



January

MIAMI BEACH

Flamingo Park Senior Program

Mon	Tue	Wed	Thu	Fri
<p>Revised 12/20/24</p>		<p>1</p>  <p>HAPPY NEW YEAR</p>	<p>2 *Registration Begins*</p> <p><u>Winter Recess</u> <u>No Classes</u></p>	<p>3</p> <p><u>Winter Recess</u> <u>No Classes</u></p>
<p>6</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>7</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>8</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>9</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>10</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>13</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>14</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>15</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>16</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>17</p> <p><u>Teacher Planning Day</u> <u>No Classes</u></p>
<p>20</p> <p>*Closed*</p> 	<p>21</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>22</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>23</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>24</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>27</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>28</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>29</p> <p><u>Water Aerobics</u> 12:00pm - 1:00pm</p>	<p>30</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>31</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>

General Information and Classes :

- ◆ 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 & Recreation

Senior Scenes Programming

Flamingo Park

999 11th Street, Miami Beach, FL 33139

Xavier Guerrero | xavierguerrero@miamibeachfl.gov

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

Schedules subject to change. Please call Flamingo Park:

(305)673-7779 for the most updated information.

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

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)

Activities & Field Trips * SIGN UP at Flamingo*

* Miami Heat Game *

Kaseya Center

January 19, 2024

Bus Leaves 1:00pm- Bus Returns 6:00pm

Food Not Included

***Registration Starts January 2, 2025**

Limited Capacity

Floral Design Workshop for Seniors 55+ (Free)

Date: January 5, 2025

Time: 1:00pm- 2:00pm

Location: Scott Rakow Youth Center

2700 Sheridan Ave, Miami Beach, FL

Floral Design Workshop for Seniors 55+ (Free)

Date: January 23, 2025

Time: 2:00pm- 3:00pm

Location: UNIDAD Senior Center

7251 Collins Avenue, Miami Beach, FL 33141

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