



# Municipal News



### City Officials:

- Mayor Billy Bain
- Vice-Mayor Maria Puente Mitchell
- Councilwoman Mara Zapata
- Councilman Bob Best
- 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

**MARCH 2018**

## In the Spotlight..... MSTV77

### Springtime is here

Springtime is here and our Parks and Recreation Department is ramping up City sponsored events for the next few months and into the summer months. Don't miss out on the "8th Annual River Cities Festival 5k Run.Walk.Stroll." on April 14th kick-starting at 7 a.m. at the circle.

Dribble, swim, and sweat your way through 2018... the "Teen Basketball League" starts in April, the "Summer Basketball Camp", the "Get Fit Camp", and the "Swim Lessons", all start in June. Plan ahead for lots of summertime pool parties at the Aquatic Center... "Back to Summer Pool Party" on May 27th, "Independence Day Pool Party" on July 4th, "Luau Party" on July 15th, and "Back to School Pool Party" on August 12th.

Get ready for the red, white, and blue "Independence Day" celebrations, that are well on their way with the "Classic Car Show" on July 3rd at the circle, the "Baby Contest" on July 3rd at 7 p.m. at the Aquatic Center, the "Independence Day Parade" on July 4th starting at 10 a.m. on Westward Drive and Esplanade, and the "Fireworks" can best be seen from the Miami Springs Golf & Country Club at dusk, also on July 4th.

Roll, draw, and play for the new family fun event "Miami Springs Board Gaming Society" held at the Community Center, April 7 and 21 from 12p.m. - 2p.m.

### Cool Facts about Spring

1. If Pope Gregory XIII would not have established the Gregorian calendar, which most of the world now observes, in 1582, then every 128 years the vernal equinox would have come a full calendar day earlier, eventually putting Easter in midwinter.

**UPCOMING EVENTS**

**BOARD GAMING SOCIETY**  
Saturday, April 7 & 21 from 12p.m.-2p.m.  
@Community Center

**GOLF FOR AUTISM – ERNIE ELS FOR AUTISM BLUE-OUT DAY**  
Saturday, April 7 & 21 from 12p.m.-2p.m.  
@Community Center

**8TH ANNUAL RIVER CITIES FESTIVAL 5K RUN.WALK.STROLL.**  
Saturday, April 14, at 7 a.m. @Circle

**CHARLES B. STAFFORD MEMORIAL GOLF TOURNAMENT**  
Friday, April 20, at 11:30 a.m.  
@Miami Springs Golf & Country Club

**RIVER CITIES FESTIVAL**  
Friday, Saturday and Sunday (April 13, 14, 15)  
@Circle – Check Calendar for Times

2. The early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the spring equinox.

3. Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the friendliest they will ever be all year.

— By FACTRETRIEVER,  
Interesting facts for the curious mind.

## IMPORTANT CALENDAR DATES

### City Council Meetings

#### City Council Regular Meetings

- Monday, April 9, 2018 at 7:00 P.M. at City Hall
- Monday, April 23, 2018 at 7:00 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., April 18 at City Hall  
Question & Answer session for residents!

#### 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, April 11, 2018
- Wednesday, April 25, 2018



### Connect with us

[www.MiamiSprings-FL.gov](http://www.MiamiSprings-FL.gov)

[www.miamisprings-fl.gov/newsletter/subscriptions](http://www.miamisprings-fl.gov/newsletter/subscriptions)



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Miami Springs- Government



MSTV 77

## BUILDING & CODE COMPLIANCE DEPARTMENT 305.805.5030

### Time to "Spring" Into Action

It's that time of the year again, when the weather is perfect, not too cold and not too hot. It's the best time to jump on those maintenance of property projects. Such as painting, window cleaning, removal of excessive plants, materials and items around your house or business.

Business owners, remember that dirty windows of your businesses give the location the appearance of being closed or unattended.

So let's "Spring" into action and make our homes and businesses ready for the summer activities and festivities. The Code Compliance Department wishes all a safe and happy Spring.

#### Sec. 93-13. Maintenance of property by owner.

(A) It is the duty of all owners or occupants of property within the City, including both developed and undeveloped whether vacant or occupied, to maintain such property in a safe, clean, and presentable condition. It shall be unlawful to deposit, store, keep, or maintain, or permit to be deposited, stored, kept, or maintained any of the following items listed in Sections (1)--(7) below on any lot, parcel, or tract of land or body of water in any zoning district. It is not the intent hereof to prohibit the deposit of trash or junk in a usual location for waste collection, provided it is not, or

will not become, a nuisance and the trash or junk will be collected by the waste division of the public works department or a City-licensed commercial waste collector as provided in § 93-12.

#### 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.



Visit our web site:  
[www.miamisprings-fl.gov](http://www.miamisprings-fl.gov)

We are now live on TV  
**MSTV • Channel 77**

**SPECIAL PULL-OUT SECTION**

# SCOOP THE POOP!



In an effort to keep the City clean, healthy, and enjoyable, the Public Works Department would like to remind you about city ordinance #96-09, which requires you to pick up your dog's feces. This is being enforced by the Code Compliance and Police Departments. There is a fine of \$25 for failure to pick up your dog's feces. Thank you for your cooperation in keeping Miami Springs beautiful.

## MIAMI SPRINGS GOLF & COUNTRY CLUB

305.805.5180

Chilly day for the 3 day 54 hole Senior Open Golf Tournament at the Miami Springs Golf and Country Club.



## HUMAN RESOURCES DEPARTMENT

305.805.5009

### CITY OF MIAMI SPRINGS CELEBRATES APRIL BIRTHDAYS

- Wallace Vance Golf Department
- Carlos Matilla Public Works Department
- Janice Simon Police Department
- Denise Bedenbaugh Recreation Department
- Jorge Fonseca I.T. Department
- Albert Sandoval Police Department
- Chad Johnson Public Works Department
- Lourdes Taveras Code Compliance Department
- Darryl Cates Police Department
- Roxana Lamar Recreation Department
- Laura Fernandez Recreation Department
- Kevin Frias Recreation Department
- David Deso Building Department
- Angela Moon Recreation Department
- Alejandro Aloma Recreation Department
- Ileana De Armas Police Department
- Harry Spencer Golf Department

Happy Birthday and Best Wishes!

### CITY OF MIAMI SPRINGS RECOGNIZES APRIL EMPLOYMENT ANNIVERSARIES:

- Rafael Perez completed 19 years of service.

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



## 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.

All you have to do is bring any of your un-

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.



### They're BACK!!!

City of Miami Springs, in coordination with the Florida Department of Highway Safety and Motor Vehicles, will once again begin to offer their services for license renewal and replacements.

Services will be offered every **THIRD WEDNESDAY** of every month from 10a.m. to 2p.m. on the following days & locations:

- March 21st, April 18th, May 16 @ Miami Springs Community Center, 1401 Westward Dr.
- June 20th, July 18th and Aug. 15th @ Miami Springs Senior Center, 343 Payne Drive
- Sept. 19th, Oct. 17th, Nov. 21st and Dec. 19th will be back at the Miami Springs Community Center, 1401 Westward Drive

## ART IN MIAMI SPRINGS



Artwork by Alvaro Labañino

Current exhibition extended until **April 11th!** Stop by City Hall (201 Westward Drive) to enjoy the beautiful paintings of Alvaro Labañino, Jefeid Lotti and Miguel Saludes. To find out more about the Artists, visit their websites at: [www.alvaro-labanino.com](http://www.alvaro-labanino.com), [www.jefeidlotti.com](http://www.jefeidlotti.com), [www.miguelsaludes.com](http://www.miguelsaludes.com)

All exhibitions are Free and open to the public, Monday-Friday from 8am-4:45pm.

This exhibition is made possible by the City of Miami Springs.

Are you interested in buying a work of art? Do you own a local business that would like to sponsor an upcoming Artist reception or are you an Artist living or working in Miami Springs? Contact Tammy Key, Professional Services Specialist @ [keyt@miamisprings-fl.gov](mailto:keyt@miamisprings-fl.gov)



## 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

#### 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](http://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](http://www.miamisprings-fl.gov/parksandrecreation)

## 2018 TEEN BASKETBALL LEAGUE

(AGES 15-17)



REGISTRATION FEE: \$75  
INCLUDES JERSEY / LIMITED NUMBER OF PARTICIPANTS  
GAMES ON TUESDAY NIGHTS  
AT 6:30, 7:30, 8:30  
8 GAME SEASON AND PLAYOFFS  
Tryouts Begin April 3<sup>rd</sup>  
Don't Miss Out!!!

## 2018 GET FIT CAMP

MONDAY, APRIL 9TH AT 6 P.M. AT THE COMMUNITY CENTER  
ACTIVITY FEE PER SESSION: \$100  
SESSION FEE: \$400 (CAMP SHIRT INCLUDED)  
ACTIVITIES AND TRIPS INCLUDE BEACH WORKOUT, CANOEING, MOUNTAIN BIKING, ROCK CLIMBING, SEMINARS, NUTRITIONAL LECTURES, ETC.  
FOR ALL KIDS AND ALL FITNESS BACKGROUNDS  
LIMIT: ONLY 20 KIDS PER SESSION  
DON'T MISS OUT!  
A MONTH-LONG 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!

## SUMMER CAMP 2018



Join us for a Summer Filled with Fun!!!  
Field Trips, Sports, Arts & Crafts, and More!!!  
Summer Camp is available for children between the ages of 5 - 13  
Registration begins on Monday, April 9th, from 6 p.m. – 8 p.m.  
For Miami Springs/Virginia Gardens Residents ONLY  
Held at the Community Center  
(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!  
FULL 10 WEEKS and SESSIONS AVAILABLE  
Session Dates:  
June 11 - June 22  
June 25 - July 6  
July 9 - July 20  
July 23 - August 3  
August 6 - August 17

## 2018 Summer Basketball Camp



A MONTH-LONG SPECIALIZED CAMP WITH HIGHLY-EXPERIENCED COACHES/TRAINERS, WORKING WITH CAMPERS ON THE FUNDAMENTALS OF THE GAME: DRIBBLING, PASSING, DEFENSE, REBOUNDING ETC.  
ALL PARTICIPANTS WILL RECEIVE A CAMP SHIRT. FOR ALL KIDS AND ALL FITNESS BACKGROUNDS  
CO-ED AGES 11 - 14  
LIMIT: ONLY 20 KIDS PER SESSION  
DON'T MISS OUT!  
TWO FOUR-WEEK SESSIONS:  
1ST SESSION: WEEKS OF JUNE 11, 18, 25, JULY 2  
2ND SESSION: WEEKS OF JULY 9, 16, 23, 30  
M - F / 9 A.M. - 3 P.M. (8 A.M. Drop Off Available)  
ACTIVITY FEE PER SESSION: \$100  
REGISTRATION FEE PER SESSION: \$ 400  
REGISTRATION STARTS MONDAY, APRIL 9TH AT 6 P.M. AT THE 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

### 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

#### Contact Information:

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

### 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

### 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.

### For Information on Aquatic Programs

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

### Special Events

#### Miami Springs Board Gaming Society



April 7 & 21  
12 pm to 2 pm

Join us for an afternoon of Family Fun and Board Games!

Saturday, April 7 & 21 - 12 pm to 2 pm  
at the Miami Springs Community Center

### 8th Annual River Cities Festival



5k  
Saturday, April 14, 2018  
♦ Pre-Registration starting March 12th at the Community Center for \$10  
♦ Race Day Registration 6:00 a.m. - 6:30 a.m. at the Circle for \$15  
♦ Shotgun Start @ 7:00 a.m. in front of the Circle Barber Shop  
♦ Raffle and Refreshments for all Participants to Follow  
T-shirts While Supplies Last  
Make Sure to Register EARLY!



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[@cityofmiamisprings](https://www.instagram.com/cityofmiamisprings)



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[facebook.com/MiamiSpringsFL/](https://www.facebook.com/MiamiSpringsFL/)

**SPECIAL PULL-OUT SECTION**

The Miami Springs Senior Center offers a variety of FREE activities and services to older residents 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 April: Walmart (4/5), Publix (4/12), Fresco y Mas (4/20) and Sedano's Supermarket (4/26).

### RECREATION ACTIVITIES:

Recreational and social events are planned each month at the senior center. The following activities are currently planned for April: the monthly birthday and anniversary celebration (4/19); weekly Bingo games (4/2, 4/9, 4/16, 4/23 and 4/30); and shopping trips to Walmart and three different grocery stores throughout the month. 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 April:

- **"Diabetes -- How to Enjoy Life While Controlling the Disease"** -- On April 4th at 12:15 p.m., Simply Healthcare Plans will sponsor a program on Diabetes Disease. Dr. Gladys Andrade from Coverall Medical Center in Miami Springs, General Practitioner and certified Wound Care Specialist, will present information on the types, causes, symptoms, treatments and ways to manage Diabetes.

- **Miami-Dade Public Library System's TECHNOBUS** -- The library's mobile technology innovation lab will visit the senior center on April 10th 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 on the 10th .

- **"Library Happenings"** -- Rita Mayer, Assistant Branch Manager of the Miami Springs Branch Library, will present information about upcoming library services and events on April 10th at 12:15 p.m. Following her presentation, a relaxing adult coloring class will be held.

- **"Colon Health – Prevention and Early Detection of Colorectal Cancer"** - Dr. Kiramayi Muddasani and Mt. Sinai Medical Center will present valuable information on how to prevent and detect colorectal cancer on April 11th at 12:15 p.m. This program is part of a monthly

lecture services 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. A variety of medical issues

- **"New Senior Center Design Concept"** -- On April 18th at 12:15 p.m., Jose Ferrer, Architect from Bermello Ajamil & Partners, will present the new design concept for our future senior center.

- **"Crime Watch" Program** -- Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will present the monthly crime watch program on April 24th 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.

- **"Are You a Grandparent?"** -- On April 25th at 12:15 p.m., Marissa

Kobayashi, a PhD Student with the Division of Prevention Science & Community Health in the UM Miller School of Medicine's Department of Public Health, will introduce a new study they are conducting. If you are a physically fit grandparent, age 45—84, and have a grandchild, age 6—11, this study may need your input and ideas that will help them develop a program designed to benefit both grandparents and grandchildren.

- **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 April 26st from 10—11:30 a.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

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.

#### "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.

#### TAI CHI for ARTHRITIS

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

# APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 CODE COMPLIANCE: 7 PM @CITY HALL	4	5	6	7 BOARD GAMING SOCIETY: 12 PM-2 PM @COMMUNITY CENTER
8	9 CITY COUNCIL MEETING: 7 PM @CITY HALL	10 GOLF FOR AUTISM: ALL DAY @MS GOLF & COUNTRY CLUB	11 CURBSIDE RECYCLING	12 ECOLOGY: 7 PM @CITY HALL	13 RIVER CITIES FESTIVAL: 5:30PM-12AM @CIRCLE	14 RIVER CITIES FESTIVAL 5K RUN.WALK.STROLL.: 7 AM @CIRCLE RIVER CITIES FESTIVAL: 11AM-12AM @CIRCLE
15 RIVER CITIES FESTIVAL: 12PM-9PM @CIRCLE	16	17	18 HISTORIC PRESERVATION: 7 PM @CITY HALL	19 RED LIGHT CAMERA HEARING: 5 PM @CITY HALL	20 CHARLES B. STAFFORD MEMORIAL TOURNAMENT: 11:30 AM @MS GOLF & COUNTRY CLUB	21 BOARD GAMING SOCIETY: 12 PM- 2PM @COMMUNITY CENTER
22	23 CITY COUNCIL MEETING: 7 PM @CITY HALL	24	25 CURBSIDE RECYCLING	26	27	28
29	30					

