

MIAMI SPRINGS SENIOR CENTER-JULY 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.

NEW! OPEN MIC- JULY 31-12:15-12:45PM-BRING YOUR BEST JOKE

PROGRAMS

"Singin' Swingin' Seniors" with Little Revolt Theatre and Mary Reed- Tuesdays, from 12:30-2:30pm at the Aquatic Center until July 16th. Join us for this free singing workshop that will culminate in a **performance by participants at Little Revolt's 2019 Midsummer Shakes Festival at the Curtiss Mansion on Sunday, July 21.**

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.

Senior Center Groundbreaking Ceremony-Monday, July 8th @ 5pm @ 343 Payne Drive

Clear Caption Telephone will do a presentation on Wednesday, July 10th at 12:15pm. Those experiencing any form of hearing loss may qualify to receive a Clear Captions phone at no cost. Clear Captions is a Federal Communications Commission certified telephone captioning provider. Their captioning service is paid for through Title IV of the Americans with Disabilities Act (ADA). **You must have a landline in order for this service to work.**

Miami-Dade Public Library System's Technobus The library's mobile technology innovation lab will visit us at the Aquatic center on Monday, July 15th from 10:30am-11:30pm. The bus brings digital services and devices directly to the senior center and provides residents of all ages with FREE instruction and activities on how to use smart phones, laptops, iPads, MacBook Air, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by.

Memory Screening w/ the FAU Department of Psychology- Dr. Monica Rosselli and her students from the Florida Atlantic University Department of Psychology will offer memory screening **on Wednesday, July 17th from 12:15-1:15pm & 1:15-2:15pm and Wednesday, July 31 from 10am-11am.** Limited appointments available

Crime Watch Program - Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will provide valuable information **on Tuesday, July 23rd at 12:15 p.m. at the Senior Center.** The Officers will inform attendees about current crimes being committed in the City, solicit questions from the participants, and provide tips on how to avoid becoming a victim.

Nutrition Education- Wednesday, July 24th at 12:15pm. 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.

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.



July Birthday Celebration Breakfast Held on July 18 @ The Aquatic Center from 10:00am-11:30pm featuring Pastelitos and Croquetas from Bella Bakery
Sponsored by Leonard Real Estate Group BIRTHDAYS

Armando G.	1
Isabel d P.....	4
Edward K	4
June W....	5
Barbara D.P.....	6
Cira F.....	9
Sara G.....	13
Roberto M.....	13
Adela G	14
Eric E.	14
Betty R.....	15
Alejon C.....	17
Celida E	19
Frances M.....	23
Christina R.....	24
Nely H.....	25
Margaret W.....	26
Jose V.....	26



ANNIVERSARIES
LOUISA & JOSE M.... 4
GLORIA & FRANCISCO.....27

BINGO

Monday, 7/1
Monday, 7/8
Monday, 7/15
Monday, 7/22
Monday, 7/29

MONTHLY RAFFLE, 7/19

FIELD TRIPS

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

SHOPPING at WALMART
Thursday, 7/11
From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS
Thursday, 7/18
From 1:30pm - 4:30 pm

SHOPPING at PUBLIX SABOR
Thursday, 7/25
From 1:30pm - 4:30 pm

\$5 MOVIE @ Cobb Theatre in Miami Lakes (Movie TBA)
Tuesday, 7/30 1:30pm

