

Mon	Tue	Wed	Thu	Fri
<p>Green = Parks and Recreation</p> <p>Blue = UNIDAD</p>	<p><i>Revised 4-10-24</i></p>	<p>1 *Registration Begins*</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am-10:30am</u></p> <p><u>Calisthenics: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm-1:00pm</u></p> <p><u>Qi-Gong: 1:30pm-2:30pm</u></p> <p><u>Computer Class: 1:15pm - 2:15pm</u></p>	<p>2</p> <p>Soccer:9:00am-10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Chair Aerobics: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Choir:4:00pm-5:00pm</u></p>	<p>3</p> <p><u>Dance Fusion: 9:15am - 10:15am</u></p> <p><u>Art Class 10:00am - 12:00pm</u></p> <p><u>Lunch Program: 12:00pm- 1:00pm</u></p> <p><u>Flamenco: 1:30pm - 2:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>
<p>6 *Feeding South Florida Workshop*</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am—10:30am</u></p> <p><u>Calisthenics:10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm -1:00pm</u></p> <p><u>Sound Therapy:1:30pm-2:30pm</u></p> <p><u>Art Class:1:30pm-3:30pm</u></p> <p><u>English Class: 2:45pm-3:45pm</u></p>	<p>7 Soccer: 9:00am— 10:00am</p> <p><u>Outdoor Yoga: 8:00am—9:00am</u></p> <p><u>Chair Yoga: 9:15am-10:15am</u></p> <p><u>Dance Fusion: 10:30am- 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Spanish Class:3:00pm-4:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>	<p>8</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am-10:30am</u></p> <p><u>Calisthenics: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Qi-Gong: 1:30pm-2:30pm</u></p>	<p>9 Soccer:9:00am-10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Chair Aerobics: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Choir:4:00pm-5:00pm</u></p>	<p>10</p> <p><u>Dance Fusion: 9:15am - 10:15am</u></p> <p><u>Art Class 10:00am - 12:00pm</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Flamenco: 1:30pm - 2:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>
<p>13</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am—10:30am</u></p> <p><u>Calisthenics:10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Sound Therapy:1:30pm-2:30pm</u></p> <p><u>Art Class:1:30pm-3:30pm</u></p> <p><u>English Class: 2:45pm-3:45pm</u></p>	<p>14 Soccer: 9:00am— 10:00am</p> <p><u>Outdoor Yoga: 8:00am—9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Dance Fusion: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm- 1:00pm</u></p> <p><u>Spanish Class:3:00pm-4:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>	<p>15 *Jungle Queen Registration Ends *</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am-10:30am</u></p> <p><u>Calisthenics: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm -1:00pm</u></p> <p><u>Qi-Gong: 1:30pm-2:30pm</u></p> <p><u>Computer Class: 1:15pm - 2:15pm</u></p>	<p>16 *Floral Workshop*</p> <p>Soccer:9:00am-10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am-10:15am</u></p> <p><u>Chair Aerobics: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Choir:4:00pm-5:00pm</u></p>	<p>17</p> <p><u>Dance Fusion: 9:15am - 10:15am</u></p> <p><u>Art Class 10:00am - 12:00pm</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Flamenco: 1:30pm - 2:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>
<p>20</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am—10:30am</u></p> <p><u>Calisthenics:10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Sound Therapy:1:30pm-2:30pm</u></p> <p><u>Art Class:1:30pm-3:30pm</u></p> <p><u>English Class: 2:45pm-3:45pm</u></p>	<p>21 Soccer: 9:00am— 10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Dance Fusion: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Spanish Class:3:00pm-4:30pm</u></p> <p><u>Pole Walking: 3:30pm-4:30pm</u></p>	<p>22</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am-10:30am</u></p> <p><u>Calisthenics: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Qi-Gong: 1:30pm-2:30pm</u></p>	<p>23 *Trip to Jungle Queen*</p> <p>Soccer:9:00am-10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Chair Aerobics: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Choir:4:00pm-5:00pm</u></p>	<p>24</p> <p><u>Dance Fusion: 9:15am - 10:15am</u></p> <p><u>Art Class 10:00am - 12:00pm</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Flamenco: 1:30pm - 2:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>
<p>27</p> 	<p>28 Soccer: 9:00am— 10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am-10:15am</u></p> <p><u>Dance Fusion: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Spanish Class:3:00pm-4:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>	<p>29</p> <p><u>Tai Chi: 9:15am-10:15am</u></p> <p><u>Tai Chi Ruler: 10:15am-10:30am</u></p> <p><u>Calisthenics: 10:30am-11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Qi-Gong: 1:30pm-2:30pm</u></p> <p><u>Computer Class: 1:15pm - 2:15pm</u></p>	<p>30</p> <p>Soccer:9:00am-10:00am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u></p> <p><u>Chair Yoga: 9:15am—10:15am</u></p> <p><u>Chair Aerobics: 10:30am - 11:30am</u></p> <p><u>Lunch Program: 12:00pm - 1:00pm</u></p> <p><u>Choir:4:00pm-5:00pm</u></p>	<p>31</p> <p><u>Dance Fusion: 9:15am - 10:15am</u></p> <p><u>Art Class 10:00am - 12:00pm</u></p> <p><u>Lunch Program: 12:00 pm- 1:00pm</u></p> <p><u>Flamenco: 1:30pm - 2:30pm</u></p> <p><u>Pole Walking:3:30pm-4:30pm</u></p>

General Information:

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

- **Chair Aerobics** -Thursday, 10:30am - 11:30am
- **Senior Soccer**- Tuesday, & Thursday 9:00am-10:00am
(North Shore Park Field)
- **Outdoor Yoga**-Tuesday & Thursday, 8:00am-9:00am
(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 10:30-11:30 AM & Friday, 9:15am - 10:15am
 - **Sound Therapy**– Monday 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

UNIDAD Senior Center

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

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

General Information:

> Field Trip- Jungle Queen Dinner Cruise (\$25) <

Cash Only/ No Refunds

May 23, 2024

Bus Departs: 3:30pm

Bus Returns: 11:00pm

*Registration starts May 1, 2024, Registration ends May 15, 2024

Space is limited. (Max:80 participants)

RSVP in Person at North Shore Park

> EVENT - Floral Workshop (FREE) <

Unidad Senior Center

May 16, 2024 2:00pm -3:00pm

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).