



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p><u>* = Offered by Miami Beach Parks and Recreation</u></p> <p><i>Revised 8/23/17</i></p>				<p>1</p> <p>*Sign-up for Seniors' Masquerade</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>*Bingo: 11:00am - 1:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p>4</p>	<p>5</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>6</p> <p><u>*Dance Fusion: 10:45am - 11:45am</u></p> <p><u>*Chi Gong: 1:00pm - 2:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Legal Services: 1:00pm - 3:00pm???</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p> <p><u>Health Class: 2:30pm - 3:30pm</u></p>	<p>7</p> <p>*Trip to Perez Art Museum</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>8</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>*Bingo: 11:00am - 1:00pm</u></p> <p><u>Unidad Bingo: 1:00pm - 2:30pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p>11</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Karma Yoga: 11:00am - 12:00pm</u></p> <p><u>Zumba Gold: 2:00pm - 3:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Desarrollo Personal: 12pm - 2pm</u></p>	<p>12</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>13</p> <p><u>*Dance Fusion: 10:45am - 11:45am</u></p> <p><u>*Chi Gong: 1:00pm - 2:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p> <p><u>Health Class: 2:30pm - 3:30pm</u></p>	<p>14</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>15</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>*Bingo: 11:00am - 1:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p>18</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Karma Yoga: 11:00am - 12:00pm</u></p> <p><u>Zumba Gold: 2:00pm - 3:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Desarrollo Personal: 12pm - 2pm</u></p>	<p>19</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>20</p> <p>*Seniors' Masquerade</p> <p><u>*Dance Fusion: 10:45am - 11:45am</u></p> <p><u>*Chi Gong: 1:00pm - 2:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p> <p><u>Health Class: 2:30pm - 3:30pm</u></p>	<p>21</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>22</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>*Bingo: 11:00am - 1:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p>
<p>25</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>Karma Yoga: 11:00am - 12:00pm</u></p> <p><u>Zumba Gold: 2:00pm - 3:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Desarrollo Personal: 12pm - 2pm</u></p>	<p>26</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>27</p> <p>*Domino Tournament</p> <p><u>*Dance Fusion: 10:45am - 11:45am</u></p> <p><u>*Chi Gong: 1:00pm - 2:00pm</u></p> <p><u>English Classes: 2:00pm - 4:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Flamenco: 2:30pm - 3:30pm</u></p> <p><u>Health Class: 2:30pm - 3:30pm</u></p>	<p>28</p> <p><u>*Chair Yoga: 9:30am - 10:30am</u></p> <p><u>*Tai Chi: 10:45am - 11:45am</u></p> <p><u>*Bingo: 12:00pm - 2:00pm</u></p> <p><u>Spanish: 3:00pm - 5:00pm</u></p>	<p>29</p> <p><u>*Chair Aerobics: 9:30am - 10:30am</u></p> <p><u>*Bingo: 11:00am - 1:00pm</u></p> <p><u>Pole Walking: 3:45pm - 5:00pm</u></p> <p><u>Driver Safety Class: 9:00pm - 3:00pm</u></p>

General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Every Monday & Wednesday, 1:30pm - 4:00pm
- **Zumba Gold** - Every Monday, 2:00pm - 3:00pm
- **Karma Yoga** - Every Monday, 11:00am - 12:00pm
- **Desarollo Personal** - Every Monday 12:00pm - 2:00pm
- **Spanish Classes** - Every Tuesday & Thursday, 3:00pm - 5:00pm
- **Pole Walking** - Every Monday, Wednesday & Friday, 3:45pm - 5:00pm
- **Legal Services** - Every first Wednesday, 9/6, 1:00pm - 3:00pm
- **Chi Gong** - Every Wednesday, 1:00pm - 2:00pm
- **Flamenco** - Every Wednesday, 2:30pm - 3:30pm
- **Health Class** - Every Wednesday, 10:30pm - 11:30pm
- **Driver Safety Class** - Friday, 09/29. 9:00am - 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).

EVENTS & FIELD TRIPS * SIGN UP at NSPYC

*EVENT - Seniors' Mardi Gras Masquerade

Jungle Island - Treetop Ballroom (1111 Parrot Jungle Trail, Miami, FL, 33132)

Wednesday, September 20, 2017 6:00pm - 8:30pm (FREE)

RSVP Required - RSVP list will be located at North Shore Park.

Sign-up starts Friday, September 1, 2017

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

*TRIP 1 - Perez Art Museum

(Max: 45 people) September 7, 2017 (FREE)

Bus leaves North Shore Park @ 9:30am

Returns to North Shore Park @ 1:00pm

"Lunch **NOT** included"

Sign-up starts Thursday, August 24, 2017 at NSPYC

*EVENT - Domino Tournament

7200 Collins Avenue Domino Pavilion

Wednesday, September 27, 2017 6:00pm - 8:00pm (FREE)

To participate contact Kevin Cobas 305-861-3616 ext.2131

* = 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 12:00am - 2:00pm & Friday 11:00am - 1:00pm
- ***Fine Arts** - Every Friday, 9:30am - 2:00pm
- ***Ceramics** - Every Wednesday, 9:00am - 12:00pm (monthly fee)
- ***Fitness Center** - Monday-Sunday, 8:30am - 3:00pm (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