

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.
- **CHAIR EXERCISE CLASS**
(Instructor: **Elizabeth King**)
Thursdays.....10:45—11:15 a.m.
Classes are held at the Senior Center.
- **TAI CHI FOR ARTHRITIS**
(Instructor: **Judd Zisquit**)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Community 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 December include: Bingo games (12/7, 12/14 and 12/28); the 38th Annual Holiday Party, complete with dinner, music, dancing and door prizes (12/8); musical show by the MS Montessori's Christmas Carolers (12/10); concert by the Hialeah Middle School's Jazz Band (12/11); Senior Variety Show by Natasha and her students (12/16); the monthly birthday and anniversary party (12/17); a puppet show by the Pelican Players' Puppeteers (12/21); special musical entertainment by the Xiques Family (12/23); field trips to Flagler St. Mall (12/4) and Wal-Mart (12/10); the annual Christmas Luncheon (12/23); and a New Year's celebration (12/31).



SPECIAL ENTERTAINMENT SCHEDULED FOR DECEMBER:

Tuesday, 12/8 from 5:00–9:00 p.m.
-38th Annual HOLIDAY PARTY at the MSCC (*reservations required*).

Thursday, 12/10 at 12:15 p.m.
- MIAMI SPRINGS MONTESSORI ELEMENTARY SCHOOL CHORUS



Thank you students, teachers and Ms. Hernandez!

Friday, 12/11 at 12:15 p.m.
- HIALEAH GARDENS MIDDLE SCHOOL JAZZ BAND



Thank you students and Director Lopez, and Councilman Petralanda for arranging this wonderful program!

Wednesday, 12/16 at 12:15 p.m.
- NATASHA'S SENIOR VARIETY SHOW



With singing, dancing, music, drama, comedy and more! Thank you Natasha Salmon-Cogno and all the senior participants!

Monday, 12/21 at 12:15 p.m.
-"WE WISH YOU A MERRY CHRISTMAS!"



Thank you Ralph Wakefield and the Pelican Players Puppeteers!

Wednesday, 12/23 at 12:15 p.m.
-the XIQUES FAMILY TRIO



Thank you Bethany, Joseph, and mom Debra!

FIELD TRIPS

❖ **SHOPPING at FLAGLER ST. MALL**
Friday, 12/4 1:15 -- 5:00 p.m.

❖ **SHOPPING at WALMART**
Thursday, 12/10 1:15 -- 4:30 p.m.
-Trips limited to 16 participants-

FOR FURTHER INFORMATION,
please **CALL US!**



(305) 805-5160

ART for Springs Seniors



If you'd like to learn about and make art, sign up for this 8 session course to be offered several afternoons in December, January and February. Class is limited to 20 participants. Register in the office.



CELEBRATING BIRTHDAYS:

Esmeralda V.....	3
Tony M.....	3
Jose M.....	8
Berta M.....	9
Zonia P.....	11
Lilia R.....	12
Sonia M.....	19
Aida V.....	20
Christel S.....	24
David V.....	25
Jaime O.....	27
Marion Z.....	29
Pat P.....	29



CELEBRATING THEIR ANNIVERSARY:

Berta & Francisco M.....	12/20
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Monday, 12/ 7
Monday, 12/14
Monday, 12/28

REMINDER!



The Miami Springs Senior Center
will be **CLOSED ON:**
- FRIDAY, DECEMBER 25TH
- FRIDAY, JANUARY 1ST

EDUCATIONAL PROGRAMS SCHEDULED FOR DECEMBER:

FREE TELEPHONES FOR THE HEARING IMPAIRED -- On 12/2 from 11:00 a.m.—1:00 p.m., a representative from the Hearing and Speech Center of Florida will be at the City's senior center to distribute AMPLIFIED TELEPHONES at no charge to those with verification of hearing loss and proof of Florida residency.

"GRIEF AND THE HOLIDAYS" -- Catholic Hospice will sponsor this presentation by Maritza Lopez on 12/9 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 12/15 at 12:15 p.m.