Route Map





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

MAY 2018

In the Spotlight

EMSTV77

Two new staples in our City ...

#1 The Traditional – A town clock

City Officials and employees worked diligently to get the new town clock perfectly centered in our City located on the first block of Curtiss Parkway and the Glenn Curtiss Circle.

The unveiling of the John A. Cavalier Jr. town clock was held Monday, May 14 at 5pm. It was a reunion that brought friends, family, and former City Officials, amongst the many others, together. Father Alfaro from Blessed Trinity Catholic Church in Virginia Gardens led the ceremony with an invocation stating, "he was a very good man and a very good public servant, even though his time came to an end this last August, this clock will immortalize him in this city of Miami Springs." Mayor Billy Bain states, "the amount of people that came out for the respect of him and for what kind of a man he was, to come out and see the presentation of the clock, was very special to me." Thanks to the City Council whom approved the project, organizer Tammy Key, Professional Services Specialist for the City of Miami Springs, was able to successfully coordinate the execution of this memorable monument. "I met Joan Cavalier through



the Hibiscus Art Guild and she had approached me after her husband John A. Cavalier Jr. had passed on, and she brought in a piece of paper with a picture of a clock on it and she had said that he always wanted a clock in the city when he was mayor." - Tammy Key. Thanks to the generous donation given by the Dunn Family (Dunn Foundation), for a total of \$30,000 John A. Cavalier Jr.'s dream came true. Also, a big thank you to Milam's Market for the food donation for the ceremony. The clock was created by The Verdin Company, since 1842.

News Video:MSTV77 a https://youtu.be/4zvolVyFzys

#2 The Modern – A shuttle bus

It's big, it's bold, and may even resemble a certain sports team's colors. The new Miami Springs/Virginia Gardens FREE service shuttle bus was designed by the staff at City Hall to include Ana Hume, Professional Services Specialist, with the collaboration of City Management and Machin Signs for the purpose of capturing your attention as is roams throughout the city. The new bus hit the streets Friday, May 18. City Council worked hard to integrate two new routes to better serve the community.

Introducing two additional shuttle bus stops in Hialeah:

- CVS on NW 54 Street/Hialeah Dr. & East 1st Ave.
- Hialeah Metrorail Station on East 21 Street/NW 74 Street & East 1st Ave.

Pick up a 'Route & Timetable' brochure at City Hall or from inside the bus itself! Did you know that this bus is also a Wave'n'Ride? You don't have to wait at any of the designated stops to be picked-up or dropped off! The bus is operated by LSF Shuttle, A Transportation America Company.

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

MS/VG Shuttle

IMPORTANT CALENDAR DATES

City Council Meetings

City Council Regular Meetings

Monday, June 11th, 2018 at 7 P.M. at City Hall Monday, June 25th, 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., June 20 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, June 27, 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, June 13, 2018 Wednesday, June 20, 2018





Protecting Yourselves from Becoming a Victim of a Scam

- Be alert to the fact that scams exist. Keep up-to-date on latest trending scams
- Stay informed and be prepared when scammers call to lessen the chance of falling
- If the phone call sounds suspicious, it could be a scam - hang up
- The IRS will Never call for immediate payment or to say taxes are owed
- Do not open suspicious texts, pop-up windows, or click on links or attachments in e-mails - delete them
- Do not respond to phone call for remote access to a computer - hang up
- Keep personal details secure and be-
- ware of requests for personnel information • Keep mobile devices and computers se-
- cure choose passwords carefully Review the privacy and security settings on social media
- Beware of any requests to wire money or for unusual payment requests
- Check monthly bank or credit card statements for fraud charges from scammers stealing account information
 - Be careful when shopping online
 - Read fine print of "Free Trial" offers
 - Donate to established charities
- Pop-up disaster charities could be collecting money to finance illegal activity

Victim of A Fraud or Scam?

• Numbers to call:

Federal Trade Commission Helpline: 1-877-382-4357

Florida Dept. of Financial Services: 1-877-693-5236

Florida Dept. of Agriculture & Consumer Services: 1-800-435-7352

Florida Office of the Attorney General: 1-866-966-7226 (Fraud)/ 1-800-955-8771

West Palm Beach Branch—Office of the Attorney General: 1-866-966-7226

- Financial Fraud: Contact Consumer Financial Protection Bureau 1-855-411-2372 or file complaint online https://www.consumerfinance.gov/complaint/
- Internet Fraud: Contact Internet Crime Complaint Center (IC3), report online http://www.ic3.gov/
- IRS/ Government Imposter: Contact Treasury Inspector General for Tax Adminis-1-800-366-4484; tration (TIGTA) https://www.treasury.gov/tigta/contact_report_scam.shtml
- Medicare/ Medicaid Fraud: Contact Dept. of Health & Human Services 1-800-633-4227
- Social Security Fraud: Contact Social Security Administration's Inspector General, report online https://www.ssa.gov/fraudreport/oig/public_fraud_reporting/form.ht
- Telephone Scam: Contact Federal Communications Commission 1-888-225-5322 https://consumercomplaints.fcc.gov/hc/enus/requests/new?ticket_form_id=39744



HUMAN RESOURCES DEPARTMENT

CITY OF MIAMI SPRINGS CELEBRATES JUNE BIRTHDAYS

June 02	Mario Rachid	Golf & Country Club			
June 02	Joseph Mills	Parks & Recreation			
June 07	Rosemary Novo	Building & Code Compliance Department			
June 10	Ivis Garcia	Senior Center			
June 11	Nathaniel Guzman	Parks & Recreation			
June 11	Emily Murillo	Parks & Recreation			
June 13	Jessie Crumpler	Public Works Department			
June 13	Brent Cates	Golf & Country Club			
June 15	Maria Pera <mark>za</mark>	Finance Department			
June 17	Martin Vazquez	Parks & Recreation			
June 18	Rose Piniella	Hu <mark>man Resou</mark> rces Department			
June 20	Gary Fetters	Police Department			
June 20	Kristopher Couey	Parks & Recreation			
June 21	Barbara Benners	Golf & Country Club			
June 22	Mara Zapata	Council Member			
June 24	Jorge Pacheco	Police Department			
June 25	Errol Vassell	Public Works Department			
June 30	Jimmy Deal	Police Department			
June 30	Zel Garcia	Public Works Department			
		/			

Happy Birthday and Best Wishes!

CITY OF MIAMI SPRINGS RECOGNIZES THE FOLLOWING MAY EMPLOYMENT ANNIVERSARY:

• Cheryl Mulet completed 9 years of service

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

Swimming Pool Safety

DEPARTMENT

BUILDING & CODE COMPLIANCE

Summer and it's hot! And for those fortunate to have a swimming pool on their property, it's an escape from the heat, a reason for cook outs, parties, exercise, and relaxation. But having a swimming pool comes with some very important safety and sanitary responsibilities. Let's start with keeping unsupervised children safe. If you have a pool there should be a safety barrier around property or pool, (see MS Code Sec. 150-014). Your pool should be kept in sanitary conditions to avoid mosquito, frog and other water born infestations (see MS Code Sec. 93-13) . If your pool was built before 1984, the electrical lighting should be replaced with low voltage lights or opt to not have underwater lights, (see MD Ord. 14-95). Lastly, if you have an above ground temporary pool, it requires a special GFCI Electrical outlet (permit is required), pool barrier around the property and the latter should be removed when not in use.

We at the Code Compliance Department want for our residents to have a happy and safe summer. Enjoy your swimming pools! Sec. 150-014. Swimming pools and safety

(A) Inspection and approval. Unless the swimming pool area is entirely enclosed and surrounded by a safety barrier of sufficient strength to prevent small children from reaching or entering the pool, except through a lockable gate or door, no final inspection and approval shall be given by the building inspector.

(B) Safety barrier. The safety barrier shall take the form of a fence or wall constructed of approved materials, completely surrounding either the pool/patio area or yard of the property where on the swimming pool is located, as further specified in division (E) below.

(C) Height. The minimum height of any fence or wall shall be not less than four feet.

(D) It shall be unlawful to construct an underground swimming pool in the front yard or in the front yard setback of any residential dwelling in the City.

(E) Enclosure. The safety barrier shall be erected either around the swimming pool or around the premises on which the swimming pool is erected; in either event, it shall enclose the swimming pool area entirely, prohibiting unrestrained admittance to the enclosed area.

(F) Gates. Gates shall be of the self-locking type so that they shall automatically be in a closed position at all times, and shall also be equipped with a safe lock.

(G) Fences and walls. A fence or wall that is to be utilized as a safety barrier shall be constructed and maintained in accordance with the provisions of § 150-013.

Sec. 93-13. Maintenance of property by

(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.

(E) It shall be unlawful for any owner or occupant of property within the City to maintain said property in a condition that is detrimental to the public health, safety and general welfare by permitting said property.

HURRICANE SHUTTERS

The hurricane season ended November 30, 2017, but we have still noticed many properties with shutters and other protective devices still installed. It is time to remove all hurricane protection devices, let the sun shine in and enjoy some cool fresh air. The City of Miami Springs Municipal Code mandates that all hurricane protection devices be removed promptly after a hurricane warning and or hurricane season to provide an egress in the event of an emergency. Sec. 93-13. Maintenance of property by owner.

(C) Accordion shutters, window awnings, hurricane panels, plywood sheets, and other forms of storm protection devices that are utilized for the protection of windows and doors in anticipation of impending hurricanes and other storm systems may be closed, lowered, placed or installed no sooner than five (5) days prior to the time that the hurricane or storm system is anticipated to reach the City. However, upon proper notification to the Police Department that the property will be vacant for a specified period of time, the aforesaid storm protection devices may be closed, lowered, placed or installed for no longer than ninety (90) days during any calendar year. Following the passage of the hurricane or storm system, and the return of the City to normal weather conditions, all Accordion shutters, window awnings, hurricane panels, plywood sheets, and other forms of storm protection devices shall be opened, raised or removed within thirty (30) days thereof. Any failure to comply with the foregoing shall be considered a violation of Section (A) above and enforced in accordance with the City's established Code enforcement procedures. It is the established policy of the City that the storm protection devices specified herein shall not be used as a method or means of providing security or crime prevention while the premises are being occupied.



MIAMI SPRINGS GOLF & COUNTRY CLUB

650 Curtiss Parkway • 305.805.5180 Monday - Saturday: 6am - 9pm • Sunday: 6am - 6pm

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-

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

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

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 @ keyt@miamisprings-fl.gov



Artwork by Sofia J., 4th Grade





MIAMI PARKS & RECREATION DEPARTMEN

305.805.5075 • Follow us on Twitter @miamispringsrec



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!! Spots are Limited and Filling up Quickly!!

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:

305.805.5075

7:00 a.m. – 8:30 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

http://www.miamisprings-fl.gov/parksandrecreation

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

Fitness Room Memberships

Adults: 18 yrs. & Over \$150.00 Senior: 60 yrs. & Over \$75.00

Youth: 13 yrs. - 17 yrs., \$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.

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

GET FIT CAMP 2018

JOIN A MONTH LONG FITNESS PROGRAM WITH HIGHLY-EXPERIENCED COACHES / TRAINERS, TRAINING ATHLETES FOR TOP-NOTCH STRENGTH, FLEXIBILITY, SPEED, BAL-NCE, CARDIOVASCULAR AND RESPIRATORY ENDURANCE, CONDITIONING AND COORDI-NATION 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

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



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

Summer Class Times:

Fall/Winter Class Times:

Mondays & Wednesdays: 10:30-11:30 a.m.

Mondays & Wednesdays: 10:30-11:30 a.m.

8 Classes

*Classes can be completed at your leisure,

\$60

16 Classes

\$80

\$100

Tuesdays & Thursdays: 6:15-7:15 p.m.

Tuesdays & Thursdays: 6 -7 p.m.

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

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

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.miamispringsfl.gov/parksandrecreation/aquatic-facilityrental-information

For Information on Aquatic Programs

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

SPECIAL EVENTS

2nd Annual

WELCOME BACK TO SUMMER !!!



BBQ, MUSIC and MOST OF ALL... Family Fun in the SUN!!

at the Aquatic Center

Event is held rain or shine.. and will not be rescheduled!!

For additional information please contact the Aquatic Center at 305-805-5078

POOL MEMBERSHIPS:

and do not expire until used

Residents

Resident

Non-Resident

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

 $\star\star\star$ Save The Date $\star\star\star$ 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 bradleyp@miamisprings-fl.gov **NO ONE will be allowed to join the parade if not previously registered**





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

- 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 June: Walmart (6/7), Sabor (6/14), Fresco y Mas (6/22) and Publix (6/28).

RECREATION ACTIVITIES:

Recreational and social events are planned each month at the senior center. The following activities are currently planned for June: recognition of Father's Day by Representative Bryan Avila (6/18); the monthly birthday and anniversary celebration (6/21); weekly Bingo games (6/4, 6/11. 6/18 and 6/25); 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 June.
- Miami-Dade Public Library System's TECHNOBUS -- The library's mobile technology innovation lab will visit the senior center on June 5th and 19th 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 June 12th at 12:15 p.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 June 26th 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.
- 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 June 27th 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.



Presentation of Check to Senior Center for extension of meals and services by State Senator Rene Garcia and State Representative Bryan Avila. From left are Senior Center Director Karen Rosson; Garcia; Avila; Miami Springs City Manager William Alonso; Jose Daniel, a representive of Commissioner Sosa's office; and Tammy Romero, Assistant City Manager.

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 EXCERSISES

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.

JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 CODE COMPLIANCE: 7:00 PM	6 PARKS & PARK- WAYS: 7:00 PM	7	8	9
10	11 CITY COUNCIL MEETING: 7:00 PM	12	13 CURBSIDE RECYCLING	14 ECOLOGY BD: 7:00 PM	15	16
17	18	19	20	21 RED LIGHT CAMERA HEARING: 5:00 PM	22	23
24	25 CITY COUNCIL MEETING: 7:00 PM	26	27 CURBSIDE RECYCLING ARBOR DAY 4:00PM	28	29	30