

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 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 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 July include: Bingo games (9/11, 9/14, 9/21 and 9/28), a Rummage and Baked Goods Sale (9/29), the monthly birthday and anniversary party (9/17), and a field trip to Wal-Mart (9/24).

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



(305) 805-5160



EDUCATIONAL PROGRAMS SCHEDULED:



"FALL PREVENTION" – Florida PACE, at Miami Jewish Health Systems, will provide information on how to reduce risk factors and prevent falling during a presentation scheduled for 9/2 at 12:15 p.m.

"BONE HEALTH AND DIET" – On 9/9 at 12:15 p.m., a nutrition education presentation will be made on what causes osteoporosis and how diet effect ones bone health.

"CRIME WATCH" PROGRAM -- On 9/23 at 12:15 p.m., Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center and provide information on recent local criminal activity.

"MEDICARE BINGO" – Representatives from FL Senior Medicare Patrol will provide information on how to fight Medicare fraud while leading participants through a game of cover-all Bingo on 9/30 at 12:15 p.m.

MATTER OF BALANCE

* Classes in English *
4 WEEK PROGRAM:
August 27th – September 22nd
 on **TUESDAYS** and **THURSDAYS**
 9:30—11:30 a.m.



-participation limited to those who have pre-registered



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, September 16th**, 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:

Madelyn S.....	2
Doris B.....	3
Basilia O.....	5
Rosalba G.....	6
Clara W.....	6
Maria R.....	11
Dulce C.....	12
Hector S.....	13
Johnnie C.....	14
Elsie L.....	15
Rudolfo C.....	16
Gloria del G.....	18
Linda K.....	18
Conrad L.....	19
Frank L.....	19
Sara L.....	26
Viola N.....	28
Mercedes C.....	28
Carlos G.....	30



Tuesday, 9/11
Monday, 9/14
Monday, 9/21
Monday, 9/28



Fundraiser for the
 Miami Springs/Virginia Gardens
 Senior Citizens' Club:
September 29th
11:15 – 12:40 p.m.
 (All proceeds go to the Club)

FIELD TRIP



Thursday, September 24th
 1:15 p.m. -- 5:00 p.m.
 \$.50/person (16 may go)

REMINDER!



The Miami Springs Senior Center
 will be **CLOSED** on:
MONDAY, SEPTEMBER 7TH