

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 education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00—10:30 a.m.
Classes are held at the Senior Center;
- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;
- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.
- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;
- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Community Center;

➤ **RECREATION ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **DRUMMING FOR SENIORS**
(Instructor: Alisha Ross)
Mondays.....12:45—2:15 p.m.
Class will be held at the Senior Center;
- **ART FOR SENIORS**
(Instructor: Amanda Petumenos)
Wednesdays.....12:45—2:15 p.m.
Class are held at the Senior Center;

➤ **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 April include: Bingo games (4/6, 4/13, 4/20 and 4/27), a field trips to Wal-Mart (4/24), the monthly birthday and anniversary party (4/16), and a Rummage and Baked Goods Sale (4/28).

FIELD TRIP: WAL-MART

Friday, April 24th
1:15 p.m. -- 5:00 p.m.
\$.50/person (16 may go)



EDUCATIONAL PROGRAMS SCHEDULED:



"COUNCIL REPORT" – On 4/1 at 12:15 p.m., Councilmember George Lob will provide important information on recent Council actions and topics of importance to the citizenry.

LEGISLATIVE UPDATE: On 4/8 at 12:15 p.m., Silvia Castellanos, District Secretary to Representative Bryan Avila, will provide attendees with information on issues that are before the State's House of Representatives.

"NUTRITION AT ANY AGE" – Jackie Gibson from the University of Florida's/M-D Extension Bureau will present this topic on 4/9 at 12:15 p.m.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 4/14 at 12:15 p.m.

"LIVING WITH LOW VISION" – On 4/15 at 12:15 p.m., Raquel Van Der Beist, Occupational & Low Vision Therapist from the Miami Lighthouse for the Blind, will present this topic.

"ORAL, HEAD and NECK CANCER PREVENTION" – Doctors from Mt. Sinai Medical Center will provide valuable information on "Oral, Head and Neck Cancer Prevention" on April 21st at 12:15 p.m.

"MAIL FRAUD SCHEMES" - Otto Fernandez, U.S. Postal Inspector will present this topic on 4/22 at 12:15 p.m.

"IDENTITY THEFT" -- On 4/29 at 12:15 p.m., Emir Hernandez, Program Specialist with the office of the Attorney General, Pam Bondi, will provide valuable information on identity theft.

FREE HEALTH SCREENINGS:



Free BLOOD PRESSURE SCREENING: Registered Nurses from the Miami-Dade Health Department will provide individual counseling and testing for hypertension on 4/2 from 10:00—11:30 a.m.

Free ORAL, HEAD and NECK CANCER SCREENING – Doctors and medical staff from Mt. Sinai Medical Center will provide free cancer screening of the mouth, head and neck on 4/21 from 10:00 a.m.—1:30 p.m.



CELEBRATING BIRTHDAYS:

Ed B.....	2
Norma V.....	2
Palmeira C.....	9
William C.....	14
Elisa de Diaz C.....	19
Dot A.....	25
Marlene C.....	28
Francisca V.....	29



CELEBRATING THEIR ANNIVERSARIES:

Juan & Gladys Marrero.....	4/ 7
Ken & Maria Wilson.....	4/23



Monday, 4/6
Monday, 4/13
Monday, 4/20
Monday, 4/27

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



(305) 805-5160



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, April 15th**, from 9:30 am—2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS.** Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:
April 28th
10:30 a.m. –12:00 p.m.
(All proceeds go to the Club)