

MIAMI BEACH

Flamingo Park Senior Program

Mon	Tue	Wed	Thu	Fri
		1 * Sign up for Morikami Gardens * <u>Water Aerobics</u> 12:00pm - 12:45pm	2 <u>Chair Aerobics</u> 9:00am - 10:00am	3 <u>Tai-Chi</u> 9:00am - 10:00am
6 <u>Water Aerobics</u> 12:00pm - 12:45pm	7 <u>Dance Fusion</u> 9:00am - 10:00am	8 <u>Water Aerobics</u> 12:00pm - 12:45pm	9 <u>Chair Aerobics</u> 9:00am - 10:00am	10 <u>Tai-Chi</u> 9:00am - 10:00am
13 <u>Water Aerobics</u> 12:00pm - 12:45pm	14 <u>Dance Fusion</u> 9:00am - 10:00am	15 * Trip to Morikami Gardens * <u>Water Aerobics</u> 12:00pm - 12:45pm	16 <u>Chair Aerobics</u> 9:00am - 10:00am	17 <u>Tai-Chi</u> 9:00am - 10:00am
20 	21 <u>Dance Fusion</u> 9:00am - 10:00am	22 <u>Water Aerobics</u> 12:00pm - 12:45pm	23 <u>Chair Aerobics</u> 9:00am - 10:00am	24 <u>Tai-Chi</u> 9:00am - 10:00am
27 <u>Water Aerobics</u> 12:00pm - 12:45pm	28 <u>Dance Fusion</u> 9:00am - 10:00am			Revised 1/24/23

General Information and classes :

- ◆ Monday: Water Aerobics - 12:00pm - 12:45pm
- ◆ Tuesday: Dance Fusion - 9:00am - 10:00am
- ◆ Wednesday: Water Aerobics - 12:00pm - 12:45pm
- ◆ Thursday: Chair Aerobics - 9:00am - 10:00am
- ◆ Friday: Tai Chi - 9:00am - 10:00am

Kevin Cobas: KevinCobas@miamibeachfl.gov

Flamingo Park: (305)673-7779

Schedules subject to change.

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 Flamingo

> EVENT - Art Gallery Night (FREE) <
Unidad Senior Center
February 8th 6:00pm - 8:00pm
Snacks, Refreshments and Art Exhibit

Field Trip 1– Morikami Japanese Gardens(FREE)

Wednesday February 15th 2023

Bus leaves at 9:00am

Bus returns at 3:00 pm

LUNCH NOT INCLUDED

Sign up starts Wednesday February 1st 2023