

MIAMI SPRINGS SENIOR CENTER-AUGUST 2019

SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 + 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 peers.
- **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Larea, the program's consulting Registered Dietician or the Elderly Services Manager.
- **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to local grocery store and assistance is given with shopping. Field trips are also planned each month.
- **HEALTH SUPPORT ACTIVITIES:** All students must be registered with the Senior Center to participate in the following:
- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00-10:00 a.m.
- **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 -11:00 a.m.
- **LEG STRETCHING & STRENGTHENING**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00-10:00 a.m.
BALANCE & CORE WORKOUT
Fridays.....10:00-11:00 a.m.
Classes above are held at the Rebecca Sosa Theatre, 2nd floor, Recreation Center at 1401 Westward Dr.
- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 -11:00 a.m.
Held at the Curtiss Mansion
- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30pm-1:30 pm
Tai Chi is held at the Optimist Club, located at 1101 Wren Ave.

PROGRAMS

HEALTH SUPPORT, EDUCATIONAL PROGRAMS:

Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. Classes are free for residents age 60+ that register with the senior center.

The following programs are currently scheduled for August:
 • **Art Classes-** Art classes on a variety of topics are offered **Every Friday with Morgan Lorenzo from 12:15-2:15pm @ the Aquatic Center.** All supplies are included.

• **Nutrition Education- Tuesday, August 6th at 12:15pm.** Topic TBA, Each month, the Senior Center Dietician, Michelle Larea provides helpful nutrition education information on a variety of topics. This information is presented by Senior Center Manager, Tammy Key

• **Wednesday, August 7th-FREE Blood Pressure Screening.** Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center from **10am-11:30am.**

• **Free Memory Screening w/ the FAU Department of Psychology-** Dr. Monica Rosselli and her students from the Florida Atlantic University Department of Psychology will offer a free educational session and memory screening on **Monday, August 19 and Monday, August 26 from 9am-11am.** Reservations for these screenings are required/ Space is limited. Screenings are 1 hour long. You must be enrolled at the Senior Center to reserve. Please call 305.805.5160.

• **"Crime Watch" Program" -** Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, August 20th at 12:15 p.m.** at the Senior Center. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.

• **"Uber 101"-** Learn how to download the Uber App on your smartphone and utilize this ride service to help you get to where you need to or want to go. Senior Center Manager, Tammy Key will discuss the benefits of using Uber and volunteers from the **ATT store** and the **Miami Dade County Library's Techno Bus** will be on site to assist you with setting up this convenient transportation service on your phone. **Wednesday, August 21 from 12:15 to 1:15pm**

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talents please contact us @ (305) 805-5160.



August Birthday Celebration Held on August 15 @ The Aquatic Center from 12:00-1 pm featuring Cake & Ice Cream

Sponsored by Leonard Real Estate Group BIRTHDAYS

Mary S.....	2
Natasha S.C.....	3
Rafaela V.....	9
Barbara W	14
Charles B	14
Rosy T.....	14
Judd Z.....	17
Tammy K	17
Shirley P... ..	22
Norah R.....	24
Marilu L.....	24
Angelita M.....	30

BINGO

Monday, 8/5
Monday, 8/12
Monday, 8/19
Monday, 8/26

MONTHLY RAFFLE, 8/16

FIELD TRIPS

Trips are limited to 18 participants. Sign up at the front desk!

SHOPPING at WALMART
 Thursday, 8/8
 From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS
 Thursday, 8/22
 From 1:30pm - 4:30 pm

SHOPPING at PUBLIX SABOR
 Thursday, 8/29
 From 1:30pm - 4:30 pm

\$5 MOVIE @ Cobb Theatre in Miami Lakes (Movie TBA)
 Tuesday, 8/27 1:30pm



