


| Mon | Tue | Wed | Thu | Fri |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>3</p> <p>Outdoor Yoga: 8:00am—9:00am</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Dance Fusion: 10:30a - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Spanish Class:3:00pm-4:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> | <p>4</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Qi-Gong: 1:30pm-2:30pm</p> | <p>5</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Chair Aerobics: 10:30am - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>6</p> <p>Three Kings Event @NSPYC</p> <p>Dance Fusion: 9:15am - 10:15am</p> <p>Lunch : 12:00 - 1:00pm</p> <p>Flamenco: 1:30pm - 2:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> |
| <p>9</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>10</p> <p>Outdoor Yoga: 8:00am—9:00am</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Dance Fusion: 10:30a - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Spanish Class:3:00pm-4:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> | <p>11</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Qi-Gong: 1:30pm-2:30pm</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> | <p>12</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Chair Aerobics: 10:30am - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>13</p> <p>Dance Fusion: 9:15am - 10:15am</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Flamenco: 1:30pm - 2:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> |
| <p>16</p>  | <p>17</p> <p>Outdoor Yoga: 8:00am—9:00am</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Dance Fusion: 10:30a - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Spanish Class:3:00pm-4:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> | <p>18</p> <p>*Sign-up for Pirate Show*</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Qi-Gong: 1:30pm-2:30pm</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> | <p>19</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Chair Aerobics: 10:30am - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>20</p> <p>Dance Fusion: 9:15am - 10:15am</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> <p>Holiday Event: 11:30 - 1:00pm</p> <p>Flamenco: 1:30pm - 2:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> |
| <p>23</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>24</p> <p>Outdoor Yoga: 8:00am—9:00am</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Dance Fusion: 10:30a - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Spanish Class:3:00pm-4:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> | <p>25</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Qi-Gong: 1:30pm-2:30pm</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> | <p>26</p> <p>Chair Yoga: 9:15am - 10:15am</p> <p>Chair Aerobics: 10:30am - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>27</p> <p>Dance Fusion: 9:15am - 10:15am</p> <p>Arts & Crafts: 10:00am - 12:00pm</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Flamenco: 1:30pm - 2:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> |
| <p>30</p> <p>Tai Chi: 9:15am-10:15am</p> <p>Tai Chi Ruler: 10:15am—10:45am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Choir:3:00pm-4:30pm</p> | <p>31</p> <p>Outdoor Yoga: 8:00am—9:00am</p> <p>Chair Yoga: 9:15am—10:15am</p> <p>Dance Fusion: 10:30a - 11:30am</p> <p>Lunch Program: 12:00 - 1:00pm</p> <p>Bingo: 1:30pm—3:00pm</p> <p>Spanish Class:3:00pm-4:30pm</p> <p>Pole Walking:3:30pm-4:30pm</p> | | | <p>Green = Parks and Recreation</p> <p>Blue = UNIDAD</p> <p>Revised 12-22-22</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
- Fitness Center at NSPYC** - Monday -Friday 9:00am - 1:00pm

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.

UNIDAD Senior Center Director, Larissa Cajiao

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

Lcajiao@unidadmb.org

General Information:

> EVENT - Three Kings Celebration (FREE) <

North Shore Park Youth Center
January 6th 5:00pm - 8:00pm

Field Trip 1— The Pirates Daughter Show (FREE)

Sunday January 29th 2022

Bus leaves at 2:00 pm

Bus returns at 6:00 pm

LUNCH NOT INCLUDED

Sign up starts Wednesday January 18th 2022

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,
Every Wednesday, 2:30pm — 4:30pm
- **Bingo** - Every Tuesday & Thursday, 1:30pm—3:00pm
- **Free Lunch** - Monday - Friday, 12:00pm - 1:00pm
- **Qi-Gong** - Every Wednesday, 1:30pm—2:30pm

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).