

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Call us for more info</b> (305) 805-5160</p> <p><b>Programs funded in part by:</b></p>  <p><i>Alliance for Aging, Inc. Answers on Aging</i></p>  <p>Department of ELDER AFFAIRS STATE OF FLORIDA</p>	<p><b>1</b></p> <p>Lunch 11am-2pm Watercolor Class w/Joan 10-11am</p>  <p>Knitting Fun 10am Tai Chi 11:30am</p>	<p><b>2</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Card Playing at 11am</p>  <p>Belly Dancing Class 2-3pm</p>	<p><b>3</b></p> <p>BINGO 10am Lunch 11am-2pm Tai Chi 11:30am Ping Pong 1:30-2:30pm</p> <p>Book Club 1-2pm</p> 	<p><b>4</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Drawing Class W/ Pablo 10:30am &amp; 12pm</p>
<p><b>7</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm Ping Pong 1:30-2:30pm Belly Dancing Class 2-3pm Raffle items on display</p>	<p><b>8</b></p> <p>Lunch 11am-2pm Watercolor Class w/Joan 10-11am Knitting Fun 10am</p>  <p>Tai Chi 11:30am</p>	<p><b>9</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Card Playing 11am Belly Dancing 2-3pm</p> <p><b>Happy Retirement Celebration for Rafaela's 17 years of service!</b></p> 	<p><b>10</b></p> <p>Lunch 11am-2pm Tai Chi 11:30am Grocery Trip-Publix Sabor 1pm</p>  <p>Ping Pong 1:30-2:30pm</p>	<p><b>11</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Drawing Class W/ Pablo 10:30am &amp; 12pm Raffle 12pm</p>
<p><b>14</b></p> <p>Chair Yoga 9:30am &amp; 11am Lion's Club Glucose Screening 10am Lunch 11am-2pm Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm Ping Pong 1:30-2:30pm Belly Dancing Class 2-3pm</p>	<p><b>15</b></p> <p>Lunch 11am-2pm Watercolor Class w/Joan 10-11am Knitting Fun 10am Tai Chi 11:30am</p> 	<p><b>16</b></p> <p>Chair Yoga 9:30am &amp; 11am Music Class 10:30 Lunch 11am-2pm Card Playing @ 11am Belly Dancing 2-3pm</p>  <p>Movie &amp; Discussion</p>	<p><b>17</b></p> <p>BINGO 10am Lunch 11am-2pm Tai Chi 11:30am Ping Pong 1:30-2:30pm</p>	<p><b>18</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Hawaiian Luau 11am-1pm</p>  <p>Drawing Class 10:30am &amp; 12pm Choral Group 10am Music &amp; Trivia 1pm</p>
<p><b>21</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm Ping Pong 1:30-2:30pm Belly Dancing Class 2-3pm</p>	<p><b>22</b></p> <p>Lunch 11am-2pm Watercolor Class w/Joan 10-11am Knitting Fun 10am Tai Chi 11:30am</p> 	<p><b>23</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Card Playing at 11am Belly Dancing Class 2-3pm</p>	<p><b>24</b></p> <p>Lunch 11am-2pm Tai Chi 11:30am Ping Pong 1:30-2:30pm</p> 	<p><b>25</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11-2 Drawing Class W/ Pablo 10:30am &amp; 12pm Meditation &amp; Breathwork 2pm</p>
<p><b>28</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm Ping Pong 1:30-2:30pm Belly Dancing Class 2-3pm</p>	<p><b>29</b></p> <p>Lunch 11am-2pm Watercolor Class w/Joan 10-11am Knitting Fun 10am Tai Chi 11:30am</p>	<p><b>30</b></p> <p>Chair Yoga 9:30am &amp; 11am Lunch 11am-2pm Card Playing at 11am Belly Dancing Class 2-3pm</p> 	<p><b>31</b></p> <p>Lunch 11am-2pm Tai Chi 11:30am Ping Pong 1:30-2:30pm</p>	<p>Donate to our Food Pantry! Shelf stable items only please. Your kindness is appreciated!</p> 

# MIAMI SPRINGS ADULT COMMUNITY CENTER

## August 2023 Calendar

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility. You must have a valid photo ID with a Miami Springs or Virginia Gardens address to register.

### CONGREGATE MEALS:

Hot lunch meals are served weekdays from 11:00 a.m.--2:00 p.m. for members age 60+

\*Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.

### TRANSPORTATION:

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

### ➤ HEALTH SUPPORT ACTIVITIES:

Must be registered with the Miami Springs Adult Community Center to participate in the following:

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)  
Mondays, Wednesdays,  
Fridays: 9:30am-10:30am.

Mondays, Wednesdays, Fridays:  
11:00am-12:pm

\*Located in the Betty Bray Fitness Room

- **TAI CHI**

(Instructor: Judd Zisquit)  
Tuesdays and Thursdays:  
11:30am—12:30 p.m.

\*Located in the Betty Bray Fitness Room

- **GYM TRAINING**

(Instructor: Liliana Silva)

Gym Training classes fill up quickly so advance registration is required!

**Monday- Thursday:**

**10am-10:50am**

Group Training Advanced

**11am-11:50am**

Group Training Intermediate

**1pm-1:50pm**

Group Chair Beginning- *In Yoga Room*

**2pm-2:50pm**

Free Style All Levels

**Fridays:**

**10am-10:50am**

Group Training Advanced

**11:30-12:20pm**

Group Training Intermediate

**OPEN GYM**

(No Instructor)

**Monday-Thursday**

8am-9:55am, 12pm-1:55pm,

3pm-4:30pm

**Friday**

8am-9:55am, 12:30pm-4pm

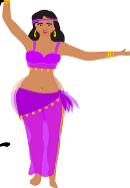
## Belly Dancing For Fitness & Movement

with *Shahar*

Mon. & Wed.

2-3pm

in the Betty Bray  
Fitness Room



Thursdays,  
August 3<sup>rd</sup> & 17<sup>th</sup>  
10am-11am



## BOOK CLUB

Thursday, August 3  
from 1-2pm

Book: *The Incredible  
Winston Browne*  
by Sean Dietrich

Please sign up at front desk.



## Card Playing Wednesdays @11am

Fun card games that  
Keep your mind sharp:  
Bogey, King's Corner,  
Hand & Foot  
,Shanghai, Rummy.

## Grocery Trip:

**Publix Sabor**

August 10 at 1pm

RSVP Required



## Knitting Fun Every Tuesday @ 10am

Make yarn hats for  
the Lion's Club to  
give to children in need



Wed., August 9<sup>th</sup>

Join us as we honor  
and celebrate  
*Rafaela Vega's*  
17 years of Service  
at the Miami Springs  
Senior Center!

Free

**Glucose Screening**  
August 14<sup>th</sup> at 10am

Thank You to the Miami  
Springs Lion's Club for  
this free service!



Hula on over for some  
fun at our  
Summer  
Luau

August 18

from 11am-1pm

Wear your  
Hawaiian  
attire!



## Music & Trivia Group

Friday, Aug. 18<sup>th</sup>

1:30-2:30pm



## MOVIE & Discussion

on Wednesday,  
Aug. 16 at 12:45pm

Please sign up at front desk!

## MINDFUL MEDITATION & BREATHWORK

with Vanessa



FRI, AUG. 25 AT 2PM

**Space is limited.**

Please RSVP at the front desk

