

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 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 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 July include: Bingo games (7/5, 7/11/ 7/18 and 7/25), a field trip to Wal-Mart (7/8), the monthly meeting of the MS/VG Senior Citizens Club (TBA) and the monthly birthday and anniversary party (7/21).



EDUCATIONAL PROGRAMS SCHEDULED:



"INVESTOR'S RIGHTS" CLINIC – On 7/6 at 12:15 p.m., students from the University of Miami's School of Law will present information on common investment scams and the availability of free legal advice.

TECHNOLOGY ADOPTION and OLDER ADULTS FOCUS GROUP – Invitees who volunteered to participate in one of the Center for Research and Education on Aging on Technology Enhancement (CREATE) focus groups will meet at the senior center on 7/8 from 1:00—4:00 p.m.

"MEDICARE and YOU" – On 7/13 at 12:15 p.m., Chen Medical Centers will sponsor an informative program on Medicare.

"COUNCIL REPORT" – Councilwoman Rosie Buckner will present important information on recent Council actions and topics of importance to the citizenry on 7/14 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 7/19 at 12:15 p.m.

"DISASTER PREPAREDNESS" – On 7/27 at 12:15 p.m., the Greater Miami Chapter of the American Red Cross will present information on how to prepare for hurricanes and other disasters.



The Florida Division of Driver's Licenses will be available at the City's SENIOR CENTER on Wednesday, July 20th, 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.



CELEBRATING BIRTHDAYS:

Betty de la P.....	4
Barbara Diaz P.....	6
Cira F.....	9
Mercedes H.....	12
Raquel P.....	12
Sara G.....	13
Francisco M.....	13
Adela G.....	14
Nella H.....	15
Betty R.....	15
Celida E.....	19
Frances M.....	23
Christina R.....	24
Margaret W.....	26
Jose V.....	26
Lois F.....	29
Marta C.....	29



CELEBRATING THEIR ANNIVERSARY:

Jose & Luisa M.....	July 4 th
Francisco & Gloria del G.....	July 27 th



Tuesday, 7/ 5
Monday, 7/11
Monday, 7/18
Monday, 7/25

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



(305) 805-5160



Independence Day Parade:

Monday, July 4th – 10:00 a.m.
(Along Westward and Curtiss Pkwy to the Country Club)
FIREWORKS DISPLAY: at the Country Club at Dusk

REMINDER!



The Miami Springs Senior Center will be **CLOSED** on:
MONDAY, JULY 4th