

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">Starting February 10th—April 4th</p> <p style="text-align: center;">UNIDAD will be undergoing maintenance to their AC units and some classes will be relocated to North Shore Park (501 72nd Street)</p>		<p>1</p> <p><u>Parks & Recreation</u></p> <p>Dance Fusion: 10:45 am - 11:45 am</p> <p><u>UNIDAD</u></p> <p>Chi Gong: 1 pm - 2 pm</p> <p>Legal Services: 1:00 pm— 3pm</p> <p>English Classes: 1:30pm—4pm</p> <p>Pole Walking: 3:45 pm - 5 pm</p>	<p>2 <u>Sign up for 2/15 Field Trip to</u></p> <p style="text-align: center;">Swap Shop</p> <p><u>Parks & Recreation</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Bingo: 12:00 pm—2 pm</p> <p><u>UNIDAD</u></p> <p>Cell Phone Give Away: 9:30 am-12pm</p> <p>Tai Chi: 10:45 am - 11:45 am</p>	<p>3</p> <p><u>Parks & Recreation</u></p> <p>Chair Aerobics: Cancelled</p> <p>Bingo: 11:00 am—1pm</p> <p><u>UNIDAD</u></p> <p>Immigration Services: 10 am—2 pm</p> <p>Tax Aid: 9:00am-1:00 pm</p> <p>Pole Walking: 3:45 pm— 5pm</p>
<p>6</p> <p><u>Parks & Recreation</u></p> <p>Chair Aerobics: Cancelled</p> <p><u>UNIDAD</u></p> <p>Bridge: 1 pm—3 pm</p> <p>English Classes: 1:30 pm—4pm</p> <p>Pole Walking: 3:45 pm -5pm</p>	<p>7</p> <p><u>Parks & Recreation</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Bingo: 12:00 pm—2 pm</p> <p><u>UNIDAD</u></p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Spanish: 3:00 pm—5 pm</p>	<p>8</p> <p><u>Parks & Recreation</u></p> <p>Dance Fusion: Cancelled</p> <p><u>UNIDAD</u></p> <p>Chi Gong: 1 pm - 2 pm</p> <p>English Classes: 1:30pm—4pm</p> <p>Pole Walking: 3:45 pm - 5 pm</p>	<p>9 Valentine's Party at UNIDAD</p> <p style="text-align: center;">12:00 pm - 3:00 pm</p> <p><u>Parks & Recreation</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Bingo: Cancelled</p> <p><u>UNIDAD</u></p> <p>Cell Phone Give Away: 9:30 am-12pm</p> <p>Tai Chi: 10:45 am - 11:45 am</p>	<p>10</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Aerobics: 9:30 am—10:30 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Tax Aid: 9:00am-1:00 pm</p> <p>Pole Walking: 3:45 pm— 5pm</p>
<p>13</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Aerobics: 9:30 - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p>Bridge: 1 pm—3 pm</p> <p>English Classes: 1:30 pm—4pm</p> <p>Pole Walking: 3:45 pm -5pm</p>	<p>14</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Spanish: 3:00 pm—5pm</p>	<p>15</p> <p style="text-align: center;">Swap Shop 9:00 am—4:00 pm</p> <p><u>Classes Held at North Shore</u></p> <p>Dance Fusion: 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p>Chi Gong: 1 pm - 2 pm</p> <p>English Classes: 1:30pm—4pm</p> <p>Pole Walking: 3:45 pm - 5 pm</p>	<p>16</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Cell Phone Give Away: 9:30 am-12pm</p>	<p>17</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Aerobics: 9:30 am—10:30 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Tax Aid: 9:00am-1:00 pm</p> <p>Immigration Services: 10 am—2 pm</p> <p>Pole Walking: 3:45 pm— 5 pm</p>
<p>20</p> <p style="text-align: center;">UNIDAD & NSPYC CENTER CLOSED</p> 	<p>21</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Yoga: Cancelled</p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Spanish: 3:00 pm—5pm</p>	<p>22</p> <p><u>Classes Held at North Shore</u></p> <p>Dance Fusion: 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p>Chi Gong: 1 pm - 2 pm</p> <p>English Classes: 1:30pm—4pm</p> <p>Pole Walking: 3:45 pm - 5 pm</p>	<p>23</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Yoga: Cancelled</p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Cell Phone Give Away: 9:30 am-12pm</p>	<p>24</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Aerobics: 9:30 am—10:30 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Tax Aid: 9:00am-1:00 pm</p> <p>Pole Walking: 3:45 pm— 5 pm</p>
<p>27</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Aerobics: 9:30 - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p>Bridge: 1 pm—3 pm</p> <p>English Classes: 1:30 pm—4pm</p> <p>Pole Walking: 3:45 pm -5pm</p>	<p>28</p> <p><u>Classes Held at North Shore</u></p> <p>Chair Yoga: 9:30 am - 10:30 am</p> <p>Tai Chi: 10:45 am - 11:45 am</p> <p>Bingo: 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p>Spanish: 3:00 pm—5pm</p>			

General Information:

Location Change Starting February 10th— April 4th

Classes, programs and workshops offered by UNIDAD

- **UM Memory Loss Studies (by appointment only)** - *Cancelled due to maintenance at UNIDAD*
- **English Classes** - Every Monday, 1:30pm—4:00pm @ UNIDAD
- **Spanish Classes** - Every Monday, 3:00pm—5:00pm @ UNIDAD
- **Bridge Card Game** - Every Monday, 1:00pm—3:00pm @ UNIDAD
- **Pole Walking** - Every Monday & Friday. 3:45pm—5:00pm @ UNIDAD
- **Cell Phone Giveaways** - Every Thursday, 9:30am—12:00pm @ UNIDAD
- **Immigration Services** - 10:00am –2:00pm, Friday, 2/3 & 2/17 @ UNIDAD
- **Legal Services** - 1:00pm—3:00pm, Wednesday, 2/01 @ UNIDAD
- **Tax Aid** - Every Friday 9:00am - 1:00pm @ UNIDAD
- **Chi Gong** - Every Wednesday, 1:00pm—2:00pm @ UNIDAD

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).

FEBRUARY FIELD TRIPS * SIGN UP @ UNIDAD

Swap Shop

(Max: 70 people) 2/15/17 (FREE)

Bus leaves North Shore Park @ 9:30 am

Returns to North Shore Park @ 4:00 pm

“Lunch NOT included ”

Sign-up starts Monday, February 2nd, 2017

Location Change Starting February 10th— April 4th

Classes, programs and workshops offered by Parks and Recreation

- **Chair Aerobics** Every Monday & Friday, 9:30am - 10:30am @ NSPYC
- **Chair Yoga** Every Tuesday & Thursday, 9:30am—10:30am @ NSPYC
- **Tai Chi** - Every Tuesday & Thursday, 10:45am—11:45pm @ NSPYC
- **Dance Fusion** Every Wednesday, 10:45am—11:45am @ NSPYC
- **Bingo** *Every Tuesday, Thursday, Friday 11:00am—1:00pm @ NSPYC

February classes offered at North Shore Park and Youth Center

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

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

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

Classes offered at Normandy Pool

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

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

Kevin Cobas: Kevincobas@miamibeachfl.gov

Lucinda Alonso: lucindaalonso@miamibeachfl.gov