



Did you know if you become a Club 55+ member you can participate in programs such as Mahjong, Feast at the Beach(\$7), Watercolors, Party Bridge, Canasta, Ballroom Dance, monthly events, and trips at the Beach Community Center? Club

55+ passes can be used at 11 community centers located in the City of Fort Lauderdale. Currently, virtual and in-person programs are offered. Membership is only \$55 for an entire year!



BEACH COMMUNITY CENTER

3351 NE 33rd Ave
Fort Lauderdale, FL 33308

HOURS OF OPERATION

Monday, Wednesday, Thursday, Friday 8:15 AM – 5 PM

Tuesday 8:15 AM – 8 PM

Saturday 8:30 AM – 1 PM

We accept American Express, MasterCard, and Visa payments only.

Lease agreement or utility bill required for registration.



FOLLOW US!
@playlauderdale



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.



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

NOVEMBER 2024 NEWSLETTER



HIGHLIGHTS

Broward Health Fitness Classes

Total Conditioning, Chair Yoga, Cardio HIIT, Chair Strength, Yoga, & Tai Chi



Ballroom Dancing

Tuesdays, 6:30 PM – 8 PM

SHINE Medicare Counseling, appointment only

Monday, November 18th



Creative Writing

(November start date TBA)

Tuesdays, 9:30a-11:30a

Conversational French, Thursdays, 12:00p-1:15p

Feast at the Beach

Thursday, November 14th, 2024

11:00am– 2:00pm

Must rsvp by Nov. 8th



FOLLOW US!
@playlauderdale

Lease agreement or utility bill required for program registration.

NOVEMBER 2024 CALENDAR

BEACH COMMUNITY CENTER

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Strength 10:30a-11:30a	Beginner Pickleball 11:00p-1:00p Pickleball 1:00p-4:30p Tap 2 (INTERMEDIATE) 3:15p-4:15p	2 Yoga 9:00a-10:30a Chair Yoga 11:15a-12:15p	
4 Total Conditioning 9:00a-10:00a Ping Pong 10:30a-12:30p Chair Strength 10:30a-11:30a	Pickleball 1:00p-4:30p Tap 2 (INTERMEDIATE) 3:15p-4:15p Tap 1 (BEGINNER) 4:30p-5:30p	5 Cardio HIIT 9:00a-10:00a Pickleball 9:00a-12:00p Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p	Beginner Pickleball 12:00p-2:00p Canasta 1:30p-4:00p Ballroom Dancing 6:30p-8:00p Tap 2 (Intermediate) 6:30p-7:30p	6 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Yoga 10:30a-11:30a	Ping Pong 10:30a-2:30p Mahjonn 12:00p-4:00p Line Dance 12:45p-2:45p Tap 2 (INTERMEDIATE) 3:15p-4:15p	7 Cardio HIIT 9:00a-10:00a Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p Ping Pong 12:00p-2:30p	French 12:00p-1:15p Party Bridge 12:30p-3:30p	8 Tai Chi Cancelled Total Conditioning 9:00a-10:00a Chair Strength 10:30a-11:30a	Beginner Pickleball 11:00p-1:00p Pickleball 1:00p-4:30p Tap 2 (INTERMEDIATE) 3:15p-4:15p	9 Yoga 9:00a-10:30a Chair Yoga 11:15a-12:15p	
11 BCC CLOSED		12 Cardio HIIT 9:00a-10:00a Pickleball 9:00a-12:00p Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p	Beginner Pickleball 12:00p-2:00p Canasta 1:30p-4:00p Ballroom Dancing 6:30p-8:00p Tap 2 (Intermediate) 6:30p-7:30p	13 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Yoga 10:30a-11:30a Ping Pong Cancelled	Mahjonn 12:00p-4:00p Line Dance 12:45p-2:45p Tap 2 (INTERMEDIATE) 3:15p-4:15p	14 Cardio HIIT 9:00a-10:00a Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p Feast At The Beach 11:00a-2:00p	Ping Pong Cancelled French 12:00p-1:15p Party Bridge 12:30p-3:30p	15 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Strength 10:30a-11:30a	Beginner Pickleball 11:00p-1:00p Pickleball 1:00p-4:30p Tap 2 (INTERMEDIATE) 3:15p-4:15p	16 Yoga 9:00a-10:30a Chair Yoga 11:15a-12:15p	
18 Total Conditioning 9:00a-10:00a SHINE Medicare By appointment Ping Pong 12:00p-2:00p Chair Strength 10:30a-11:30a	Pickleball 2:30p-5:00p Tap 2 (INTERMEDIATE) 3:15p-4:15p Tap 1 (BEGINNER) 4:30p-5:30p	19 Cardio HIIT 9:00a-10:00a Pickleball 1:00p-4:00p Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p	Beginner Pickleball 4:00p-6:00p Canasta 1:30p-4:00p Ballroom Dancing 6:30p-8:00p Tap 2 (Intermediate) 6:30p-7:30p	20 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Yoga 10:30a-11:30a Ping Pong 12:00p-4:00p	Mahjonn 12:00p-4:00p Line Dance 12:45p-2:45p Tap 2 (INTERMEDIATE) 3:15p-4:15p	21 Cardio HIIT 9:00a-10:00a Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p Ping Pong 12:30p-3:00p	French 12:00p-1:15p Party Bridge 12:30p-3:30p Book Club 3:30p-4:30p	22 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Strength 10:30a-11:30a	Beginner Pickleball 12:00p-2:00p Pickleball 2:00p-5:00p Tap 2 (INTERMEDIATE) 3:15p-4:15p	23 Yoga 9:00a-10:30a Chair Yoga 11:15a-12:15p	
25 Total Conditioning 9:00a-10:00a Ping Pong 12:00p-2:00p Chair Strength 10:30a-11:30a	Pickleball 2:30p-5:00p Tap 2 (INTERMEDIATE) 3:15p-4:15p Tap 1 (BEGINNER) 4:30p-5:30p	26 Cardio HIIT 9:00a-10:00a Pickleball 1:00p-4:00p Virtual Tai Chi 10:00a-10:45a Yoga 10:45a-12:15p	Beginner Pickleball 4:00p-6:00p Canasta 1:30p-4:00p Ballroom Dancing 6:30p-8:00p Tap 2 (Intermediate) 6:30p-7:30p	27 Tai Chi 8:45a-9:45a Total Conditioning 9:00a-10:00a Chair Yoga 10:30a-11:30a Ping Pong 12:00p-4:00p	Mahjonn 12:00p-4:00p Line Dance 12:45p-2:45p Tap 2 (INTERMEDIATE) 3:15p-4:15p	28 BCC CLOSED		29 BCC CLOSED		30 Yoga 9:00a-10:30a Chair Yoga 11:15a-12:15p	