



MIAMI SPRINGS SENIOR CENTER

343 Payne Drive, Miami Springs, Florida 33166

MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Important Days in March: Spring Forward! Move Clocks 1 hour forward on Sunday 3/10</p> <p>St. Patrick's Day, March 17th</p> <p>First Day of Spring, March 20th</p>		<p>March 20th is the First Day of Spring in 2019. The Vernal or March Equinox is when the Sun crosses the celestial equator, moving from south to north.</p>	<p>Call us for more information</p> <p>(305) 805-5160</p>	<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>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ 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>10am-11:30am Miami-Dade Public Library TECHNOBUS</p> <p>11:30 am - LUNCH: Sweet & Sour Meatballs</p> <p>12:15 pm - B I N G O 1st game - cash prize</p>	<p>5</p> <p>9:00 am - FLOOR YOGA I & II Class at the Curtiss Mansion)</p> <p>11:30 am - LUNCH: Breaded Chicken w/ Broccoli & Cheese</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:30pm TAX PREP W/ AARP BY APPT.</p>	<p>6</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: Pork W/ Mojo & Onions</p> <p>12:15 pm - NUTRITION EDUCATION</p>	<p>7</p> <p>9:00 am - FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>11:30 am - LUNCH: Stuffed Cabbage w/ Sweet & Sour Sauce</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1pm- Grocery Shopping: WALMART</p>	<p>8</p> <p>9:00 am - LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken Salad</p> <p>Raffle Items on Display</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</p> <p>Move Clocks 1 hour forward on Sunday 3/10</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 - B I N G O 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>12:15-1:15pm - "Successful Aging" a talk by the Center for Aging & Behavioral Research</p>	<p>14</p> <p>9:00 am - FLOOR YOGA I & II (At Curtiss Mansion)</p> <p>10am-12:30pm - FALL PREVENTION & Screening by St. Catherine West Rehabilitation Hospital</p> <p>11:30 am - LUNCH: Brisket of Beef</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1:00 pm - Grocery Shopping: Sabor</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>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ 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 - B I N G O</p>	<p>19</p> <p>9:00 am - FLOOR YOGA I & II (At the Curtiss Mansion)</p> <p>11:30 am - LUNCH: Chicken Cacciatore</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:15pm Crime Watch Program w/ MSPD</p> <p>12:30pm TAX PREP W/ AARP BY APPT.</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>FIRST DAY OF SPRING</p> <p>1:15pm- Field Trip to the Lowe Art Museum & Swensen's Ice Cream</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 meet @ Senior Center)</p> <p>11:30 am - LUNCH: Seafood Marinara</p> <p>12:15pm-12:45pm Talk on Glenn Curtiss & the 1920's Land Boom by the Curtiss Mansion</p> <p>12:15-2:15 PM Art Class @ 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 - B I N G O</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>12:30 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>12:15 pm - Library Happenings W/ Assistant Branch Manager, Danielle Zuniga</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: WALMART</p>	<p>29</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: Tuna Salad w/ Butternut Squash Soup</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ The Senior Center</p>