

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Picadillo 12:15 pm - MS/VG Senior Citizens' Club Meeting 12:15 pm - BINGO <i>1st game - cash prize</i>	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: BBQ Chicken 12:30 pm - TAI CHI (Class meets at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Spaghetti & Meatballs 12:15 p.m.: "CONTROLLING HIGH BLOOD PRESSURE" - Palm Plaza Medical Centers	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Shredded Pork 12:30 pm - TAI CHI (Class meets at the Community Center) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Tuna Salad & Soup Raffle Items on Display
8	9	10	11	12
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Stuffed Cabbage 12:15 pm - BINGO	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Herbed Chicken 12:30 pm - TAI CHI (Class meets at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Shredded Pork Sandwich 12:15 p.m.: "HEART ATTACK, STROKE and the NEW CPR" -Avanti Home Health Services	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Beef Stew 12:30 pm - TAI CHI (Class meets at the Community Center) 12:30 pm - ART CLASS <i>(pre-registration required)</i> 12:45 pm - Grocery Shopping	 9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Breaded Fish Wedge Valentine's Day Celebration <i>(Wear red today!)</i> Raffle Items Awarded
15	16	17	18	19
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: BBQ Brisket of Beef 12:15 pm - BINGO	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Chicken & Rice Casserole 12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office 12:30 pm - TAI CHI (Class meets at the Community Center) 1:00-3:30 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 12:15 p.m.: "LIVING WITH LOW VISION" -Miami Lighthouse for the Blind & Visually Impaired 11:30 am - LUNCH: Roast Pork	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Meatloaf  12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class meets at the Optimist Club)	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Vegetarian Lasagna 1:15 pm - Shopping trip: WAL-MART <i>16 may go</i>
22	23	24	25	26
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Roast Turkey 12:15 pm - BINGO	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Beef Chili con Carne 12:15 pm - "COUNCIL REPORT" - Councilwoman Roslyn Buckner 12:30 pm - TAI CHI (Class meets at the Senior Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:00 a.m.: FREE GLUCOSE and BLOOD PRESSURE SCREENINGS 12:15 p.m. - "HIGH BP & DIABETES PREVENTION" -Doctor's Medical Center 11:30 am - LUNCH: Baked Ham	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE 11:30 am - LUNCH: Chicken Cacciatore 12:30 pm - TAI CHI (Class meets at the Senior Center) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Egg Salad & Soup 12:30 pm - ART CLASS <i>(pre-registration required)</i>
29				29
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes are at the Senior Center) 11:30 am - LUNCH: Picadillo 12:15 pm - BINGO				Call us for more information!  (305) 805-5160