



# MIAMIBEACH Scott Rakow Youth Center Senior Calendar

Mon	Tue	Wed	Thu	Fri
				1 <b>*Registration begins*</b>  <u>Senior Fall Prevention Class:</u> 9:00am- 10:00am
4  <u>Chair Aerobics:</u> 8:30am- 9:30am	5  	6  <u>Dance Fusion:</u> 8:30am- 9:30am	7  <u>Tai Chi:</u> 9:00am- 10:00am	8  <u>Senior Fall Prevention Class:</u> 9:00am- 10:00am
11 <b>Veterans Day Observed</b>  	12  <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am-12:00pm	13  <u>Dance Fusion:</u> 8:30am- 9:30am	14  <u>Tai Chi:</u> 9:00am- 10:00am	15  <u>Senior Fall Prevention Class:</u> 9:00am- 10:00am
18  <u>Chair Aerobics:</u> 8:30am- 9:30am	19 <b>*Floral Workshop UNIDAD*</b>  <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am-12:00pm <b>*Health Fair Trip*</b>	20  <u>Dance Fusion:</u> 8:30am- 9:30am	21  <u>Tai Chi:</u> 9:00am- 10:00am	22  <u>Senior Fall Prevention Class:</u> 9:00am- 10:00am
25   Thanksgiving Break No School	26   Thanksgiving Break No School	27   Thanksgiving Break No School	28  	29  

## General Information:

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

## 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](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

Time: 11:00am- 2:00pm

\*Lunch is Included\*

2700 Sheridan Ave

Miami Beach, FL 33140

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

Time: 1:00 p.m. – 2:00 p.m.

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

Fee: Free for Seniors 55+

Registration begins November 1, 2024

### Floral Design Workshop for Seniors 55+

November 19, 2024

Time: 2:00 p.m. – 3:00 p.m.

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

Fee: Free for Seniors 55+

Registration begins November 1, 2024

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) 673-7767 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).*