

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>The Senior Center is Closed for Labor Day</b></p> 	<p>3</p> <p>9:00 am – FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Chicken Marsala, Red Beans, Sliced Carrots &amp; Fresh Fruit</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p>	<p>4</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Sliced Turkey w/ Gravy, Hash Brown Casserole, Spinach</b></p> 	<p>5</p> <p>9:00 am – FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Sliced Roast Pork, Mashed Potatoes, Green Beans &amp; Peaches</b></p> <p>12:30pm TAI CHI (@ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: WALMART</b></p>	<p>6</p> <p>9:00 am – LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT W/ @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Shredded BBQ Chicken, Baked Beans, Cole Slaw</b></p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>9</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Brisket of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad</b></p> <p><b>12:15-BINGO</b> 1st Game- Cash Prize</p> 	<p>10</p> <p>9:00 am – FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Grilled Chicken w/ Onions, Quinoa &amp; Beets</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> 	<p>11</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Mt. Sinai Medical Center Health Presentation 12:15-1:15pm</b></p> <p><b>Meatballs w/ Tomato Sauce, Caesar Salad, Baked Apples</b></p>	<p>12</p> <p>9:00 am – FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Shredded Roast Pork W/ Onions &amp; Black Beans</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: Fresco Y Mas</b></p>	<p>13</p> <p>9:00 am – LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Salisbury Steak, Squash Casserole</b></p> <p><b>Raffle Items on Display</b> 12:15-2:15 PM-Art Class @ The Aquatic Center</p>
<p>16</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Chili Con Carne, Corn Muffin &amp; Salad, Sliced Peaches</b></p>  <p><b>12:15pm-BINGO</b></p>	<p>17</p> <p>9:00 am – FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Shredded Chicken w/ Gravy, Roasted Potatoes, peas/carrots</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room</p> <p><b>Nutrition Education: Maintaining Bone Health 12:15-12:45pm</b></p>	<p>18</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>10am-11:30am- Free Blood Pressure Screening with the Miami Dade Health Dept.</b></p> <p><b>11:30 am – LUNCH: Tuna Salad, Beets &amp; Onions, Banana and Cookie</b></p>	<p>19</p> <p>9:00 am – FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Meat Loaf, Mashed Potatoes, Cooked Spinach &amp; Biscuit</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate</b></p>	<p>20</p> <p>9:00 am – LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p><b>11:30 am – LUNCH: Shredded Pork, Lentil Soup, Coleslaw &amp; Fruit</b></p> <p><b>Raffle Items Awarded:</b> 12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>23</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Chicken Cacciatore w/ Spaghetti, Mixed Vegetables, Melon</b></p> <p><b>12:15 pm – B I N G O</b></p> <p><b>Autumn Officially Begins Today!</b></p>	<p>24</p> <p>9:00 am – FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Baked Ham, Sweet Potato, Cooked Spinach</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> <p><b>12:15pm Crime Watch Program w/ the Miami Springs Police Dept.</b></p>	<p>25</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Fall Prevention &amp; Screening Event w/ St. Catherine’s West Rehab Hospital from 10am-12:30pm</b></p> <p><b>11:30 am – LUNCH: Picadillo, Red Bean and Pumpkin Soup &amp; Salad</b></p>	<p>26</p> <p>9:00 am – FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am – LUNCH: Egg Salad, Ambrosia Salad, Vegetable Soup</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: Publix Sabor</b></p>	<p>27</p> <p>9:00 am – LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p><b>11:30 am – LUNCH: Meat Lasagna, Carrots, Garlic Roll &amp; Cookie</b></p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>30</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Miami Dade Library Technobus, 10am-11:30 in the Aquatic Center Parking lot</b></p> <p><b>11:30 am – LUNCH: Ropa Vieja, Collard Greens, Oven Browned Potatoes &amp; Pound Cake</b></p> <p><b>12:15pm- BINGO</b></p>		<p><b>Happy Autumn!</b></p> 	<p><b>Sign up today for Fitness Classes. Stop by the Senior Center to register, Monday-Friday from 8am-4:45pm</b></p> 	 <p><b>For more information call us at 305.805.5160</b></p>