



Mon	Tue	Wed	Thu	Fri
<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p>	<p><b>1</b>  <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>Bingo: 1:30pm-3:00pm</u>  <u>Spanish Class: 3:00pm-4:30pm</u>  <u>Pole Walking: 3:30pm-4:30pm</u></p>	<p><b>2 * Registration begins*</b>  <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>3</b>  <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: 11:30 am-1:00pm</u>  <u>Bingo: 1:30 pm-3:00 pm</u>  <u>Book Club: 1:30pm- 3:00pm</u>  <u>Choir: 4:00 pm -5:00 pm</u></p>	<p><b>4</b>  <u>Dance Fusion: 9:15 am -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>7 *Feeding SFla Workshop*</b>  <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>Arts &amp; Crafts: 1:30 pm -2:30 pm</u>  <u>English Class: 2:45pm- 3:45pm</u></p>	<p><b>8</b>  <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>Bingo: 1:30pm-3:00pm</u>  <u>Spanish Class: 3:00pm-4:30pm</u>  <u>Pole Walking: 3:30pm-4:30pm</u></p>	<p><b>9</b>  <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>Qi-Gong: 1:30pm- 2:30pm</u></p>	<p><b>10</b>  <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: 11:30 am-1:00pm</u>  <u>Bingo: 1:30 pm-3:00 pm</u>  <u>Book Club: 1:30pm- 3:00pm</u>  <u>Choir: 4:00 pm -5:00 pm</u></p>	<p><b>11</b>  <u>Dance Fusion: 9:15 am -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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## General Information:

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

- Chair Aerobics - Thursday, 10:15am - 11:15am
- Outdoor Yoga- Tuesday & Thursday, 8:00am- 9:00 am (second floor terrace)
  - Chair Yoga - Tuesday & Thursday, 9:00am - 10:00am
  - Calisthenics - Monday & Wednesday, 10:15am - 11:15am
    - Dance Fusion - Tuesday 10:15am- 11:15am & Friday, 9:15am - 10:15am
    - Sound Therapy- Monday, 1:30 pm- 2:30 pm
    - North Shore Art Club- Saturday, 9:00 am- 1:00 pm
- Fitness Center at NSPYC- Monday- Friday, 7:30am- 1:00 pm & 6:15pm- 8:00pm  
Saturday 9:00am- 5:00pm

### Contact Information for Miami Beach Parks and Recreation

#### Senior Scenes Programming:

North Shore Park 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 at various city facilities.

#### UNIDAD Senior Center

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

#### Classes, programs and workshops offered by UNIDAD

- Spanish Classes - Tuesday, 3:00 pm - 4:30 pm
- Pole Walking - Tuesday & Friday, 3:30 pm - 4:30 pm
- Flamenco - Friday, 1:30 pm - 2:30 pm

*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).*

- Art Class- Monday, 1:30pm - 3:30pm, Friday, 10:00a m - 12:00 pm,
- Computer Class - Every Other Wednesday, 1:15pm - 2:15pm
  - Qi Gong- Wednesday, 1:30 pm—2:30pm
  - Choir - Thursday, 4:00 pm - 5:00 pm
- English Classes- Monday, 2:45pm- 3:45pm
- Book Club- Thursday, 1:30pm-2:30pm
- Lunch Program- Monday- Friday, 11:30am- 1:00pm

#### General Information:

##### \* By Brothers Homestead\*

**\*Lunch is Included\***

**15515 SW 177th Ave, Miami, Fl 33187**

**Wednesday, October 16, 2024**

**Bus leaves @ 9:00 am**

**Returns @ 2:00pm**

**Sign-up starts Tuesday, October 1, 2024**

**Max Capacity: 80**

#### Event: Floral Design Workshop for Seniors 55+

**October 5, 2024**

**Time: 1:00 p.m. – 2:00 p.m.**

**Location: North Shore Park (501 72nd Street)**

**Fee: Free for Seniors 55+**

MB Seniors ages 55+ will enjoy a floral design workshop where they can make a beautiful bouquet. Space is limited, and registration is required by visiting [register.miamibeachparks.com](http://register.miamibeachparks.com). If you need assistance with registration, please call 305.673.7767.