

JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Call us for more information!</i></p>  <p>(305) 805-5160</p>			<p>1</p>  <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT <i>(Class is at the Senior Center)</i></p> <p>11:30 am – LUNCH: Egg Salad & Soup</p> <p>Raffle Items on Display:</p>
<p>5</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – BINGO</p>	<p>6</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Chicken Chasseur</p>	<p>7</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: Beef Chili con Carne</p> <p>12:15 pm – MS/VA Senior Citizens' Club Meeting</p>	<p>8</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Roast Pork</p> <p>1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)</p>	<p>9</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT <i>(Class is at the Senior Center)</i></p> <p>11:30 am – LUNCH: Turkey</p> <p>Raffle Items Awarded</p>
<p>12</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: Cubed Steak</p> <p>12:15 pm – BINGO</p>	<p>13</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Baked Chicken</p> <p>12:15 am – 1:30 pm: </p>	<p>14</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <p>12:15 pm – ID SIGNS: EARLY DETECTION MATTERS – Alzheimer's Assoc. of SE FL & Alliance for Aging</p>	<p>15</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Meatloaf</p> <p> 12:00 pm - BIRTHDAY & ANNIVERSARY PARTY</p> <p>12:45 pm – Grocery Shopping</p>	<p>16</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT <i>(Class is at the Senior Center)</i></p> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <p>12:15 pm – NUTRITION EDUCATION: "SMART FOOD CHOICES FOR HEALTHY AGING"</p>
<p>19</p> <p>MARTIN LUTHER KING, JR. DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>20</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Arroz con Pollo</p> <p>12:15 pm – POISON AWARENESS - Maritza Lopez, Catholic Hospice</p>	<p>21</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: BBQ Pulled Pork</p> <p>12:15 pm – BINGO</p>	<p>22</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>10:00–11:30 a.m.: FREE BLOOD PRESSURE SCREENING - Jackie Diaz, R.N. & Mercedes Blanco, R.N., M-D Health Dept.</p> <p>11:30 am – LUNCH: Meatloaf</p> <p>12:45 pm – Grocery Shopping</p>	<p>23</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT <i>(Class is at the Senior Center)</i></p> <p>11:30 am – LUNCH: Vegetarian Lasagna</p>
<p>26</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:30 am – LUNCH: Baked Ham</p> <p>12:30 pm – BINGO</p>	<p>27</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Ropa Vieja</p> <p>12:15 pm – CRIME WATCH PROGRAM - MSPD Community Policing Ofc</p>	<p>28</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" <i>(Classes are at the Senior Center)</i></p> <p>11:00 a.m. – 1:00 p.m.: DISTRIBUTION of AMPLIFIED TELEPHONES for the HEARING IMPAIRED</p> <p>11:30 am – LUNCH: Roast Turkey</p>	<p>29</p> <p>9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA <i>(Classes are at the Curtiss Mansion)</i></p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p>12:45 pm – Grocery Shopping</p>	<p>30</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT <i>(Class is at the Senior Center)</i></p> <p>11:30 am – LUNCH: Egg Salad & Soup</p>