

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>UNIDAD CENTER CLOSED</p> 	<p>3</p> <p><u>Parks & Recreation</u> Chair Yoga: NO YOGA Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>4</p> <p><u>Parks & Recreation</u> Dance Fusion: 10:45 am - 11:45 am <u>UNIDAD</u> Chi Gong: 1 pm - 2 pm Legal Services: 1:00 pm— 3:00 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5 pm</p>	<p>5</p> <p><u>Parks & Recreation</u> Chair Yoga: NO YOGA Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>6</p> <p><u>Parks & Recreation</u> Chair Aerobics: 9:30 am—10:30 am Bingo: 11:00 am—1:00 pm</p> <p><u>UNIDAD</u> Immigration Services: 10 am—2 pm Pole Walking: 3:45 pm— 5 pm</p>
<p>9</p> <p><u>Parks & Recreation</u> Chair Aerobics: 9:30 - 10:30 am Sign up for 1/27 Field Trip to Coral Gables Museum</p> <p><u>UNIDAD</u> UM Studies: 9:30 am— 4:40 pm Bridge Card Game: 1:00-3:00 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm -5:00 pm</p>	<p>10</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>11</p> <p><u>Parks & Recreation</u> Dance Fusion: 10:45 am - 11:45 am</p> <p><u>UNIDAD</u> Chi Gong: 1 pm - 2 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5 pm</p>	<p>12</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>13</p> <p><u>Parks & Recreation</u> Chair Aerobics: 9:30 am—10:30 am Bingo: 11:00 am—1:00 pm</p> <p><u>UNIDAD</u> Mount Sinai Health Screening 10am-12pm Pole Walking: 3:45 pm— 5 pm</p>
<p>16</p> <p>UNIDAD CENTER CLOSED</p> 	<p>17</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>18</p> <p><u>Parks & Recreation</u> Dance Fusion: 10:45 am - 11:45 am</p> <p><u>UNIDAD</u> Chi Gong: 1 pm - 2 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5 pm</p>	<p>19</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am Movie Day@ UNIDAD: 2 pm—4 pm</p>	<p>20</p> <p><u>Parks & Recreation</u> Chair Aerobics: 9:30 am—10:30 am Bingo: 11:00 am—1:00 pm</p> <p><u>UNIDAD</u> Immigration Services: 10 am—2 pm Pole Walking: 3:45 pm— 5 pm</p>
<p>23 <u>Parks & Recreation</u> Chair Aerobics: 9:30 - 10:30 am <u>UNIDAD</u> UM Studies: 9:30 am— 4:40 pm Bridge Card Game: 1:00-3:00 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5:00 pm</p>	<p>24</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>25</p> <p><u>Parks & Recreation</u> Dance Fusion: 10:45 am - 11:45 am</p> <p><u>UNIDAD</u> Chi Gong: 1 pm - 2 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5 pm</p>	<p>26</p> <p><u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>	<p>27 Coral Gables Museum 9: 30 am - 4 pm</p> <p><u>Parks & Recreation</u> Chair Aerobics: 9:30 am—10:30 am Bingo: 11:00 am—1:00 pm</p> <p><u>UNIDAD</u> Pole Walking: 3:45 pm— 5 pm</p>
<p>30 <u>Parks & Recreation</u> Chair Aerobics: 9:30 - 10:30 am <u>UNIDAD</u> UM Studies: 9:30 am— 4:40 pm Bridge Card Game: 1:00-3:00 pm English Classes: 1:30pm—4pm Pole Walking: 3:45 pm - 5:00 pm</p>	<p>31 <u>Parks & Recreation</u> Chair Yoga: 9:30 am - 10:30 am Bingo: 12:00 pm—2:00 pm</p> <p><u>UNIDAD</u> Tai Chi: 10:45 am - 11:45 am</p>			

General Information:

Classes, programs and workshops offered by UNIDAD

• **UM Memory Loss Studies (by appointment only)**

Every Monday, 9:30 am—4:30pm

• **English Classes**

Every Monday, 1:30 pm—4:30pm

• **Bridge Card Game**

Every Monday, 1:00 pm—3:00pm

• **Polo Walking**

Every Monday, Tuesday, Friday. 3:45 pm—5:00 pm

• **Chi Gong**

Every Wednesday, 1:00 pm—2:00 pm

• **Tai Chi**

Every Tuesday & Thursday, 10:45 am—11:45 pm

• **Immigration Services** - 10:00 am—2:00 pm, Friday, 1/06, 1/20, & 1/30

• **Legal Services** - 1:00 pm—3:00 pm, Wednesday, 1/04

Registration Now Available at UNIDAD CENTER

UNIDAD Senior Center Director, Raymond Adrian

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

radrian@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).

JANUARY FIELD TRIPS * SIGN UP @ UNIDAD

Coral Gables Museum Cuban Art & Cuban Architects Exhibit

(Max: 70 people) 1/27/16 (FREE)

Bus leaves North Shore Park @ 9:30 am

Returns to North Shore Park @ 4:00 pm

“Lunch included”

Sign-up starts Monday, January 9, 2017

Classes, programs and workshops offered by Parks and Recreation

• **Chair Aerobics** Every Monday & Friday, 9:30 am - 10:30 am

• **Chair Yoga** Every Tuesday & Thursday, 9:30 am—10:30 am

• **Dance Fusion** Every Wednesday, 10:45 am—11:45 am

• **Bingo** *Every Tuesday & Thursday 12:00pm—2:00pm

Fridays 11:00 am—1:00 pm

January classes offered at North Shore Park and Youth Center

Fine Arts: Every Friday, 9:30 am—2:00 pm

Ceramics: Every Wednesdays. 9:00 am—2:00 pm (monthly fee)

Fitness Center: Monday-Sunday, 8:30am-3pm, (free to members)

Classes offered at Normandy Pool

Water Aerobics: Tuesday & Thursday 1:00 pm – 2:00 pm

7030 Trouville Esplanade, Miami Beach, Fl. 33141

305-993-2021

North Shore Park and Youth Center

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

Jose Polo: josepolo@miamibeachfl.gov

Lucinda Alonso: lucindaalonso@miamibeachfl.gov