



# MIAMI BEACH

# Senior Calendar

Mon	Tue	Wed	Thu	Fri
<p><b>* = Offered by Miami Beach Parks and Recreation</b></p> <p><i>Revised 5/17/18</i></p>				<p>1</p> <p><b>*Chair Aerobics: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>
<p>4</p> <p><b>*Sign up for Senior Summer Beach Party</b></p> <p><b>*Tai Chi: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>	<p>5</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>6</p> <p><b>*Dance Fusion: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Chi Gong: 1:00pm - 2:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p> <p><b>Flamenco: 2:00pm - 3:00pm</b></p>	<p>7</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm—4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>8</p> <p><b>*Chair Aerobics: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>
<p>11</p> <p><b>*Sign up for Marlins Game</b></p> <p><b>*Tai Chi: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>	<p>12</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>13</p> <p><b>*Dance Fusion: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Chi Gong: 1:00pm - 2:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p> <p><b>Flamenco: 2:00pm - 3:00pm</b></p>	<p>14</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm—4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>15</p> <p><b>*Chair Aerobics: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>
<p>18</p> <p><b>*Tai Chi: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>	<p>19</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>20 <b>*Senior Summer Beach Party</b></p> <p><b>*Dance Fusion: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Chi Gong: 1:00pm - 2:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p> <p><b>Flamenco: 2:00pm - 3:00pm</b></p>	<p>21</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>22</p> <p><b>*Chair Aerobics: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>
<p>25</p> <p><b>*Tai Chi: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>	<p>26</p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>27</p> <p><b>*Dance Fusion: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Chi Gong: 1:00pm - 2:00pm</b></p> <p><b>English Classes: 2:00pm - 4:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p> <p><b>Flamenco: 2:00pm - 3:00pm</b></p>	<p>28</p> <p><b>*Marlins Game</b></p> <p><b>*Chair Yoga: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>*Bingo: 2:00pm - 4:00pm</b></p> <p><b>Spanish: 3:00pm - 5:00pm</b></p>	<p>29</p> <p><b>*Chair Aerobics: 9:30am - 10:30am</b></p> <p><b>Lunch Program: 12:00 - 1:00pm</b></p> <p><b>Pole Walking: 3:45pm - 5:00pm</b></p>

## General Information:

### Classes, programs and workshops offered by UNIDAD

- **English Classes** - Every Monday & Wednesday, 1:30pm - 4:00pm
- **Spanish Classes** - Every Tuesday & Thursday, 3:00pm - 5:00pm
- **Pole Walking** - Every Monday, Wednesday & Friday, 3:45pm - 5:00pm
- **Legal Services** - Every first Wednesday, 8/2, 1:00pm - 3:00pm
- **Chi Gong** - Every Wednesday, 1:00pm - 2:00pm
- **Flamenco** - Every Wednesday, 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).



## EVENTS & FIELD TRIPS \* SIGN UP at NSPYC

### EVENT 1 - Senior Summer Beach Party

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

June 20, 2018 6:00pm - 8:00pm (FREE)

RSVP Required - Sign-up starts June 4th, 2018

Transportation is provided: Buses leave NSPYC at 5:00pm.

### TRIP 1 - Marlins Game Max: 40

June 28, 2018 (FREE)

Bus leaves North Shore Park @ 11:00am

Returns to North Shore Park @ 4:00pm

Sign-up starts June 11, 2018 at NSPYC

\* = Classes, programs and workshops offered by

Miami Beach Parks and Recreation

- **\*Chair Aerobics** - Every Friday, 9:30am - 10:30am
- **\*Chair Yoga** - Every Tuesday & Thursday, 9:30am - 10:30am
- **\*Tai Chi** - Every Monday, 9:30am - 10:30pm
- **\*Dance Fusion** - Every Wednesday, 9:30am - 10:30am
- **\*Bingo** - Every Tuesday, & Thursday 2:00pm - 4:00pm  
**\*\*Bingo will be held at UNIDAD\*\***
- **\*Fine Arts** - Classes will resume in September.
- **\*Ceramics** - Classes will resume in September.
- **\*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

Rodericka Moore: roderickamoore@miamibeachfl.gov

Julissa Reyes: julissareyes@miamibeachfl.gov