

City of Miami Springs

News Bulletin



The City of Miami Springs pays for the News Bulletin

City Officials:
Mayor Xavier Garcia
Vice-Mayor Billy Bain

Councilwoman Roslyn Buckner
Councilman Bob Best
Councilman Jaime Petralanda

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

DECEMBER 2015

IMPORTANT CALENDAR DATES

City Council Regular Meeting:
Monday, December 28, 2015

City Council Regular Meeting
Monday, January 11, 2016

City Council Regular Meeting
Monday, January 25, 2016

RECYCLING:
Wednesday, January 7, 2016
Wednesday, January 21, 2016

Happy Holidays!
From the
Finance Department



From your City Clerk's Office
Erik Gonzalez-Santamaria, City Clerk
Elora R. Sakal, Deputy City Clerk
Juan D. Garcia, Administrative Assistant

WELCOME

The City of Miami Springs welcomes the following new business to our City, and wishes it every success:

Essilor Labs of America
357 N. Royal Poinciana Blvd.
Online Sales

Follow us on Twitter:
@MiamiSpringsFL

ELDERLY SERVICES DEPT.

305.805.5160 • SENIOR CENTER, • 343 PAYNE DRIVE

The Miami Springs Senior Center, located on Prince Field at 343 Payne Drive, offers a variety of activities and services to older residents every Monday through Friday from 9:00 a.m.–5:00 p.m. Current financial and programmatic support comes from: the City of Miami Springs; the Alliance for Aging, Inc. and the Florida Department of Elder Affairs; the Village of Virginia Gardens; participant donations; local business organizations, civic groups and countless volunteers. Residents of Miami Springs, age 60 and over, 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.

HEALTH SUPPORT ACTIVITIES:

The following courses require registration, as class size is limited, and are offered only to seniors enrolled in Miami Springs Senior Center activities:

- **CHAIR YOGA** instruction is provided by Natasha Salmon-Cogno on Mondays and Wednesdays from 9:00–10:30 a.m. at the City's Senior Center. Classes are offered free to local residents age 60 and over.

- **"LET'S DANCE" EXERCISE CLASSES**, free to area seniors, are scheduled on Mondays and Wednesdays from 10:30–11:00 a.m. at the senior center facility. Classes are instructed by Natasha Salmon-Cogno and pre-registration is required.

- **FLOOR YOGA CLASSES**, instructed by Natasha Salmon-Cogno, are offered free to registered seniors on Tuesdays and Thursdays from 9:00–11:00 a.m. at the Curtiss Mansion.

- **"CELEBRATION WORKOUT"** classes, designed to work on memory and physical fitness, are held every Friday morning from 9:00–11:00 a.m. at the City's Senior Center. Classes are instructed by Natasha Salmon-Cogno and are free to registered seniors.

- **TAI CHI for ARTHRITIS** -- Tai Chi exercises, designed to help older individuals with Arthritis, are taught by Judd Zisquit on Tuesdays and Thursdays from 12:30–1:30 p.m. to seniors who are enrolled in senior center activities. Classes meet at the Miami Springs Community Center and focus on improving joint flexibility, balance, muscular strength, and general fitness and health. Interested seniors must pre-register at the senior center office located at 343 Payne Drive.

RECREATION ACTIVITIES: Recreational and social



Thanks to our Santa Helpers Fran Morgan, Toni Mayo, Maria Wilson, Bessie Raymond and Norma Gomez (seated in front), the Senior Center has been decorated for Christmas!

events are planned each month at the senior center. Currently, the following activities are scheduled for January: weekly Bingo games (1/4, 1/12, 1/18 and 1/25); the monthly birthday & anniversary party (1/21); and shopping trips to Flagler Street Mall (1/14) and Wal-Mart (1/28).

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. In addition, weekly trips are made to area grocery stores and assistance is given with shopping and carrying packages. Field trips to local stores, malls or other places of interest are scheduled each month.

HEALTH SUPPORT AND EDUCATIONAL PROGRAMS: Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations and businesses. As of now, the following topics are scheduled for January:

- **MAYOR'S REPORT** - Mayor Xavier Garcia will provide participants of the senior center with an update of

recent City Council actions and present other topics of interest to the citizenry at 12:15 p.m. on a date to be determined in January;

Free BLOOD PRESSURE SCREENING - Registered Nurses from the Miami-Dade Health Department will provide free testing for hypertension and individual counseling at the senior center on 1/13 from 10–11:30 a.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 11/20 at 12:15 p.m. and provide information on recent local criminal activity;

"HOW TO THINK POSITIVELY IN A NEGATIVE WORLD" -- Maritza Lopez, MFT, with Catholic Hospice, will present valuable information on the benefits of positive thinking and tips on how to improve your attitude at 12:15 p.m. on 1/27.

For further information on any of the services, activities, or special programs offered, or to volunteer your time, talent or expertise at the Miami Springs Senior Center, please contact us at 305.805.5160.

POLICE DEPARTMENT
305.888.9711



Signs of Road Rage and How to Avoid It

People are losing their lives on the highway everyday because of "road rage". Road rage is defined as violent or visibly angry behavior by a driver of a motor vehicle which can result in crashes or other incidents on roadways. Is also called an extreme case of aggressive driving. A majority of drivers get angry when someone cuts them off or tailgates them.

The following are possible signs of road rage or aggressive driving:

- Generally aggressive driving, including sudden acceleration, braking, and following too closely
- Cutting off other drivers, or preventing other vehicles from merging
- Hitting the horn or flashing lights
- Shouting obscenities, or threats
- Hand gestures
- Intentionally causing a crash between vehicles
- Getting out of a vehicle in an attempt to start a confrontation

- Threatening to use or using a weapon
- Throwing objects from a moving vehicle

Ways to Avoid Road Rage

- Do not allow someone to draw you into a test of wills on the highway. If someone is tailgating you, pull into the slow lane and let them pass. Don't tailgate others or cut them off in traffic.
- Keep a cool head
- Avoid eye contact
- Never make obscene gestures
- Do not take traffic problems personally.
- Do not use your vehicle to intimidate others
- Get out of the left lane for other faster moving vehicles
- If you witness something you think is road rage, stay out of the way and call police
- Do not become frustrated or stressed out—if you do, remove yourself from the situation
- Never get behind the wheel if you are tired or irritable
- Avoid confrontation
- Reduce stress by allowing ample time for your trip.

Art in City Hall

Members of the Hibiscus Fine Arts Guild will be displaying their favorite paintings of seasonal scenes during the annual "Winter Art Exhibit" throughout December and January in our City Hall lobby. The Hibiscus Art Guild was organized over 40 years ago to foster art appreciation in our community. The Guild brings artists together to share techniques and to promote artistic creation. All artists are welcome, and they encourage interested local residents to join them. For information, please call 305.805.5010 or 305.888.8133. You are cordially invited to view the art exhibit during the months of December and January, Monday through Friday, between the hours of 8:00 a.m. and 4:45 p.m. If you live or work in Miami Springs and you have a special contribution you would like to make for a future exhibit, please contact Vicki Panoff for information about exhibit requirements and scheduling. The telephone number is (305) 805-5010.



"Sanctuary of Moss"
by DeVerne Miller, acrylic on canvas

BUILDING & CODE COMPLIANCE DEPT.
305.805.5030

BEST WISHES FROM US TO YOU

The Code Compliance Department wants to wish all our residents, business owners and visitors a wonderful, safe and very happy Holiday Season.

We also would like to inform you of some changes to our Department. First, Rose Piniella is no longer a Code Compliance Officer - she has been transferred to Human Resource.

Second, we have a new part time Code Compliance Officer, Rosemary Novo. She comes with many years of experience and great recommendations. She is in training and will be working the afternoons till dusk, Saturdays and Sundays.

Code Compliance Department strives to keep Miami Springs a beautiful and safe place to live, work and play.

We always welcome any information on code violations or dangerous activities, feel free to send your complaints or ideas by phone to 305-805-5030 or emails to BZCP@miamisprings-fl.gov



New Code Compliance Officer Rosemary Novo.

PARKS & RECREATION DEPT.
305.805.5075/76 1401 WESTWARD DRIVE
FOLLOW US ON TWITTER @MIAMISPRINGSREC

FACILITY RENTAL:

The Multi-Purpose Room is available for rentals

The 10x10 Pavilions at Prince Field are available for rentals

The 20x20 Pavilion at Stafford Park is available for rental

Contact the Main Office at the Community Center for availability & pricing. 305.805.5075

GYMNASIUM:

Open Gym Basketball Hours:

Monday – Friday:
12:00 p.m. – 3 p.m.: 18 & Over \$4
3:00 pm – 5:30 p.m.: 17 & under ONLY, Free

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

Walking Club: Register Now! Members will be rewarded for miles completed. We'll not only walk on the Indoor Jogging/Walking Track in our Gymnasium, we'll also do different trails located throughout the Miami Springs area. For additional information, contact Caitlin Smith.

FITNESS:

Fitness Room & Jogging Track 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.

Fitness Room Memberships:

Adults: 18 & over \$150.00
Senior: 60 & over \$75.00
Youth: 13 – 17, \$150.00 (must be accompanied by a PARENT)
Family of 2: \$188.00

Family of 3: \$263.00
Additional family members \$75.00*
*Immediate Family Members ONLY

Seniors 60 & Over

Use of the Fitness Room is FREE, Monday – Friday, 9:00 a.m. – 12:00 p.m.

Participants must fill out the registration form at the Main Office of the Community Center

GET FIT PROGRAM:

THIS IS A TWICE-WEEKLY 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!

This fitness program is for kids of all fitness levels and backgrounds between the ages of 9 – 15 years old. The Get Fit Program will be held on Tuesday & Thursday evenings, 6:15pm – 7:15pm.

The cost is \$50 per participant and SPACE is LIMITED.

Registration is OPEN!

JAZZERCISE:

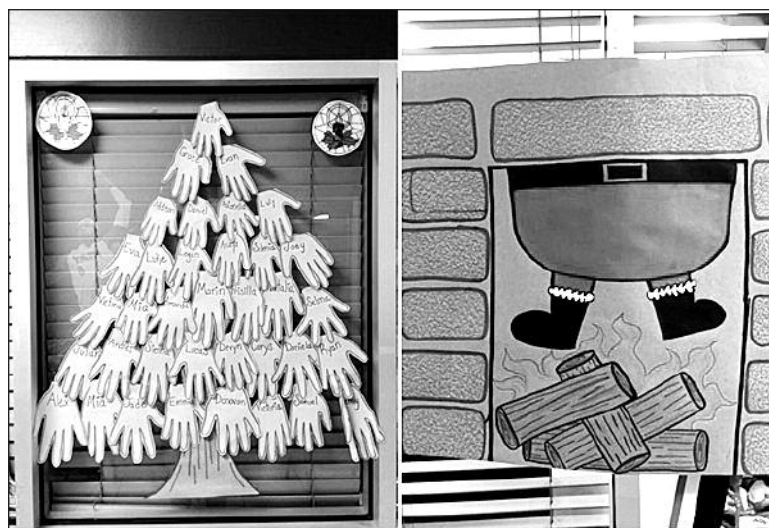
Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt tone and lengthen muscles for maximum fat burn.

Monday through Thursday: 6:00 p.m.
Saturday: 10:00 a.m.

Jr. Jazzercise:

A fitness class for girls ages 5-11. The format combines dance and aerobics with group games & special activities to make the class fun and challenging.

Tuesday & Thursday: 5:15 p.m. – 6:15 p.m.
For information visit jazzercise.com or call 305-888-7625



The children in the After School program have been "decking the halls" at the Community Center for the holidays.

HUMAN RESOURCES DEPT. 305.805.5009

JANUARY BIRTHDAYS:



Happy Birthday and Best Wishes to the following City employees:

- | | | |
|------------------|------------------|-------------------|
| Jonathan Kahn | Antonio Perez | Erika Gonzalez- |
| Thomas Nash | Jose Bergueiro | Santamaria |
| Carlos Nunez | Nelson Figueredo | Nicolle Rodriguez |
| Castella Postell | Charles Schubert | Jason Collado |
| Tammy Romero | | |

Recognizing long term employees:

The following employee had his anniversary date in December

Jeffrey Clark	completed 31 years of service.
John Mulla & Jimmy Deal	completed 25 years of service.
Angel Casas & James Patterson	completed 23 years of service.
Lourdes I. Taveras & Tulio J. Garcia Sr.	completed 13 years of service.
Jorge E. Irizarry, Shiketa Duberry & Ramon Tamargo	completed 12 years of service.
Tammy Romero	completed 10 years of service.
Jason Hall	completed 9 years of service.

Thank you for your loyal service to the City of Miami Springs.

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 CURBSIDE RECYCLING	7	8	9
10	11 CITY COUNCIL MEETING: 7:00 P.M.	12	13	14	15	16
17	18	19	20 HISTORIC PRESERVATION BD. PUBLIC HEARING: 7 P.M. / CURBSIDE RECYCLING	21	22	23
24	25 CITY COUNCIL MEETING: 7:00 P.M.	26	27	28	29	30
31						