

# 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 Stacey Reppas, 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 January include: Bingo games (1/4, 1/15, 1/19 and 1/25); the monthly birthday and anniversary party (1/21); and field trips to Flagler St. Mall (1/14) and Wal-Mart (1/28).

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



**(305) 805-5160**



## EDUCATIONAL PROGRAMS SCHEDULED FOR JANUARY:

**"MAYOR'S REPORT"** -- On 1/6 at 12:15 p.m., Mayor Xavier Garcia will provide information on recent Council actions and topics of importance to the citizenry.

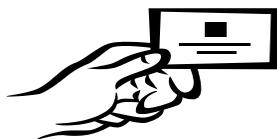
**"CONTROLLING HIGH BLOOD PRESURE"**  
– Nancy Auster, R.N., from Palm Plaza Medical Center, will present this topic on 1/8 at 12:15 p.m.



**FREE BLOOD PRESSURE SCREENING** – Registered Nurses from the Miami-Dade Health Department will provide free screenings for hypertension and individual counseling on 1/13 from 10:00—11:30 a.m.

**"CRIME WATCH" PROGRAM** -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 1/20 at 12:15 p.m. Information on local criminal activity and tips on how to avoid becoming a victim will be provided.

**"HOW TO STAY POSITIVE IN A NEGATIVE WORLD"**– On 10/27 at 12:15 p.m., Maritza Lopez MFT, from Catholic Hospice, will provide tips on the power of positive thinking and tips on how to maintain a healthier attitude.



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, January 21<sup>st</sup>**, 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](http://www.GatherGoGet.com) for information on the required documentation.

## FIELD TRIPS

- ❖ **SHOPPING at FLAGLER ST. MALL**  
Thursday, 1/14 1:15 -- 5:00 p.m.
- ❖ **SHOPPING at WALMART**  
Thursday, 1/28 1:15 -- 4:30 p.m.

–Trips are limited to 16 participants.  
Sign up at the front desk!



## CELEBRATING BIRTHDAYS:

|                          |    |
|--------------------------|----|
| Alberta D.....           | 1  |
| Provincia (Chili) A..... | 2  |
| Jaime F.....             | 5  |
| Jesus V.....             | 5  |
| Jacqueline R.....        | 13 |
| Sandra de J.....         | 14 |
| Orlando C.....           | 14 |
| Elio de M.....           | 17 |
| Graciela.....            | 17 |
| Luisa M.....             | 19 |
| Robert M.....            | 24 |
| Ciro L.....              | 24 |
| Josefa C.....            | 24 |
| Mary C.....              | 25 |
| Julie C.....             | 29 |
| Walter G.....            | 31 |



**Monday, 1/ 4**  
**Friday, 1/15**  
**Tuesday, 1/19**  
**Monday, 1/25**

## REMINDER!



The Miami Springs Senior Center  
will be **CLOSED ON:**  
- **FRIDAY, JANUARY 1<sup>ST</sup>**  
- **MONDAY, JANUARY 18<sup>TH</sup>**



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

**FREE**  
**INCOME TAX**  
**PREPARATION ASSISTANCE**  
every **TUESDAY AFTERNOON**  
beginning **FEBRUARY 2<sup>ND</sup>**

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