



Mon	Tue	Wed	Thu	Fri
1 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm- 1:00pm Sound Therapy:1:30pm-2:30pm Art Class:1:30pm-3:30pm English Class: 2:45pm-3:45pm	2 *Registration begins* Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am—9:00am Chair Yoga: 9:15am—10:15am Dance Fusion: 10:30am - 11:30am Lunch Program: 12:00 pm- 1:00pm Spanish Class:3:00pm-4:30pm Pole Walking:3:30pm-4:30pm	3 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics: 10:30am-11:30am Lunch Program: 12:00pm- 1:00pm Qi-Gong: 1:30pm-2:30pm Computer Class: 1:15pm-2:15pm	4 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am-9:00am Chair Yoga: 9:15am—10:15am Chair Aerobics: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Choir: 4:00pm-5:00pm	5 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch Program: 12:00pm - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking:3:30pm-4:30pm
8 *Feeding South Florida 10:30am-11:30am Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm- 1:00pm Sound Therapy:1:30pm-2:30pm Art Class:1:30pm-3:30pm English Class: 2:45pm-3:45pm	9 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am—9:00am Chair Yoga: 9:15am—10:15am Dance Fusion: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Spanish Class:3:00pm-4:30pm Pole Walking:3:30pm-4:30pm	10 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm - 1:00pm Qi-Gong: 1:30pm-2:30pm	11 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am-9:00am Chair Yoga: 9:15am—10:15am Chair Aerobics: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Choir: 4:00pm-5:00pm	12 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch Program: 12:00pm - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking:3:30pm-4:30pm
15 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm- 1:00pm Sound Therapy:1:30pm-2:30pm Art Class:1:30pm-3:30pm English Class: 2:45pm-3:45pm	16 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am—9:00am Chair Yoga: 9:15am—10:15am Dance Fusion: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Spanish Class:3:00pm-4:30pm Pole Walking:3:30pm-4:30pm	17 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics: 10:30am-11:30am Lunch Program: 12:00pm- 1:00pm Qi-Gong: 1:30pm-2:30pm Computer Class: 1:15pm-2:15pm	18 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am-9:00am Chair Yoga: 9:15am—10:15am Chair Aerobics: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Choir: 4:00pm-5:00pm	19 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch Program: 12:00pm - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking:3:30pm-4:30pm
22 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm - 1:00pm Sound Therapy:1:30pm-2:30pm Art Class:1:30pm-3:30pm English Class: 2:45pm-3:45pm	23 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am—9:00am Chair Yoga: 9:15am—10:15am Dance Fusion: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Spanish Class:3:00pm-4:30pm Pole Walking:3:30pm-4:30pm	24 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm - 1:00pm Qi-Gong: 1:30pm-2:30pm	25 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am-9:00am Chair Yoga: 9:15am—10:15am Chair Aerobics: 10:30am - 11:30am Lunch Program: 12:00pm- 1:00pm Choir: 4:00pm-5:00pm	26 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch Program: 12:00pm- 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking:3:30pm-4:30pm
29 Tai Chi: 9:15am-10:15am Tai Chi Ruler: 10:15am—10:30am Calisthenics:10:30am-11:30am Lunch Program: 12:00pm - 1:00pm Sound Therapy:1:30pm-2:30pm Art Class:1:30pm-3:30pm English Class: 2:45pm-3:45pm	30 Soccer: 9:00am– 10:00am Outdoor Yoga: 8:00am—9:00am Chair Yoga: 9:15am—10:15am Dance Fusion: 10:30am - 11:30am Lunch Program: 12:00pm - 1:00pm Spanish Class:3:00pm-4:30pm Pole Walking:3:30pm-4:30pm			

Green = Parks and Recreation

Blue = UNIDAD

Revised 3/27/24

General Information:

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

- **Chair Aerobics** - Thursday, 10:30am - 11:30am
- **Senior Soccer**— Tuesday & Thursday, 9:00am—10:00am
(North Shore Park)
- **Outdoor Yoga**—Tuesday & Thursday, 8:00 am—9:00 am
(second floor terrace)
- **Chair Yoga** - Tuesday & Thursday, 9:15am - 10:15am
- **Tai Chi** - Monday & Wednesday, 9:15am - 10:15am
- **Tai Chi Ruler** - Monday & Wednesday, 10:15am - 10:30am
- **Calisthenics**— Monday & Wednesday, 10:30am-11:30am
- **Dance Fusion** - Tuesday 10:30am—11:30am & Friday, 9:15am - 10:15am
 - **Sound Therapy**— Mondays 1:30pm-2:30pm
 - **North Shore Art Club**— Saturday 9:00am— 1:00pm

Fitness Center at NSPYC - Monday -Friday 7:30am - 1:00pm

North Shore Park Youth Center

501 72nd Street Miami Beach, FL 33141

Senior Program Supervisor, Xavier Guerrero

xavierguerrero@miamibeachfl.gov 305.861-3616 Ext. 6585

If you would like to receive emails about special events and cancellations, please stop by one of our facilities to enroll in our program via the Rec Trac registration system. Please visit miamibeachparks.com to see all senior program offerings.

UNIDAD Senior Center Director, Larissa Cajiao

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

Lcajiao@unidadmb.org

Classes, programs and workshops offered by UNIDAD

- **Spanish Classes** - Tuesday, 3:00pm - 4:30pm
- **Pole Walking** - Tuesday & Friday, 3:30pm - 4:30pm
 - **Choir**- Thursday, 4:00pm-5:00pm
 - **Flamenco** - Friday, 1:30pm - 2:30pm
- **Art Class**— Monday, 1:30pm-3:30pm , Friday, 10:00am-12:00pm
 - **Qi-Gong**— Wednesday, 1:30pm-2:30pm
 - **English Classes**— Monday, 1:45pm-2:45pm
 - **Computer Classes**— Wednesday, 1:15pm-2:15pm
- **Free Lunch** - Monday - Friday, 12:00pm - 1:00pm

EVENTS & FIELD TRIPS

General Information:

Field Trip 1— Miami Marlins Game (free)

Saturday April 27, 2024

Bus leaves at 2:30pm

Bus returns at 7:30pm

Food may be purchased at the ballpark

Sign up starts April 2, 2024

> EVENT - Floral Workshop(FREE) <

Scott Rakow Youth Center

2700 Sheridan Ave

Miami Beach, FL 33140

April 14, 2024 1:00pm-2:00pm

Sign up starts April 2, 2024

MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting register.miamibeachparks.com.

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).

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