

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, 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 return to the Curtiss Mansion beginning Tuesday, 9/13.
 - **"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.
Class is held at the Miami Springs Optimist Club.
- **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 September include: Bingo games (9/6, 9/12, 9/19 and 9/26); field trips to Wal-Mart (9/7), the Smithsonian Institute's "Water/Ways" Exhibit (9/13) and Target (9/23); the monthly birthday and anniversary party (9/15), the Fall Festival (9/21), and the monthly meeting of the MS/VG Senior Citizens Club (9/30).



EDUCATIONAL PROGRAMS SCHEDULED:

"HONOR FLIGHTS" -- On September 2nd at 12:15 p.m., Elaine Martin will present information regarding free trips to Washington, D.C. for WW II and Korean War Veterans to see their memorials and tributes;

"MENTAL HEALTH" – Staywell, a Wellcare Health Company, will present a mental health workshop on September 14th at 12:15 p.m.;

"CRIME WATCH" PROGRAM – Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on September 20th at 12:15 p.m. and provide information on recent, local criminal activities; and

"READY, STEADY, BALANCE: PREVENTING FALLS" – On September 27th at 12:15 p.m., Maritza Lopez, MFT, sponsored by Catholic Hospice, Inc., will present helpful information on how falling can be prevented.



WAL-MART

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

Smithsonian Institute's

"WATER/WAY" EXHIBIT

Tuesday, September 13th
1:15 p.m.-- 230 p.m.
\$.50/person 18 may go

TARGET

Friday, September 23rd
1:15 p.m.-- 5:00 p.m.
\$.50/person 18 may go



WEDNESDAY, 9/21

5:00—8:30 pm

at the Miami Springs Senior Center

Dinner, Dancing & Entertainment

Sponsored by: **Commissioner Rebeca Sosa**

Door Prizes Awarded!

-Reservations Required

Cost: \$ 5.00/ member

\$10.00/ guest

(Transportation will be available.)



CELEBRATING SEPTEMBER BIRTHDAYS:

Doris B.....	3
Basilia O.....	5
Rosalba G.....	6
Maria R.....	11
Hector S.....	13
Elsie L.....	15
Rudolfo C.....	16
Gloria del G.....	18
Linda K.....	18
Frank L.....	19
Sara L.....	26
Viola N.....	28
Mercy C.....	28



Tuesday, 9/ 6

Monday, 9/12

Monday, 9/19

Monday, 9/26

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



(305) 805-5160



The Florida Division of Driver's Licenses will be available at the City's Community Center on Wednesday, September 21st, 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.

REMINDER!



The Miami Springs Senior Center will be CLOSED for LABOR DAY on:

MONDAY, SEPTEMBER 5TH