



OCTOBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>			<p>1</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>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p>2</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 style="text-align: center;"><i>Harvest Raffle items on display</i></p>
<p>5</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: Beef Stew</p> <p>12:15 pm - BINGO <i>1st game - cash prize</i></p>	<p>6</p> <p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>11:30 am -LUNCH: Breaded Fish Wedge</p> <p>12:15 pm - MS/VG Senior Citizens' Club Meeting</p> <p>12:30 pm - NO TAI CHI class today</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: Shredded BBQ Chicken</p> <p>12:15 p.m.: COUNCIL REPORT -Councilman Billy Bain</p>	<p>8</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 Community Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p>9</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am -LUNCH: Roast Pork</p> <p>1:15 pm - FIELD TRIP: TARGET \$.50/person (16 may go)</p>
<p>12</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> <p>12:15 pm - BINGO</p>	<p>13</p> <p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>11:15 am -12:45 pm: </p> <p>11:30 am - LUNCH: Chicken Chasseur</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</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: Roast Pork Chunks</p> <p>12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office</p>	<p>15</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>12:00 pm - BIRTHDAY & ANNIVERSARY PARTY</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p>16</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Turkey</p>
<p>19</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: Chicken Fricassee</p> <p>12:15 pm - BINGO</p>	<p>20</p> <p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>11:30 am -LUNCH: Beef Chili Con Carne</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p style="text-align: center;"><i>Harvest Raffle items awarded today</i></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: Egg Salad & Soup</p> <p>12:15 pm - 9 TIPS FOR CANCER PREVENTION -Jackie Gibson, MS, Family & Consumer Science Agent IV- University of FL</p>	<p>22</p> <p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:00-11:30 am : Free BLOOD PRESSURE SCREENING</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 Community Center)</p>	<p>23</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded Pork Sandwich</p>
<p>26</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: Chicken Cacciatore</p> <p>12:15 pm - BINGO</p>	<p>27</p> <p>9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>11:30 am - LUNCH: Picadillo</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>12:15 pm - "CHOLESTEROL & STROKES" -Palm Plaza Medical Center</p>	<p>28</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> <p>12:15 pm - "WHAT'S ON YOUR PLATE?" Amerigroup Community Care</p>	<p>29</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>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>1:15 pm - FIELD TRIP: WAL-MART \$.50/person (16 may go)</p>	<p>30</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>12:15 pm-  HALLOWEEN PARTY -COSTUME CONTEST-</p>