

September

# MIAMIBEACH Flamingo Park Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p>2</p> 	<p>3</p> <p><i>*Registration begins*</i></p> <p><u>Dance Fusion:</u> 9:00am- 10:00am</p>	<p>4</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>5</p> <p><u>Chair Aerobics:</u> 9:00am- 10:00am</p>	<p>6</p> <p><u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>9</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>10</p> <p><i>*NMB Health Fair*</i></p> <p><u>Dance Fusion:</u> 9:00am- 10:00am</p>	<p>11</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>12</p> <p><u>Chair Aerobics:</u> 9:00am- 10:00am</p>	<p>13</p> <p><u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>16</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>17</p> <p><u>Dance Fusion:</u> 9:00am- 10:00am</p>	<p>18</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>19</p> <p><i>*Floral Workshop*</i></p> <p><u>Chair Aerobics:</u> 9:00am- 10:00am</p>	<p>20</p> <p><u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>23</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>24</p> <p><i>*Senior Police Ball*</i></p> <p><u>Dance Fusion:</u> 9:00am- 10:00am</p>	<p>25</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>	<p>26</p> <p><u>Chair Aerobics:</u> 9:00am- 10:00am</p>	<p>27</p> <p><u>Tai Chi:</u> 9:00am- 10:00am <u>Chair Yoga</u> 10:15am- 11:15am</p>
<p>30</p> <p><u>Water Aerobics:</u> 12:00pm- 12:45pm</p>				<p><i>Revised 8.15.2024</i></p>

**General Information:**

- Water Aerobics - Monday & Wednesday 12:00pm-12:45pm
    - Dance Fusion - Tuesday, 9:00am - 10:00am
    - Chair Aerobics - Thursday 9:00am - 10:00am
      - Tai Chi - Friday 9:00am -10:00am
      - Chair Yoga- Friday 10:15am- 11:15am
- \*Schedules subject to change\**

**Contact Information for Miami Beach Parks and Recreation**

**Senior Program:**

Flamingo Park  
999 11th Street, Miami Beach, FL 33139  
305.673.7779

Xavier Guerrero | [xavierguerrero@miamibeachfl.gov](mailto:xavierguerrero@miamibeachfl.gov) |  
305.861.3616 Ext.6585

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the Rectrac registration system

Please visit [miamibeachparks.com](http://miamibeachparks.com) to see all senior program offerings at various city facilities.

**General Information:**

**FIELDTRIP TO SENIOR HEALTH FAIR**

**\*Lunch is Included\***

**McDonald Center NMB City Hall  
17051 NE 19th Avenue  
North Miami Beach, FL  
September 10, 2024  
Bus leaves @ 9:30am  
Returns @ 2:00pm**

**Registration begins, September 3, 2024**

**Fee: Free for Seniors 55+**

**Max Capacity: 20 Participants**

**Event: Floral Design Workshop**

**September 19, 2024**

**2:00 pm– 3:00 pm**

**Location: UNIDAD Senior Center**

**7251 Collins Avenue**

**Miami Beach, Fl 33141**

**Registration begins, September 3, 2024**

**Fee: Free for Seniors 55+**

**Event: Senior Police Ball**

**September 24, 2024**

**6:00pm-8:00pm**

**Miami Beach Convention Center (Grand Ballroom)**

**1901 Convention Center Dr**

**Miami Beach, Fl 33139**

**Registration begins, September 3, 2024**

**Fee: Free for Seniors 55+**

***Schedules subject to change. Please call (305) 673-7779 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).*