

# MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.–12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.
- **NUTRITION EDUCATION:** Counseling and nutrition education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.
- **HEALTH SUPPORT ACTIVITIES:**
  - Free **CHAIR EXERCISE CLASSES** are provided every Monday, Wednesday and Friday, from 11-11:30 a.m., with Instructor Elizabeth King;
  - Free **YOGA-STYLE EXERCISE CLASSES** are offered on Mondays, Wednesdays and Fridays, from 8:45—10:00 a.m., at the senior center;
  - Free **"GET IN SHAPE" EXERCISE CLASSES** are provided every Monday, Wednesday and Friday at the senior center, from 10:00—10:45 a.m. with Certified Personal Trainer Natasha Salmon-Cogno;
  - Free **LINE DANCING CLASSES** are offered every Thursday by Instructor Denise Gishler from 9:30—10:45 a.m.;
- **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying packages. Field trips to area stores and other places of interest are planned each month.
- **RECREATION:** Recreational and social activities planned for August include: Bingo games (8/6, 8/13, 8/20 and 8/27); the MS/VG Senior Citizens' Club business meeting (8/14); a field trip to Westfield Mall (8/10); and the monthly birthday & anniversary party (8/16).



## HEALTH & EDUCATIONAL PROGRAMS SCHEDULED IN AUGUST:



-**"LIVING WILLS, ADVANCED DIRECTIVES & the IMPORTANCE OF ESTATE PLANNING"** - presentation by Attorney Diana Gonzalez scheduled for 8/1 at 12:15 p.m.;

-**"WALK WITH EASE" PROGRAM** - introduction to a self-guided, 6 week initiative by Alan Tavss, Coordinator for the Health Foundation of South Florida, scheduled for 8/7 at 12:15 p.m.;

-**"PHYSICAL ACTIVITY and HEALTH"**- presentation by Seniors Helping Seniors and the Alliance for Aging, Inc., scheduled for 8/8 at 12:15 p.m.;

-**"COUNCIL REPORT"** --presentation by Councilwoman Jennifer Ator, scheduled for 8/9 at 12:15 p.m.;

-**"CRIME WATCH" MEETING** --program by Officers Jorge Capote and Janice Simon from the MSPD Community Policing Office on 8/14 at 12:15 p.m.;

-**"MOISTURIZING and SUN PROTECTION"**- Limited to 15 ladies, this interactive demonstration by Isis Ortiz, sponsored by Mary Kay Cosmetics, is scheduled for 8/22 at 12:15 p.m.; and

-**"HURRICANE PREPAREDNESS"** - presentation by the American Red Cross and the Alliance for Aging, Inc., scheduled for 8/29 at 12:15.



## CELEBRATING BIRTHDAYS:

Rafaela V.....	9
Dinella Perez C.....	13
Barbara W.....	14
Shirley P.....	22
Zenaida W.....	29
Mel J.....	31



## BINGO

- Monday, 8/ 6
- Monday, 8/13
- Monday, 8/20
- Monday, 8/27

**FOR FURTHER INFORMATION**  
on any of the services and activities offered by the City's Elderly Services Department, please

## CALL US!



**(305) 805-5160**

## SHOPPING TRIP to WESTFIELD MALL



**Friday, 8/10 1:15—4:00 p.m.**  
16 may go

## NEEDLE CRAFT CLASS:



**Tuesday mornings**  
10:00 a.m.—11:30 a.m.

Learn how to crochet with plastic bags! Get instructions on how to construct placemats, door mats and satchels using grocery bags, scissors and a crochet hook!

*Anyone can do it! Everyone is welcome!*



**Fundraiser for the Miami Springs/Virginia Gardens Senior Citizens' Club:**  
**August 15<sup>th</sup>**  
12:00 P.M.—1:00 P.M.  
(All proceeds go to the Club)

## "SILVER SURFERS" FREE COMPUTER CLASSES -CLASSES FOR BEGINNERS



### LEARN HOW TO:

- use a basic computer & the internet
- use Email, view photos and videos
- find health, legal or travel information easily
- connect with friends on Facebook

**STUDENTS WILL PRACTICE ON INDIVIDUAL COMPUTERS!!!**

**5 week Course for Spanish Speakers:**  
**JULY 24—AUGUST 21<sup>ST</sup>**  
**TUESDAYS ..... 9:00—11:30 a.m.**

## SILENT AUCTION



**Tuesday, August 28<sup>th</sup> 12:15 p.m.**  
*All proceeds to benefit the Miami Springs/Virginia Gardens Senior Citizens Club*



RESERVATIONS are currently being accepted for the next "Silver Surfers" course to be offered in English on:  
**August 28<sup>th</sup>—September 25<sup>th</sup>**  
Tuesday mornings from 9:00--11:00 a.m.