



MIAMI SPRINGS SENIOR CENTER

343 Payne Drive, Miami Springs, Florida 33166

July 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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: Meat Loaf w/Gravy and Mashed Potatoes</p> <p>12:15 pm –BINGO 1st Game- Cash Prize</p>	<p>2</p> <p>9:00 am–FLOOR YOGA I & II Class at the Curtiss Mansion) 12pm-1pm</p> <p>11:30 am- LUNCH: Shredded Pulled Pork, Sweet Potatoes</p> <p>12:30 pm - TAI CHI (@ Optimist Club, 1101 Wren Ave.)</p> <p>12:30pm-2:30pm- Signing Workshop w/ Little Revolt Theater @ Aquatic Center</p>	<p>3</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: Chicken & Yellow Rice w/ Split Pea Soup & WATERMELON!</p> 	<p>4</p>  <p>Senior Center Closed</p>	<p>5</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: Baked Manicotti & Vegetable Soup</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic</p>
<p>8</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: Roast Turkey w/Gravy, Yams and stuffing & Diced Pears</p> <p>12:15-BINGO</p> <p>5pm-Senior Center Groundbreaking @ 343 Payne Dr.</p>	<p>9</p> <p>9:00 am–FLOOR YOGA I & II Class at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Chicken Cacciatore, Italian Vegetables and Salad</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> <p>12:30pm-2:30pm- Signing Workshop w/ Little Revolt Theater @ Aquatic Center</p>	<p>10</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (@Recreation Center/Sosa Theatre)</p> <p>11:30 am – LUNCH: Baked Ham w/ Pineapple Sauce, Broccoli Soup, Caesar Salad & Mac & Cheese</p> <p>Clear Caption Telephone Presentation @ 12:15pm</p>	<p>11</p> <p>9:00 am–FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: Beef Chili Con Carne, Spinach Salad & Corn Bread</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p> <p>1:30pm- Shopping: WALMART</p>	<p>12</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: Seafood Marinara & Vegetable Soup</p> <p>Raffle Items on Display</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic Center</p>
<p>15</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: Brisket of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad</p>	<p>16</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>12:30pm-2:30pm- Signing Workshop w/ Little Revolt Theater @ Aquatic Center. 7/21 Final Show- Curtiss Mansion</p>	<p>17</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>12:15pm-1:15pm & 1:15-2:15pm- FAU Memory Screenings</p>	<p>18</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>10am –BIRTHDAY & ANNIVERSARY Breakfast of Pastelitos & Croquetas Sponsored by Leonard Real Estate</p> <p>1:30 pm–Grocery Shopping: FRESCO Y MAS</p>	<p>19</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>22</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: Chili Con Carne, corn muffin & Salad, sliced peaches</p> <p>12:15 pm – BINGO</p>	<p>23</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</p>	<p>24</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>12:15pm-12:45pm Nutrition Education</p>	<p>25</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>1:30 pm- Grocery Shopping: PUBLIX SABOR</p>	<p>26</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: Shredded Pork, lentil soup, coleslaw</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic</p>
<p>29</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: Chicken Cacciatore w/ spaghetti, mixed vegetables, melon</p> <p>12:15pm- BINGO</p>	<p>30</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: The Lion King</p>	<p>31</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>10am-11am- FAU Memory Screenings</p> <p>11:30 am – LUNCH: Picadillo w/Red bean and pumpkin soup</p> <p>12:15pm-12:45pm-Open Mic- Bring your best joke!</p>		 <p>For more information call us at 305.805.5160</p>

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