

SUNNY ISLES BEACH
LIVE & PLAY



The Height of Living

FALL 2023

SUNNY ISLES BEACH LIVE & PLAY

ELECTED OFFICIALS

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COMMISSIONER Alex Lama

COMMISSIONER Fabiola Stuyvesant

COMMISSIONER Jeniffer Viscarra

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CALENDAR OF EVENTS
sibfl.net/events



SUNNY ISLES BEACH TV
Breezeline Channel 662
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of classes and wellness programs.

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Featuring Charlotte & Julia Krass

WELCOME!

Summer may be over, but fall brings a new crop of programs and activities for you to enjoy. Along with the programs you know and love this fall, we are introducing a few new classes into the mix. For our youth, not only are we offering theater classes in English, but now we have classes for our Russian-speaking participants as well. Joining our regular lineup of youth athletics is Lawn Tennis, a fun new way to experience the sport of tennis off the court. Adults and seniors have a slew of options this fall, from yoga to foreign language classes to lunch and learns. New this fall, adults can sign up for bachata dance classes, and seniors can try their hand at free cooking workshops.



Gayle Vasile

DIRECTOR, CULTURAL & COMMUNITY SERVICES

The fall season also brings some of our favorite special events. Our Hispanic Heritage Celebration in September honors the art, food, and culture of our Hispanic friends and neighbors. In October, Boogie by the Beach, our annual Halloween event, is back for the whole family to celebrate our spookiest holiday. The two-night celebration will feature all the activities you know and love, including rides, games, crafts, and of course, the two-story Haunted House. We also have a spectacular Gateway LIVE! performance scheduled in November, Gateway Markets, and teen-only events.

Over the last few months, our staff has seen transformations with new faces joining our team and longtime staff transitioning into new roles. We welcomed LaQueta Morgan-Rose as the new Recreation Manager overseeing athletics and youth and teen programming in April. LaQueta has hit the ground running, developing new and fresh programming for our youth and teen population.

A familiar face, Nick Rakestraw, transitioned from Pelican Community Park to Gateway Center in April. Nick is the Recreation Manager overseeing adult and senior programming and City special events. Dydra Udell was also promoted to Events Coordinator this past April, and in June, Jermaine Barclay was promoted to Athletics Coordinator.

I want to give a big shoutout to our Media division which puts together this magazine each season. This magazine and the team were recently recognized by the National Association of Government Communicators Blue Pencil and Gold Screen Awards, an international awards program that honors superior government communication products. Live & Play won second place in the print magazine category. Congratulations Media team.

I invite you to peruse our award-winning magazine for your next fall activity, event, or class. As always, the Cultural & Community Services Department is here to serve you, our residents.

MEET THE TEAM



Paul Di Muont

ASSISTANT DIRECTOR, CULTURAL & COMMUNITY SERVICES



Norelli Liguori

COMMUNITY SERVICES MANAGER



Nick Rakestraw

RECREATION MANAGER



LaQueta Morgan-Rose

RECREATION MANAGER



Dydra Udell

EVENTS COORDINATOR



Jonathan Wynn-Strachan

ADULT & SENIOR PROGRAMS COORDINATOR



Jermaine Barclay

ATHLETICS PROGRAM COORDINATOR

RECREATION FACILITIES

PELICAN COMMUNITY PARK

HOURS OF OPERATION

Monday - Saturday: 8:30 AM - 9 PM

Sunday: 8:30 AM - 5 PM

18115 North Bay Road

305.792.1706



GATEWAY CENTER

HOURS OF OPERATION

Monday - Friday: 8 AM - 4 PM

151 Sunny Isles Blvd.

305.792.1706



Check out our 3D interactive tour at sibfl.net/gatewaycenter.



ONLINE REGISTRATION HAS NEVER BEEN EASIER!

Register today at activities.sibfl.net.



LOOKING FOR THE PROGRAMS OFFERED AT GATEWAY CENTER THIS SPRING?

Visit activities.sibfl.net for the full lineup or turn to pages 18-21.



GET YOUR PELICAN COMMUNITY PARK MEMBERSHIP

Visit sibfl.net/pelicancommunitypark to see all membership options and benefits.



NEW TO SUNNY ISLES BEACH?

Welcome! Get started by visiting sibfl.net/residentid to apply for your Sunny Isles Beach Resident ID Card and take advantage for special rates and priority registration of our programs.



HAVE YOU RENEWED YOUR RESIDENT ID CARD?

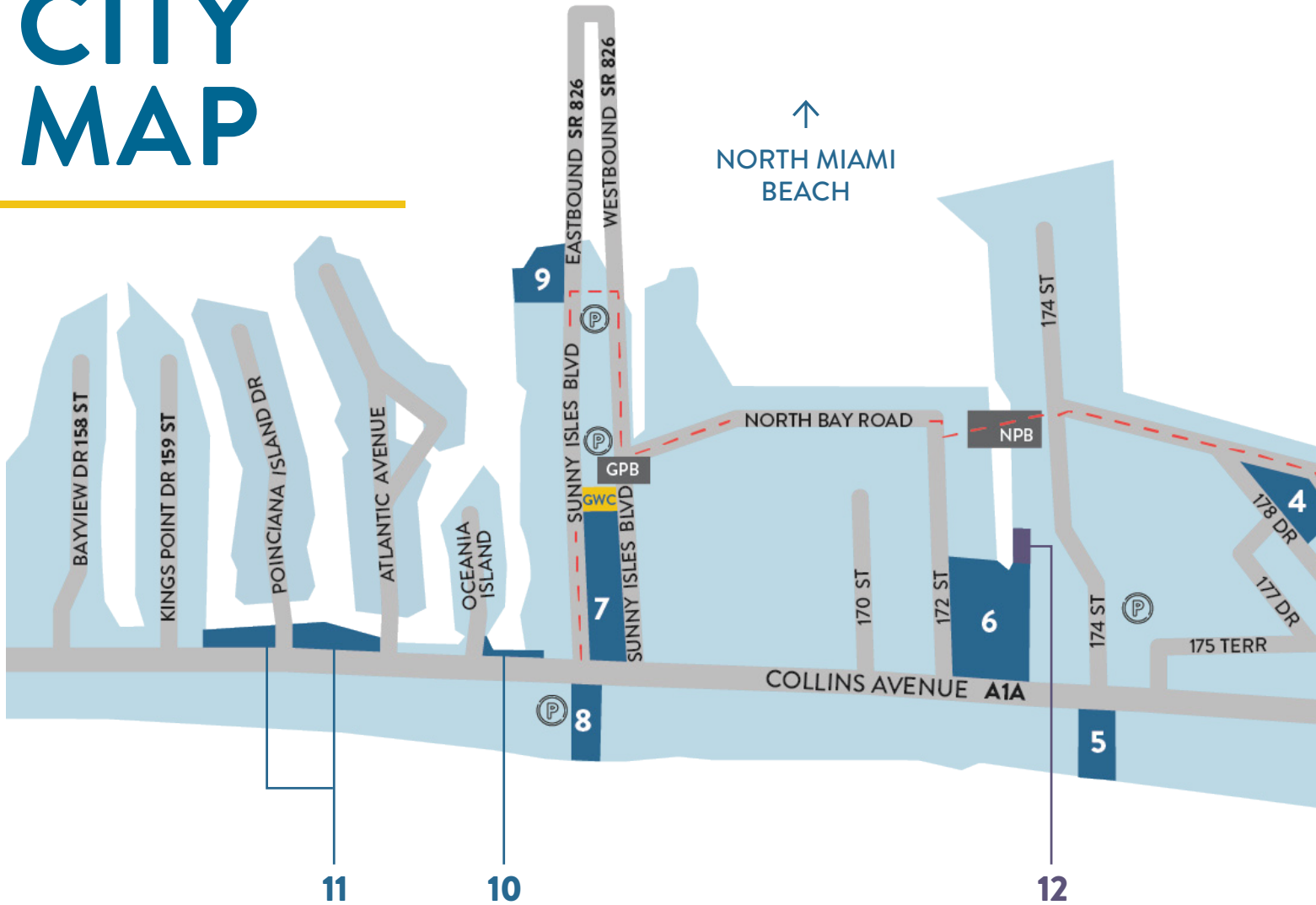
Check your card's expiration date! Residents must have a valid City-issued Sunny Isles Beach Resident ID Card to receive the resident discount and register for programs during the priority registration period. Renew or apply at sibfl.net/residentid.



WANT TO LEARN MORE?

Stop by any of our facilities and our Customer Relations team will walk you through the many activities that meet your schedule and needs.

CITY MAP



← BAL HARBOUR

ATLANTIC OCEAN



- GC SUNNY ISLES BEACH GOVERNMENT CENTER
- GWC GATEWAY CENTER
- PCP PELICAN COMMUNITY PARK
- PARKS
- GPB GATEWAY PEDESTRIAN BRIDGE
- NPB NORTH BAY ROAD PEDESTRIAN BRIDGE

- P MUNICIPAL PARKING
- - - OFF COLLINS BIKE ROUTE

RIDE SAFELY

Make sure to wear a helmet while riding your bike or scooter. Follow the rules of the road and be conscious of city laws.

Learn more at sibfl.net/trafficsafety.

SIBshuttle

Download the free mobile app, SIBshuttle, to your smartphone or device to see a list of stop locations and track the location and arrival of the shuttle in real time.

Visit sibshuttle.net to download the app.

The City, with funding in part by the Miami-Dade County People's Transportation Plan, provides free Community Shuttle Service 7 days per week with three lines running simultaneously for the convenience of residents and visitors.



INTRACOASTAL WATERWAY

↑
AVENTURA



GOLDEN BEACH →

PARK KEY



- | | | |
|---------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------|
| 1 HERITAGE PARK
19200 Collins Ave. | 6 TOWN CENTER PARK
17200 Collins Ave. | 11 INTRACOASTAL PARKS
Collins Avenue, 159 To 163 St. |
| 2 GOLDEN SHORES PARK
201 191 Terr. | 7 GATEWAY PARK
151 Sunny Isles Blvd. | 12 MEDITATION GARDEN
17200 Collins Ave. |
| 3 PELICAN COMMUNITY PARK
18115 North Bay Rd. | 8 PIER PARK
16501 Collins Ave. | |
| 4 SEN. GWEN MARGOLIS PARK
17815 North Bay Rd. | 9 BELLA VISTA BAY PARK
500 Sunny Isles Blvd. | |
| 5 SAMSON OCEANFRONT PARK
17425 Collins Ave. | 10 OCEANIA PARK
16320 Collins Ave. | |

COMING SOON

To see additional details and all park hours, visit sibfl.net/parks.

CALENDAR OF EVENTS



18+ EVERY WEDNESDAY

3 - 4 PM
Gateway Center | \$2 per game

SEPTEMBER | 6, 13, 20, 27

OCTOBER | 4, 11, 18, 25

NOVEMBER | 1, 8, 15, 22, 29

Feeling Lucky? Join us every Wednesday for your chance to win cash prizes, gift cards, and other merchandise.

Gateway Market

ALL AGES | FREE EVERY WEDNESDAY

5:30 - 10 PM
Gateway Center

SEPTEMBER | 6, 13, 20, 27

OCTOBER | 4, 11, 18, 25

NOVEMBER | 1, 8, 15, 22, 29

Gateway Market is the place to be every Wednesday night. With a variety of vendors onsite, there is something for everyone. Delicious food, hand-made crafts, live music, family-friendly games and activities, and so much more! Keep up with the market on instagram @gatewaymkt.

TEEN EVENTS

Teen Cook-Off

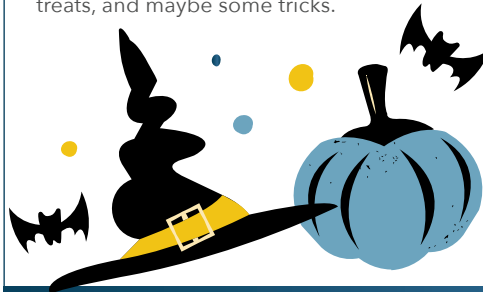
TEENS ONLY | FREE FRIDAY, SEPTEMBER 8 | 7 - 9 PM Pelican Community Park

We will provide the ingredients. You bring your skills. If you think you have what it takes to show off in the kitchen, we invite you to compete in a fun recipe contest. Teens will use mystery ingredients to recreate recipes. Think you have what it takes to win the top prize?

Costume Party

TEENS ONLY | FREE FRIDAY, OCTOBER 20 | 7 - 9 PM Pelican Community Park

Do you prefer scary or cute? We are giving you the opportunity to dress up as either. We are breaking out Halloween costumes a little early this year and inviting you to a one-of-a-kind costume party. There will be a ton of spooktacular activities, music, treats, and maybe some tricks.



It's All About The U!

TEENS ONLY | FREE SATURDAY, NOVEMBER 18 TBD Hard Rock Stadium

Join us as the Hurricanes battle the Louisville Cardinals. We will provide the ride and the pre-game snacks. Are you ready to bring that GAME DAY energy?

Teen Talks

TEENS ONLY | FREE 2ND TUESDAYS OF EACH MONTH 6 - 8 PM

Pelican Community Park SEPTEMBER | 12 OCTOBER | 10 NOVEMBER | 14

Monthly roundtable discussions where teens are invited to share their ideas for teen programming and help us make them a reality. We discuss everything teens are interested in: programs, podcasts, events, and the latest social media trends. Join us on the second Tuesday of each month at Pelican Community Park. Snacks and drinks will be provided.



HISPANIC HERITAGE CELEBRATION



ALL AGES | FREE

SATURDAY, SEPTEMBER 30 6 - 9 PM

North Bay Rd. Pedestrian Bridge

Join us for a taste of Hispanic culture, live music, and other entertainment. Preregistration is not required.

FOR COMPLETE EVENT DETAILS, VISIT [SIBFL.NET/EVENTS](https://sibfl.net/events) OR SCAN THE QR CODE.



CULTURAL TRIPS



All buses depart from Gateway Center.

Funky Buddha Brewery

21+
FRIDAY, SEPTEMBER 15
10 AM - 2:30 PM

Funky Buddha Brewery
1201 NE 38th Street, A1,
Oakland Park, FL 33334

Tour the brewhouse and learn about our Funky history, unconventional beers, and eccentric brewing techniques that made us South Florida's largest brewery. Enjoy tasty beer samples in a commemorative Funky Buddha Brewery glass.

Resident: \$25
Non-Resident: \$35

Into the Woods

18+
FRIDAY, OCTOBER 20
6 - 11 PM

Broward Center
for the Performing Arts

The Brothers Grimm hit the stage with an epic fairytale about wishes, family and the choices we make. James Lapine and Stephen Sondheim take everyone's favorite storybook characters and bring them together for a timeless, yet relevant, piece. The Tony Award-winning book and score are both enchanting and touching.

Resident: \$55
Non-Resident: \$80

Dolphin Mall

18+
TUESDAY, NOVEMBER 28
9:30 AM - 3 PM

Dolphin Mall
11401 NW 12th St. Miami, FL 33172

Prepare to shop until you drop! Join us on a shopping journey through Dolphin Mall, with over 240 stores, restaurants, and activations - there's something here for everyone!

Resident: FREE
Non-Resident: \$5

Beach Cleanups

ALL AGES | FREE
Saturdays | 8 AM - 12 PM
Various Locations
(Beachside on the sand)

SEPTEMBER 9 | Trump International
Beach Resort

OCTOBER 14 | Pier Park

NOVEMBER 4 | Ellen Wynne
Beach Access

Get involved in a great community service project each month as we clean up a different area of the city's beach. Leave everything at home because we will provide all the necessities to keep our beach looking beautiful and pristine.

Midday Movies



18+
4TH MONDAY OF EACH MONTH
11 AM - 1 PM
Gateway Center

SEPTEMBER 25 |
Guardians of the Galaxy

OCTOBER 23 |
The Haunted Mansion

NOVEMBER 27 |
Transformers: Rise of the Beasts

Lights, Camera, Action. We are transforming Gateway Center Ballroom into a movie theater and presenting a midday movie on selected Mondays. Light refreshments will be provided.

Resident: FREE | **Non-Resident:** \$10

Full Moon Yoga

18+ | FREE
Trump International Beach Resort
(Beachside on the sand)
FRIDAY, SEPTEMBER 29 | 7 - 8 PM
MONDAY, NOVEMBER 27 |

6:30 - 7:30 PM

Gather with fellow yogis and take your practice to the beach. Watch as the sun sets and the full moon takes center stage. It is a magical sight you do not want to miss.

Family Night Out

ALL AGES | FREE
FRIDAY, OCTOBER 6 | 7 PM
Samson Oceanfront Park
(Beachside on the sand)

Bring the whole family for a movie under the stars. Bring a blanket or towel and grab some free popcorn.

Spiderman: Across the Spider-Verse

Boogie by the Beach

FRIDAY, OCTOBER 27 &
SATURDAY, OCTOBER 28
7 - 10 PM

Pelican Community Park

Come one, come all Under the Big Top for a night of frights and fun. Our Haunted CarnEvil will arrive for two nights only. Tickets for the Haunted House will be available for purchase at the event.

Resident: \$5 | **Non-Resident:** \$20

Veterans Day

SATURDAY, NOVEMBER 11 | 9:30 AM
Heritage Park

Today we salute and honor our Sunny Isles Beach Military Veterans. This celebration will include a guest speaker, songs, and music from local students. Light refreshments will be served immediately following the ceremony. Free parking is available in the Heritage Park garage.

Fall Festival

55+
FRIDAY, NOVEMBER 17 | 12 - 2 PM
Gateway Center

Join us for our annual Thanksgiving Luncheon. Residents will enjoy a traditional holiday meal complete with all the fixings, music, entertainment, and raffles.

Resident: \$5 | **Non-Resident:** \$10

Gateway LIVE! featuring Electric Avenue

SATURDAY, NOVEMBER 18
Gateway Park

Join us for a musical journey through the 80s MTV Experience, where New Wave and 80s music come to life. Food is available for purchase. Pre-registration is required.

Resident: FREE | **Non-Resident:** \$10



YOUTH PROGRAMS

REGISTRATION DATES

RESIDENT: JULY 25

NON-RESIDENT: AUGUST 8

Detailed program schedules available at activities.sibfl.net.

REGISTER AT

activities.sibfl.net

RECREATION

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Creativity, Academic, Sports, Enrichment (C.A.S.E.) I	Grades K - 1	Mon - Fri Monthly	2 - 6 PM	\$240	\$360
Homework Help	-	-	2 - 3 PM		
Sports & Fitness	-	-	3 - 4 PM		
Enrichment	-	-	4 - 6 PM		
Creativity, Academic, Sports, Enrichment (C.A.S.E.) II	Grades 2 - 5	Mon - Fri Monthly	3 - 6 PM	\$240	\$360
Homework Help	-	-	3 - 4 PM		
Sports & Fitness	-	-	4 - 5 PM		
Enrichment	-	-	5 - 6 PM		
C.A.S.E. a la carte Homework Help	K-1	Mon - Fri Monthly	2 - 3 PM	\$100	\$150
	2 - 5	-	3 - 4 PM		
Cheer & Dance	6 - 12	T/Th Sept 12 - Dec 7	6 - 7:30 PM	\$130	\$195
Code Ninjas	7 - 12	Th Oct 5 - Dec 14	4:15 - 5:15 PM	\$250	\$375

All Fall Youth Recreation and Athletic Programs will be held at Pelican Community Park unless otherwise stated.

When School is Out, the C.A.S.E. Program is in!

Homework Help • Sports & Fitness • Enrichment

Coming this school year, the Cultural & Community Services Department will offer a new program bundle called the C.A.S.E. Program where participants' creativity will be explored, academics challenged and sports skills enhanced.

Space is limited and you don't want to miss out on this new and exciting program.

RECREATION *CONTINUED*

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Dream for Kids Theater <i>(English)</i>	5 - 7	T/Th Monthly	6:05 - 7:05 PM	\$300	\$450
	8 - 12	-	7:10 - 8:30 PM		
Dream for Kids Theater <i>(Russian)</i>	5 - 7*	M/W/F Monthly	6:05 - 7:05 PM	\$300	\$450
	8 - 12*	-	7:10 - 8:30 PM		
<i>* M, W, F classes will be taught in Russian.</i>					
Gymnastics	5 - 9	M/W Monthly	3:15 - 4:15 PM	\$100	\$150
Karate	5 - 8	T/Th Monthly	5 - 6 PM	\$90	\$135
	9 - 13	-	6:05 - 7:05 PM		
Piano	5 - 8	T Oct 3 - Dec 12	4 - 5 PM	\$250	\$375
	9 - 14	-	5 - 6 PM		

ATHLETICS

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Baseball-Baseone Little Slugger	5 - 7	M/W Sept 11 - Dec 6	5 - 6 PM	\$250	\$375
Baseball-Baseone Academy	8 - 12	M/W Bi-Monthly Sept 11 - May 29	6 - 8:30 PM	\$250	\$375
eSports	10 - 15	T/Th Sept 12 - Dec 7	3:05 - 4:05 PM	FREE	\$20
Lawn Tennis	7 - 9	T/Th Sept 12 - Dec 7	6 - 7 PM	\$130	\$195
	10 - 12	-	7 - 8 PM		
Speed & Agility	8 - 10	T/Th Sept 12 - Dec 7	3:05 - 4 PM	\$130	\$195
	11 - 14	-	4:05 - 5 PM		
Sports Club	12 - 15	M/T/TH/F Aug 17 - Jun 6	3:05 - 5 PM	FREE	FREE
		W	2:05 - 4 PM		
Volleyball Teen Open Play	13 - 17	T/Th Sept 12 - Dec 7	8 - 9:30 PM	FREE	FREE

All Fall Youth Recreation and Athletic Programs will be held at Pelican Community Park unless otherwise stated.





PEE WEE PROGRAMS

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
KidCreate - Mommy and Me Art Class	18 mo - 5	Th Sept 21 - Nov 16	10 - 10:45 AM	\$200	\$300
Pee Wee Basketball	3 - 5	Sat Oct 14 - Dec 2	9 - 9:45 AM	\$70	\$105
Pee Wee Soccer	3 - 5	Sat Aug 26 - Sept 30	9 - 9:45 AM	\$70	\$105
	-	-	10 - 10:45 AM		
Pee Wee Parent and Me	2 - 4	Sat Oct 14 - Dec 2	10 - 10:45 AM	\$70	\$105

RECREATIONAL LEAGUES

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Basketball	U8	T/Th Sept 12 - Dec 7	4 - 5 PM	\$140	\$210
	U10	-	5 - 6 PM		
	U12	-	6 - 7 PM		
	U14	-	7 - 8 PM		
Recreational Soccer <i>(Sen. Gwen Margolis Park)</i>	U6	T/Th Sept 12 - Dec 7	4 - 4:55 PM	\$140	\$210
	U8	-	5 - 5:55 PM		
	U10	-	6 - 6:55 PM		
	U12	-	7 - 7:55 PM		
	U14	-	7 - 7:55 PM		
Soccer Girls League <i>(Sen. Gwen Margolis Park)</i>	U13 - U17	T/Th Sept 12 - Dec 7	7 - 7:55 PM	\$140	\$210
Volleyball SEAS League	10 - 16	M/W Sept 11 - Dec 6	5 - 9 PM	\$140	\$210

All Fall Youth Recreation and Athletic Programs will be held at Pelican Community Park unless otherwise stated.

COMPETITIVE TEAMS

Try-outs are required for all competitive teams.

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Cheer & Dance Academy	6 - 12	W/F Aug 23 - Dec 20	5 - 6:30 PM	\$180	\$270
Cheer & Dance Select Team	8 - 15	T/Th Bi-monthly Aug 22 - Apr 25	4 - 6:30 PM	\$200	\$300
Gymnastics Advanced	5 - 9	T/Th Monthly	3:15 - 4:45 PM	\$150	\$275
Select Soccer (Sen. Gwen Margolis Park)	U10	M/W/F Bi-monthly Aug 16 - May 31	5 - 6:30 PM	\$225	\$325
	U10	-	5 - 6:30 PM		
	U11	-	5 - 6:30 PM		
	U12		6:30 - 8 PM		
Select Soccer Academy (Sen. Gwen Margolis Park)	U8 - U9	M/W Aug 21 - Dec 20	4 - 5 PM	\$180	\$270
Select Volleyball	10 - 16	M/W/F Bi-monthly Oct 2 - Jun 19	3:30 - 4:45 PM	\$200	\$300
	-	-	4:45 - 6 PM		
	-	F	4:30 - 6:30 PM		

All Fall Youth Recreation and Athletic Programs will be held at Pelican Community Park unless otherwise stated.

SAVE THE DATE

BOOGIE

BY THE BEACH

Friday, October 27 & Saturday, October 28
7 - 10 PM

Spook-in and experience our frightfully fun family event!

sibfl.net/boogie

teen space

TEEN ONLY PROGRAMS

teen talk

6 - 8 PM

Teen Talk is a monthly roundtable where teens are invited to share their ideas and let us work on turning them into reality. We want to talk to you about everything teens are interested in: events, programs, podcasts, and even TikTok!

September 12 | October 10 | November 14

Second Tuesdays at 6 PM at Pelican Community Park



Teen Cook-Off

Friday, September 8 | 7 - 9 PM

Pelican Community Park

We will provide the ingredients. You bring your skills. If you think you have what it takes to show off in the kitchen, we invite you to compete in a fun recipe contest. Teens will use mystery ingredients to recreate recipes. Think you have what it takes to win the top prize?

Costume Party

Friday, October 13 | 7 - 9 PM

Pelican Community Park

Do you prefer scary or cute? We are breaking out Halloween costumes a little early this year and inviting you to a one-of-a-kind costume party. There will be a ton of spooktacular activities, music, treats, and maybe some tricks.



It's All About The U!

Field Trip - Miami Hurricanes Football Game

Saturday, November 18 | TBD

Hard Rock Stadium

Join us as the Hurricanes battle the Louisville Cardinals. We will provide the ride and the pre-game snacks. Are you ready to bring that GAME DAY energy?

**ALL TEEN EVENTS ARE
FREE FOR RESIDENTS.**



ADULT 18+ PROGRAMS

REGISTRATION DATES

RESIDENT: JULY 25

NON-RESIDENT: AUGUST 8

Detailed program schedules available at activities.sibfl.net.

REGISTER AT

activities.sibfl.net

CLASSES

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
English as a Second Language (ESL) I	M Sept 11 - Nov 20	2 - 3 PM	FREE	\$25
English as a Second Language (ESL) II	M Sept 11 - Nov 20	3 - 4 PM	FREE	\$25

ENRICHMENT

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Lunch n' Learn with Cesar Becerra <i>Lunch is included.</i>		11 AM - 12 PM	FREE	\$10
Marjory Stoneman Douglas and Ernest Coe	T Sept 12	-		
A Love Affair with Frankie's Pizza	T Nov 14	-		

FITNESS

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Adult Dance <i>Bachata</i>	Th Monthly	6:30 - 8:30 PM	\$60 Drop-in \$15	\$90 Drop-in \$25
Evening Yoga	T/Th Monthly	5:30 - 6:30 PM	\$90 Drop-in \$15	\$135 Drop-in \$25
Open Volleyball <i>(Pelican Community Park)</i>	Sun Aug 27 - Dec 17	8:30 - 10:30 AM	FREE	\$40
Sunrise Yoga <i>(Samson Oceanfront Park, Beachside)</i>	M Monthly	7 - 8 AM	FREE	\$40

HEALTH & WELLNESS

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Florida Mobile Mammography	Th Aug 24	8 AM - 3 PM		
Mammograms are covered 100% one time every 12-month period by insurance. Schedule an appointment online at floridamobilemammography.com or call 1.877.318.1349.				
Mt.Sinai Blood Pressure and Glucose Screening	Th Aug 24	9:30 AM - 11 AM	FREE	FREE



SENIOR 55+ PROGRAMS

REGISTRATION DATES

RESIDENT: JULY 25

NON-RESIDENT: AUGUST 8

Detailed program schedules available at activities.sibfl.net.

REGISTER AT

activities.sibfl.net

CLASSES

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
AARP Smart Driver	Th Sept 22	9 AM - 4 PM	\$20* *AARP Member price	\$25
Foreign Language Classes	M Sept 11 - Nov 20	1 - 2 PM	FREE	\$25

ENRICHMENT

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Senior Cooking Workshop	Th Weekly Sept 14 - Nov 30	12 - 1 PM	FREE	\$25 per workshop
Senior Roundtable* <i>Lunch is included.</i>	W Monthly Sept 27 Oct 25 Nov 29	12 - 1 PM - -	FREE	n/a

*Senior Roundtable is a Sunny Isles Beach Resident Only event.

HEALTH & WELLNESS

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Doc Chat			FREE	FREE
Blood Cancer Awareness	W Sept 13	11 AM - 1 PM		
Depression Awareness Month	Oct 11	11 AM - 1 PM		
Diabetes Awareness Month	Nov 8	11 AM - 1 PM		
Mt. Sinai Lunch & Learn <i>Lunch is included.</i>	Th Sept 7 Oct 5 Nov 2	11 - 1 PM - -	FREE - -	FREE - -



Social Citizens of Southeast Florida

Social Citizens hosts luncheons, educational trips and theater trips for the adult population in the community. Learn more and see their spring lineup of events at socialcitizenssef.org.

SIBeHEALTHY*

	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Chair Yoga <i>With Iris</i>	W	11 AM - 12 PM	\$10	\$20
	F	11 AM - 12 PM		
	W	12:05 - 1:05 PM		
	F	12:05 - 1:05 PM		
Low Impact Aerobics <i>With Randy</i>	M	11 AM - 12 PM	\$10	\$20
Senior HIIT	W	8:30 - 9:30 AM	\$10	\$20
	F	-		
Senior Strength <i>With Iris</i>	T	11 AM - 12 PM	\$10	\$20
	Th	-		
Tai Chi <i>Indoor</i>	M	9:45 - 10:45 AM	\$10	\$20
	W	-		
	F	-		
<i>Outdoors at Gateway Park</i>	M	8:30 - 9:30 AM		
	W	-		
	F	-		
Zumba Gold <i>With Thais</i>	M	8:30 - 9:30 AM	\$10	\$20
	T	-		
	Th	-		
	T	9:45 - 10:45 AM		
	Th	-		
	F	10 - 11 AM		

All SIBe Healthy classes run monthly.



SIBeHealthy

SIBeHealthy are programs available to individuals ages 55+ for a small fee either monthly or per drop-in class.

Residents who are 62+ and have a valid Sunny Isles Beach Resident ID Card can register for any combination of two free eligible programs a month. Additional programs are available at the above rates.

COMMUNITY SPOTLIGHT

Meet _____ **CHARLOTTE & JULIA KRASS**



For Charlotte and Julia Krass, 17-year-old high school students, giving back to their community has been a driving force from a young age. As active members of the Joshua's Heart Foundation, Charlotte is the Junior Advisory Board head of marketing and Julia is the head of fundraising. Together, they helped raise over \$25,000 for Joshua's Heart to purchase a refrigerated van that will ensure sustainability in helping families in need across Miami-Dade County receive quality groceries. The twins have won service awards for their work and plan on continuing their mission to end hunger for years to come.



How did you first start volunteering with Joshua’s Heart Foundation?

Julia: We actually saw Joshua at an event when we were young. Seeing someone else so young working like this and volunteering, it started out as something more fun. Charlotte and I would go together, we would bring friends, we would just help out. And then from there, we went to the Junior Advisory Board.

Charlotte: When we were at an event and heard Joshua speak, it was just really inspiring to us. He told us his mission, and at a young age, it flipped a switch in our minds.

J: Joshua’s Heart truly is like a family and you can definitely see that with all of the kids working together.

What impact do you hope to have on Sunny Isles Beach and neighboring communities?

J: I think the impact we would like to make on Sunny Isles Beach and in the neighboring communities is definitely to get the word out and spread the message.

C: Our main message is to stomp out hunger. So, we’re really looking to have people not have to worry about what they want to eat next.

Tell us about how you raised over \$25,000 for the foundation to purchase a refrigerated van.

C: To raise the amount of money that we needed to purchase this truck; we started out spreading the word. I was posting on social media; I was selling clothes on my Instagram account. And then we also partnered up with a lady that makes bracelets for other service projects, so we made special Joshua’s Heart bracelets. But we also created letters and we sent them out to big corporations in Miami. We got a message back from Milam’s Supermarket which is a local supermarket right down the street. They sent us a really great check, which definitely helped us a lot.

What was your favorite service project you have completed and why?

C: When we were a lot younger in fifth grade, we started a service project called I Heart Art. So, during one of the Joshua’s Heart food drives, we gave out art supplies and it was just so exciting to see.

What would you say to other young leaders looking to get involved in their community?

C: To other young leaders, I would say to not give up. If you have a really big goal, you have to start out small. It might be frustrating at first when you can’t solve global hunger, just starting small definitely makes a difference.

J: You can start small, and it can still make a difference. You can build up from that. No matter where you are, what you’re doing you can help out your community and make a difference.

Know someone who does great things for our Sunny Isles Beach community? Nominate them today!

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LIVE & PLAY

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