



MIAMI SPRINGS SENIOR CENTER

343 Payne Drive, Miami Springs, Florida 33166

♥ FEBRUARY 2019 ♥



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
|  |  |  |  | <p>1</p> <p>9:00 am - LEG STRETCHING & STRENGTHENING</p> <p>10:00 am: BALANCE & CORE WORKOUT W/ (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Tuna Salad w/ Butternut Squash Soup</p> <p>12:15-2:15PM Art Class @The Senior Center</p> |
| | | | | <p>4</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Sweet & Sour Meatballs</p> <p>12:15 pm - BINGO 1st game - cash prize</p> |
| <p>11</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Meatloaf w/ Gravy</p> <p>12:15 pm - BINGO SPONSORED BY HUMANA</p> | <p>12</p> <p>9:00 am - FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>10-11am - TECHNOBUS</p> <p>11:30 am - LUNCH: Shredded Pulled Pork</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:30pm TAX PREP W/ AARP BY APPT.</p> | <p>13</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken W/ Yellow Rice</p> <p>Mt. Sinai talk on Hiatal Hernias & Gurd w/ Dr. Fernando Safdie</p> | <p>14</p> <p>9:00 am - FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am - LUNCH: Brisket of Beef</p> <p>12:30 pm VALENTINE'S DAY PARTY W/ MOVIE & POPCORN @ THE SENIOR CENTER</p>  <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> | <p>15</p> <p>9:00 am - LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Class meets @ the Senior Center)</p> <p>11:30 am - LUNCH: Baked Manicotti</p> <p>Raffle Items Awarded</p> <p>1pm- Grocery Shopping: SABOR</p> <p>12:15-2:15PM Art Class @ The Senior Center</p> |
| <p>18</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Roast Turkey w/ Gravy</p> <p>12:15 pm - BINGO PRESIDENT'S DAY!</p> | <p>19</p> <p>9:00 am - FLOOR YOGA I & II (At the Curtiss Mansion)</p> <p>12:15 pm- Library Happenings W/ Assistant Branch Manager, Danielle Zuniga</p> <p>11:30 am - LUNCH: Chicken Cacciatore</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:30pm TAX PREP W/ AARP</p> | <p>20</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Baked Ham w/ Pineapple Sauce</p> <p>12:15 pm - NUTRITION EDUCATION- HEART HEALTHY EATING</p> | <p>21</p> <p>9:00 am - FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am - LUNCH: Beef Chili Con Carne</p> <p>12:00 pm - BIRTHDAY & ANNIVERSARY PARTY SPONSORED BY HUMANA</p> <p>1:00 pm- Grocery Shopping: Fresco Y Mas</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> | <p>22</p> <p>9:00 am - LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Seafood Paella & Rice</p> <p>12:15-2:15PM Art Class @ The Senior Center</p> |
| <p>25</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS</p> <p>10-11:30AM- FREE BLOOD PRESSURE SCREENING W/ Mercedes Blanco, RN</p> <p>10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: BBQ Chicken Leg</p> <p>12:15 pm - BINGO</p> | <p>26</p> <p>9:00 am - FLOOR YOGA I & II (At the Curtiss Mansion)</p> <p>11:30 am - LUNCH: Roast Pork Au Jus</p> <p>12:15pm Crime Watch Program w/ MSPD</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:30pm TAX PREP W/ AARP BY APPT.</p> | <p>27</p> <p>9:00 am - CHAIR YOGA 10:00 am - WEIGHTS 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken Breast w/ Marsala</p> <p>12:15pm "Heart Health for Seniors" w/ Dr. Mario Siervo from WellMed</p> | <p>28</p> <p>9:00 am - FLOOR YOGA I & II (Class meets at the Curtiss Mansion)</p> <p>11:30 am - LUNCH: Meatballs w/ Tomato Sauce</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1:00 pm- Grocery Shopping: PUBLIX</p> | <p>Call us for more information</p>  <p>(305) 805-5160</p> |

