



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p>* = Offered by Miami Beach Parks and Recreation</p> <p><i>Revised 5/22/19</i></p>				
<p>3</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am <u>English Classes:</u> 10:00am - 12:00pm Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>English Classes:</u> 1:30pm-4:45pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>	<p>4</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>5</p> <p><u>*Dance Fusion:</u> 9:30am - 10:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Chi Gong:</u> 1:00pm - 2:00pm <u>English Classes:</u> 2:00pm - 4:00pm <u>Pole Walking:</u> 3:45pm - 5:00pm <u>Flamenco:</u> 2:00pm - 3:00pm</p>	<p>6</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>Mah Jongg:</u> 1:00pm-2:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>7</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>
<p>10</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am <u>English Classes:</u> 10:00am - 12:00pm Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>English Classes:</u> 1:30pm-4:45pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>	<p>11</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>12</p> <p><u>*Dance Fusion:</u> 9:30am - 10:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Chi Gong:</u> 1:00pm - 2:00pm <u>English Classes:</u> 2:00pm - 4:00pm <u>Pole Walking:</u> 3:45pm - 5:00pm <u>Flamenco:</u> 2:00pm - 3:00pm</p>	<p>13</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>Mah Jongg:</u> 1:00pm-2:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>14</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am @ NSPYC Unidad Fathers Day Party - 12pm-2pm Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>
<p>17</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am <u>English Classes:</u> 10:00am - 12:00pm Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>English Classes:</u> 1:30pm-4:45pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>	<p>18</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>19</p> <p><u>*Dance Fusion:</u> 9:30am - 10:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Chi Gong:</u> 1:00pm - 2:00pm <u>English Classes:</u> 2:00pm - 4:00pm <u>Pole Walking:</u> 3:45pm - 5:00pm <u>Flamenco:</u> 2:00pm - 3:00pm</p>	<p>20</p> <p><u>*Chair Yoga:</u> 9:15am - 10:15am <u>*Tai Chi:</u> 10:30am-11:30am Lunch Program: 12:00 - 1:00pm <u>Mah Jongg:</u> 1:00pm-2:00pm <u>*Bingo:</u> 2:00pm - 4:00pm <u>Spanish:</u> 3:00pm - 5:00pm</p>	<p>21</p> <p><u>Chair Aerobics:</u> 9:30am - 10:30am Lunch Program: 12:00 - 1:00pm <u>Dominos:</u> 1:00pm - 3:00pm <u>Pole Walking:</u> 3:45pm -5:00pm</p>
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General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Monday & Wednesdays 1:30pm-4:45pm (Miami Dade College)
- **Spanish Classes** - Every Tuesday & Thursday, 3:00pm - 5:00pm
- **Pole Walking** - Every Monday, Wednesday & Friday, 3:45pm - 5:00pm
- **Chi Gong** - Every Wednesday, 1:00pm - 2:00pm
- **Flamenco** - Every Wednesday, 2:00pm - 3:00pm
- **Dominos** - Every Monday & Friday, 1:00pm - 3:00pm
- **Free Lunch** - Monday - Friday, 12:00pm - 1:00pm. First come, first serve.

Registration Now Available at UNIDAD CENTER

UNIDAD Senior Center Director, Raymond Adrian

7251 Collins Avenue, Miami Beach, FL. 33141, 305-867-0051

radrian@unidadmb.org

Classes offered by Miami Beach Parks and Recreation
at Normandy Pool

- **Water Aerobics** - Every Tuesday & Thursday, 1:00pm - 2:00pm

7030 Trouville Esplanade, Miami Beach, FL. 33141

305-993-2021

Schedules subject to change. Please call (305) 867-0051 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).

EVENTS & FIELD TRIPS * SIGN UP at NSPYC

* = Classes, programs and workshops offered by
Miami Beach Parks and Recreation held at UNIDAD

- ***Chair Aerobics** - Every Monday & Friday, 9:30am - 10:30am
- ***Chair Yoga** - Every Tuesday & Thursday, 9:15am - 10:15am
- ***Tai Chi** - Every Tuesday & Thursday, 10:30am - 11:30am
- ***Dance Fusion** - Every Wednesday, 9:30am - 10:30am
- ***Bingo** - Every Tuesday and Thursday 2:00pm - 4:00pm
- ***Fitness Center** - Monday-Friday, 8:30am - 3:00pm (free to members)

Saturday-Sunday 9:00am - 3:00pm

North Shore Park and Youth Center

501 72nd Street, Miami Beach, Fl. 33141, 305-861-3616

Kevin Cobas: kevincobas@miamibeachfl.gov

Julissa Reyes: julissareyes@miamibeachfl.gov

