

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>For more information call us at 305.805.5160</p>			<p>1</p> <p>9:00 am – FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am – LUNCH: Egg Salad, Vegetable Soup & Ambrosia Fruit Salad</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> 	<p>2</p> <p>9:00 am – LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT W/ (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am- LUNCH: Meat Lasagna, Carrots & Cookie</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic Center</p>
<p>5</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Ropa Vieja, Collard Greens, Potatoes & Lemon Pound Cake</p> <p>12:15-BINGO 1st Game- Cash Prize</p>	<p>6</p> <p>9:00 am – FLOOR YOGA I & II Class at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Chicken Marjara, Red Beans, Sliced Carrots & Fresh Fruit</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> <p>Nutrition Education 12:15-12:45pm</p>	<p>7</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (@Recreation Center/Sosa Theatre)</p> <p>10am-11:30am- Free Blood Pressure Screening with the Miami Dade Health Dept.</p> <p>11:30 am – LUNCH: Sliced Turkey w/ Gravy, Hash Brown Casserole, Spinach</p>	<p>8</p> <p>9:00 am – FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am – LUNCH: Sliced Roast Pork, Mashed Potatoes, Green Beans & Peaches</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> <p>1:30pm- Shopping: WALMART</p>	<p>9</p> <p>9:00 am – LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (At Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken, Baked Beans, Cole Slaw</p> <p>Raffle Items on Display</p> <p>12:15-2:15 PM- Art Class w/ Morgan Lorenzo @ Aquatic Center</p>
<p>12</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Briquet of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad</p> <p>12:15-BINGO</p> 	<p>13</p> <p>9:00 am – FLOOR YOGA I & II (Curtiss Mansion)</p> <p>11:30 am – LUNCH: Grilled Chicken w/ Onions, Quinoa & Beets</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> <p>12:15 pm- Library Happenings W/ Assistant Branch Manager, Danielle Zuniga</p>	<p>14</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (at Rec Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Meatballs w/ Tomato Sauce, Caesar Salad, Baked Apples w/ Raisins</p> 	<p>15</p> <p>9:00 am – FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am – LUNCH: Shredded Roast Pork W/ Onions & Black Beans</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> <p>11:30-12:30pm – BIRTHDAY & ANNIVERSARY PARTY Sponsored by Leonard Real Estate</p>	<p>16</p> <p>9:00 am – LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Salisbury Steak, Squash Casserole</p> <p>Raffle Items Awarded</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic Center</p>
<p>19</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>9am-11am-FAU Memory Screenings</p> <p>11:30 am – LUNCH: Chili Con Carne, corn muffin & Salad, sliced peaches</p> <p>12:15 pm – BINGO</p>	<p>20</p> <p>9:00 am – FLOOR YOGA I & II (At the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Shredded Chicken w/ Gravy, Roasted Potatoes, peas/carrots</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> <p>12:15pm Crime Watch Program w/ the Miami Springs Police Dept.</p>	<p>21</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Tuna Salad, Beets & Onions, Banana and Cookie</p> <p>12:15-1:15pm Uber 101: Smart Phone Tutorial-Transportation Apps w/ AT& T & Miami Dade Library Techno Bus</p>	<p>22</p> <p>9:00 am – FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am – LUNCH: Meat loaf, mashed potatoes, cooked spinach</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> <p>1:30pm- Shopping: Fresco Y Mas</p>	<p>23</p> <p>9:00 am – LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Classes at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Shredded Pork, lentil soup, coleslaw</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic Center</p>
<p>26</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>9am-11am-FAU Memory Screenings</p> <p>11:30 am – LUNCH: Chicken Cacciatore w/ spaghetti, mixed vegetables, melon</p> <p>12:15pm- BINGO</p>	<p>27</p> <p>9:00 am – FLOOR YOGA I & II (At the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Baked Ham w/ Pineapple, sweet potato</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> <p>FIELDTRIP: \$5(+tax) Movie at Cobb Theatre in Miami Lakes- Movie: TBA</p>	<p>28</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Picadillo w/Red bean and pumpkin soup</p> 	<p>29</p> <p>9:00 am – FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am – LUNCH: Egg Salad, Vegetable Soup & Ambrosia Fruit Salad</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> <p>1:30 pm- Grocery Shopping: PUBLIX SABOR</p>	<p>30</p> <p>9:00 am – LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Classes meet at the Rec. Center, 2nd floor, Sosa Theatre)</p> <p>11:30 am- LUNCH: Meat Lasagna, Carrots & Cookie</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic</p>

