



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
		1 *Sign up for Morikami Gardens* <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u>	2 <u>Chair Yoga: 9:15am—10:15am</u> <u>Chair Aerobics: 10:30am - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Choir:3:00pm-4:30pm</u>	3 <u>Dance Fusion: 9:15am - 10:15am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>
	6 <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Choir:3:00pm-4:30pm</u>	7 <u>Outdoor Yoga: 8:00am—9:00am</u> <u>Chair Yoga: 9:15am—10:15am</u> <u>Dance Fusion: 10:30a - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Spanish Class:3:00pm-4:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>	8 ART GALLERY NIGHT <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u> <u>Arts & Crafts: 10:00am - 12:00pm</u>	9 <u>Chair Yoga: 9:15am—10:15am</u> <u>Chair Aerobics: 10:30am - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Choir:3:00pm-4:30pm</u>
13 <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15a—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Choir:3:00pm-4:30pm</u>	14 <u>Outdoor Yoga: 8:00am—9:00am</u> <u>Chair Yoga: 9:15am—10:15am</u> <u>Dance Fusion: 10:30a - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Spanish Class:3:00pm-4:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>	15 *Trip to Morikami Gardens* <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u> <u>Arts & Crafts: 10:00am - 12:00pm</u>	16 <u>Chair Yoga: 9:15am—10:15am</u> <u>Chair Aerobics: 10:30am - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Choir:3:00pm-4:30pm</u>	17 <u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts & Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 11:30 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>
	21 <u>Outdoor Yoga: 8:00am—9:00am</u> <u>Chair Yoga: 9:15am—10:15am</u> <u>Dance Fusion: 10:30a - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Spanish Class:3:00pm-4:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>	22 <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u> <u>Arts & Crafts: 10:00am - 12:00pm</u>	23 <u>Chair Yoga: 9:15am - 10:15am</u> <u>Chair Aerobics: 10:30am - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Choir:3:00pm-4:30pm</u>	24 <u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts & Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>
	27 <u>Tai Chi: 9:15am-10:15am</u> <u>Tai Chi Ruler: 10:15am—10:45am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Choir:3:00pm-4:30pm</u>	28 <u>Outdoor Yoga: 8:00am—9:00am</u> <u>Chair Yoga: 9:15am—10:15am</u> <u>Dance Fusion: 10:30a - 11:30am</u> <u>Lunch Program: 12:00 - 1:00pm</u> <u>Bingo: 1:30pm—3:00pm</u> <u>Spanish Class:3:00pm-4:30pm</u> <u>Pole Walking:3:30pm-4:30pm</u>		

General Information:

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

- **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 - Art Gallery Night (FREE) <

Unidad Senior Center

February 8th 6:00pm - 8:00pm

Snacks, Refreshments and Art Exhibit

Field Trip 1— Morikami Japanese Gardens(FREE)

Wednesday February 15th 2023

Bus leaves at 9:00am

Bus returns at 3:00 pm

LUNCH NOT INCLUDED

Sign up starts Wednesday February 1st 2023

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).