

APRIL

MIAMI BEACH

Scott Rakow Youth Center

Mon	Tue	Wed	Thu	Fri	
1 <u>Chair Aerobics</u> 8:30am - 9:30am	2 *Registration Begins* <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm	3 <u>Dance Fusion</u> 8:30am - 9:30am	4 <u>Tai-Chi</u> 9:00am - 10:00am	5 <u>Bowling</u> 9:00am-11:00 am	
8 <u>Chair Aerobics</u> 8:30am - 9:30am	9 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm	10 <u>Teacher Planning Day</u> <u>No Classes</u>	11 <u>Tai-Chi</u> 9:00am - 10:00am	12 <u>Bowling</u> 9:00am-11:00 am	
15 <u>Chair Aerobics</u> 8:30am - 9:30am	16 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm	17 <u>Dance Fusion</u> 8:30am - 9:30am	18 <u>Tai-Chi</u> 9:00am - 10:00am	19 <u>Bowling</u> 9:00am-11:00 am	
22 <u>Chair Aerobics</u> 8:30am - 9:30am	23 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm	24 <u>Dance Fusion</u> 8:30am - 9:30am	25 <u>Tai-Chi</u> 9:00am - 10:00am	26 <u>Bowling</u> 9:00am-11:00 am	
29 <u>Chair Aerobics</u> 8:30am - 9:30am	30 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm				<i>Revised 3/27/24</i>

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: Bowling– 9:00am –11:00am

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 the 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 accommodations 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).

General Information

Field Trip 1– Miami Marlins Game(Free)

Saturday April 27, 2024

Bus leaves at 2:30pm

Bus returns at 7:30pm

Food is available for purchase at the ballpark

Sign up starts April 2, 2024

> EVENT - Floral Workshop(FREE) <

Scott Rakow Youth Center

2700 Sheridan Ave

Miami Beach, Fl 33140

April 14, 2024 1:00pm-2:00pm

Sign up starts April 2, 2024

MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting register.miamibeachparks.com.

Schedules subject to change. Please call (305) 867-0051 for most updated Information.

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