



Membership Fee is \$55 for an entire year

Did you know if you become a Club 55+ member you can participate in programs such as **Mahjong, Luncheons, Coffee & Conversation, Watercolors, Party bridge, Ballroom Dance, Trips at the Beach Community Center.** Club 55+ passes can be used at 11 community centers located in the City of Fort Lauderdale, Parks and Recreation Department.

BEACH COMMUNITY CENTER

3351 NE 33rd Ave
Fort Lauderdale, FL 33308

HOURS OF OPERATION

Monday-Friday—8:15am-5:00pm
Saturday—10:00 am—3:00 pm

*The center is only open to program participants after 5:00 p.m.

We accept AMEX, MasterCard & Visa payments only.



Beach Community Center

3351 N.E. 33rd Avenue
Fort Lauderdale, FL 33308
(954) 828-4610



June 2019

Tap Dance with Tom

Join in on beginner and intermediate tap classes.

Monday— 3:15pm-4:15pm (Intermediate)

Wednesday— 3:15pm-4:15pm (Inter.) & 4:30pm-5:30pm (Beg.)

Ballroom Dance

Slow Waltz
Tuesday nights
6:30pm-8:00pm
Instructed by Julia

Free Screening

Broward Health
Wednesday, June 19th
9:00am-11:00am

Try our Yoga classes in the evening. A great way to end your day.

Tuesdays from 6:00pm-7:30pm
Wednesdays from 6:30pm-8:00pm
Please call to get more information on signing up.



If you would like this publication in an alternative format (large print or audio tape), or if you need reasonable accommodation to participate in this program, please contact (954) 828-7275 or parksinfo@fortlauderdale.gov at least seven business days prior to this program.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2019

Beach Community Center



1
10:30a-12:00p
Yoga
12:30p-3:00p
Watercolor
Club 55+

3
9:00a - 10:00a
Body Sculpting
12:15p - 1:15p
Chair Yoga
9:30a-3:30p
AARP
3:15p - 4:15p-Tap 2
9:30a-12:00p
Ping Pong
10:30a - 12:00p
Yoga

4
8:30a - 9:30a
Strength & Flexibility
12:00p-1:00p
French Beginner
10:00 a - 11:30a
Pilates
1:00p-2:00p- French Int.
12:15p-1:15p
Senior Strengthening
6:00 - 7:30p
Yin Yoga
6:30 - 8:00p
Ballroom Dance—Slow
Waltz

5
8:45a - 9:45a
Tai Chi
1:00p-4:00p
Mahjong
9:00 - 10:00a
Body sculpting
2:00p-4:30p
Mahjong instruction
10:30-12:00p
Yoga
3:15-4:15p—Tap 2
10:30a-2:30p
Ping Pong
4:30-5:30p-Tap 1
12:15-1:15p
Chair Yoga
6:30 - 8:00p-Yoga

6
8:30a - 9:30a
Strength & Flexibility
12:30p - 3:30p
Party Bridge
10:00a - 11:30a
Pilates
12:00p-2:30p
Ping Pong

7
8:45a-9:45a
Tai Chi
10:30a - 12:00p
Yoga
9:00a-10:00a
Body Sculpting
12:15p - 1:15p
Senior Strengthening

8
10:00a
Feature Film—
The Happy
Prince
10:30a-12:00p
Yoga
No Watercolors

10
9:00a - 10:00a
Body Sculpting
12:15p - 1:15p
Chair Yoga
10:00a-11:30a
Property Appraiser
3:15p - 4:15p-Tap 2
10:30a - 12:00p
Yoga

11
8:30a - 9:30a
Strength & Flexibility
12:15p -1:15p
Senior Strengthening
10:00a - 11:30a
Pilates
6:00p - 7:30p
Yin Yoga
12:00p-2:00p
Ping Pong
6:30 - 8:00p
Ballroom Dance—Slow
Waltz

12
8:45a - 9:45a
Tai Chi
12:15p-1:15p
Chair Yoga
9:00a - 10:00a
Body Sculpting
3:15p-4:15p -Tap 2
10:30a - 12:00p
Yoga
4:30p-5:30p—Tap 1
6:30p - 8:00p-yoga

13
8:30a - 9:30a
Strength & Flexibility
12:30p - 3:30p
Party Bridge
10:00a - 11:30a
Pilates
12:00p-2:00p
Ping Pong

14
8:45a-9:45a
Tai Chi
10:30a - 12:00p
Yoga
9:00a-10:00a
Body Sculpting
12:15p - 1:15p
Senior Strengthening

15
10:00a
Feature Film—
The Ritz
10:30a - 12:00p
Yoga
12:30p-3:00p
Watercolor
Club 55+

17
9:00a - 10:00a
Body Sculpting
12:15p - 1:15p
Chair Yoga
9:00a-12:00p
SHINE Program
3:15p - 4:15p-Tap 2
10:30a - 12:00p
Yoga

18
8:30a - 9:30a
Strength & Flexibility
12:15p -1:15p
Senior Strengthening
10:00a - 11:30a
Pilates
6:00p - 7:30p
Yin Yoga
12:00p-2:00p
Ping Pong
6:30p - 8:00p
Ballroom Dance—Slow
Waltz

19
8:45a-9:45a
Tai Chi
12:15p-1:15p
Chair Yoga
9:00a- 10:00a
Body Sculpting
3:15p-4:15p—Tap 2
10:30a - 12:00p
Yoga
4:30p-5:30p—Tap 1
6:30p - 8:00p—Yoga

20
8:30a - 9:30a
Strength & Flexibility
12:30p - 3:30p
Party Bridge
10:00a - 11:30a
Pilates
12:00p-2:00p
Ping Pong

21
8:45a-9:45a
Tai Chi
10:30a - 12:00p
Yoga
9:00a-10:00a
Body Sculpting
12:15p - 1:15p
Senior Strengthening

22
10:00a
Feature Film—
Second Act
10:30a-12:00p
Yoga
12:30p-3:00p
Watercolor
Club 55+

24
9:00a - 10:00a
Body Sculpting
12:15p - 1:15p
Chair Yoga
10:30a - 12:00p
Yoga
3:15p - 4:15p-Tap 2

25
8:30a - 9:30a
Strength & Flexibility
12:15p -1:15p
Senior Strengthening
10:00a - 11:30a
Pilates
6:00p - 7:30p
Yin Yoga
12:00p-2:00p
Ping Pong
6:30p - 8:00p
Ballroom Dance—Slow
Waltz

26
8:45a-9:45a
Tai Chi
11:00a-3:00p
Parking Passes
9:00a- 10:00a
Body Sculpting
12:15p-1:15p
Chair Yoga
3:15p-4:15p—Tap 2
10:30a - 12:00p
Yoga
4:30p-5:30p—Tap 1
6:30p - 8:00p—Yoga

27
8:30a - 9:30a
Strength & Flexibility
12:30p - 3:30p
Party Bridge
10:00a - 11:30a
Pilates
12:00p-2:00p
Ping Pong

28
8:45a-9:45a
Tai Chi
10:30a - 12:00p
Yoga
9:00a-10:00a
Body Sculpting
12:15p - 1:15p
Senior Strengthening

29
10:00a
Feature Film—
Stan & Ollie
10:30a-12:00p
Yoga
12:30p-3:00p
Watercolor
Club 55+