



# JULY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p><b>(305) 805-5160</b></p>				<p style="text-align: right;"><b>1</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p>
<p>Independence Day <b>4</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p style="text-align: right;"><b>5</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>10:30 am – <b>CHAIR EXERCISE</b> (Class meets at the Senior Center)</p> <p>11:30 am –LUNCH: Chicken &amp; Rice Casserole</p> <p>12:15 pm – <b>BINGO</b></p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p style="text-align: right;"><b>6</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <p>12:15 pm: <b>INVESTOR'S RIGHTS CLINIC</b> Sponsored by University of Miami's School of Law</p>	<p style="text-align: right;"><b>7</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>10:30 am – <b>CHAIR EXERCISE</b> (Class meets at the Senior Center)</p> <p>11:30 am –LUNCH: Meatloaf</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>12:45 pm –Grocery Shopping</p>	<p style="text-align: right;"><b>8</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am –LUNCH: Vegetarian Lasagna</p> <p>1:00 pm – <b>CREATE</b> Focus Group Meeting</p> <p>1:15 pm – <b>FIELD TRIP:</b> <b>WAL-MART</b> 16 may go</p>
<p style="text-align: right;"><b>11</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>12:15 pm – <b>BINGO</b> <i>1<sup>st</sup> game – cash prize</i></p>	<p style="text-align: right;"><b>12</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p><b>CHAIR EXERCISE w/Elizabeth</b> -Classes will resume in August, day to be announced</p> <p>11:30 am – LUNCH: Beef Chili con Carne</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham</p> <p>12:15 pm: <b>"MEDICARE &amp; YOU"</b> Sponsored by Chen Medical Centers</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>11:30 am–LUNCH: Chicken Cacciatore</p> <p>12:15 pm: <b>"COUNCIL REPORT"</b> - Councilwoman Buckner</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>12:45 pm –Grocery Shopping</p>	<p style="text-align: right;"><b>15</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad &amp; Soup</p> <p><b>Raffle Items on Display</b></p>
<p style="text-align: right;"><b>18</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – <b>BINGO</b></p>	<p style="text-align: right;"><b>19</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>11:30 am –LUNCH: Chicken Chasseur</p> <p>12:15 pm – <b>CRIME WATCH PROGRAM</b> MSPD Community Policing Office</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Stuffed Pepper</p> <p>12:15 pm: <b>"DIABETES"</b> --American Diabetes Assoc.</p> <p>9:30 am–2:30 pm: <b>FL DRIVER'S LICENSES &amp; ID CARDS ISSUED at the Senior Center</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>11:30 am –LUNCH: Roast Pork</p>  <p>12:00 pm – <b>BIRTHDAY &amp; ANNIVERSARY PARTY</b></p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>12:45 pm –Grocery Shopping</p>	<p style="text-align: right;"><b>22</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Turkey</p> <p><b>Raffle Items Awarded</b></p>
<p style="text-align: right;"><b>25</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Fricassee</p> <p>12:15 pm – <b>BINGO</b></p>	<p style="text-align: right;"><b>26</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion)</p> <p>11:30 am –LUNCH: Beef Chili Con Carne</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad &amp; Broccoli Soup</p> <p>12:15 pm: <b>"HURRICANE DISASTER PREPAREDNESS"</b> Greater Miami American Red Cross</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am –LUNCH: Meatloaf</p> <p>12:30 pm – <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>12:45 pm –Grocery Shopping</p>	<p style="text-align: right;"><b>29</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p>