Chair Yoga:</u> 10:15am-11:15am
18 <u>Water Aerobics:</u> 12:00pm- 1:00pm	19 <b>*Health Fair Trip*</b> <u>Dance Fusion:</u> 9:00 am-10:00am <b>*Floral Workshop UNIDAD*</b>	20 <u>Water Aerobics:</u> 12:00pm- 1:00pm	21 <u>Chair Aerobics:</u> 9:00am- 10:00am	22 <u>Tai Chi:</u> 9:00am-10:00am <u>Chair Yoga:</u> 10:15am-11:15am
25  <b>Thanksgiving Break</b> No School	26  <b>Thanksgiving Break</b> No School	27  <b>Thanksgiving Break</b> No School	28 	29  10/18/24

**General Information:**

•Monday & Wednesday: Water Aerobics - 12:00pm- 1:00pm

•Tuesday: Dance Fusion - 9:00am - 10:00am

•Thursday: Chair Aerobic - 9:00am - 10:00am

•Friday: Tai Chi - 9:00am - 10:00am

•Friday: Chair Yoga- 10:15am- 11:15am

**Fitness Center at Scott Rakow Youth Center**

Monday- Friday, 7:30am-1:00pm , Saturday-Closed

Sunday-9:30am-5:00pm

**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 Retrac

registration system.

Please visit [miamibeachparks.com](http://miamibeachparks.com) to see all senior program offerings at various city facilities.

**Activities & Trips:**

**\*Senior Family Day Scott Rakow Youth Center\***

November 16, 2024

11:00am- 2:00pm

\*Lunch is Included\*

Scott Rakow Youth Center

2700 Sheridan Ave

Miami Beach, FL 33140

Bus leaves @ 10:30 am

Returns @ 2:00pm

Registration Begins November 1, 2024

Max Capacity: 20 Participants

**\*Senior Health Fair\***

Michael-Ann Russel JCC/Scheck Family Gym

\*Lunch Dynasty Buffet \$5\*

November 19, 2024

Bus leaves @8:30am

Returns @1:00pm

Registration begins November 1, 2024

Maximum Capacity: 20 Participants

**Floral Design Workshop for Seniors 55+**

November 10, 2024

1:00pm – 2:00pm

Scott Rakow Youth Center (2700 Sheridan Ave, Miami, Beach FL 33140)

Registration Begins November 1, 2024

Fee: Free for Seniors 55+

**Floral Design Workshop for Seniors 55+**

November 19, 2024

2:00pm – 3:00pm

UNIDAD Senior Center (7251 Collins Ave, Miami Beach, FL 33141)

Registration Begins November 1, 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](http://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).*