



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Snapology:</u> 1:15p—2:15p</p>	<p>2</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Chair Aerobics:</u> 10:30am - 11:30am</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>3</p> <p><u>Dance Fusion:</u> 9:15am - 10:15am</p> <p><u>Arts & Crafts:</u> 10:00am - 12:00pm</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Flamenco:</u> 1:30pm - 2:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>
<p>6</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>7 *Senior Soccer</p> <p><u>Outdoor Yoga:</u> 8:00am - 9:00am</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Dance Fusion:</u> 10:30a - 11:30a</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Spanish Class:</u>3:00pm-4:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>	<p>8</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p>	<p>9</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Chair Aerobics:</u> 10:30am - 11:30am</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>10</p> <p><u>Dance Fusion:</u> 9:15am - 10:15am</p> <p><u>Arts & Crafts:</u> 10:00am - 12:00pm</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Flamenco:</u> 1:30pm - 2:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>
<p>13</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>14 *Senior Soccer</p> <p><u>Outdoor Yoga:</u> 8:00am - 9:00am</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Dance Fusion:</u> 10:30a - 11:30a</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Spanish Class:</u>3:00pm-4:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>	<p>15</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Snapology:</u> 1:15p—2:15p</p>	<p>16</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Chair Aerobics:</u> 10:30am - 11:30am</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>17</p> <p><u>Dance Fusion:</u> 9:15am - 10:15am</p> <p><u>Arts & Crafts:</u> 10:00am - 12:00pm</p> <p><u>Fathers Day Luau:</u> 12:00 - 1:00pm</p> <p><u>Flamenco:</u> 1:30pm - 2:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>
<p>20</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>21 *Senior Soccer</p> <p><u>Outdoor Yoga:</u> 8:00am - 9:00am</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Dance Fusion:</u> 10:30a - 11:30a</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Spanish Class:</u>3:00pm-4:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>	<p>22</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p>	<p>23</p> <p><u>Chair Yoga:</u> 9:15am - 10:15am</p> <p><u>Chair Aerobics:</u> 10:30am - 11:30am</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>24</p> <p><u>Dance Fusion:</u> 9:15am - 10:15am</p> <p><u>Arts & Crafts:</u> 10:00am - 12:00pm</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Flamenco:</u> 1:30pm - 2:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>
<p>27</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>28 *Senior Soccer</p> <p><u>Outdoor Yoga:</u> Cancelled</p> <p><u>Chair Yoga:</u> Cancelled</p> <p><u>Dance Fusion:</u> 10:30a - 11:30a</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Spanish Class:</u>3:00pm-4:30pm</p> <p><u>Pole Walking:</u>3:30pm-4:30pm</p>	<p>29</p> <p><u>Tai Chi:</u> 9:15am-10:15am</p> <p><u>Tai Chi Ruler:</u> 10:15a—10:45</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p>	<p>30</p> <p><u>Chair Yoga:</u> Cancelled</p> <p><u>Chair Aerobics:</u> 10:30am - 11:30am</p> <p><u>Lunch Program:</u> 12:00 - 1:00pm</p> <p><u>Bingo:</u> 1:30pm—3:00pm</p> <p><u>Choir:</u>3:00pm-4:30pm</p>	<p>Green = Parks and Recreation</p> <p>Blue = UNIDAD</p> <p><i>Revised 5/20/22</i></p>

General Information:

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

- **Chair Aerobics** - Every Thursday, 10:30am - 11:30am
- **Outdoor Yoga**—Every Tuesday, 8:00 am—9:00 am(second floor terrace)
 - **Chair Yoga** - Every Tuesday & Thursday, 9:15am - 10:15am
 - **Tai Chi** - Every Monday & Wednesday, 9:15am - 10:15am
 - **Tai Chi Ruler** - Every Monday & Wednesday, 10:15am - 10:45am
- **Dance Fusion** - Every Tuesday 10:30—11:30 AM & Friday, 9:15am - 10:15am
 - **Snapology** - Every 1st and 3rd Wednesday, 1:15pm - 2:15pm
 - **Fitness Center at NSPYC** - Monday-Friday, 9:00am—1:00pm
Saturday 9:00am - 5:00pm

North Shore Park and Youth Center

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

Kevin Cobas: kevincobas@miamibeachfl.gov

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the Rectrac registration system.

Please visit miamibeachparks.com to see all senior program offerings at various city facilities.

General Information:

Senior Soccer—FREE

Every Tuesday 10:00am—11:00am

Flamingo Park (Football Stadium)

999 11th street, Miami Beach, FL

Enjoyable outdoor soccer recreation program to stay active, bring out hidden talents, foster friendships and improve mental physical health.

Contact- connect@uprightcity.com

(786)922-3729

Classes, programs and workshops offered by UNIDAD

- **Spanish Classes** - Every Tuesday, 3:00pm - 4:30pm
- **Pole Walking** - Every Tuesday & Friday, 3:30pm - 4:30pm
- **Choir** - Every Monday & Thursday, 3:00pm - 4:30pm
 - **Flamenco** - Every Friday, 1:30pm - 2:30pm
 - **Arts & Crafts** - Every Friday, 10:00am - 12:00pm
- **Bingo** - Every Tuesday & Thursday, 1:30pm—3:00pm
- **Free Lunch** - Monday - Friday, 12:00pm - 1:00pm

UNIDAD Senior Center Director, Larissa Cajiao

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

Lcajiao@unidadmb.org

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).