

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 February include: Bingo games (2/1, 2/8, 2/15, 2/22 and 2/29); the monthly birthday and anniversary party (2/18); and a field trip to Wal-Mart (2/19).

FOR FURTHER INFORMATION,
please **CALL US!**



(305) 805-5160



EDUCATIONAL PROGRAMS & SCREENINGS SCHEDULED FOR FEBRUARY:

"CONTROLLING HIGH BLOOD PRESURE"
– Nancy Auster, R.N., from Palm Plaza Medical Center, will present this topic on 2/3 at 12:15 p.m.

"HEART ATTACK, STROKE and the NEW CPR" – On 2/10 at 12:15 p.m., Raisa Schubert and Avanti Home Health Services will sponsor a program on heart disease and the new method of performing CPR that everyone should learn.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will provide Information on local criminal activities on 2/16 at 12:15 p.m..

"LIVING WITH LOW VISION"– On 2/17 at 12:15 p.m., a therapist from the Miami Lighthouse for the Blind & Visually Impaired will present valuable information on this topic.

"COUNCIL REPORT" – Councilwoman Roslyn Buckner will provide information on recent Council actions and topics of importance to the citizenry on 2/23 at 12:15 p.m.

"HIGH BLOOD PRESSURE & DIABETES PREVENTION" - On 2/24 at 12:15 p.m., Doctor's Medical Center will sponsor this program.

FREE HEALTH SCREENINGS:



Free **GLUCOSE** and **BLOOD PRESSURE SCREENINGS:** Medical personnel from Doctor's Medical Center will provide free health screenings on 2/24 from 11:00 a.m.—12:30 p.m.



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on Wednesday, February 17th 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.GatherGoGet.com for information on the required documentation.

FIELD TRIP

❖ **SHOPPING at WALMART**
Friday, 2/19 1:15 -- 4:30 p.m.
–Trips are limited to 16 participants.
Sign up at the front desk!



CELEBRATING BIRTHDAYS:

Rosa R.....	1
Olga M.....	4
Agustin L.....	6
Elizabeth K.....	7
Jim McK.....	7
Caridad O.....	9
Maria C.....	9
Guillermina C.....	10
Marietta M.....	13
Kathleen S.....	10
Mary A.....	19
Francisco del G.....	20
Antonia Q.....	23
Juanita C.....	24
Wladimir R.....	26
Olga F.....	28



CELEBRATING THEIR ANNIVERSARIES:

Frank & Bozena L.....	2/8
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Monday, 2/ 1
Monday, 2/ 8
Monday, 2/15
Monday, 2/22
Monday, 2/29



The Miami Springs Senior Center and the AARP Tax Aide Program will be providing

FREE
INCOME TAX
PREPARATION ASSISTANCE
every **TUESDAY AFTERNOON**
beginning **FEBRUARY 2ND**

SCHEDULE YOUR APPOINTMENT NOW by
calling the Miami Springs Senior Center!

COMMUNITY SHRED DAY

Wednesday, February 17th
from 4:00--7:00 p.m.
at the Miami Springs Pool Parking Lot

