

Mon	Tue	Wed	Thu	Fri
	<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p> <p><i>Revised 7-16-24</i></p>		<p><b>1</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Chair Aerobics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-2:30pm</u> <u>Choir: 4:00pm- 5:00pm</u></p>	<p><b>2</b></p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts &amp; Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking: 3:30pm-4:30pm</u></p>
<p><b>5</b></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am-10:15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Sound Therapy: 1:30pm-2:30pm</u> <u>Art Class: 1:30pm-2:30pm</u> <u>English Class: 2:45pm-3:45pm</u></p>	<p><b>6</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Dance Fusion: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Spanish Class: 3:00pm- 4:30pm</u> <u>Pole Walking: 3:30pm- 4:30pm</u></p>	<p><b>7</b></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am-10:15am</u> <u>Calisthenics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Computer Class: 1:15pm- 2:15pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u></p>	<p><b>8</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Chair Aerobics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-2:30pm</u> <u>Choir: 4:00pm- 5:00pm</u></p>	<p><b>9</b></p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts &amp; Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking: 3:30pm-4:30pm</u></p>
<p><b>12</b> <i>Feeding South Florida 10:30am-11:30am</i></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am-10:15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Sound Therapy: 1:30pm-2:30pm</u> <u>Art Class: 1:30pm-2:30pm</u> <u>English Class: 2:45pm-3:45pm</u></p>	<p><b>13</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Dance Fusion: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Spanish Class: 3:00pm- 4:30pm</u> <u>Pole Walking: 3:30pm- 4:30pm</u></p>	<p><b>14</b></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am— 10:15am</u> <u>Calisthenics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30 - 1:00pm</u> <u>Qi-Gong: 1:30pm- 2:30pm</u></p>	<p><b>15</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Chair Aerobics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-2:30pm</u> <u>Choir: 4:00pm- 5:00pm</u></p>	<p><b>16</b></p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts &amp; Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking: 3:30pm-4:30pm</u></p>
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<p><b>26</b></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am-10:15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Sound Therapy: 1:30pm-2:30pm</u> <u>Art Class: 1:30pm-2:30pm</u> <u>English Class: 2:45pm-3:45pm</u></p>	<p><b>27</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Dance Fusion: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Spanish Class: 3:00pm- 4:30pm</u> <u>Pole Walking: 3:30pm- 4:30pm</u></p>	<p><b>28</b></p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am— 10:15am</u> <u>Calisthenics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30 - 1:00pm</u> <u>Qi-Gong: 1:30pm- 2:30pm</u></p>	<p><b>29</b></p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Chair Aerobics: 10:15am- 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Choir: 4:00pm- 5:00pm</u></p>	<p><b>30</b></p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Arts &amp; Crafts: 10:00am - 12:00pm</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u> <u>Pole Walking: 3:30pm-4:30pm</u></p>

### General Information:

**\* = Classes, programs and workshops offered by Miami Beach Parks and Recreation held at Unidada.**

- **Chair Aerobics** - Thursday, 10:15am - 11:15am
- **Outdoor Yoga**- Tuesday & Thursday 8:00 am—9:00am  
(second floor terrace)
- **Chair Yoga** - Tuesday & Thursday, 9:00am - 10:00am
- **Tai Chi** - Monday & Wednesday, 9:00am - 10:00am
- **Tai Chi Ruler** - Monday & Wednesday, 10:00am - 10:15am
- **Calisthenics**- Monday & Wednesday, 10:15am-11:15am
- **Dance Fusion** - Tuesday 10:15am-11:15am & Friday, 9:15am - 10:15am
  - **Sound Therapy**- Monday, 1:30pm - 2:30pm
  - **North Shore Art Club**- Saturday 9:00am- 1:00pm
- **Fitness Center at NSPYC** - Monday-Friday, 6:15pm-8:00pm  
Saturday 9:00am - 5:00pm

North Shore Park and Youth Center

**501 72nd Street, Miami Beach, Fl. 33141 | 305-861-3616**  
**Xavier Guerrero: xavierguerrero@miamibeachfl.gov**

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the Rectrac registration system.

Please visit [miamibeachparks.com](http://miamibeachparks.com) to see all senior program offerings.

### Classes, programs and workshops offered by UNIDAD

- **Spanish Classes** - Tuesday, 3:00pm - 4:30pm
  - **Pole Walking** - Tuesday & Friday, 3:30pm - 4:30pm
    - **Choir** - Thursday, 4:00pm - 5:00pm
    - **Flamenco** - Friday, 1:30pm - 2:30pm
  - **Art Class** - Monday, 1:30pm-3:30pm, Friday, 10:00am - 12:00pm
    - **Qi Gong**- Wednesday, 1:30pm- 2:30pm
    - **English Classes**- Monday, 1:45pm-2:45pm
  - **Computer Classes**- Every other Wednesday, 1:15pm- 2:15pm
    - **Book Club**- Thursday 1:30pm- 2:30pm
  - **Free Lunch** - Monday - Friday, 11:30am - 1:00pm
- UNIDAD Senior Center**

**7251 Collins Avenue, Miami Beach, FL. 33141 | 305-867-0051**

### General Information:

**> EVENT - Floral Workshop( FREE ) <**

**Scott Rakow Youth Center**

**2700 Sheridan Ave, Miami Beach, Fl 33140**

**August 4, 2024 1:00pm - 2:00pm**

**Registration begins July 29, 2024**

**MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting**

**[register.miamibeachparks.com](http://register.miamibeachparks.com)**

**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).*