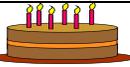


JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>				<p>1</p>  <p>SENIOR CENTER CLOSED</p>
4	5	6	7	8
<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: BBQ Brisket of Beef</p> <hr/> <p>12:15 pm - BINGO <i>1st game - cash prize</i></p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken Chasseur</p> <hr/> <p>12:15 pm - MS/VG Senior Citizens' Club Meeting</p> <hr/> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p>	<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Roast Pork</p> <hr/> <p>12:15 p.m.: "MAYOR'S REPORT" -Mayor Zavier Garcia</p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Stuffed Pepper</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Turkey</p> <hr/> <p>12:15 p.m.: "CONTROLLING HIGH BLOOD PRESSURE" -Nancy Auster, RN Palm Plaza Medical Center</p>
11	12	13	14	15
<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken Fricasee</p> <hr/> <p>12:30 pm - ART CLASS <i>(pre-registration required)</i></p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Beef Chili con Carne</p> <hr/> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p>	<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <hr/> <p>10:00—11:30 a.m.: FREE BLOOD PRESSURE SCREENING & COUNSELING -Jackie Diaz, R.N. & Mercedes Blanco, R.N., M-D Health Dept.</p> <hr/> <p>11:30 am - LUNCH: Egg Salad & Soup</p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Meatloaf</p> <p>12:30 pm - TAI CHI (Class meets at the Optimist Club)</p> <hr/> <p>1:15 pm - FLAGLER ST. MALL</p>	<p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded Pork</p> <hr/> <p>12:15 pm - BINGO</p>
18	19	20	21	22
<p>MARTIN LUTHER KING, JR. DAY</p> 	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Picadillo</p> <p>12:30 pm - TAI CHI (Class meets at the Senior Center)</p> <hr/> <p>12:15 pm - BINGO</p>	<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Baked Ham</p> <hr/> <p>12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office</p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Tuna Salad & Soup</p> <p>12:00 pm -  BIRTHDAY & ANNIVERSARY PARTY</p> <p>12:30 pm - TAI CHI (Class meets at the Senior Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Vegetarian Lasagna</p>
25	26	27	28	29
<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes are at the Senior Center)</p> <p>11:30 am - LUNCH: Beef Stew</p> <hr/> <p>12:15 pm - BINGO</p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Breaded Fish Wedge</p> <hr/> <p>12:30 pm - TAI CHI (Class meets at the Senior Center)</p>	<p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded BBQ Chicken</p> <hr/> <p>12:15 pm - "HOW TO STAY POSITIVE IN A NEGATIVE WORLD" - Maritza Lopez, MFT -sponsored by Catholic Hospice</p>	<p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Roast Turkey</p> <p>12:30 pm - TAI CHI (Class meets at the Senior Center)</p> <hr/> <p>1:15 pm - WAL-MART</p>	<p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded Pork</p> <hr/> <p>12:30 pm - ART CLASS <i>(pre-registration required)</i></p>