



Municipal News

**City Officials:**

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

OCTOBER 2018

In the Spotlight

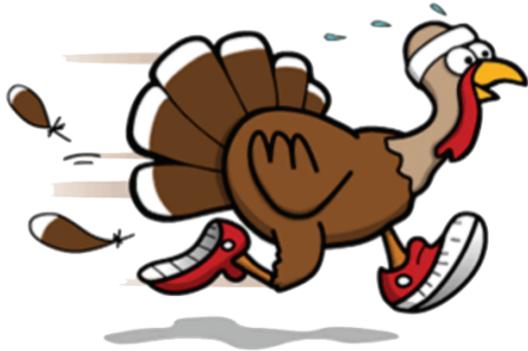
November 5Ks Run/Walks Two races ... two different causes

TURKEY TROT

Run before you grub...Before Thanksgiving that is! The City of Miami Springs is celebrating their 9th annual Turkey Trot 5K Run/Walk Race starting at the Community Center at 7 a.m. sharp on Saturday, November 17th. This is not your ordinary race by any means. Last year's participants enjoyed the race wearing all sorts of Thanksgiving attire from colorful feathered hats to inflatable turkey costumes. Although this race is meant for fun, you will not get your typical trotters at this race. The race is competitive and the awards are gracious. This is a timed race based on age and gender categories.

The entry fee is only \$10 with a donation of two canned goods. The Leonard Real Estate Group is raffling off about half a dozen turkeys. Also up for raffle: gift cards from Nike, Publix, and free cabana rentals from the Aquatic Center, will be raffled off as well.

Danny Valdes from the Parks and Recreation staff is this year's coordinator and he can be contacted for additional information at 305.805.5075 or at valdesd@miamisprings-fl.gov.



SEBASTIANSTRONG FOUNDATION

It is a race to increase awareness and funding for childhood cancer research. Race day includes lots of pre and post activities such as a pre-race warm-up, live music, food trucks, face painting, arts & crafts, and a 'Color Bar' hosted Kendra Scott. The race starts at 7 a.m. sharp from the Curtiss Mansion. "We are grateful to the Curtiss Mansion & the City of Miami Springs for allowing us to host our 2018 SEBASTIANSTRONG 5K in our hometown - the city where Sebastian was born and raised." – Rose Ortiz (Mother & Organizer)

If you remember last year's very first race, the number of participants far exceeded the goal. "We were so overwhelmed by the amount of community support we received. Never in our wildest dreams could we have imagined having nearly 1000 participants at our 1st Childhood Cancer Awareness 5K!" – Rose Ortiz

There are various ways to participate: run/walk as a timed participant, fundraise as a team or individual runner/walker, be a virtual runner/walker, and/or volunteer. The event is open to all ages and skill levels. Register at www.sebastianstrong.org



ART IN MIAMI SPRINGS

During October & November, the City of Miami Springs Gallery will feature the paintings of Artist, Robert Guzman Aguero.

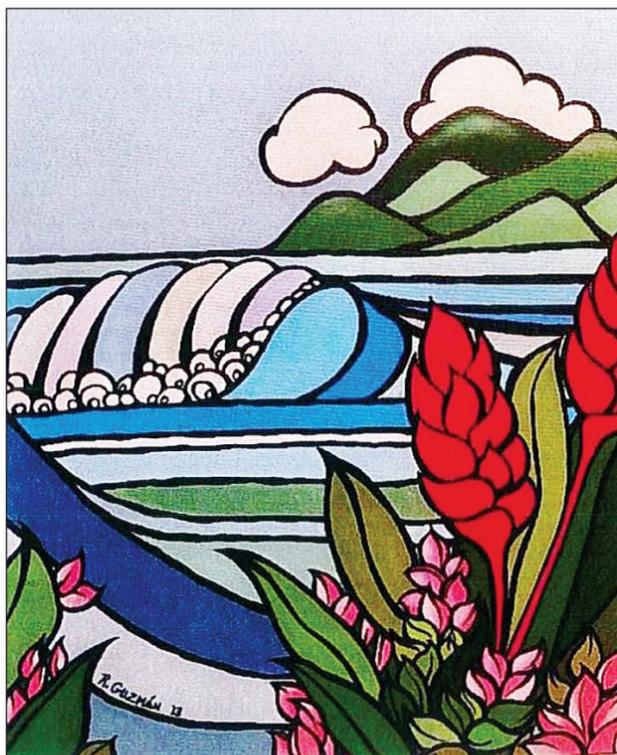
About The Artist: Robert Guzman Aguero began painting at a very early age. After moving to New Jersey from his native country of Cuba when he was four years old, he discovered his love for painting and creating. "I can remember when I was a little boy sitting together for hours with my older sister as she would teach me how to draw and paint. Those were some of my favorite moments as a child. My sister has always been a great source of inspiration to me and she was my best teacher ever." Today, as an adult, his paintings combine strong colors and powerful shapes. Taking inspiration from nature and the beautiful surroundings of South Florida. "Most of my ideas come from nature. Even when I am out walking, I'm noticing the different colors and shapes all around me".

His diverse subject matter includes still life, contemporary pop art, tropical landscapes and seascapes. "I paint landscapes and natural objects because I can relate to them, there is a purity in them that I appreciate. I love the natural textures in nature".

The City of Miami Springs Gallery Space 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.

This exhibition is made possible by the City of Miami Springs. If you are a local business that would like to sponsor



Painting by Robert Guzman Aguero

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



When emergencies happen in Miami Springs, If we can't reach you, we can't alert you.

It's FREE! Register today!

We also encourage you to download the free Everbridge mobile app to stay informed with the most recent "Alerts".

Sign up here:
www.MiamiSprings-FL.gov

Connect With Us

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- Miami Springs - Government
- @cityofmiamisprings
- MSTV 77

IMPORTANT CALENDAR DATES

City Council Meetings

City Council Regular Meetings

Monday, Nov. 5, 2018 at 7:00 P.M. at City Hall
Monday, Nov. 26, 2018 at 7:00 P.M. at City Hall

Special Dates

VOTING DAY!

Special Election Day
Tuesday, November 6, 2018 - 7:00 A.M. – 7:00 P.M.

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., Nov. 21 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
Wed., Nov. 28, 2018 – 9:00 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, November 7, 2018
Wednesday, November 21, 2018




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

We are now live on TV
MSTV • Channel 77

SPECIAL PULL-OUT SECTION

Solicitors within the City of Miami Springs

While the City of Miami Springs does allow solicitors, peddlers, or transient vendors of merchandise pursuant to the City's Code of Ordinances Chapter 114, there are certain criteria that must be met.

All solicitors, and the like, must first have obtained a permit. The applications are available at the Miami Springs Police Department from the Communications Supervisor. After completing the application and returning the completed form, the Chief of Police shall determine whether the applicant shall be issued or refused a permit, based on what was submitted. The solicitor must have said permit in their possession when soliciting within the City and must exhibit it upon demand.

The Miami Springs Police Department would like to remind the community to never allow anyone into their homes whom they have not initiated the contact with. When a solicitor comes knocking at your door or is seen in the neighborhood, try to get information as to what they are selling



and who are they employed by if you can do so safely. If someone or something just doesn't feel right or looks suspicious, contact the Miami Springs Police Department (305-888-9711) to report the incident. Try and relay as much of the following information as possible: the person's gender, race or ethnicity, age, hair color, clothing description, glasses, beard, mustache, baseball cap/hat, are they alone, whether they are on foot or in a vehicle and their direction of travel.

Miami Springs Police & City Council

COMMUNITY SHRED DAY

TUESDAY, November 13th, 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.

CITY OF MIAMI SPRINGS CELEBRATES NOV. BIRTHDAYS

November 01	Steven Griffin	Public Works Department
November 01	Jeremy Loyal	Parks & Recreation
November 02	Darrel Carril	Golf Department
November 04	Kasandra Camejo.	Parks & Recreation
November 04	Terrence Andrews	Public Works Department
November 04	Frank Perez	Police Department
November 05	Mason Kegley	Golf Department
November 05	Keanu Timana	Parks & Recreation
November 09	Ashley Romeo	Police Department
November 11	Zuzell Murguido	City Clerk Department
November 14	Armando Torre	Public Works Department
November 15	Diego Zapata	Parks & Recreation.
November 16	Christopher Baan	Police Department.
November 16	John Mulla	Police Department
November 17	Lazaro Rodriguez	Police Department
November 19	Marcus Martin	Parks & Recreation
November 19	Betty Bray	Senior Center
November 19	Omar Luna	Parks & Recreation
November 20	Daisy Garcia	Finance Department
November 20	Sergio Quincoses	Parks & Recreation
November 21	Orlando Martinez	Building Department
November 29	Jonathan Heider	Golf Department

Happy Birthday and Best Wishes!

CITY OF MIAMI SPRINGS RECOGNIZES THE FOLLOWING OCT. EMPLOYMENT ANNIVERSARIES:

- Patricia Mann-Bradley completed 35 years of service.
- Janice Simon completed 20 years of service.
- Leah Cates completed 17 years of service
- Jorge Romeo completed 15 years of service
- Jorge Pacheco completed 14 years of service

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

MIAMI SPRINGS GOLF & COUNTRY CLUB

650 Curtiss Parkway
305.805.5180

Monday - Saturday: 6am - 9pm
Sunday: 6am - 6pm

BUILDING & CODE COMPLIANCE DEPARTMENT

REMINDERS FOR A HAPPY & SAFE HOLIDAY SEASON

There's excitement in the air, the houses are being decorated for the coming Holidays. And we enjoy seeing the Holiday spirit. However, the days will soon be shorter and more pedestrians will be out enjoying outdoor activities. Here are a few pointers to remember when decorating your homes for the holidays:

- Please keep safety a priority on your property for pedestrians and your visitors.
- Avoid hanging decorations that could fall on the sidewalk or on the street.
- Taping or running extension electrical cords on the sidewalk or swale is prohibited.
- Please do not place obscene or offensive decorations on your property or the public right of way.
- It is prohibited to put nails, chains or staples on the City trees, it harms the trees.
- Cords of lights, solar lights or any type of electrical lighting are not allowed on the City trees or swale areas.
- It is very important that the house number is always visible from the street, if your house doesn't have one, replace it as soon as possible.

In order to make sure our City is safe, we will be monitoring the right of ways such as sidewalks, swales and trees for potential hazards, during the Holidays. Minor infractions will not be cited, however if we see decorations that could be a hazard, you will be asked to remove it.

We appreciate your efforts and creativity

in making these holidays safe and enjoyable. Have a Joyous and safe Holiday Season.

ATTENTION ALL BUSINESS OWNERS

The end of this Fiscal Year 2018 is approaching, which means it's that time again to renew your Local Business Tax License. All Renewal Invoices have been mailed out, so if you haven't received yours please contact the Local Business Tax Division to obtain a copy of your invoice.

Renewal fees are due by November 1, 2018 to avoid any penalties. Also, if there have been changes to your business for example, mailing address, phone numbers, emergency contacts or other vital information please send us a note with the changes via fax, email or in person and if business is no longer operating notify us in writing so we can place the business as inactive and avoid penalties for operating without a Local Business Tax Receipt.

Contact the Local Business Tax Official, Roberto Quintero with any questions:

Fax: 305-805-5036
Office: 305-805-5000 Ex. 1013
Email: quinteror@miamisprings-fl.gov

Sec. 113-01. Receipt required.
From and after the passage of this chapter, every person, firm, corporation, and association engaged in or managing any business in the City is required to have a City license, and shall annually, and always before engaging in any business, profession, or occupation, register in a book or file to be kept for that purpose by the City Manager or his

delegated agent, their names, profession or occupation, and their place of business. No person, firm, corporation, or association shall engage in or manage any business, profession, or occupation until after having been so registered. The City Manager shall provide a listing of validated licenses for each fiscal year to the City Clerk.

Do I need a permit?

In general, any maintenance and repairs under \$500** can be done without a permit. **HOWEVER, THERE ARE EXCEPTIONS AS FOLLOWS:**

- All Structural work must have a permit.
- All Exterior Windows or Doors, new or replacement, must have a permit.
- All Drywall work must have a permit.
- All Stucco work must have a permit.
- All Fascia must have a permit (Per Building Official, this is a new rule as it may affect structural, roof, drip, etc.).
- All gutters must have a permit.
- All Electric other than simple fixture change outs*** must have a permit.
- All Plumbing other than simple repairs (leaks, etc.) must have a permit. All fixture additions or replacements must have a permit.
- All Mechanical/Air Conditioning work must have a permit. This would include any replacement of condensing units or air handlers and any addition of duct. For other maintenance such as cleaning coils or ducts, the \$500 rule would apply.
- All Roofing work valued at over \$300** or 3 squares (3 squares=300 square feet) must

have a permit and any roofing with hot mop or structural must have a permit.

Replacing Cabinets does require a permit. By the Electrical Code, if you replace cabinets you must upgrade the electric outlets to the current Code as to distance, number, GFI, etc. so a permit is required for that and for any CHANGE to the plumbing configuration. The cabinets themselves require a miscellaneous permit to inspect that the installation was done properly.

ALL fencing must have a permit.

Any fencing repairs where support posts or poles are replaced must have a permit. If only changing the chain link or wood panels and not changing the support posts, then the \$500 rule applies.

ALL slabs, pavers, driveways, walkways or any other type of permanent ground covering must have a permit (including gravel driveways).

Political Signs

During this election season, please remember the following guidelines regarding political signs:

1. Only one sign per candidate or ballot issue per property.
2. No Political signs on public property, including your swale area.
3. Where there is no sidewalk, please place political signs ten feet from the roadway.
4. No illuminated signs
5. No signs that inhibit visibility or passage on a public right of way.
6. Please remove all signs within ten (10) days of the end of the election.



The Parks and Recreation Department serves as a community resource for all of the sports, recreational, and cultural activities in the city, including cooperative relationships with all local groups. The Department is composed of two main buildings and three fields: The Community Center and The Aquatic Center, and Prince Field, Stafford Park, and Peavy Dove Field, to provide opportunities for residents to improve their social, mental, and physical well-being through participation. Below you will find the times and dates for these programs and special events.

COMMUNITY CENTER



The Miami Springs Community Center has just ended another successful basketball camp! Our boys and girls are now ready to take the skills they have learned and shine on the court, just in time for our Basketball League!

Space is still available. Come on in and Register!

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

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.

For Information on Athletics & Fitness Programs

(Basketball, Volleyball, Fitness Room, Jogging Track)

Visit: www.miamisprings-fl.gov/parksandrecreation

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.
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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

NEW REDUCED RENTAL FEES FOR FALL!!!!

For Information on Aquatic Programs (Swimming Lessons, Swim Fit, and Water Aerobics)

Visit: www.miamisprings-fl.gov/parksandrecreation

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

Co-Ed Youth Basketball League 2018-2019

6-8, 9-10, 11-12, 13-15

Registration: October 1st at 6:00 p.m. at the Community Center
Fee: \$100 per player /plus birth certificate as proof of age

Space is Limited!!

• Uniforms provided

• Tryouts: November 5 & 6 • Games begin January 7 & 8

Mondays & Wednesdays:

Ages 9-10 from 6 p.m. - 7:30 p.m. &
Ages 13-15 from 7:30 p.m. - 9 p.m.

Tuesdays & Thursdays:

Ages 6-8 from 6 p.m. - 7:30 p.m. &
Ages 11-12 from 7:30 p.m. - 9 p.m.

VOLUNTEER COACHES NEEDED!!

SPECIAL EVENTS



FRIDAY, OCTOBER 26, 2018
7PM SHARP @ AQUATIC CENTER
For All Ages
Babies-Kids-Families
Free Event

SATURDAY, OCTOBER 27, 2018
4PM - 9PM @ THE CIRCLE
Live Music & Photo Opportunities
Scare Zones & Rides
Food For Sale
Jack-o-Lantern Contest



The Annual Veteran's Day Ceremony will be held
Monday, November 12th at 10:00am
Location: War Memorial on Curtiss Parkway

Join us as we celebrate all of our Veterans past and present!



9th Annual TURKEY TROT!!

Saturday, November 17, 2017
Registration: 5:45- 6:45 a.m. on Race Day
Or pre-register at the Community Center

Entry Fee: \$10 and 2 canned goods
All racers/walkers are entered in a special post-event raffle!
T-shirts for participants while supplies last, so sign up early!!



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



Follow us on Facebook:
[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, and Mount Sinai Medical Center, participant donations, local business organizations, medical doctors, 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 November: Walmart (11/4), Sabor (11/8), Fresco y Mas (11/16) and Publix (11/29).

RECREATION ACTIVITIES:

Recreational and social events are planned each month at the senior center. As of this writing, the following activities are scheduled for November: the monthly birthday and anniversary celebration (11/15); weekly Bingo games (11/19, 11/26) and a Super Bingo game sponsored by Palm Medical Center (11/5); shopping trips to Walmart and various grocery stores each weekly).

HEALTH SUPPORT PROGRAMS AND EDUCATIONAL PROGRAMS:

Educational presentations are sched-

uled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. The following topics are currently scheduled for November:

- **Counseling for People with Medicare** -- On November 6th, Kathleen Sarmiento, Director of the local "Serving Health Insurance Needs of Elders" program, will provide one-on-one counseling and information on Medicare, Medicaid, and health insurance for those who have scheduled appointments. The program is sponsored by the Department of Elder Affairs in partnership with the Alliance for Aging, Inc. Counseling topics include: Medicare health plan choices, Medigap supplemental policies, prescription assistance resources, and Medicaid for dual-eligibles.

- **"Protect Yourself from Financial Exploitation and Identity Theft"** – The Alliance for Aging, Inc. will present this topic on November 7th at 12:15 p.m.

- **Miami-Dade Public Library System's TECHNOBUS** -- The library's mobile technology innovation lab will visit the senior center on November 13th and 27th from 10:00—11:30 a.m. The bus brings digital services and devices directly to the senior center and provides residents of all ages 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.

- **"Crime Watch" Program** – Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will facilitate the monthly crime watch meeting at the senior center on November 13th at 12:15 p.m. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.

- **Is lung cancer screening right for**

you? - Presentation sponsored by Mt. Sinai - On November 14th at 12:15 p.m., Dr. Estelamari Rodriguez will be a guest speaker at the senior center. Dr. Rodriguez is board certified in medical oncology and hematology. She has a special interest in the early detection and treatment of lung cancer, and how cancer affects women. She is co-investigator of the Mount Sinai Cancer Research Program and Co-chair of the Multidisciplinary Thoracic Group.

- **Birthday and Anniversary Celebration** – Humana will sponsor this month's party on November 15th from 12:00—1:00 p.m.

- **Distribution of Telephones for the Hearing Impaired** – On November 20th between 11:30 a.m.—1:30 p.m., a representative will be available to distribute free specialized telephones to citizens of Florida who are deaf, hard of hearing, deaf/blind and speech disabled. Under the State of Florida Telecommunications Access Systems Act, specialized tele-

phones are made available free to new clients with a hearing aids or to those who are hearing or speech impaired. Free amplified telephones will be distributed on November 20th at the Miami Springs Senior Center. To qualify, you must show proof of permanent residency and have a landline in your residence. If you do not wear a hearing aid, a 5 minute hearing test will be administered. Current clients who have an inoperable telephone (that was previously issued through this program) may exchange it for a new one on this date starting at 11:30 a.m.

- **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 November 28th 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 & 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.

"BALANCE and FALL PREVENTION"

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

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 BOARD GAMING SOCIETY 12PM-2PM @COMM. CENTER
4	5 CITY COUNCIL MEETING: 7PM	6 CODE COMPLIANCE BD: 7PM SPECIAL ELECTION DAY! 7AM—7PM	7 RECYCLING DAY!	8	9	10 SEBASTIAN-STRONG 5K 7AM @CURTISS MANSION
11	12 VETERANS DAY! CITY HALL CLOSED!	13	14	15	16	17 TURKEY TROT 5K 7AM @COMM. CENTER BOARD GAMING SOCIETY 12PM-2PM @COMM.
18	19	20	21 CONGRESSMAN DIAZ-BALART'S OFFICE VISITS TO CITY HALL 11AM -12PM RECYCLING DAY!	22 THANKSGIVING DAY! CITY HALL CLOSED!	23 DAY AFTER-THANKSGIVING DAY! CITY HALL CLOSED!	24
25	26 CITY COUNCIL MEETING: 7PM	27	28 SCHOOL BOARD MEMBER SUSIE CASTILLO OFFICE VISITS TO CITY HALL 9AM—3PM	29	30	

