



Municipal News



City Officials:

- Mayor Billy Bain
- Vice-Mayor Mara Zapata
- Councilman Bob Best
- Councilwoman Maria Puente Mitchell
- Councilman Jaime Petralanda
- City Manager William Alonso
- Police Chief Armando Guzman

201 Westward Drive , Miami Springs, FL 33166 • City Hall: 305.805.5000 • Police: 305.888.9711 • Water/Sewer Emergencies: 305.274.9272 • Fire & Rescue: 911

APRIL 2018

In the Spotlight MSTV77

Miami Springs Police Department Shares Statistics: Traffic Violations

- The Citation reports show that in 2017 4,703 traffic summonses (speeding, running stop signs, etc.) were issued, compared to 2,995 in 2016. An increase of 57%.
- In 2017, 3,841 traffic stops were conducted, compared to 1,718 in 2016. An increase of 124%.
- In 2017 Miami Springs Police Officers made 445 arrests compared to 268 in 2016. An increase of 66%.
- On average, traffic on the incoming bridge between the hours of 6 a.m. and 9 a.m. each weekday morning, 5,000 - 5,500 cars enter the City of Miami Springs.
- Average response time by Miami Springs Police Officers is 2:45 - 3:00 minutes. The national average is 8 minutes or higher.
- Due to vacancies caused by retirements and resignations, the Miami Springs Police Department has had 2

openings for approximately the last 8 months. By the beginning of May 2018, the police department will be fully staffed with the swearing in of 2 new officers. Note: In the last 3 years we have had 4 Police Officers resign to go work at other police departments.

The budget for Police in 2013 was approximately \$5.8 million, the budget for Fiscal Year 2018 is \$6.5 million, an increase of 12% over the past 5 years. Our Police budget represents about 41% of our total General Fund Budget.

Finally, the number of sworn Officers the City has been working with for the past 30 years has not changed. Our City has 43 Officers, which represents a ratio of about 3 Officers per 1,000 in population...compared to Doral with a 1.92 ratio, Hialeah with a 1.24 ratio, and the City of Miami with a 3.18 ratio.

| 2016 CITATIONS ISSUED | | | | |
|-----------------------|---------|---------|---------|------------|
| MONTH | TRAFFIC | PARKING | ARRESTS | TRFC STOPS |
| JAN | 380 | 37 | 21 | 204 |
| FEB | 362 | 42 | 44 | 155 |
| MAR | 408 | 55 | 38 | 177 |
| APR | 470 | 37 | 23 | 109 |
| MAY | 182 | 33 | 12 | 143 |
| JUN | 262 | 51 | 24 | 138 |
| JUL | 163 | 60 | 14 | 104 |
| AUG | 163 | 192 | 19 | 105 |
| SEP | 120 | 20 | 10 | 121 |
| OCT | 161 | 27 | 28 | 142 |
| NOV | 137 | 20 | 12 | 123 |
| DEC | 187 | 61 | 23 | 197 |
| TOTAL | 2995 | 635 | 268 | 1718 |

| 2017 CITATIONS ISSUED | | | | | | |
|-----------------------|---------|-----------|---------|---------|------------|--------------------|
| MONTH | TRAFFIC | INCREASE | | ARRESTS | TRFC STOPS | INCREASE FROM 2016 |
| | | FROM 2016 | PARKING | | | |
| JAN | 355 | -7% | 53 | 32 | 319 | 56% |
| FEB | 345 | -5% | 48 | 24 | 262 | 69% |
| MAR | 587 | 44% | 56 | 51 | 411 | 132% |
| APR | 464 | -1% | 54 | 23 | 349 | 220% |
| MAY | 596 | 227% | 55 | 64 | 395 | 176% |
| JUN | 471 | 80% | 79 | 44 | 344 | 149% |
| JUL | 506 | 210% | 40 | 63 | 359 | 245% |
| AUG | 492 | 202% | 27 | 42 | 416 | 296% |
| SEP | 152 | 27% | 24 | 23 | 213 | 76% |
| OCT | 263 | 63% | 24 | 45 | 269 | 89% |
| NOV | 287 | 109% | 5 | 15 | 275 | 124% |
| DEC | 185 | -1% | 5 | 19 | 229 | 16% |
| TOTAL | 4703 | 57% | 470 | 445 | 3841 | 124% |

| 2018 CITATIONS ISSUED | | | | | | |
|-----------------------|---------|-----------|---------|---------|------------|--------------------|
| MONTH | TRAFFIC | INCREASE | | ARRESTS | TRFC STOPS | INCREASE FROM 2017 |
| | | FROM 2017 | PARKING | | | |
| JAN | 443 | 25% | 33 | 38 | 376 | 18% |
| FEB | 390 | 13% | 15 | 44 | 293 | 12% |

PUBLIC WORKS DEPARTMENT

305.805.5170

Did You Know?

Residents of Miami Springs have always taken great pride in maintaining their properties beautiful. In continuing to keep the City's beautiful appearance, the Public Works Department requests your help! Illegal dumping of construction material has been a recent issue. For starters, dumping of any construction material such as shingles and/or dry wall (with the exception of wood) in your trash is not permitted, and is subject to a violation. Furthermore, dumping construction material in your neighbors' lot and/or any vacant lot, is definitely illegal, and is subject to a fine. **City Code, Section 93-11.** States that "It shall be unlawful for any person to dump or bury any waste on public or private property unless written permission has been obtained from the respective property owner or owners and such disposal has been authorized by the director of public works" (Ord. 351, passed 4-11-66; amend. Ord. 586-76, passed 9-13-76; amend. Ord. 606-77, passed 9-26-77). - Penalty, § 93-99.

Solid Waste Management of Florida's Code of Ordinances Chapter 15 states that "littering, dumping, and unauthorized delivery prohibited; dumping or burying solid waste without proper authorization; unauthorized deliver of solid waste at neighborhood trash and recycling centers; declared public nuisance; presumption" (Sec. 15-6).

It is the intent of the Board of County Commissioners of Miami-Dade County, Florida, to prevent "the abuse of the environment through acts classified as dumping and litter-



ing", in which these acts severely burden the taxpayers of Miami-Dade County, negatively affect the attractiveness of the City, and generally affects public health, safety, and the welfare of its residents and visitors (Dade Clean County Ordinance). Please reference **403.413 Florida Litter Law** for specific details.

Trash (such as construction material) Can Be Taken To:
Address: 21500 NW 47 Ave. Miami, FL 33055
Phone: 305.594.1500

Home Chemicals: (paints, tar, etc.)
Address: 8801 NW 58 Street Doral, FL 33178

IMPORTANT CALENDAR DATES

City Council Meetings

City Council Regular Meetings

- Monday, May 14th, 2018 at 7 P.M. at City Hall
- Tuesday, May 29th, 2018 at 7 P.M. at City Hall

Special Dates

VOICE YOUR VIEWS!

Congressman Diaz-Balart's Office

Visits to City Hall

- Every third Wednesday of every month:
- 11 A.M. to 12 P.M. • Wed., May 16 at City Hall
- Question & Answer session for residents!

SCHOOL BOARD OFFICE

AT CITY HALL

School Board Member Susy Castillo's

Satellite Office Visits to City Hall

- Wednesday, May 2, 2018 - 9 A.M. to 3:00 P.M.
- Wednesday, May 23, 2018 - 9 A.M. to 3:00 P.M.

FREE NOTARY SERVICE

The Office of the City Clerk offers free notary services to residents of Miami Springs and Virginia Gardens with a valid ID.
Monday - Friday, 8:00 a.m. - 4:45 p.m.

Recycling Dates

- Wednesday, May 2, 2018
- Wednesday, May 16, 2018
- Wednesday, May 30, 2018

City Hall Closures

Monday, May 28th - Memorial Day



Visit our web site:
www.miamisprings-fl.gov

We are now live on TV
MSTV • Channel 77

SPECIAL PULL-OUT SECTION



**Miami Springs Police Department
NATIONAL TAKE-BACK INITIATIVE
Saturday, April 28, 2018**



Come join the Miami Springs Police Department and the Drug Enforcement Administration (DEA) in a one day National Take Back Initiative to remove potentially dangerous controlled substances from our nation's medicine cabinets.

For your convenience, a collection site will be established at the Community Policing Office, located at 274 Westward Drive on Saturday, April 28th, from 10:00 am until 2:00pm where you will be able to dispose of any expired, unwanted or unused medications.

wanted prescription or over the counter medicines to the collection site. If leaving medication in their original containers, **all personal information must be removed from the label.** We also ask that you keep any liquid medicine, such as cough syrup, in the original containers and to make sure the caps are tightly secured to prevent leaks.

Intra-venous (IV) solutions, injectables and syringes **will not be accepted** due to potential hazards posed by blood-borne pathogens. Illicit substances such as marijuana or methamphetamines are not part of this initiative.

**Miami Springs Police & City Council
COMMUNITY SHRED DAY**
TUESDAY, May 15th, 2018 | 4:00PM – 7:00PM
Miami Springs Community Center Parking Lot • 1401 Westward Drive

Shred up to 4 file size boxes of paper **FREE**
Miami Springs Residents & Businesses **ONLY**

DON'T BE A VICTIM OF FRAUD & IDENTITY THEFT!
Shred your sensitive documents to reduce your exposure to these types of crimes and keep personal information out of the hands of criminals!

Contact the Miami Springs Police Community Policing Office at (305) 888-5286 for more information.

MIAMI SPRINGS GOLF & COUNTRY CLUB
305.805.5180

The Golf and Country Club hosted a successful "All-Day" Autism Awareness Golf Event, Sponsored by Ernie Els Autism Foundation with raffle prizes and giveaways!

HUMAN RESOURCES DEPARTMENT
305.805.5009

CITY OF MIAMI SPRINGS CELEBRATES MAY BIRTHDAYS

| | |
|--|--|
| <ul style="list-style-type: none"> • Roberto Quintero • Rachel Buckner • Julian Reyes • Jorge Irizarry • Diomnys Menendez • Denise Martinez • Thomas Cummings • Jonathan Castillo • Mercedes Valero • John Lindgren • Sofia Duarte • Jorge Villavicencio • Juan Espinosa • Gustavo Miranda Jr. • William Roberson | <ul style="list-style-type: none"> • Code Compliance Department • Public Works Department • Police Department • Police Department • Police Department • Police Department • Public Works Department • Police Department • Finance Department • Building Department • Recreation Department • Recreation Department • Recreation Department • Recreation Department • Recreation Department • Golf Department |
|--|--|

Happy Birthday and Best Wishes!

CITY OF MIAMI SPRINGS RECOGNIZES APRIL EMPLOYMENT ANNIVERSARIES:

- Carlos Sánchez completed 37 years of service
- Steven Griffin completed 27 years of service
- Grace Vazquez completed 17 years of service
- Eneyra Encarnacion completed 12 years of service

Thank You For Your Loyal Service to the City of Miami Springs!

Garbage, Trash and all that Rubbish

Recently we have had many complaints from residents and Public Works sanitation Department regarding the placement of trash on the swales, of recyclable bins being left out on swale for days, and the placement of non-combustible materials in the trash pickup areas.

Properties with alley ways can place their trash behind their property as long as they don't obstruct the right-of-way for the City Vehicles. Recycling bins need to be brought into the property within 24 hours from pickup date.

Construction materials, tires, concrete or other non-combustible materials will not be picked up by the Sanitation Department; there are special locations to be taken to in Miami Dade. Please call 311 for areas according to the materials to be disposed.

Multi-Family buildings and commercial buildings can only place the trash 24 hours prior to the pickup date. In cases where large amounts of trash will be placed, please call Public Works Department for special pickup.

The City appreciates your cooperation to this matter in an effort to keep our City looking beautiful.

• Sec. 93-05. - Garbage, garden trash, and rubbish; placement in receptacles for collection and removal; placement for pickup and retrieval of containers.

• (D) Loose trash, including bagged materials, white goods, furniture, and any other non-containerized or containerized trash materials may not be placed for pick up by any multi-family residential or commercial site adjacent to any City street earlier than 24 hours prior to any scheduled pick up. Any receptacles used for the disposal of these materials must be retrieved and returned to the interior of the site within 24 hours of pick up.

• (E) In addition to the provision of subsection (D) above, all recycling containers may not be placed for pick up by any multi-family residential or commercial site adjacent to any City street earlier than 24 hours prior to any scheduled pick up. All recycling containers must be retrieved and returned to the interior of the property site within 24 hours of pick up.

• (F) The provisions of subsections (D) and (E) above shall not be applicable to any pickups performed in City alleys and in the single family residentially zoned districts of the City

Miami-Dade County Water Restrictions

- Watering is not allowed between 10 a.m. and 4 p.m.
- Hand-watering with one hose fitted with an automatic shut-off nozzle is allowed for 10 minutes per day for landscape stress relief and to prevent plant die-off.
- Restrictions apply to all users of any water resource within Miami-Dade County, whether from publicly or privately-owned water utility sewer systems, private wells or private connections to surface water bodies.
- Residents and businesses with an ODD-numbered street address (ending in 1, 3, 5, 7, 9):
 - Lawn watering is permitted on WEDNESDAYS and SATURDAYS from 4 p.m. to 10 a.m.
 - Residents and businesses with an EVEN-numbered street address
 - (ending in 0, 2, 4, 6, 8*), no street address, or who water both even and odd addresses within the same zones, including multi-family units and Homeowner Associations:
 - Lawn watering is permitted on THURSDAYS and SUNDAYS from 4 p.m. to 10 a.m.

Residents should choose from one of two "watering windows" (before 10 a.m. or after 4 p.m.) on their designated irrigation days. For the most efficient use of water, residents should avoid irrigating during both time periods on the same day.

Some exceptions

Restrictions don't apply for car and boat washing, pressure cleaning of paved surfaces, decorative fountains and water-based recreation (e.g. swimming pools, water slides).

Users of 100 percent reclaimed water are exempt from restrictions, but encouraged to conserve water.

Low-volume irrigation, including the use of drop and micro jet systems that apply water directly to plant root zones, is not restricted but is encouraged to be reduced.

Newly-planted gardens and landscaping

New landscaping can be watered during the corresponding hours listed above every day, **except Fridays**, for the first 90 days it is installed. Save the receipt with the date of purchase. When unable to water during specific hours, call 3-1-1 to apply for a variance.

Report Violations

To report a water restriction violation, visit the 3-1-1 submit a service request website and select Other under the All tab or call 3-1-1.

ART IN MIAMI SPRINGS

Enjoy exciting new works of art in a variety of mediums at the City of Miami Springs Gallery, located in the lobby of City Hall @ 201 Westward Drive. All exhibitions are Free and open to the public, Monday-Friday from 8am-4:45pm.

Our featured artists for the months of April & May are the talented students of Springview Elementary School.

This exhibition is made possible by the City of Miami Spring and by Springview Elementary Art Instructor, Jan Keenan Harvey and will be on view until May 25.

If you are a local business that would like to sponsor an upcoming Artist reception or an Artist living or working in Miami Springs looking for exhibition opportunities, contact Tammy Key, Professional Services Specialist at key@miamisprings-fl.gov

Artwork by Sofia J., 4th Grade



COMMUNITY CENTER

The Miami Springs Community Center is getting ready for SUMMER!!!!

Whether you're interested in Basketball, Health & Wellness or just having Fun, we have a camp for you!!

Operating Hours

Monday – Friday: 6:00 a.m. – 9:30 p.m.

Saturday: 7:00 a.m. – 8:30 p.m. • **Sunday:** 9:00 a.m. – 7:00 p.m.

Contact Information:

Miami Springs Community Center: 1401 Westward Dr. Miami Springs, FL 33166
www.MiamiSprings-fl.gov/ParksAndRecreation • 305.805.5075

OPEN GYM BASKETBALL HOURS:

Monday – Friday
12:00 p.m. – 5:00 p.m.: 18 & Over - \$4

Monday - Thursday Evenings:
6:00 p.m. – 9:30 p.m. 18 & Over - \$4

Saturday:
7:00 a.m. – 8:30 p.m.:

17 & Under - Free; 18 & Over - \$4

Sunday:

9:00 a.m. – 7:00 p.m.:
17 & under - Free; 18 & over - \$4

OPEN GYM VOLLEYBALL:

Friday Evening:
6:00 p.m. – 9:30 p.m.:
17 & under - Free; 18 & over - \$4

FACILITY RENTALS

- The Multi-Purpose Room is available for rental
- The 10x10 Pavilions at Prince Field are available for rental
- The 20x20 Pavilion at Stafford Park is available for rental

For More Information Contact: The Miami Springs Community Center at 305.805.5075
http://www.miamisprings-fl.gov/parksandrecreation

Jazzercise & Jr. Jazzercise: Visit www.jazzercise.com or call 305.888.7625

For Information on Athletics & Fitness Programs

(Basketball, Volleyball, Fitness Room, Jogging Track)

Visit: www.miamisprings-fl.gov/parksandrecreation

SUMMER CAMP 2018

Join us for a SUMMER with New & Old FRIENDS for FIELD TRIPS, SPORTS, ARTS & CRAFTS, and MORE!
Summer Camp is available for children between the ages of 5 – 13 years old.

Two Options are available this SUMMER:
FULL 10 Week SUMMER CAMP:

June 11th - August 17th

2 Week Sessions:

- Session 1: June 11th – June 22nd
- Session 2: June 25th - July 6th
- Session 3: July 9th – July 20th
- Session 4: July 23rd - August 3rd
- Session 5: August 6th - August 17th

Sessions must be PAID in FULL at the time of registration.

Summer Camp Registration OPEN for Residents of Miami Springs & Virginia Gardens. Proof of Residency is REQUIRED (i.e. current utility bill)

Registration will open to NON-RESIDENTS on Monday, May 7th at the Community Center *Space Permitting*

BASKETBALL CAMP 2018

Get ready for a SUMMER of BASKETBALL!

Join us for a month-long specialized camp with highly experienced coaches/ trainers working with campers on the fundamentals of the game: dribbling, passing, defense, rebounding, shooting and more!

Basketball camp is for ALL KIDS & skill levels ages 11- 14 years old

LIMITED SPOTS AVAILABLE: Only 30 kids per session DON'T MISS OUT!

There will be TWO 4-week sessions

1st session: Weeks of June 11th, 18th, 25th & July 2nd

2nd session: Weeks of July 9th, 16th, 23rd & 30th

Activity Fee: \$100 PER SESSION

Session Fee: \$400 PER SESSION

Register Now at the Miami Springs Community Center



AQUATIC CENTER

🔥🔥🔥 **POOL IS HEATED** 🔥🔥🔥

Operating Hours

Monday-Friday
Lap Swim:
9:00 a.m. – 1:00 p.m.
Open Swim:
3:00 p.m. – 7:00 p.m.

Saturday
Open Swim:
10:00 a.m. – 6:00 p.m.

Sunday
Open Swim:
12:00 p.m. – 5:00 p.m.

WEATHER PERMITTING

Contact Information:

Miami Springs Aquatic Center • 1401 Westward Dr. • Miami Springs, FL. 33166
305-805-5078 • www.MiamiSprings-fl.gov/

Water Aerobics

Water Aerobics is an exercise that is fun for all! It employs the resistance and buoyancy of water to condition your muscles while improving strength, flexibility and cardiovascular fitness.

Taught in our heated pool, this course is ideal for:

- Swimmers & non-swimmers alike
- Losing or maintaining weight
- Low impact exercise
- Sufferers of arthritis
- Socialization

Summer Class Times:

Mondays & Wednesdays: 10:30-11:30 a.m.
Tuesdays & Thursdays: 6:15-7:15 p.m.

Fall/Winter Class Times:

Mondays & Wednesdays: 10:30-11:30 a.m.
Tuesdays & Thursdays: 6 -7 p.m.

| | 8 Classes | 16 Classes |
|--------------|-----------|------------|
| Resident | \$50 | \$80 |
| Non-Resident | \$60 | \$100 |

*Classes can be completed at your leisure, and do not expire until used

POOL AREA RENTALS

The Miami Springs Aquatic Facility offers public and private rentals for residents & non-residents.

- The Multi-Purpose room is available for rental
- 12x12 umbrella rental or 16x16 shaded areas

For More Information Contact: The Miami Springs Aquatic Center at 305.805.5078 http://www.miamisprings-fl.gov/parksandrecreation/aquatic-facility-rental-information

For Information on Aquatic Programs

(Swimming Lessons, Swim Fit, and Water Aerobics)
Visit: www.miamisprings-fl.gov/parksandrecreation

GET FIT CAMP 2018

JOIN A MONTH LONG FITNESS PROGRAM WITH HIGHLY-EXPERIENCED COACHES / TRAINERS, TRAINING ATHLETES FOR TOP-NOTCH STRENGTH, FLEXIBILITY, SPEED, BALANCE, CARDIOVASCULAR AND RESPIRATORY ENDURANCE, CONDITIONING AND COORDINATION DESIGNED TO HELP KIDS REACH PEAK FITNESS AND PERFORMANCE!

Get Fit Camp is for ALL KIDS of ALL FITNESS BACKGROUNDS between the ages of 9-11 years old and 12-17 years old

LIMITED SPOTS AVAILABLE:
Only 20 KIDS PER SESSION

There will be TWO Four-Week Sessions
Session 1: Weeks of June 11th, 18th, 25th & July 2nd

Session 2: Weeks of July 9th, 16th, 23rd & July 30th

Activity Fee: \$100 PER SESSION

Session Fee: \$400 PER SESSION

Register Now at the Miami Springs Community Center

For detailed information please call the Community Center at 305-805-5075

POOL MEMBERSHIPS:

Residents

Adults: 18 & over \$90.00
Senior: 60 & over \$50.00
Youth: 17 & under \$50.00
Family of 4: \$250.00

Non-Residents

Adults: 18 & over \$150.00
Child: 17 & under \$100.00
Senior: 60 & over \$100.00
Family of 4: \$350.00

Seniors 60 & Over

FREE: Monday – Friday, 9:00a.m. – 12:00p.m.

Special Events

Memorial Day Ceremony

Monday, May 28th, 10am
at the War Memorial on Curtiss Pkwy
For additional information please contact Patti Bradley at 305-805-5075

★★★ Save The Date ★★★

Annual 4th of July Celebration!!!

★★ Celebration Begins Tues., July 3 ★★

Car Show

on the circle, 6pm - 10pm

Baby Contest

for babies from Birth to 3 years

Registration begins at 6:30pm,

Contest at 7:00pm

NEW LOCATION

Aquatic Center- Multi Purpose Room

★★ Celebration Continues Wed., July 4 ★★

Parade, at 10am

starting at the intersection of Westward & Esplanade, heading East on Westward and turning South on Curtiss

Fireworks at Dusk

At the Miami Springs Golf & Country Club
Would you or your organization like to ride or walk in this year's parade?

Contact Patti Bradley to pre-register no later than

Thursday, June 28th

at 305-805-5075 or bradleypp@miamisprings-fl.gov

NO ONE will be allowed to join the parade if not previously registered



Follow us on Instagram
[@cityofmiamisprings](https://www.instagram.com/cityofmiamisprings)



Follow us on Facebook:
[facebook.com/MiamiSpringsFL/](https://www.facebook.com/MiamiSpringsFL/)

Each year, the Administration on Aging designates May as "Older American's Month." The 2018 theme, "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. No matter where you are in your life, there is no better time than now to start. The Miami Springs Senior Center offers a variety of activities and services to older adults of Miami Springs and Virginia Gardens, age 60 and over. Current financial and programmatic support comes from: the City of Miami Springs, the Alliance for Aging, Inc., the Florida Department of Elder Affairs, the Village of Virginia Gardens, participant donations, local business organizations, civic groups and countless volunteers.

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.

TRANSPORTATION: Daily pick up, utilizing the Hialeah-MS Rotary Charitable Foundation bus, is provided to older residents with no means of transportation to and from the center.

- Weekly trips to grocery stores, assistance with shopping and carrying packages is provided.

- Field trips to malls and other places of interest are scheduled each month.

- Trips currently scheduled for May: Walmart (5/3), Publix (5/10), Fresco y Mas (5/18) and Sabor (5/24).

RECREATION ACTIVITIES: Recreational and social events are planned each month at the senior center. The following activities are currently planned for May: the annual "Spring Fling" dinner dance with entertainment by Frankie

Bravo (5/8); a free performance by the Pelican Playhouse storytellers entitled, "Hey Diddle Diddle ...The Adventures of the Dish and the Spoon" (5/11); recognition of Mother's Day by Representative Bryan Avila (5/14); the monthly birthday and anniversary celebration, sponsored this month by Palm Medical Center (5/17); weekly Bingo games (5/7, 5/14, 5/21 and 5/28); and shopping trips to Walmart, Publix, Fresco y Mas and Sabor. Additional activities will be announced as scheduled.

HEALTH SUPPORT PROGRAMS AND EDUCATIONAL PRESENTATIONS:

- Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations and businesses. The following topics are scheduled for May.

- **"The American Constitution"** On May 2nd at 12:15 p.m., Assistant State Attorney Vivianne del Rio will present a program on the American Constitution and equality.

- **Miami-Dade Public Library System's TECHNOBUS** -- The library's mobile technology innovation lab will visit the senior center on May 1st and May 15th from 10:00—11:30 a.m. The bus brings digital services and devices directly to the center and provides seniors with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets, Those interested in learning more about technology are encouraged to stop by and visit.

- **"Library Happenings"** -- A representative of the Miami Springs Branch Library, will present information about library services and upcoming events on May 8th at 12:15 p.m.

- **"Understanding Autism in Adults"** - Dr. Elizabeth Kury Perez, from Mount Sinai Medical Center, will present valuable



State Representative Bryan Avila stopped by the senior center on April 12 to update participants on legislative actions recently passed.

information about adult autism on May 9th at 12:15 p.m. This program is part of a monthly lecture series sponsored by Mt. Sinai in an effort to better serve our community. Programs aimed at helping seniors live better, healthier lives are offered at 12:15 p.m. on the second Wednesday of each month.

- **FREE Blood Pressure Screening** -- Mercedes Blanco, RN, from the Miami-

Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center on May 16th from 10—11:30 a.m.

- **"Crime Watch" Program** -- Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will present the monthly crime watch program on May 22nd 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.

- **"The True Role of a Preventative Screening Plan"** - Aurola Jimenez from Carefree Insurance Services will present this topic on May 23rd at 12:15 p.m.

For more information on any of the services, activities, or special programs offered, or to volunteer your time, talent or expertise, please contact us at (305) 805.5160.

HEALTH SUPPORT ACTIVITIES

The following Health Support activities require registration, and are offered to seniors enrolled in the Miami Springs Senior Center activities.

CHAIR YOGA & HANDWEIGHT EXERCISES

Mondays & Wednesdays from 9:00 - 10:30 a.m.
Instructor: Natasha Salmon-Cogno
Classes meet at the Senior Center.

FLOOR YOGA CLASSES

Tuesdays & Thursdays from 9:00 - 11:00 a.m.
Instructor: Natasha Salmon-Cogno
Classes meet at the Curtiss Mansion.

TAI CHI for ARTHRITIS

Tuesdays & Thursdays from 12:30 —1:30 p.m.
Instructor: Judd Zisquit
Classes meet at the Aquatic Center.

"LET'S DANCE" EXERCISE CLASSES

Mondays & Wednesdays from 10:30 - 11:00 a.m.
Instructor: Natasha Salmon-Cogno
Classes meet at Senior Center.

CHAIR EXERCISE CLASSES

Tuesdays & Thursdays from 10:30 —11:00 a.m.
Instructor: Elizabeth King
Classes meet at Senior Center.

"CELEBRATION WORKOUT"

Fridays from 9:00 a.m.—11:00 a.m.
Instructor: Natasha Salmon-Cogno
Class meets at the Senior Center.

MAY 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--------------------------|---|-----|-----|
| | | 1 CODE COMPLIANCE: 7:00 PM | 2 CURBSIDE RECYCLING | 3 | 4 | 5 |
| 6 | 7 | 8 EDUCATION BD: 6:00 PM | 9 | 10 | 11 | 12 |
| 13 | 14 CITY COUNCIL MEETING: 7:00 PM | 15 | 16 CURBSIDE RECYCLING | 17 RED LIGHT CAMERA HEARING: 5:00 PM | 18 | 19 |
| 20 | 21 | 22 RECREATION BD: 7:00 PM | 23 | 24 | 25 | 26 |
| 27 SUMMER POOL PARTY AT AQUATIC CENTER NOON-5:00 PM | 28 CITY HALL CLOSED! MEMORIAL DAY CEREMONY 10AM AT WAR MEMORIAL | 29 CITY COUNCIL MEETING: 7:00 PM | 30 CURBSIDE RECYCLING | 31 | | |

