



Senior Center

MIAMI BEACH

Mon	Tue	Wed	Thu	Fri
<p>February 10th—April 4th</p> <p>UNIDAD will be undergoing maintenance to their AC units and some classes will be relocated to North Shore Park (501 72nd Street)</p> <p>Please see back.</p>		<p>1 Sign up for Zoo Miami Trip.</p> <p><u>Classes Held at North Shore</u></p> <p><u>Dance Fusion:</u> 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Chi Gong:</u> 1:00 pm - 2:00 pm</p> <p><u>Legal Services:</u> 1:00 pm - 3:00pm</p> <p><u>English Classes:</u> 1:30pm - 4:00pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>2</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Cell Phone Give Away:</u> 9:30 am-12:00 pm</p>	<p>3</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Immigration Services:</u> 10:00 am - 2:00 pm</p> <p><u>Tax Aid:</u> 9:00am - 1:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm -5:00 pm</p>
<p>6</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Bridge:</u> 1:00 pm - 3:00 pm</p> <p><u>English Classes:</u> 1:30 pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm -5pm</p>	<p>7 Zoo Miami 9:30 am - 3:00 pm</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>UM Studies:</u> 9:00 am - 4:00 pm</p> <p><u>Spanish:</u> 3:00 pm - 5:00 pm</p>	<p>8</p> <p><u>Classes Held at North Shore</u></p> <p><u>Dance Fusion:</u> 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Chi Gong:</u> 1:00 pm - 2:00 pm</p> <p><u>English Classes:</u> 1:30pm - 4:00pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00pm</p>	<p>9</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Cell Phone Give Away:</u> 9:30 am- 12:00 pm</p>	<p>10</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Tax Aid:</u> 9:00 am - 1:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>
<p>13</p> <p>Sign up for Hialeah Casino Trip.</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Bridge:</u> 1:00 pm - 3:00 pm</p> <p><u>English Classes:</u> 1:30 pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>14 Seniors' Bingo Night 6:00 pm - 8:00 pm</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>UM Studies:</u> 9:00 am - 4:00 pm</p> <p><u>Spanish:</u> 3:00 pm -5:00 pm</p>	<p>15</p> <p><u>Classes Held at North Shore</u></p> <p><u>Dance Fusion:</u> 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Chi Gong:</u> 1:00 pm - 2:00 pm</p> <p><u>English Classes:</u> 1:30pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>16</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Cell Phone Give Away:</u> 9:30 am -12:00 pm</p>	<p>17</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Tax Aid:</u> 9:00 am - 1:00 pm</p> <p><u>Immigration Services:</u> 10:00 am - 2:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>
<p>20</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Bridge:</u> 1:00 pm - 3:00 pm</p> <p><u>English Classes:</u> 1:30 pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>21 Hialeah Casino 10:00a - 3:00p</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>UM Studies:</u> 9:00 am - 4:00 pm</p> <p><u>Spanish:</u> 3:00 pm -5:00 pm</p>	<p>22</p> <p><u>Classes Held at North Shore</u></p> <p><u>Dance Fusion:</u> 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Chi Gong:</u> 1:00 pm - 2:00 pm</p> <p><u>English Classes:</u> 1:30pm - 4:00pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>23</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am—1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Cell Phone Give Away:</u> 9:30 am-12:00 pm</p>	<p>24</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Tax Aid:</u> 9:00am - 1:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>
<p>27</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 - 10:30 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Bridge:</u> 1:00 pm - 3:00 pm</p> <p><u>English Classes:</u> 1:30 pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>28 <u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>UM Studies:</u> 9:00 am - 4:00 pm</p> <p><u>Spanish:</u> 3:00 pm - 5:00 pm</p>	<p>29</p> <p><u>Classes Held at North Shore</u></p> <p><u>Dance Fusion:</u> 10:45 am - 11:45 am</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Chi Gong:</u> 1:00 pm - 2:00 pm</p> <p><u>English Classes:</u> 1:30pm - 4:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p>	<p>30</p> <p><u>Classes Held at North Shore</u></p> <p><u>Chair Yoga:</u> 9:30 am - 10:30 am</p> <p><u>Tai Chi:</u> 10:45 am - 11:45 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Cell Phone Give Away:</u> 9:30 am-12:00 pm</p>	<p>31 <u>Classes Held at North Shore</u></p> <p><u>Chair Aerobics:</u> 9:30 am - 10:30 am</p> <p><u>Bingo:</u> 11:00 am - 1:00 pm</p> <p><u>Classes Held at UNIDAD</u></p> <p><u>Tax Aid:</u> 9:00am - 1:00 pm</p> <p><u>Pole Walking:</u> 3:45 pm - 5:00 pm</p> <p>Immigration Services: 10:00 am - 2:00 pm</p>

General Information:

Classes, programs and workshops offered at UNIDAD

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

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

Classes offered at Normandy Pool

- **Water Aerobics** - Every Tuesday & Thursday, 1:00pm - 2:00pm

7030 Trouville Esplanade, Miami Beach, FL. 33141

305-993-2021

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).

Revised 2/14/17

MARCH EVENTS & FIELD TRIPS * [SIGN UP at NSPYC](#)

EVENT - Seniors' Bingo Night

Jungle Island Tree Top Ballroom

1111 Parrot Jungle Trail

Tuesday, March 14, 2017

6:00 pm - 8:00 pm

FREE - RSVP Required at 786-209-4900

Transportation is provided: Buses leave NSPYC at 4:30pm

TRIP 1 - Zoo Miami

(Max: 70 people) 3/7/17 (FREE)

Bus leaves North Shore Park @ 9:30am

Returns to North Shore Park @ 3:00pm

"Lunch NOT included "

Sign-up starts Wednesday, March 1, 2017 at NSPYC

TRIP 2 - Hialeah Casino

(Max: 70 people) 3/21/17 (FREE)

Bus leaves North Shore Park @ 9:30am

Returns to North Shore Park @ 3:00pm

"Lunch NOT included "

Sign-up starts Wednesday, March 13, 2017 at NSPYC

Classes, programs and workshops offered by Parks and Recreation

at North Shore Park and Youth Center

- **Chair Aerobics** - Every Monday & Friday, 9:30am - 10:30am
- **Chair Yoga** - Every Tuesday & Thursday, 9:30am - 10:30am
- **Tai Chi** - Every Tuesday & Thursday, 10:45am - 11:45pm
- **Dance Fusion** - Every Wednesday, 10:45am - 11:45am
- **Bingo** - Every Tuesday, Thursday, & Friday 11:00am - 1:00pm
- **Fine Arts** - Every Friday, 9:30am - 2:00pm
- **Ceramics** - Every Wednesday, 9:00am - 2:00pm (monthly fee)
- **Fitness Center** - Monday-Sunday, 8:30am - 3pm (free to members)

North Shore Park and Youth Center

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

Kevin Cobas: kevincobas@miamibeachfl.gov

David Rodriguez: davidrodriguez@miamibeachfl.gov