

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 Marvick Melendez, the program's consulting Registered Dietician or 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.
Classes are held at the Aquatic 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 October include: Bingo games (10/3, 10/10, 10/17, 10/24 and 10/28); field trips to Wal-Mart (10/7) and Mall of the Americas (10/19); the monthly birthday and anniversary party (10/20), and the annual Halloween Costume Contest (10/31).



EDUCATIONAL PROGRAMS SCHEDULED:

"MAYOR REPORT" -- Mayor Xavier Garcia will present information on current City Council actions and other topics of interest to the citizenry on October 5th at 12:15 p.m.;

LIBRARY RESOURCES FOR SENIORS" -- On October 6th at 12:15 p.m., Ana Barreto, Branch Manager of the Miami Springs and Hialeah Gardens libraries, will present information on the ways seniors can use the many resources available from our library.

"OPEN ENROLLMENT" -- Chen Medical Centers will sponsor a program on October 12th, at 12:15 p.m., to discuss the 10/15—12/7 enrollment period for those age 65 and over to select a medical insurance plan. Information will be provided on original Medicare Part A (hospital insurance), Part B (medical insurance), Part C (Advantage plans) and Part D (prescription drug plans) and what choices are available to seniors residing in Miami-Dade County.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will present the monthly Crime Watch Program at the senior center on October 18 at 12:15 p.m. The Officers will inform attendees about current crimes being committed in the City and will provide tips on how to avoid becoming a victim.

"MEET THE PARROTS & OTHER COOL WILDLIFE OF SOUTH FLORIDA" -- On October 26th at 12:15 p.m., Paul Bithorn will entertain and educate us with a program on South Florida's parrots and other wild creatures. Former Virginia Gardens' Mayor Bithorn is a Tropical Audubon Society Board member and avid birder who has contributed information to several bird-finding guide publications. His documentation of parrot species in Miami has been featured in the "National Wildlife Federation" magazine and in "Birders World."

FREE BLOOD PRESSURE SCREENING -- Registered Nurses from the Miami-Dade Health Department will be available at the senior center on Thursday, October 27th from 10:00—11:45 a.m. to screen seniors for hypertension and to provide individual counseling.



WAL-MART

Friday, October 7th
1:15 p.m.-- 5:00 p.m.
\$.50/person 18 may go

MALL of the AMERICAS

Wednesday, October 19th
1:15 p.m.-- 5:00 p.m.
\$.50/person 18 may go



CELEBRATING OCTOBER BIRTHDAYS:

Algeisa V.....	2
Robert A.....	3
Yolanda S.....	5
Danny C.....	7
Maria S.....	9
Carlos S.....	9
Juan M.....	12
Jose G.....	13
Adriano G.....	15
Cecilia G.....	20
Sharon S.....	22
Carlos M.....	25
Denise G.....	28
Ana de B.....	28
Pat D.....	29
Felipe L.....	31



Monday, 10/ 3

Monday, 10/10

Monday, 10/17

Monday, 10/24

Friday, 10/29

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

CALL
(305) 805-5160



The Florida Division of Driver's Licenses will be available at the City's Community Center on Wednesday, October 19th, from 9:30 am—2:00 p.m. 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.

HALLOWEEN COSTUME CONTEST!



Monday, October 31st
12:15 p.m.

Prizes Awarded for Best Costumes!