

MIAMI SPRINGS SENIOR CENTER

SERVICES and ACTIVITIES

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 Marvick Melendez, 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 is held at the Senior Center.
 - **CHAIR EXERCISE CLASS**
(Instructor: Elizabeth King)
Tuesdays & Thursdays
10:45—11:15 a.m.
Classes are held at the Senior Center.
 - **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Class is held at the Miami Springs Optimist Club.
- **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 (8/1, 8/8, 8/15, 8/22 and 8/29); field trips to Wal-Mart (8/12) and the Atlantic Hosiery & Apparel Outlet (8/24) ; the monthly meeting of the MS/VG Senior Citizens Club (8/10) and the monthly birthday and anniversary party (8/18).



EDUCATIONAL PROGRAMS SCHEDULED:

"WALK WISE" -- On 8/3 at 12:15 p.m., the Florida Department of Transportation will provide safety information for pedestrians during an interactive program scheduled at the senior center.

"HOMESTEAD TAX EXEMPTIONS for CERTAIN SENIOR, LOW-INCOME, LONG-TERM RESIDENTS" -- Local resident, Sydney Garton, will explain this tax exemption on 8/10 at 12:15 p.m.

"GROCERY GUIDES...HELPING OLDER ADULTS SHOP HEALTHIER ON A BUDGET" -- the AARP Foundation, in partnership with Hunger Free America and Flipany, will conduct two informative small-group grocery store tours to help participants make healthy food decisions and stretch their food dollars. The one-hour tour of Publix will teach seniors how to: buy nutritious food within their budget. Both tours are scheduled from 1:30—2:30 p.m., with the tour for English speakers planned for 8/16 and the tour for Spanish speakers set for 8/23. Participation is limited and participants must register to receive a \$10 gift card.

"NEW DIETARY GUIDELINES for AMERICANS" -- Jacquelyn Gibson, Extension Agent IV, MS from the University of Florida's IFAS Extension Bureau will present this nutrition education topic at 12:15 p.m. on 8/17.

"HONOR FLIGHTS" -- Elaine Martin will present information regarding free trips to Washington, D.C. for WW II and Korean War Veterans to see their memorials and tributes.

"CRIME WATCH" PROGRAM -- "Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will present the monthly Crime Watch Program at the senior center on 8/30 at 12:15 p.m. The Officers will inform attendees about current crimes being committed in the City and will provide tips on how to avoid becoming a victim.

"ALZHEIMER'S TALK" -- Chen Medical Center will sponsor a program on Alzheimer's disease on 8/31 at 12:15 p.m.



WAL-MART

Friday, August 12th
1:15 p.m.-- 5:00 p.m.
\$.50/person 18 may go

ATLANTIC HOSIERY & APPAREL OUTLET

Wednesday, August 24th
1:15 p.m.—4:00 p.m.
\$.50/person 18 may go



CELEBRATING BIRTHDAYS IN AUGUST:

Wylene B	7
Rafaela V.....	9
Barbara W.....	14
Gloria M	16
Marta A	20
Shirley P.....	22
Jesse P.....	24
Norah R.....	24



Monday, 8/ 1
Monday, 8/ 8
Monday, 8/15
Monday, 8/22
Monday, 8/29

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 SENIOR CENTER on Wednesday, August 17th, 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.

