SUNNY ISLES BEACH LIVE&PLAY



FALL 2024

SUNNY ISLES BEACH

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sibfl.net



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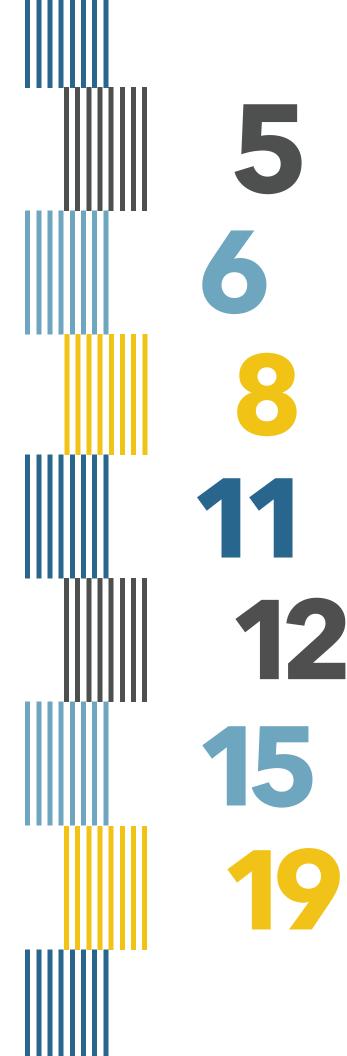
CALENDAR OF EVENTS sibfl.net/events



FACEBOOK, X, INSTAGRAM & YOUTUBE @CityofSIB



SUNNY ISLES BEACH TV Breezeline Channel 662 Hotwire Channel 1612



RECREATION FACILITIES & REGISTRATION

CITY MAP Searching for our parks and facilities? We've made it easy!

CALENDAR OF EVENTS

See what's happening around town and check out this year's Booogie by the Beach.

TEEN SPACE The ideal hangout spot with monthly events and fun for teens only.

> MEDITATION GARDEN Discover serenity at our new tranquil sanctuary.

YOUTH PROGRAMS Recreational and Athletic programs for some of the youngest in our community.

ADULT & SENIOR PROGRAMS

Focus on fitness this fall with a plethora of classes and wellness programs.



Gayle Vasile DIRECTOR, CULTURAL & COMMUNITY SERVICES

WELCOME!

As the weather cools down and kids head back to school, I am thrilled to announce the return of our fall programming. We've been hard at work all summer to ensure our facilities are ready for an exciting season ahead.

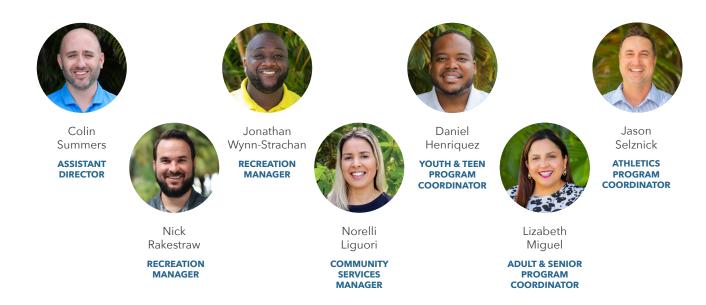
At Pelican Community Park, we've undertaken major upgrades in our gym, including new lights, wood flooring, a curtain divider, and scoreboards. Our parks have also seen significant improvements. Samson Oceanfront Park playground now has new turf surfacing on the playground, and we've replaced the canopies at various playgrounds to provide shade for children enjoying the outdoors.

This past summer, we've also unveiled our new Meditation Garden at Town Center Park. It's a serene and beautiful space designed for our adult residents to meditate and relax amidst the hustle and bustle of the city. I hope you're enjoying this tranquil addition to our community.

I'm also excited to share that we have set a new date for Winter Fest, which will take place this fall. We invite everyone to register for an event filled with enjoyment and delight. We've scheduled it earlier, on November 23, to ensure that you can fully embrace the busy holiday season after our festivities.

We have many exciting things planned, and I look forward to seeing you all at our parks and events.

MEET THE TEAM



RECREATION FACILITIES

18115 North Bay Road

305.792.1706

PELICAN COMMUNITY PARK

OFFICE HOURS

Monday - Friday: 8:30 AM - 9 PM Saturday: 8:30 AM - 5 PM Sunday: Closed

PARK HOURS

Monday - Friday: 3:30 - 9 PM Saturday - Sunday: 8:30 AM - 9 PM

GATEWAY CENTER

HOURS OF OPERATION

Monday - Friday: 8 AM - 4 PM Saturday - Sunday: Closed

151 Sunny Isles Blvd. 305.792.1706 Check out our 3D interactive tour at sibfl.net/gatewaycenter.





THE SPOT

HOURS OF OPERATION

Monday - Friday: 3 - 9 PM Saturday - Sunday: Closed 215 185 St. 305.792.1706





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 of special rates and priority registration for our programs.



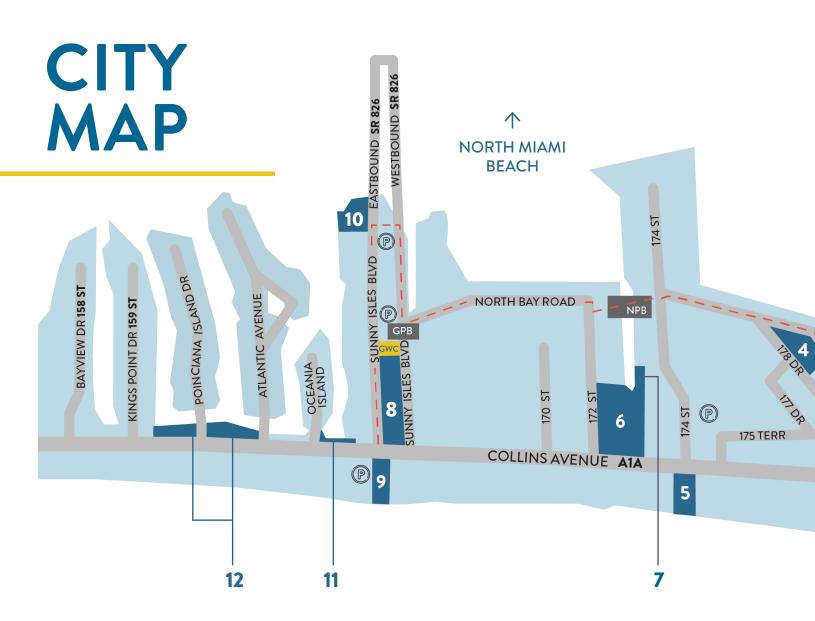
HAVE YOU RENEWED YOUR RESIDENT ID CARD?

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



ONLINE REGISTRATION HAS NEVER BEEN EASIER!

Register today at activities.sibfl.net.



\leftarrow **BAL HARBOUR**



ATLANTIC OCEAN



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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.



To see additional details and all park hours, visit sibfl.net/parks or scan the QR Code.

CALENDAR OF EVENTS

Bingo

SEPTEMBER 4, 11, 18, 25 OCTOBER 2, 9, 16, 23, 30 NOVEMBER 6, 13, 20, 27 AGES 18+

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

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

gateway MARKET



EVERY WEDNESDAY 5:30 - 10 PM Gateway Park, 151 Sunny Isles Blvd.

OCTOBER 2,9,16,23,30 NOVEMBER 6,13,20,27

After a hiatus, Gateway Market returns starting in October. Every Wednesday night, enjoy a variety of vendors onsite, including delicious food, hand-made crafts, music, family-friendly games and activities, and so much more!

Beach Cleanups

Saturdays | 8 - 11 AM Location Varies

SEPTEMBER 21 Newport Fishing Pier

OCTOBER 12 Samson Oceanfront Park

NOVEMBER 9 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.

Cultural Trips Happy Wine In The Grove

FRIDAY, SEPTEMBER 6 AGES 21+ 9:45 AM - 2:30 PM Bus departs from Gateway Center at 9:45 AM

Join us for an exquisite wine tasting experience that will delight your taste buds.

Price: \$160 Resident ID Cardholders: \$80

Hard Rock Hotel & Casino

FRIDAY, OCTOBER 11 AGES 21+ 9 AM - 3 PM Bus departs from Gateway Center at 9 AM

Try your luck at some of the hottest machines in South Florida or enjoy a meal at one of their unique restaurants.

Price: \$20 Resident ID Cardholders: \$10

Sawgrass Mills Mall

FRIDAY, NOVEMBER 22 9:30 AM - 3:30 PM Bus departs from Gateway Center at 9:30 AM

Join us for a trip to the mall to do some early holiday shopping for your loved ones.

Price: \$20 Resident ID Cardholders: \$10



Gateway Park

EVENT

Join us for a vibrant celebration of cultures from around the world! Enjoy delicious cuisine, groove to global beats, and dance the night away at our festival of culture and tradition.

Full Moon Yoga

TUESDAY, SEPTEMBER 17 7 - 8 PM

THURSDAY, OCTOBER 17 6:30 - 7:30 PM

FRIDAY, NOVEMBER 15 5 - 6 PM

On the Beach by Samson Oceanfront Park

Experience a serene evening of relaxation under the moonlit sky.

Veterans Day Celebration

MONDAY, NOVEMBER 11 5 - 6 PM Heritage Park

Nominate a veteran who lives in Sunny Isles Beach to have their name added to the Veteran's Wall at Heritage Park. Submit your nomination at sibfl.net/veterans.

Fall Fest

FRIDAY, NOVEMBER 8 AGES 55+ 12 - 2 PM

Gateway Center

Join us for our annual Thanksgiving luncheon! Residents will enjoy a traditional holiday meal, along with music, entertainment, and prizes.

Price: \$20 Resident ID Cardholders: \$10

FOR COMPLETE EVENT DETAILS, VISIT **SIBFL.NET/EVENTS.**

Disclaimer: Please be advised that events are subject to change. Additionally, note that no dogs are allowed in our parks, including at city events.



Scary or not-so-scary Halloween. We have a little of both for everyone. From haunted houses to candy at every corner. Dress up and join us for a howling good time.

FRIDAY, OCTOBER 25 & SATURDAY, OCTOBER 26 7 - 10 PM

Pelican Community Park, 18115 North Bay Rd.



PRICE: \$50 Resident ID Cardholders pre-purchase: \$5 / At the event: \$25

Haunted House - \$2 per person per trip

Park lighting ceremony, live music, snow slide, sweet treats and much more!

SATURDAY, NOVEMBER 23 6 - 9 PM

2024

Gateway Park | 151 Sunny Isles Blvd.

Minter

Winter Fest is arriving early, just in time to kick off the holiday season! Join us as we bring the magic of the holidays to Sunny Isles Beach. Mark your calendars for an evening of festive fun for all ages.

Price: \$50

Resident ID Cardholders pre-purchase: \$5 / At the event: \$25

SIBFL.NET/WINTERFEST



FREE EVENTS @ THE SPOT 215 185 ST.

Ultimate Teen Gamefest

FRIDAY, SEPTEMBER 13 6:30 - 9 PM

Join us for a night of fun games and competition!

2nd Annual 2024 Teen Costume Party

FRIDAY, OCTOBER 18 7 - 9 PM

Come out in your best costume for a hauntingly good time!

Camp Out

FRIDAY, NOVEMBER 15 7 - 9 PM

Gather around the bonfire with friends and jam to your favorite tunes.

Hang Out at THE SPQT

HOURS

Monday – Friday: 3 – 9 PM *hours subject to change. Teen access card needed for entry and events.

Check out our awesome new teen space! Dive into epic gaming tournaments, tackle your homework in the study zone, or just chill in our cozy lounge. Every day is an adventure here!

Teen Talks

Second Tuesday of each month

SEPTEMBER 10 OCTOBER 8 NOVEMBER 12

6 - 7:30 PM

Monthly roundtable discussions where teens are invited to share their ideas for teen programming and help us make them a reality.

Teen events and programs are open to Sunny Isles Beach residents ages 13-16 only, unless otherwise stated. For more information and to register for events, visit **sibfl.net/teens.**

Discover Serenity at the new MEDITATION GARDEN at Town Center Park

In the bustling heart of our city lies a serene urban oasis exclusively for adults - the Meditation Garden at Town Center Park. This tranquil sanctuary offers a peaceful space for reflection, meditation, and appreciation of art, while providing residents with a much-needed retreat from the hustle and bustle of daily life.

A UNIQUE HAVEN FOR ADULTS

This new Meditation Garden is the only park within city limits dedicated solely to adults. While the city has 11 parks with playgrounds for families and children, this garden offers a peaceful, slow-paced space for adults to enjoy.



ADULTS

ONLY

FEATURES OF THE GARDEN

- **ADA-Accessible Path:** The garden features an ADA-accessible path, allowing park-goers to stroll through and immerse themselves in the natural surroundings.
- **Comfortable seating:** Seating benches are strategically placed along the path and in central areas, offering visitors a place to sit, relax, and soak in the tranquility.
- Art Installation: A new art installation by artist Mike Szabo adds a unique and artistic touch to this tranquil environment.

MORE INFORMATION

This outdoor sanctuary is for adults only. If you have any questions about the garden, please contact the Cultural and Community Services Department at 305.792.1706 or via email at ccsd@sibfl.net. To report a park maintenance issue, download *My Sunny Isles Beach* mobile app.





Scan for rules and hours of operation





WHAT IS A MEDITATION GARDEN?

A meditation garden is a serene space crafted to bringing tranquility and peace. It's an ideal spot for meditating, recharging your energy, finding relaxation, and practicing yoga.

BENEFITS OF MEDITATION

- Stress reduction: Meditation helps in significantly reducing stress levels
- Enhanced concentration and focus: Regular practice can improve concentration and focus.
- **Boosts memory:** Meditation has been shown to enhance memory and cognitive function.
- Better sleep: Practicing meditation can lead to improved sleep quality.
- **Greater mind-body connection:** It fosters a deeper connection between the mind and body.
- Enhanced creativity: Meditation can enhance creativity and problem-solving skills.
- Spirituality and inner peace: It provides a pathway to inner peace and spiritual growth.

HOW TO MEDITATE

You don't need prior experience to get started. Just find a quiet, comfortable space in the Meditation Garden, whether it's on the grass or a bench. Settle in, focus on your breath or a specific point of awareness. Take a few deep breaths, close your eyes, and gently shift your attention to the present moment.



YOUTH PROGRAMS

RECREATION

REGISTRATION DATES RESIDENT: JULY 23 NON-RESIDENT: AUGUST 6

Detailed program schedules available at activities.sibfl.net.

REGISTER AT

activities.sibfl.net

RECREATION					
	GRADES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
All Day Fun Zone	K - 5	Th, Oct 3 T, Nov 5 M, Nov 25 T, Nov 26 W, Nov 27	8 AM - 6 PM	\$50	\$100
Homework Help	K - 1	M - F Monthly starting Aug 15	2 - 3 PM	\$65	\$130
Games & Fitness	K - 1	M - F Monthly starting Aug 15	3 - 4 PM	\$65	\$130
Enrichment Hour	K - 1	M - F Monthly starting Aug 15	4 - 6 PM	\$130	\$260
Homework Help	2 - 5	M - F Monthly starting Aug 15	3 - 4 PM *Wednesdays 2-3pm	\$80	\$160
Games and Fitness	2 - 5	M - F Monthly starting Aug 15	4 - 5 PM	\$80	\$160
Enrichment Hour	2 -5	M - F Monthly starting Aug 15	5 - 6 PM	\$80	\$160
Dream for Kids Theater Classes will be taught in Russian.	Ages 5 - 7	M/W/F Monthly starting Sep 4	6:05 - 7:05 PM	\$300	\$600
	Ages 8 - 12	-	7:10 - 8:30 PM	-	-

There will be no programs on the following dates: September 2, October 21-26, November 11, November 23, and November 25-30.

YOUTH PROGRAMS

MORE YOUTH PROGRAMS

RECREATION CONTINUED

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Tiny Explorers	1 - 2	T/Th starting Sep 3 Monthly	9 - 9:45 AM	\$250	\$500
	3 - 4	-	10 - 10:45 AM	-	-
Gymnastics	5 - 9	M/W starting Sep 4 Monthly	3:15 - 4:15 PM	\$100	\$200
Karate	5 - 8	T/Th starting Sep 3 Monthly	6-7 PM	\$90	\$180
	9 - 13	-	7:05 - 8:05 PM	-	-
Drumming	5 - 7	Sat starting Sep 7 Monthly	10 AM - 11 AM	\$380	\$760
	8 - 10	-	11 AM - 12 PM	-	-
Yoga Art Meditation	4 - 10	Sat Sep 7 - Oct 26	9 - 11 AM	\$250	\$500
Hebrew Club	Grades K - 1	M/Th	2 - 3 PM	\$100	\$200
	Grades 2 - 5	-	3:15 - 4:15 PM	-	-

ATHLETICS AGES **DAYS & DATES** TIME RESIDENT **NON-RESIDENT** M/W Lawn Tennis 7 - 10 4 - 5 PM \$140 \$280 Aug 26 - Nov 4 11 - 14 5 - 6 PM _ _ Cheer & Dance T/Th 6 - 12 6 - 7 PM \$160 \$320 Recreational Sep 10 - Dec 12

There will be no programs on the following dates: September 2, October 21-26, November 11, November 23, and November 25-30.



PEE WEE SPORTS					
	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Pee Wee Soccer	3 - 5	Sat starting Sep 7 Monthly	10 - 10:45 AM	\$70	\$140
Pee Wee Basketball	3 - 5	Sat starting Sep 7 Monthly	9 - 9:45 AM	\$70	\$140

RECREATIONAL SPORTS

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Basketball	U8	T/Th Sep 3 - Nov 14	4 - 4:55 PM	\$160	\$320
	U10	-	5 - 5:55 PM	-	-
	U12	-	6 - 6:55 PM	-	-
	U14	-	7 - 7:55 PM	-	-
Soccer (Sen. Gwen Margolis Park)	U6	T/Th Aug 27 - Nov 7	4 - 4:55 PM	\$160	\$320
	U8	-	5 - 5:55 PM	-	-
	U10	-	6 - 6:55 PM	-	-
	U12	-	7 - 7:55 PM	-	-
	U14	-	7 - 7:55 PM	-	-
Volleyball	U10	M/W Aug 26 - Nov 13	4:30 - 5:25 PM	\$160	\$320
	U12	-	5:30 - 6:25 PM	-	-
	U14	-	6:30 - 7:25 PM	-	-
	U16	-	4:30 - 5:25 PM	-	-

There will be no programs on the following dates: September 2, October 21-26, November 11, November 23, and November 25-30.



COMPETITIVE TEAMS

*Try-outs are required.

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Cheer & Dance Academy * Try-out date: August 24	8 - 15	T/Th Sep 10 - Dec 12	5 - 6:30 PM	\$180	\$360
Cheer & Dance Select Team	8 - 15	T/Th bi-monthly ongoing	4 - 6 PM	\$250	\$500
Gymnastics Advanced	5 - 9	T/Th Monthly	3:15 - 4:45 PM	\$150	\$300
Select Soccer (Sen. Gwen Margolis Park)	TBD	M/W/F bi-monthly ongoing	5 - 6:30 PM	\$300	\$600
	TBD	-	5 - 6:30 PM	-	-
	TBD	-	6:30 - 8 PM	-	-
Soccer Academy (Sen. Gwen Margolis Park)	U8 - U12	M/W/F Aug 19 - Dec 20	4 - 5 PM	\$200	\$400
Select Volleyball * Try-out date: August 23	TBD	M/W/F bi-monthly ongoing	7:30 - 9 PM	\$250	\$500
	TBD	F	4:30 - 6:30 PM	-	-

There will be no programs on the following dates: September 2, October 21-26, November 11, November 23, and November 25-30.



ADULT & SENIOR PROGRAMS

REGISTRATION DATES RESIDENT: JULY 23 NON-RESIDENT: AUGUST 6

Detailed program schedules available at activities.sibfl.net.

REGISTER AT activities.sibfl.net

CLASSES	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
AARP Smart Driver	55+	F TBD	9 AM - 4 PM	\$20 AARP Member	\$25 Non-Member
English as a Second Language (ESL) Beginners	18+	F Sep 6 - Nov 29	2 - 3 PM	FREE Resident Only	n/a
English as a Second Language (ESL) Advanced	18+	F Sep 6 - Nov 29	3 - 4 PM	FREE Resident Only	n/a

FREE ENRICHMENT

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Lunch n' Learn with Cesar Becerra Lunch is included.	18+	T Sep 10	11 AM - 12 PM	FREE	\$10
		Nov 26	-	-	-
Senior Cooking Workshop	55+	Th Sep 19	3 - 4 PM	FREE	\$10
		Oct 17	-	-	-
		Nov 21	-	-	-
Senior Roundtable Lunch is included.	55+	W Sep 25	12 - 1 PM	FREE Resident Only	n/a
	-	Oct 30	-	-	-
	-	Nov 27	-	-	-

There will be no programs on the following dates: September 2, November 11, November 28, and November 29.





ADULT FITNESS

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Evening Yoga	18+	T/Th Monthly	5:30 - 6:30 PM	\$105 Drop-in \$20	\$210 Drop-in \$40

HEALTH & WELLNESS

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Doc Chat					
Sickle Cell Awareness	18+	W Sep 11	11 AM - 1 PM	FREE	\$10
Breast Cancer Awareness	18+	Oct 9	-	-	-
Diabetes Awareness	18+	Nov 13	-	-	-
Florida Mobile Mammography	18+	TBD	8 AM - 3 PM	every 12-month Schedule an ap floridamobilem	covered 100% one time period by insurance. pointment online at ammography.com 77.318.1349.
		*Mobile Mammograms wil	ll be held at Gateway Park.		
Mount Sinai Lunch & Learn Lunch is included	55+	Th Sep 5	12 - 1 PM	FREE	n/a
		Oct 3 Nov 7	-	-	-
Mount Sinai Blood Pressure and Glucose Screening	18+	Th Sep 5	9 AM - 12 PM	FREE	FREE
Dental Health	55+	Th Sep 26	1:30 - 2:30 PM	FREE	FREE
		Oct 24	1:30 - 2:30 PM		

ACTIVITIES

	AGES	DAYS & DATES	TIME	RESIDENT	NON-RESIDENT
Senior Game Social	55+	Th Sep 12 Oct 10 Nov 14	12 - 2 PM	FREE	n/a
Karaoke	55+	Th Sep 19 Oct 17 Nov 21	1:30 - 2:30 PM	FREE	n/a
Birthday Celebration	55+	F Oct 25 Nov 29	1 - 2 PM	FREE	n/a

There will be no programs on the following dates: September 2, November 11, November 28, and November 29.





SIBeHealthy programs are available to individuals ages 60+ for a small monthly fee.

SIBeHEALTHY

(Gateway Center)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 - 9:15 AM		Zumba Gold (Fitness Room)		Zumba Gold (Fitness Room)	
8:30 - 9:30 AM	Movement & Mobility (Gateway Patio)	-	Movement & Mobility (Gateway Patio)	-	Zumba Gold (Fitness Room)
-	Tai Chi I (Fitness Room)	-	Tai Chi I (Fitness Room)	-	Tai Chi I (Classroom)
9:30 - 10:30 AM	-	Zumba Gold (Fitness Room)	-	Zumba Gold (Fitness Room)	-
9:45 - 10:45 AM	Zumba Gold (Fitness Room)	-	Senior HITT (Fitness Room)	-	Senior HITT (Fitness Room)
-	Tai Chi II (Classroom)	-	Tai Chi II (Classroom)	-	Tai Chi II (Classroom)
11 AM - 12 PM	360 Fitness (Fitness Room)	Senior Strength (Fitness Room)	Stretch & Flex (Fitness Room)	Senior Strength (Fitness Room)	Stretch & Flex (Fitness Room)

(Pelican Community Park)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 AM - 12 PM	-	Silver Sneakers (Arts & Crafts Room)	-	Silver Sneakers (Arts & Crafts Room)	-
11:30 AM - 12:30 PM	-	-	Zumba Gold (Arts & Crafts Room)	-	Zumba Gold (Arts & Crafts Room)
12:30 - 1:30 PM	-	-	HITT (Arts & Crafts Room)	-	HITT (Arts & Crafts Room)

There will be no programs on the following dates: September 2, November 11, November 28, and November 29.

ADULT & SENIOR PROGRAMS













PUBLISHED BY THE CITY OF SUNNY ISLES BEACH MEDIA DIVISION

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