



Mon	Tue	Wed	Thu	Fri
		1  HAPPY NEW YEAR	2 *Registration Begins* <u>Winter Recess</u> <u>No Classes</u>	3 <u>Winter Recess</u> <u>No Classes</u>
6 <u>Chair Aerobics</u> 8:30am - 9:30am	7 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	8 <u>Dance Fusion</u> 8:30am - 9:30am	9 <u>Tai-Chi</u> 9:00am - 10:00am	10 <u>Senior Fall Prevention Class</u> <u>9:00 am-11:00am</u>
13 <u>Chair Aerobics</u> 8:30am - 9:30am	14 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	15 <u>Dance Fusion</u> 8:30am - 9:30am	16 <u>Tai-Chi</u> 9:00am - 10:00am	17 <u>Teacher Planning Day</u> <u>No Classes</u>
20 *Closed*  MARTIN LUTHER KING DAY	21 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	22 <u>Dance Fusion</u> 8:30am - 9:30am	23 <u>Tai-Chi</u> 9:00am - 10:00am	24 <u>Senior Fall Prevention Class</u> <u>9:00 am-11:00am</u>
27 <u>Chair Aerobics</u> 8:30am - 9:30am	28 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am- 12:00pm	29 <u>Dance Fusion</u> 8:30am - 9:30am	30 <u>Tai-Chi</u> 9:00am - 10:00am	31 <u>Senior Fall Prevention Class</u> <u>9:00 am-11:00am</u> Revised 12/20/2024

General Information and classes :

- ◆ Monday: Chair Aerobics - 8:30am - 9:30am
 - ◆ Tuesday: Tai Chi - 9:00am - 10:00am
 - ◆ Tuesday: Chair Yoga- 11:00am- 12:00pm
 - ◆ Wednesday: Dance Fusion - 8:30am - 9:30am
 - ◆ Thursday: Tai Chi - 9:00am - 10:00am
 - ◆ Friday: Senior Fall Prevention- 9:00am- 10:00am
 - ◆ Fitness Center at SRYC- Monday-Friday 7:30am-1:00pm & 6:15pm- 8:00pm
- Saturday- Closed
Sunday- 9:30am- 5:00pm

Contact Information for Miami Beach Parks and Recreation Senior Scenes Programming:

Scott Rakow Youth Center
2700 Sheridan Ave, Miami Beach, FL. (305)-673-7767
Xavier Guerrero: xavierguerrero@miamibeachfl.gov

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

****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).

EVENTS & FIELD TRIPS * SIGN UP at Scott Rakow

General Information:

*** Miami Heat Game ***

Kaseya Center

January 19, 2024

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

Food Not Included

***Registration Starts January 2, 2025**

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