

December



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
2 *Registration Begins*/*Feeding SFla UNIDAD* Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Sound Therapy: 1:30pm- 2:30pm Art Class: 1:30pm- 3:30pm	3 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am-10:15am Dance Fusion: 10:15am - 11:15am Lunch Program: 11:30 - 1:00pm Spanish Class: 3:00pm-4:30pm Pole Walking: 3:30pm-4:30pm	4 Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Qi-Gong: 1:30pm-2:30pm	5 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Chair Aerobics: 10:15am - 11:15am Lunch Program: 11:30 am- 1:00pm Book Club: 1:30pm- 3:00pm Choir: 4:00pm- 5:00pm	6 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch : 11:30 - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking: 3:30pm- 4:30pm
9 Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Sound Therapy: 1:30pm- 2:30pm Art Class: 1:30pm- 3:30pm English Class:2:45pm- 3:45pm	10 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Dance Fusion: 10:15am - 11:15am Lunch Program: 11:30 - 1:00pm Spanish Class: 3:00pm-4:30pm Pole Walking: 3:30pm-4:30pm	11 Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am—10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Computer Class: 1:15pm- 2:15pm Qi-Gong: 1:30pm-2:30pm	12 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Chair Aerobics: 10:15am - 11:15am Lunch Program: 11:30 am- 1:00pm Book Club: 1:30pm- 3:00pm Choir: 4:00pm- 5:00pm	13 *Dolphin Mall Trip* Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch : 11:30 - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking: 3:30pm-4:30pm
16 Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Sound Therapy: 1:30pm- 2:30pm Art Class: 1:30pm- 3:30pm English Class:2:45pm- 3:45pm	17 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Dance Fusion: 10:15am - 11:15am Lunch Program: 11:30 - 1:00pm Spanish Class: 3:00pm-4:30pm Pole Walking: 3:30pm-4:30pm	18 * Senior Holiday Gala* Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am—10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Qi-Gong: 1:30pm-2:30pm	19 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Chair Aerobics: 10:15am - 11:15am Lunch Program: 11:30 am- 1:00pm Book Club: 1:30pm- 3:00pm Choir: 4:00pm- 5:00pm	20 *UNIDAD X-Mas Party*Lunch Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch : 11:30 - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking: 3:30pm-4:30pm
23 Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Sound Therapy: 1:30pm- 2:30pm Art Class: 1:30pm- 3:30pm English Class:2:45pm- 3:45pm	24 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Dance Fusion: 10:15am - 11:15am Lunch Program: 11:30 - 1:00pm Spanish Class: 3:00pm-4:30pm Pole Walking: 3:30pm-4:30pm	25 CLOSED HOLIDAY 	26 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Chair Aerobics: 10:15am - 11:15am Lunch Program: 11:30 am- 1:00pm Book Club: 1:30pm- 3:00pm Choir: 4:00pm- 5:00pm	27 Dance Fusion: 9:15am - 10:15am Art Class: 10:00am - 12:00pm Lunch : 11:30 - 1:00pm Flamenco: 1:30pm - 2:30pm Pole Walking: 3:30pm-4:30pm
30 *NutCracker Ballet Trip* Tai Chi: 9:00am-10:00am Tai Chi Ruler: 10:00am- 10:15am Calisthenics: 10:15am- 11:15am Lunch Program: 11:30 - 1:00pm Sound Therapy: 1:30pm- 2:30pm Art Class: 1:30pm- 3:30pm English Class:2:45pm- 3:45pm	31 Outdoor Yoga: 8:00am- 9:00am Chair Yoga: 9:15am- 10:15am Dance Fusion: 10:15am - 11:15am Lunch Program: 11:30 - 1:00pm Spanish Class: 3:00pm-4:30pm Pole Walking: 3:30pm-4:30pm			<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p> <p><i>Revised 11-12-24</i></p>

General Information:

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

- Chair Aerobics - Thursday, 10:15am - 11:15am
- Outdoor Yoga- Tuesday & Thursday 8:00 am- 9:00am(NSYC Dance Room)
 - *Chair Yoga - Tuesday & Thursday, 9:15am - 10:15am
 - Calisthenics- Monday & Wednesday 10:15am- 11:15am
 - Tai Chi - Monday & Wednesday, 9:00am - 10:00am
 - Tai Chi Ruler - Monday & Wednesday, 10:00am - 10:15am
 - Sound Therapy- Monday, 1:30pm- 2:30pm
- Dance Fusion - Tuesday 10:15am- 11:15am & Friday, 9:15am - 10:15am
 - North Shore Art Club- Saturday, 9:00am- 1:00pm

Fitness Center at NSPYC - Monday -Friday 7:30am - 1:00pm &

6:15pm- 8:00pm

Saturday 9:00am- 5:00pm

12/20,12/23, 12/24, 12/26,12/27

Gym Opens 6:15pm- 8:00pm Only

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 to see all senior program offerings at various city facilities.

UNIDAD Senior Center

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

General Information:

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

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).

● Flamenco - Friday, 1:30pm - 2:30pm

● Art Class - Monday, 1:30pm- 3:30pm, Friday, 10:00am - 12:00pm

● Book Club: Thursday, 1:30pm- 3:00pm

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

● Qi-Gong - Wednesday, 1:30pm- 2:30pm

● Computer Class- Every Other Wednesday, 1:15pm- 2:15pm

● English Class- Monday, 2:45pm- 3:45pm

*** Senior Holiday Gala*(Free)**

Miami Beach Convention Center - Grand Ballroom

Entrance on 21st Street and Washington Ave.

December 18, 2024, 6:00pm - 8:00pm

Bus leaves @ 5:00pm

Returns @ 9:00pm

Registration Begins December 2, 2024

***Dolphin Mall Trip*(Free)**

December 13, 2024

Bus leaves at 9:00am

Bus returns at 2:00pm

LUNCH NOT INCLUDED

Registration Begins December 2, 2024

***Nutcracker Ballet*(Free)**

Fillmore Miami Beach

December 30, 2024

Bus leaves @2:00pm

Bus returns @5:30pm

Food Not Included

Registration Begins December 2,2024

Floral Design Workshop

North Shore Park & Youth Center

501 72nd Street , Miami Beach, Fl 33141

December 7, 2024

1:00pm- 2:00pm

Floral Design Workshop

Flamingo Park

999 11th Street, Miami Beach , Fl 33139

December 21, 2024

1:00pm- 2:00pm