



APRIL 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>				<p>APRIL FOOLS' DAY 1</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Tuna Salad & Soup</p>
<p style="text-align: right;">4</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Stuffed Cabbage</p> <hr/> <p>12:15 pm - BINGO <i>1st game - cash prize</i></p>	<p style="text-align: right;">5</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Herbed Chicken</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <hr/> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p style="text-align: right;">6</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded Pork Sandwich</p> <hr/> <p>12:15 pm - MS/VG Senior Citizens' Club Meeting</p>	<p style="text-align: right;">7</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <hr/> <p>10:00 am - 12:00 pm: TELEPHONES FOR THE HEARING IMPAIRED</p> <hr/> <p>10:30 am - CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Beef Stew</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p>	<p style="text-align: right;">8</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Breaded Fish Wedge</p> <hr/> <p>Raffle Items on Display</p>
<p style="text-align: right;">11</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: BBQ Brisket of Beef</p> <hr/> <p>12:15 pm - BINGO</p>	<p style="text-align: right;">12</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Chicken & Rice Casserole</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <hr/> <p>1:00-3:30 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p style="text-align: right;">13</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Roast Pork</p> <hr/> <p>12:15 pm: "COUNCIL REPORT" Councilman Bob Best</p>	<p style="text-align: right;">14</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Meatloaf</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <hr/> <p>1:15 pm - FIELD TRIP: WAL-MART <i>16 may go</i></p>	<p style="text-align: right;">15</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Vegetarian Lasagna</p> <hr/> <p>Raffle Items Awarded</p>
<p style="text-align: right;">18</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Roast Turkey</p> <hr/> <p>12:15 pm - BINGO</p>	<p style="text-align: right;">19</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: Beef Chili con Carne</p> <p>12:30 pm - TAI CHI</p> <hr/> <p>12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office</p>	<p style="text-align: right;">20</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <hr/> <p>12:15 pm: "MAKING SMART FOOD CHOICES" -Jackie Gibson, MS, UF/M-D Extension Services</p> <p>11:30 am - LUNCH: Baked Ham</p>	<p style="text-align: right;">21</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE 11:30 am - LUNCH: Chicken Cacciatore</p> <hr/> <p>12:00 pm - BIRTHDAY & ANNIVERSARY PARTY</p> <hr/> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <hr/> <p>6:15 pm - FIELD TRIP: NEW WORLD SCHOOL OF THE ARTS SPRING CONCERT</p>	<p style="text-align: right;">22</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Egg Salad & Soup</p>
<p style="text-align: right;">25</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Picadillo</p> <hr/> <p>12:15 pm - BINGO</p>	<p style="text-align: right;">26</p> <p>9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am - LUNCH: BBQ Chicken</p> <hr/> <p>12:15-1:30 p.m.: </p> <hr/> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p>	<p style="text-align: right;">27</p> <p>9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am - LUNCH: Spaghetti & Meatballs</p> <hr/> <p>12:15 pm: "COMPULSIVE GAMBLING" -Meagan Cunningham, FL Council on Compulsive Gambling, Inc.</p>	<p style="text-align: right;">28</p> <p>9:00 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am - CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Shredded Pork</p> <p>12:30 pm - TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm - Grocery Shopping</p>	<p style="text-align: right;">29</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am - LUNCH: Tuna Salad & Soup</p>