


# MARCH



# MIAMI BEACH

# Senior Calendar

Mon	Tue	Wed	Thu	Fri
<b>2 SIGN UP FOR ALL FIELD TRIPS</b> *Chair Aerobics: 9:30am - 10:30am English Classes: 9:15am - 12:30pm English Classes: 1:30pm - 4:45pm Longevity Exercise: 1:30pm—2:30pm Flamenco: 2:30pm - 3:30pm Pole Walking: 3:45pm -5:00pm	<b>3</b> *Chair Yoga: 9:15am - 10:15am *Tai Chi: 10:30am-11:30am Bingo: 2:00pm - 4:00pm Spanish: 3:00pm - 5:00pm English: 10:00am-12:00pm	<b>4</b> *Dance Fusion: 9:30am - 10:30am English Classes: 9:30am - 12:30pm Chi Gong: 1:30pm - 2:30pm English Classes: 1:30pm - 4:45pm Pole Walking: 3:45pm - 5:00pm 	<b>5 Seniors Got Talent</b> *Chair Yoga: 9:15am - 10:15am *Tai Chi: 10:30am-11:30am Bingo: 2:00pm - 4:00pm Spanish: 3:00pm - 5:00pm	<b>6</b> *Chair Aerobics: 9:30am - 10:30am Dominos: 1:00pm - 3:00pm Pole Walking: 3:45pm -5:00pm
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<b>30</b> *Chair Aerobics: 9:30am - 10:30am English Classes: 9:15am - 12:30pm English Classes: 1:30pm - 4:45pm Longevity Exercise: 1:30pm—2:30pm Pole Walking: 3:45pm -5:00pm Flamenco: 2:30pm - 3:30pm	<b>31</b> *Chair Yoga: 9:15am - 10:15am *Tai Chi: 10:30am-11:30am Bingo: 2:00pm - 4:00pm Spanish: 3:00pm - 5:00pm English: 10:00am-12:00pm			*= Offered by Miami Beach Parks and Recreation  *Revised 02/21/2020

General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Monday , Tuesday & Wednesday 9:30am - 12:30pm, 10:00am-12:00pm & 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** - Monday - Friday, 12:30pm - 1:30pm. First come, first serve.
- **Longevity Exercise** - Every Monday, 1:30pm - 2:30pm

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 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
- **\*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

***Event 1– Seniors Got Talent  
Thursday, March 5, 2020  
Miami Beach Convention Center  
Grand Ballroom A  
Bus leaves @ 5:00pm  
Returns @ 9:00pm***

***Trip 1 - Orchid Festival (\$10)  
Friday, March 13, 2020  
Bus leaves @ 9:00am  
Returns @ 4:00pm  
Sign-up starts March 2, 2020***

***Trip 2– Youth Fair  
Friday, March 27, 2020  
Bus leaves @ 10:30am  
Returns @ 5:00pm  
Sign-up starts March 2, 2019***

