

Mon	Tue	Wed	Thu	Fri
<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p>				<p>1*Registration Begins* <u>Dance Fusion: 9:15am -10:15am</u> <u>Art Class: 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>4 *Feeding SFLa 10:30am-11:30am*</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: 1:30 pm –3:30 pm</u> <u>English Class: 2:45pm- 3:45pm</u></p>	<p>5</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>6</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>Qi-Gong: 1:30 pm –2:30 pm</u></p>	<p>7</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- 3:00pm</u> <u>Choir: 4:00pm- 5:00pm</u></p>	<p>8</p> <p><u>Dance Fusion: 9:15am -10:15am</u> <u>Art Class: 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 Unidada

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

11/25, 11/26, 11/27 Gym Open 6:15pm-8:00pm ONLY

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 Ext.6585

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 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, 3:30pm - 4:30 pm
 - Flamenco - Friday, 1:30pm - 2:30pm
- Art Class- Monday, 1:30pm - 3:30pm, Friday, 10:00am -12:00 pm,
 - Computer Class - Every Other Wednesday, 1:15pm- 2:15p
 - Qi Gong - Wednesday 1:30pm- 2:30pm

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).

•Choir - Thursday, 4:00 pm -5:00pm

•English Classes- Monday, 2:45pm- 3:45pm

•Book Club- Thursday, 1:30pm-3:00pm

•Lunch Program- Monday-Friday, 11:30am-1:00pm

General Information:

Senior Family Day

Lunch is Included

Scott Rakow Youth Center

November 16, 2024

Bus leaves @ 10:30 am

Returns @ 2:00pm

Sign-up starts Friday, November 1, 2024

Max Capacity: 80 Participants

*Senior Health Fair *

Michael-Ann Russell JCC/Scheck Family Gym

Lunch Dynasty Buffet \$5

November 19, 2024

Bus leaves @8:30am

Returns @ 1:00pm

Sign-up starts Friday, November 1, 2024

Max Capacity: 80 Participants

Floral Design Workshop for Seniors 55+

November 10, 2024

Time: 1:00 p.m. – 2:00 p.m.

Scott Rakow Youth Center (2700 Sheridan Ave, Miami Beach 33140)

Fee: Free for Seniors 55+

Floral Design Workshop for Seniors 55+

November 19, 2024

Time: 2:00pm– 3:00pm

UNIDAD Senior Center (7251 Collins, Ave, Miami Beach, FL 33141)

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. If you need assistance with registration, please call 305.673.7767.