

October MIAMIBEACH Scott Rakow Youth Center Senior Calendar

Mon	Tue	Wed	Thu	Fri
	1 * Registration begins* <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	2 <u>Dance Fusion:</u> 8:30am- 9:30am	3 Teacher Planning Day No Senior Class	4
7 <u>Chair Aerobics:</u> 8:30am-9:30am	8 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	9 <u>Dance Fusion:</u> 8:30am- 9:30am	10 <u>Tai Chi:</u> 9:00am- 10:00am	11
14 <u>Chair Aerobics:</u> 8:30am-9:30am	15 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	16 * By Brothers Homestead* <u>Dance Fusion:</u> 8:30am- 9:30am	17 <u>Tai Chi:</u> 9:00am- 10:00am	18
21 <u>Chair Aerobics:</u> 8:30am-9:30am	22 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	23 <u>Dance Fusion:</u> 8:30am- 9:30am	24 <u>Tai Chi:</u> 9:00am- 10:00am	25
28 <u>Chair Aerobics:</u> 8:30am-9:30am	29 <u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	30 <u>Dance Fusion:</u> 8:30am- 9:30am	31 <u>Tai Chi:</u> 9:00am- 10:00am	31

General Information:

- Monday: Chair Aerobics - 8:30 am - 9:30 am
 - Tuesday: Tai Chi - 9:00am - 10:00am
 - Wednesday: Dance Fusion- 8:30 am - 9:30 am
 - Thursday: Tai Chi - 9:00am -10:00am
 - Fitness Center at SRYC: Monday- Friday, 7:30am-1:00pm
- 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 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
October 16, 2024
Bus leaves @ 9:00 am
Returns @ 2:00pm
Sign-up starts October 1, 2024
Max Capacity: 20 Participants

Senior Soccer

Begins October 14th
Mondays & Thursdays 9:00am- 10:00am
North Shore Park Youth Center
501 72nd Street, Miami Beach, Fl. 33141 |

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+

Event: Floral Design Workshop for Seniors 55+

October 19, 2024
Time: 1:00 p.m. – 2:00 p.m.

Location: Flamingo Park (999 11th 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 regis-ter.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).