



# MIAMI BEACH

## Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p><b>*= Offered by Miami Beach Parks and Recreation</b></p> <p><b>*Revised 01/23/2020</b></p>				
<p><b>3 Sign up for all Field Trips</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:15am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>	<p><b>4</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>5</b></p> <p><u>Dance Fusion: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:30am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Chi Gong: 1:30pm - 2:30pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p>	<p><b>6</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>7</b></p> <p><b>Last Day to Sign-up for Circus</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Dominos: 1:00pm - 3:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p><b>10</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:15am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p>	<p><b>11</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>12</b></p> <p><u>Dance Fusion: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:30am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Chi Gong: 1:30pm - 2:30pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>	<p><b>13</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p> <p><i>Happy Valentine's Day</i></p>	<p><b>14</b></p> <p><b>Trip to Universoul Circus</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Lunch Program@ NSP 12:00 - 1:00pm</u></p> <p><u>Dominos: 1:00pm - 3:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><b>Last Day to Sign-Up for Ilse Casino</b></p>
<p><b>17</b></p>	<p><b>18</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>19</b></p> <p><u>Dance Fusion: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:30am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Chi Gong: 1:30pm - 2:30pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>	<p><b>20</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>21</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Dominos: 1:00pm - 3:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p><b>24</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:15am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p>	<p><b>25</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>26</b></p> <p><u>Dance Fusion: 9:30am - 10:30am</u></p> <p><u>English Classes: 9:30am - 12:30pm</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Chi Gong: 1:30pm - 2:30pm</u></p> <p><u>English Classes: 1:30pm - 4:45pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>	<p><b>27</b></p> <p><u>Chair Yoga: 9:15am - 10:15am</u></p> <p><u>Tai Chi: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Bingo: 2:00pm - 4:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p><b>28</b></p> <p><b>Trip to Ilse Casino</b></p> <p><u>Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Lunch Program: 12:00 - 1:00pm</u></p> <p><u>Dominos: 1:00pm - 3:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>

General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Monday & Wednesday 9:30am - 12:30pm & 1:30 - 4:45pm
- **Spanish Classes** - Every Tuesday & Thursday, 3:00pm - 5:00pm
- **Pole Walking** - Every Monday, Wednesday & Friday, 3:45pm - 5:00pm
- **Chi Gong** - Every Wednesday, 1:30pm - 2:30pm
- **Flamenco** - Every Monday, 2:30pm - 3:30pm
- **Dominos** - Every Friday, 1:00pm - 3:00pm
- **Bingo** - Every Tuesday and Thursday 2:00pm - 4:00pm
- **Free Lunch Program** - Monday - Friday, 12:30pm - 1:30pm. First come, first serve.

**UNIDAD Senior Center Director, Richard Towers**

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

**Rtowers@unidadmb.org**

\* = Classes, programs and workshops offered by  
Miami Beach Parks and Recreation held at Unidada.

- **\*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
- **\*Fine Arts** - Every Friday, 9:30am - 2:00pm
- **\*Ceramics** - Every Monday & Wednesday, 9:00am - 2:00pm  
(Monthly fee of \$31/Res. & \$55/Non-Res.)
- **\*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**

**EVENTS & FIELD TRIPS \*SIGN UP at NSPYC**

**Trip 1 - Universoul Circus (\$10)**

**Friday, February 14, 2020**

**Bus leaves @ 9:00am**

**Returns @ 4:00pm**

**Sign-up starts February 3, 2020**

**Last Day to Sign Up: February 7, 2020**

**Trip 2- Ilse Casino**

**Friday, February 28, 2020**

**Bus leaves @ 9:00am**

**Returns @ 4:00pm**

**Sign-up starts February 3, 2020**

**Last Day to Sign Up: February 14, 2020**

*Happy*  
**VALENTINE'S**  
**DAY**

**Schedules subject to change. Please call (305) 867-0051 for most updated Information.**