

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Marvick Menendez, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00—10:30 a.m.
Classes are held at the Senior Center;
- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;
- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.
- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;
- **CHAIR EXERCISE CLASS**
(Instructor: Elizabeth King)
Tuesdays & Thursdays
10:45—11:15 a.m.
Classes are held at the Senior Center;
- **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Community Center;

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for April include: Bingo games (4/4, 4/11, 4/18 and 4/25); the monthly birthday and anniversary party (4/21); and field trips to Wal-Mart (4/14) and the Spring Concert showcasing dancers from the New World School of the Arts performing under the direction of world renowned choreographers (4/21).

FOR FURTHER INFORMATION,

please **CALL US!**

(305) 805-5160



SCHEDULED EDUCATIONAL PROGRAMS:

DISTRIBUTION of TELEPHONES for the HEARING IMPAIRED – On April 7th from 10:00 a.m. through 12 noon, free amplified phones will be available for persons with mild to severe hearing loss who qualify.

"COUNCIL REPORT" – Councilman Bob Best will present information on recent Council actions and topics of importance to the citizenry on April 13th at 12:15 pm..

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will provide Information on local criminal activities, and how to avoid becoming a victim, on April 19th at 12:15 p.m.

"MAKING SMART FOOD CHOICES" – On April 20th at 12:15 p.m., Jackie Gibson, MS, from the UF/M-D Extension Services, will present nutrition education information.

"COMPULSIVE GAMBLING" – On April 27th at 12:15 p.m., Meagan Cunningham from the Florida Council on Compulsive Gambling, Inc., will present an informative presentation on problem gambling for older adults. This presentation will outline the various signs and symptoms of problem gambling, the ways in which it can be prevented, and how to receive help for those who may already be struggling with this difficult issue.



The Florida Department of Highway Safety and Motor Vehicles will be available at the City's **COMMUNITY CENTER** on **Wednesday, April 20th** from 9:30 am — 2:30 pm., to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS.**

Check with the Community Policing Office or visit www.GatherGofet.com for information on the required documentation.



CELEBRATING BIRTHDAYS:

Ed B.....	2
Palmira C.....	9
Clara W.....	12
William C.....	14
Delia G.....	18
Elisa de Diaz C.....	19
Dottie A.....	25
Marlene C.....	28
Francisca V.....	29



CELEBRATING THEIR ANNIVERSARIES:

Juan & Gladys Marrero.....	4/ 7
Ken & Maria Wilson.....	4/23



Monday,	4/ 4
Monday,	4/11
Monday,	4/18
Monday,	4/25

FIELD TRIPS:

- ❖ **SHOPPING at WAL-MART**
Thursday, 4/14 1:15 -- 4:30 p.m.
- ❖ **NEW WORLD SCHOOL OF THE ARTS' SPRING CONCERT**
Thursday, 4/21 6:15 -10:30 p.m.
*–Trips are limited to 18 participants.
Sign up at the front desk!*



Fundraiser for the Miami Springs/Virginia Gardens Senior Citizens' Club:
Tuesday, April 26th
12:15 – 1:30 p.m.
(All proceeds go to the Club)