

MIAMI SPRINGS SENIOR CENTER

SERVICES and ACTIVITIES

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.

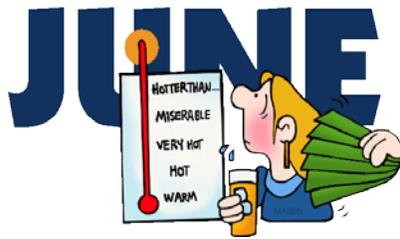
- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays....9:00 --11:00 a.m.
Class are held at the Senior Center.

- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.

Class will be held at the Community Center through 6/9. Location of following classes to be determined:

➤ **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 May include: Bingo games (6/6, 6/13, 6/20 and 6/27), a field trip to Wal-Mart (6/9), the monthly meeting of the MS/VG Senior Citizens Club (6/14) and the monthly birthday and anniversary party (6/16).



EDUCATIONAL PROGRAMS SCHEDULED:



"HURRICANE PREPAREDNESS" – As June 1st marks the beginning of the Hurricane season, disaster planning tips for older adults, including the best foods to stockpile beforehand, will be presented on 6/1 at 12:15 p.m.

"MY PLATE" -- On 6/8 at 12:15 p.m., Chen Neighborhood Medical Centers will sponsor this nutrition education program.

"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 6/22 at 12:15 p.m.

FREE BLOOD PRESSURE SCREENING - On 6/23 from 10:00—11:30 a.m., Registered Nurses from the Miami-Dade Health Department will provide free screenings and counselling for hypertension.

"FALL PREVENTION" – On 6/28 at 12:15 p.m., Charlotte Goldberg, sponsored by Palm Plaza Medical Centers, will address this topic.

"COUNCIL REPORT" – On 6/29 at 12:15 p.m., Councilwoman Rosie Buckner will present important information on recent Council actions and topics of importance to the citizenry.



The Florida Division of Driver's Licenses will be available at the City's SENIOR CENTER on **Wednesday, June 15th**, 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.



CELEBRATING BIRTHDAYS:

Ezequiel R.....	2
Michael M.....	6
Bonnie C.....	7
Toni M.....	13
Fred S.....	14
Gladys C.....	17
Bill C.....	25
Marie M.....	26
Bill S.....	27
Ken W.....	29
Juan S.....	30



Monday, 6/ 6
Monday, 6/13
Monday, 6/20
Monday, 6/27

FOR FURTHER INFORMATION on any of the services and activities offered by the City's Elderly Services Department, please **CALL US!**



(305) 805-5160



WAL-MART

Thursday, May 12th
1:15 p.m.-- 5:00 p.m.
\$.50/person 18 may go