



MIAMI BEACH

Scott Rakow Youth Center

Senior Calendar

Mon	Tue	Wed	Thu	Fri
1 <u>Tai Chi:</u> 8:45am - 9:45am <u>Chair Yoga:</u> 10:00am - 11:00am	2 *Sign-up for Gulfstream Park and The Lion King <u>Chair Aerobics:</u> 8:45am - 9:45am	3 <u>Chair Yoga:</u> 8:45am - 9:45am <u>Mah Jongg:</u> 10:00am - 12:00am	4 <u>Dance Fusion:</u> 8:45am - 9:45am	5 <u>Tai Chi:</u> 8:45am - 9:45am
8 <u>Tai Chi:</u> 8:45am - 9:45am <u>Chair Yoga:</u> 10:00am - 11:00am	9 <u>Chair Aerobics:</u> 8:45am - 9:45am	10 *Trip to Gulfstream Park <u>Chair Yoga:</u> 8:45am - 9:45am <u>Mah Jongg:</u> 10:00am - 12:00am	11 <u>Dance Fusion:</u> 8:45am - 9:45am	12 <u>Tai Chi:</u> 8:45am - 9:45am
15 <u>Tai Chi:</u> 8:45am - 9:45am <u>Chair Yoga:</u> 10:00am - 11:00am	16 *Sign-up for Butterfly World <u>Chair Aerobics:</u> 8:45am - 9:45am	17 <u>Chair Yoga:</u> 8:45am - 9:45am <u>Mah Jongg:</u> 10:00am - 12:00am	18 <u>Dance Fusion:</u> 8:45am - 9:45am	19 <u>Tai Chi:</u> 8:45am - 9:45am
22 <u>Tai Chi:</u> 8:45am - 9:45am <u>Chair Yoga:</u> 10:00am - 11:00am	23 <u>Chair Aerobics:</u> 8:45am - 9:45am	24 *Trip to Butterfly World <u>Chair Yoga:</u> 8:45am - 9:45am <u>Mah Jongg:</u> 10:00am - 12:00am	25 <u>Dance Fusion:</u> 8:45am - 9:45am	26 <u>Tai Chi:</u> 8:45am - 9:45am
29 <u>Tai Chi:</u> 8:45am - 9:45am <u>Chair Yoga:</u> 10:00am - 11:00am	30 <u>Chair Aerobics:</u> 8:45am - 9:45am			<i>Revised 2/8/19</i>

General Information:

Classes, programs and workshops offered by Miami Beach Parks and Recreation

- **Chair Aerobics** - Every Tuesday, 8:45am - 9:45am
- **Chair Yoga** - Every Monday, 10:00am - 11:00am and
Every Wednesday, 8:45am - 9:45am
- **Tai Chi** - Every Monday and Friday, 8:45am - 9:45am
- **Dance Fusion** - Every Thursday, 8:45am - 9:45am
- **Mah Jongg** - Every Wednesday, 10:00am - 12:00pm
- **Fitness Center** - Monday-Friday, 8:30am - 3:00pm (free to members)
Saturday-Sunday, 9:00am - 3:00pm

Scott Rakow Youth Center

2700 Sheridan Ave, Miami Beach, FL. 305-673-7767

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Julissa Reyes: julissareyes@miamibeachfl.gov

Schedules subject to change. Please call (305) 867-0051 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 SRYC

Trip 1 - Gulfstream Park

(Max: 20) April 10th, 2019 (FREE)

Bus leaves Scott Rakow @9:30am

Returns to Scott Rakow @ 3:30pm

Sign-up starts Tuesday, April 2nd, 2019

"Lunch NOT included"

Sign-up starts Tuesday, April 2nd, 2019

TRIP 2- Butterfly World

(Max: 20 people) April 24th, 2019 (Cost: \$15)

Bus leaves Scott Rakow @ 9:00am

Returns to Scott Rakow @ 4:00pm

"Lunch IS included"

Sign-up starts Tuesday, April 16th, 2019

TRIP 1 - Lion King at The Adrienne Arsht Center

(Max: 18 people) May 9th, 2019 (\$25.00)

Bus leaves Scott Rakow @ 12:00pm

Returns to Scott Rakow @ 3:30pm

"Lunch NOT included"

Sign-up started Tuesday, April 2nd, 2019

