



MARCH 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>	<p>1</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Chicken</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>2</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 p.m.: BLOOD PRESSURE SCREENING -Miami-Dade Health Department</p> <hr/> <p>11:30 am – LUNCH: Spaghetti & Meatballs</p>	<p>3</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork</p> <hr/> <p>12:10 p.m.: -Judd Zisquit: TAI CHI DEMONSTRATION</p> <hr/> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>4</p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <hr/> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <hr/> <p>12:15 p.m.: ART SHOW & RECEPTION</p>
<p>7</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: Stuffed Cabbage</p> <hr/> <p>12:15 pm – MS/VG Senior Citizens’ Club Meeting</p> <hr/> <p>12:15 pm – BINGO <i>1st game – cash prize</i></p>	<p>8</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Herbed Chicken</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>9</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 Pork Sandwich</p> <hr/> <p>12:15 p.m.: “COLORECTAL CANCER” -Miami-Dade Area Health Education Center</p>	<p>10</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Beef Stew</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>11</p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>Raffle Items on Display!</p> <hr/> <p>1:15 pm – Shopping trip: MALL OF THE AMERICAS <i>16 may go</i></p>
<p>14</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: BBQ Brisket of Beef</p> <hr/> <p>12:15 pm – BINGO</p>	<p>15</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken & Rice Casserole</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>1:00-3:30 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>16</p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <hr/> <p>12:15 p.m.: NUTRITION EDUCATION</p> <hr/> <p>11:30 am – LUNCH: Roast Pork</p>	<p> 17</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Meatloaf</p> <hr/> <p>12:00 pm –  BIRTHDAY & ANNIVERSARY PARTY</p> <hr/> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>18</p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Vegetarian Lasagna</p> <p>Raffle Items Awarded</p>
<p>21</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 Turkey</p> <hr/> <p>12:15 pm – BINGO</p>	<p>22</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Beef Chili con Carne</p> <hr/> <p>12:15 pm: “COUNCIL REPORT” Councilman Petralanda</p> <hr/> <p>12:30 pm – TAI CHI</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>23</p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <hr/> <p>12:15 pm: “MEDICARE FRAUD BINGO” Julie Grochowski, PhD, MSW</p> <hr/> <p>11:30 am – LUNCH: Baked Ham</p>	<p>24</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>25</p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad & Soup</p> <hr/> <p>1:15 pm – Shopping trip: WAL-MART <i>16 may go</i></p>
<p>28</p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Picadillo</p> <hr/> <p>12:15 pm – BINGO</p>	<p>29</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Chicken</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>30</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: Spaghetti & Meatballs</p> <hr/> <p>12:15 pm – CRIME WATCH PROGRAM MSPD Community Policing Office</p>	<p>31</p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	 <p>CALENDAR OF EVENTS</p>