



MIAMIBEACH

Scott Rakow Youth Center

Senior Calendar

Mon	Tue	Wed	Thu	Fri
		1 <u>Chair Yoga: 8:45am - 9:45am</u> <u>Mah Jongg: 10:00am - 12:00pm</u>	2 <u>Dance Fusion: 8:45am - 9:45am</u>	3 <u>Tai Chi: 8:45am - 9:45am</u>
6 <u>Tai Chi: 8:45am - 9:45am</u> <u>Chair Yoga: 10:00am - 11:00am</u>	7 <u>Chair Aerobics: 8:45am - 9:45am</u>	8 <u>Chair Yoga: 8:45am - 9:45am</u> <u>Mah Jongg: 10:00am - 12:00pm</u>	9 *Trip to the Lion King <u>Dance Fusion: 8:45am - 9:45am</u>	10 <u>Tai Chi: 8:45am - 9:45am</u>
13 *Sign-up for Schokolad Factory <u>Tai Chi: 8:45am - 9:45am</u> <u>Chair Yoga: 10:00am - 11:00am</u>	14 <u>Chair Aerobics: 8:45am - 9:45am</u>	15 <u>Chair Yoga: 8:45am - 9:45am</u> <u>Mah Jongg: 10:00am - 12:00pm</u>	16 <u>Dance Fusion: 8:45am - 9:45am</u>	17 <u>Tai Chi: 8:45am - 9:45am</u>
20 <u>Tai Chi: 8:45am - 9:45am</u> <u>Chair Yoga: 10:00am - 11:00am</u>	21 <u>Chair Aerobics: 8:45am - 9:45am</u>	22 <u>Chair Yoga: 8:45am - 9:45am</u> <u>Mah Jongg: 10:00am - 12:00pm</u>	23 <u>Dance Fusion: 8:45am - 9:45am</u>	24 <u>Tai Chi: 8:45am - 9:45am</u> *Trip to Schokolad Factory **Last Day to pay for Key West field trip**
	28 <u>Chair Aerobics: 8:45am - 9:45am</u>	29 *Trip to Key West <u>Chair Yoga: 8:45am - 9:45am</u> <u>Mah Jongg: 10:00am - 12:00pm</u>	30 <u>Dance Fusion: 8:45am - 9:45am</u>	31 <i>Revised 04/18/2019</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

Kevin Cobas: kevincobas@miamibeachfl.gov

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 - Lion King at The Adrienne Arsht Center

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

Bus leaves Scott Rakow @ 12:00pm

Bus returns to Scott Rakow @ 3:30pm

"Lunch NOT included"

Sign-up started Tuesday, April 23rd, 2019

Trip 2: Schokolad Chocolate Factory

(Max:20 people) May 24th, 2019 (\$25.00)

Bus leaves Scott Rakow @11:00am

Bus returns to Scott Rakow @ 4:00pm

"Lunch IS included"

Sign-up starts Monday, May 13th, 2019

Trip 3: Miami Beach Seniors take on Key West

(Max:27 people) May 29th, 2019 (\$75.00)

Bus leaves Scott Rakow Youth Center @ 7:00am

Bus returns to Scott Rakow Youth Center @ 11:00pm

"Breakfast is included from 6:00am-6:45am"

"Lunch/Dinner Not included"

Payment Arrangements:

1st Payment: \$40.00

2nd Payment: \$35.00

****Sign-up started Monday, April 22nd, 2019****

*****Must be paid in full by Friday, May 24th, 2019*****

