

APRIL



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p>3 Sign-up for Youth Fair</p> <p><u>Classes held at North Shore</u></p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p><u>Classes held at UNIDAD</u></p> <p><u>Bridge</u>: 1:00pm - 3:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm -5:00pm</p>	<p>4 <u>Classes held at North Shore</u></p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Classes held at UNIDAD</u></p> <p><u>Spanish</u>: 3:00pm - 5:00pm</p>	<p>5 All classes return to UNIDAD</p> <p>*<u>Dance Fusion</u>: 10:45am - 11:45am</p> <p>*<u>Chi Gong</u>: 1:00pm - 2:00pm</p> <p><u>Legal Services</u>: 1:00pm - 3:00pm</p> <p><u>English Classes</u>: 2:0pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>6</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>UNIDAD Health Class</u>: 2:00pm - 3:00pm</p>	<p>7</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Cell Phone Give Away</u>: 9:30am-12:00pm</p> <p><u>Tax Aid</u>: 9:00am - 1:00pm</p> <p><u>Pole Walking</u>: 3:45pm -5:00pm</p>
<p>10</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p><u>Karma Yoga</u>: 11:00am - 12:00pm</p> <p><u>Bridge</u>: 1:00pm - 3:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm -5:00pm</p>	<p>11</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Spanish</u>: 3:00pm - 5:00pm</p>	<p>12</p> <p>*Trip to Youth Fair</p> <p>*<u>Dance Fusion</u>: 10:45am - 11:45am</p> <p>*<u>Chi Gong</u>: 1:00pm - 2:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>13</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: Cancelled</p> <p><u>UNIDAD Bingo</u>: 1:00pm - 2:30pm</p>	<p>14</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Cell Phone Give Away</u>: 9:30am-12:00pm</p> <p><u>Tax Aid</u>: 9:00am - 1:00pm</p> <p><u>Pole Walking</u>: 3:45pm – 5:00pm</p> <p><u>Immigration Services</u>: 10:00am - 2:00pm</p>
<p>17</p> <p>Sign-up for Painting With A Twist</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p><u>Karma Yoga</u>: 11:00am - 12:00pm</p> <p><u>Bridge</u>: 1:00pm - 3:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>18</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>UNIDAD Health Class</u>: 11:00am - 12:00pm</p> <p><u>Spanish</u>: 3:00pm –5:00pm</p>	<p>19</p> <p>*<u>Dance Fusion</u>: 10:45am - 11:45am</p> <p>*<u>Chi Gong</u>: 1:00pm - 2:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>20</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm—2:00pm</p> <p><u>Customer Service Training</u>: 12:00pm - 3:00pm</p>	<p>21</p> <p>Spring Fling Party</p> <p>12:00 pm - 3:00 pm</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p>*<u>Bingo</u>: Cancelled</p> <p><u>Cell Phone Give Away</u>: 9:30am-12:00pm</p> <p><u>Pole Walking</u>: 3:45pm – 5:00pm</p>
<p>24</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p><u>Karma Yoga</u>: 11:00am - 12:00pm</p> <p><u>Bridge</u>: 1:00pm - 3:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>25</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Spanish</u>: 3:00pm –5:00pm</p>	<p>26</p> <p>*Trip to Painting With A Twist</p> <p>*<u>Dance Fusion</u>: 10:45am - 11:45am</p> <p>*<u>Chi Gong</u>: 1:00pm - 2:00pm</p> <p><u>English Classes</u>: 2:00pm - 4:00pm</p> <p><u>Pole Walking</u>: 3:45pm - 5:00pm</p>	<p>27</p> <p>*<u>Chair Yoga</u>: 9:30am - 10:30am</p> <p>*<u>Tai Chi</u>: 10:45am - 11:45am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p>	<p>28</p> <p>*<u>Chair Aerobics</u>: 9:30am - 10:30am</p> <p>*<u>Bingo</u>: 12:00pm - 2:00pm</p> <p><u>Cell Phone Give Away</u>: 9:30am-12:00pm</p> <p><u>Pole Walking</u>: 3:45pm – 5:00pm</p> <p><u>Immigration Services</u>: 10:00am - 2:00pm</p>
	<p>* = Offered by Miami Beach Parks and Recreation</p>	<div style="border: 1px solid red; padding: 10px; text-align: center;"> <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>Classes will return to UNIDAD April 5th.</p> </div>		

General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Every Monday & Wednesday, 1:30pm - 4:00pm
- **Bridge Card Game** - Every Monday, 1:00pm - 3:00pm
- **Karma Yoga** - Every Monday, 11:00am - 12:00pm
- **Spanish Classes** - Every Tuesday, 3:00pm - 5:00pm
- **UNIDAD Health Class** - Tuesday, 4/18 11:00am - 12:00pm
- **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, 4/05 1:00pm - 3:00pm
- **Tax Aid** - Last Class is Friday, 4/14 9:00am - 1:00pm
- **Chi Gong** - Every Wednesday, 1:00pm - 2:00pm
- **UNIDAD Bingo** - Thursday, 4/13 1:00pm - 2:30pm
- **Health Class** - Thursday, 4/6 2:00pm - 3:00pm
- **Customer Service Training** - Thursday, 4/20 2:00pm - 3:00pm

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 by [Miami Beach Parks and Recreation](#)

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).

APRIL FIELD TRIPS * [SIGN UP at NSPYC](#)

*TRIP 1 - Youth Fair

(Max: 70 people) April 12, 2017 (FREE)
Bus leaves North Shore Park @ 11:00am
Returns to North Shore Park @ 4:00pm
"Lunch NOT included"

Sign-up starts Wednesday, April 3, 2017 at NSPYC

*TRIP 2 - Painting With A Twist

(Max: 50 people) April 26, 2017 (FREE)
Bus leaves North Shore Park @ 9:30am
Returns to North Shore Park @ 1:00pm
"Lunch NOT included"

Sign-up starts Wednesday, April 17, 2017 at NSPYC

EVENT- Spring Fling Party

April 21, 2017 12:00pm - 3:00pm
Location: [UNIDAD](#)

* = Classes, programs and workshops offered by [Miami Beach Parks and Recreation](#)

- ***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 12:00am - 2:00pm
- ***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

Revised 3/21/17