



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

SEPTEMBER 2018

In the Spotlight

Come if you dare, to this year's haunted happenings in our City! Two events ... One Weekend!

Mayor Billy Bain and Council along with the Parks and Recreation Department, present "Spooktacular Costume Contest" and "Howl-O-Springs"! Similar to last year's event, "Jack-O-Lantern Festival", that took place on Westward Drive, we are bringing the festivities of Halloween back to the City! This year's spooky celebrations start with a Costume Contest on Friday, October 26 at 7p.m. sharp, and taking place at the Aquatic Center. This is a free event and it is open to all ages!

Saturday, October 27, get ready for the biggest event this year... "Howl-O-Springs"! The event is from 4p.m.-8p.m. on the Glenn Curtiss Circle. The Miami Springs Airport Area Chamber of Commerce is gathering all the businesses that want to bring tents, advertising material, and candy to give out to the trick-or-treaters.

"We are very excited to be a part of the Howl-O-Springs event in conjunction with the Miami Springs Parks & Recreation Department. As a Chamber we are looking to get our businesses more involved with the community and I can't think of a better way to showcase what we have in our great little town! Our businesses will be there to hand out candies and enjoy in the festivities! We're hoping to meet our neighbors so stop by!" - Annette Morejon, President, Miami Springs/Airport Area Chamber of Commerce

The Miami Springs/Virginia Gardens Optimist Club will be selling hamburgers, hot dogs, chips, and soda. Live music will be provided by 30Hertz, a local cover band that performs a wide variety of rock, pop, reggae, and more.

"It is important to us that we perform at this community event, specially that a few of us were born and raised right here in Miami Springs, and Halloween is one of my favorite holidays" - Frank Matyok, Lead vocalist and guitarist

There will be photo opportunities, scare zones, rides, and



much more! You will need a wristband to enter the scare zones, and for the photo opportunities (\$5 for residents and \$10 for non-residents). Wristbands are sold at the Community Center. For more information, you can contact the Community Center at 305.805.5075.

Let's not forget the Jack-O-Lantern Contest..(bring your pumpkins ready to enter)!



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

- @MiamiSpringsFL
- @MiamiSpringsFL
- MiamiSprings-FL.gov
- @cityofmiamisprings
- MSTV 77
- Miami Springs - Government

ART IN MIAMI SPRINGS

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

Join us for the exhibition opening and meet the Artist on Monday, October 22 from 7-9pm.

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 is 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



"Lighthouse Key Biscayne" by Robert Guzman Aguero

Springs. 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

IMPORTANT CALENDAR DATES

City Council Meetings

City Council Regular Meetings

Monday, October 8, 2018 at 7:00 P.M. at City Hall
 Monday, October 22, 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., Oct. 17 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., Oct. 25, 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, October 3, 2018
 Wednesday, October 17, 2018
 Wednesday, October 31, 2018



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

We are now live on TV
MSTV • Channel 77

SPECIAL PULL-OUT SECTION

How to spot a fake website

Don't Get Phished:

Phishing is a serious issue, not just for email users. Phishing scripts can also be deployed on the web. We will try to cover simple methods of spotting fake websites so that you can protect yourself from this growing threat.

Basic Tips

When you visit a website, and you suspect that it's not for real, there are a few tell-tale signs that you should look for.

Unusually low prices: Retailers do sometimes offer pretty big discounts, but they aren't likely to give their goods away. If you spot prices that are discounted by 50 percent or more, you should immediately be on your guard. Good deals come along occasionally, but they are rare, and hard to find. Branded goods selling for less than outlet store prices should always be viewed with suspicion.

No Reviews: If an ecommerce site has become popular, or if it's offering the best deal in town, it will have independent reviews to verify its authenticity. If you see no reviews, be cautious. Just because a website is ranking highly in search doesn't mean that the website is authentic or legitimate.

Poor Grammar and Spelling: Every computer has some form of basic dictionary. Practically every browser has a spell-check tool built in. There's no excuse for spelling mistakes in website content. If it contains numerous spelling and grammatical errors, it should immediately set alarm bells ringing.

No SSL on the Payment Page: When you visit a website's payment page, you should see a small padlock icon. This will appear in the browser's URL bar, the status bar, or both. You should also see "https" instead of "http" at the beginning of the URL. If these things are missing, you may be transmitting credit card data over an unsecure internet connection. The website may be trying to collect your credit card data, or

it may be exposing your personal financial information. Whether it's doing this intentionally or unintentionally is irrelevant. No reputable ecommerce site would operate without this kind of security.

No Postal Address: Real businesses, selling real products, will provide a physical contact address. Be suspicious of any website that doesn't list the company's physical address or contact information. Of course, there are some exceptions to this rule. Google, Amazon, and some other online retailers don't list contact information, or deliberately make it difficult to find. But these brands have already established trust and legitimacy in the marketplace.

Using Online Phishing Scanners

Various free tools allow you to scan a website and check whether its contents are genuine. No one tool can give you a definitive answer, but you can try several to build a picture:

1. AVG Threat Labs: Type in a URL and get an instant appraisal of its security. AVG reports whether the site has malware, so it's a simple test, but one worth trying.

2. IsItHacked: Scans the website for signs of possible phishing. It looks for link cloaking, status codes, strange link formatting and iframes. It also scans Google Safe Browse, Phishtank and Site Advisor.

3. PhishTank: This website contains crowdsourced data about compromised sites on the web, as well as sites that have been set up specifically to phish information from unsuspecting users. It has a phishing checker, a link submission tool, and a verification system. Once you've submitted a suspicious site, you can track it through your PhishTank account.

4. MXToolbox: Check whether the site is on any blacklists. If a site appears here, it's a sign that it has been reported for having an open relay, which means it's probably firing out spam.

CITY OF MIAMI SPRINGS CELEBRATES OCT. BIRTHDAYS

October 05	Katrina Quintero	Parks & Recreation
October 07	Paul Stieglitz	Golf Course
October 07	Patricia Mann Bradley	Parks & Recreation
October 08	Ashley Varela.	Parks & Recreation
October 14	Denise Rivera	Public Works
October 14	Adrian Lopez	Public Works
October 16	Joel Watts	Parks & Recreation
October 16	Irlandis Diaz	Parks & Recreation
October 18	Collin Rahman	IT Department
October 20	Ariadna Quintana	Parks & Recreation
October 22	Lazaro Rodriguez	Parks & Recreation.
October 22	Jamie Norton	Parks & Recreation.
October 24	Kenneth Mills	Parks & Recreation
October 24	Rafael Perez	Public Works
October 25	Dylan Arguelles	Parks & Recreation
October 27	Jason Hall	Police Department
October 28	Eneyra "Chanty" Encarnacion	Police Department
October 28	Jorge Romeo	Public Works
October 28	Cynthia Fragas	Police Department

Happy Birthday and Best Wishes!

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

- Karen Rosson completed 41 years of service.
- Jeanne Malden completed 17 years of service
- Roberto Gonzalez completed 17 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

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.

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.

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



Something Spooky is Brewing!!!
Fly Over on a Broom or Float like a Ghost
Check out Our Upcoming Special Events



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>

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

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>

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

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

VOLUNTEER COACHES NEEDED!!

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.



FRIDAY, OCTOBER 26, 2018
7PM SHARP @ AQUATIC CENTER

For All Ages
Babies-Kids-Families
Free Event

SATURDAY, OCTOBER 27, 2018
4PM - 8PM @ THE CIRCLE

Live Music & Photo Opportunities
Scare Zones & Rides
Food For Sale
Jack-o-Lantern Contest
Purchase Wristbands @ The Community Center
\$5 for Residents / \$10 Non-Residents
Wristbands Go On Sale
For Residents Oct 1st
Non Residents Oct 22nd



Prince Field Park will be transformed into a campground for one special night!
Your family is invited to spend the night!
Pack your tent, sleeping bag, flashlight, and bug spray.
Get ready for some family fun!



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, 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 October: Walmart (10/4, Sabor (10/12), Fresco y Mas (10/19) and Publix (10/25).

RECREATIONAL ACTIVITIES: Recreational and social events are planned each month at the senior center. As of this writing, the following activities are planned for October: the Fall Festival on 10/9, from 5:00—8:00 p.m., with dinner, music and dancing (\$5.00/member); the monthly birthday and anniversary celebration (10/18); weekly Bingo games (10/1, 10/11, 10/15, 10/22, and 10/29); shopping trips to Walmart and various grocery stores each week.; and a Halloween Costume Contest (10/31).

HEALTH SUPPORT PROGRAMS AND EDUCATIONAL PROGRAMS: Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. The following topics are currently scheduled for October:

- **Demonstration of HMOs and Part D Plans** -- On October 2nd at 12:15 p.m., Kathleen Sarmiento, Director of the local SHINE program, will provide valuable information to seniors on how to select their Medicare Advantage Plans (HMOs) and Medication Insurance Plans (Part D) during this year's open enrollment period. SHINE, a non-profit service organization, stands for "Serving Health Insurance Needs of Elders".

- **"Broker Misconduct and What to Do About It"** -- Seniors are sometimes targeted by bad faith brokerage practices. On October 5th at 12:15 p.m., law students from the University of Miami will discuss what to look for and what to do to make sure this doesn't happen to you. Learn what the University's Investor Rights Clinic is and the parameters of cases it accepts, what FINRA is and how they can help you, and preventative and proactive measures you can take.

- **Nutrition Education** – Michelle Lorea, MS, RD, LD/N. CDE, the City's Nutrition Consultant, will present an educational nutrition topic to seniors on October 8th at 12:10 p.m. Individual Nutrition Counseling will be provided, as well, to seniors at high nutritional risk who have scheduled appointments.

- **Miami-Dade Public Library System's TECHNOBUS** -- The library's mobile technology innovation lab will visit the senior center on October 9th and 23rd 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.

The coordinator of the Technobus will present a short program at 12 noon on October 9th regarding what services and lessons are offered to those interested in learning more about technology with help from the library system. In addition, a representative from the Miami Springs

Branch Library, will present information about library services and upcoming events.

- **"Why the Heart Fails"**— Dr. Ivan Arenas is board certified in internal medicine, nuclear cardiology and echocardiography. He is on staff with Mt. Sinai Medical Center and will present valuable information about this topic on October 10th at 12:15 p.m. This program is part of a monthly lecture series sponsored by Mt. Sinai in an effort to better serve our community. Programs aimed at helping seniors live better, healthier lives are offered at 12:15 p.m. on the second Wednesday of each month.

- **FREE Blood Pressure Screening** -- Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center on October 16th from 10—11:30 a.m.

- **Miami Springs Lions Club Projects** – On October 17th, at 12:15 p.m., Lee Fisher, President of the local Lions Club, will present information on the many proj-

ects the members are working on for the benefit of others.

- **Free Exercise Classes for Fall Prevention** -- Learn special exercises that have been shown to decrease falls from the Physical Therapists of St. Catherine's West Rehabilitation Hospital. Two 45 minute classes have been scheduled for October 23rd, from 10:00—10:45 a.m. and 10:45—11:30 a.m. Please call to schedule your session as class size is limited.

- **"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 October 24th, 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.

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.

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 BOARD OF ADJUSTMENT 6:30PM	2 CODE COMPLIANCE BD 7PM	3	4	5	6 BOARD GAMING SOCIETY 12PM-2PM @ THE COMM. CENTER
7	8 CITY COUNCIL MEETING 7PM	9	10	11	12	13
14	15	16	17 HISTORIC PRESERVATION BD 7PM	18	19	20 BOARD GAMING SOCIETY 12PM-2PM @COMM. CENTER
21	22 CITY COUNCIL MEETING 7PM	23	24	25	26 SPOOKTACULAR COSTUME CONTEST 7PM @ THE AQUATIC CENTER	27 HOWL-O-SPRINGS 4PM-8PM @ THE CIRCLE
28	29	30	31			

