

# 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 Marvick Menendez, 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)  
 Tuesdays & 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 February include: Bingo games (3/7, 3/14, 3/21 and 3/28); the monthly birthday and anniversary party (3/17); and field trips to Mall of the Americas (3/11) and Wal-Mart (3/25).

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



**(305) 805-5160**

## MARCH

### SCHEDULED EDUCATIONAL PROGRAMS:

**TAI CHI DEMONSTRATION** – On March 3<sup>rd</sup> at 12:10 p.m., Certified Instructor Judd Zisquit will provide information on an ancient Chinese form of martial arts that has proven to relieve arthritis pain and stiffness, lower blood pressure, improve balance and calm the mind.

**"COLORECTAL CANCER"** – Medical personnel from the Miami-Dade Area Health Education Center will address this topic on 3/9 at 12:15 p.m.

**"COUNCIL REPORT"** – On 3/22 at 12:15 p.m., Councilman Jaime Petralanda will present information on recent Council actions and topics of importance to the citizenry.

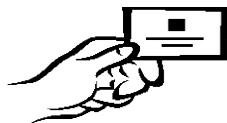
**"MEDICARE FRAUD BINGO"** -- Julie Grochowski, PhD, MSW, from the Florida Senior Medicare Patrol, will facilitate an educational cover-all game of Medicare Fraud Bingo, complete with prizes, on 3/23 at 12:15 p.m.

**"CRIME WATCH" PROGRAM** -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will provide Information on local criminal activities, and how to avoid becoming a victim, on 3/30 at 12:15 p.m.

### FREE HEALTH SCREENING:



**Free BLOOD PRESSURE SCREENING:** Registered Nurses Mercedes and Jackie, from the Miami-Dade Health Department, will provide individual counseling and screenings for hypertension on 3/2 from 10:00 a.m.—11:30 a.m.



The Florida Department of Highway Safety and Motor Vehicles will be available at the City's **COMMUNITY CENTER** on Wednesday, March 16<sup>th</sup> 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](http://www.GatherGoGet.com) for information on the required documentation.



### CELEBRATING BIRTHDAYS:

Bozena L.....	2
Bessie R.....	5
Maria C.....	6
Marta de M.....	8
Nellie G.....	15
Lina B.....	15
Otilia V.....	16
Froilan V.....	19
Rosa V.....	21
Gloria M.....	25
Alicia K.....	26
Helen W.....	28
Libia R.....	28
Sandi H.....	28



**Monday, 3/ 7**  
**Monday, 3/14**  
**Monday, 3/21**  
**Monday, 3/28**



The Miami Springs Senior Center and the AARP Tax Aide Program will be providing

**FREE INCOME TAX PREPARATION ASSISTANCE**  
 every **TUESDAY AFTERNOON**  
 through April 12<sup>th</sup>

**SCHEDULE YOUR APPOINTMENT NOW** by calling the Miami Springs Senior Center!

### FIELD TRIPS:

❖ **SHOPPING at MALL of the AMERICAS**  
 Friday, 3/11 1:15 -- 4:30 p.m.

❖ **SHOPPING at WALMART**  
 Friday, 3/25 1:15 -- 4:30 p.m.

–Trips are limited to 16 participants.  
 Sign up at the front desk!



**REMEMBER TO WEAR GREEN ON THURSDAY, MARCH 17<sup>TH</sup> !**