



# MAY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)  11:30 am - LUNCH: Stuffed Cabbage  12:15 pm - <b>BINGO</b> <i>1<sup>st</sup> game - cash prize</i>	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:00 a.m. - 1:00 p.m.: <b>ORAL HEALTH SCREENING</b> -Fl. Dept. of Health & Fl. Dental Hygiene Assoc. 10:30 am - <b>CHAIR EXERCISE</b> (Class meets in the dining room) 11:30 am - LUNCH: Herbed Chicken 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)  11:30 am - LUNCH: Shredded Pork Sandwich  12:15 pm: <b>"MAYOR'S REPORT"</b> Mayor Xavier Garcia	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> (Class meets at the Senior Center) 11:30 am - LUNCH: Beef Stew  12:15 p.m.: <b>NUTRITION EDUCATION</b> 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)  11:30 am - LUNCH: Breaded Fish Wedge
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)  11:30 am - LUNCH: BBQ Brisket of Beef  12:15 pm - <b>BINGO</b>	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> (Class meets at the Senior Center) 11:30 am - LUNCH: Chicken & Rice Casserole 12:15 pm - <b>MS/VG Senior Citizens' Club Meeting</b> 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center) 11:30 am - LUNCH: Roast Pork  12:15 pm: <b>"CONSUMER DEBT COLLECTION: WHAT YOU SHOULD KNOW"</b> -Legal Services of Miami	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> (Class meets at the Senior Center) 11:30 am - LUNCH: Meatloaf 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center) 1:15 pm - <b>FIELD TRIP: WAL-MART</b>	9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)  11:30 am - LUNCH: Vegetarian Lasagna  <b>Raffle Items on Display</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)  11:30 am - LUNCH: Roast Turkey  12:15 pm - <b>BINGO</b>	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:00 am - 12:00 pm: <b>TELEPHONES FOR THE HEARING IMPAIRED</b> 10:30 am - <b>CHAIR EXERCISE</b> (Class meets at the Senior Center) 11:30 am - LUNCH: Beef Chili con Carne 12:15 pm - <b>CRIME WATCH PROGRAM</b> 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Ham 12:30 pm -- Pelican Playhouse Players present: <b>"OLD POSSUM'S PRACTICAL BOOK OF CATS &amp; FRIENDS"</b> --Free show at the <i>Rebecca Sosa Theater</i>	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> (Class meet at the Senior Center) 11:30 am - LUNCH: Chicken Cacciatore 12:00 pm -  <b>BIRTHDAY &amp; ANNIVERSARY PARTY</b> 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)  11:30 am - LUNCH: Egg Salad & Soup  <b>Raffle Items Awarded</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)  11:30 am - LUNCH: Picadillo  12:15 pm - <b>BINGO</b>	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 9:00-11:00 am: Elizabeth's <b>CHAIR EXERCISE</b> students meet at the Community Center's Fitness Rm to work on exercise equipment 10:00 a.m. - 1:00 p.m.: <b>FALL &amp; BALANCE SCREENING</b> St. Catherine's West Rehab Hosp. 11:30 am - LUNCH: BBQ Chicken 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 am - <b>CHAIR YOGA</b> 10:30 am - <b>"LET'S DANCE"</b> (Classes meet at the Senior Center) 12:15 pm: <b>"HOSPICE SERVICES"</b> -Maritza Lopez, MFT Catholic Hospice 11:30 am - LUNCH: Spaghetti & Meatballs	9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> 11:30 am - LUNCH: Shredded Pulled Pork 12:15 p.m.:  <b>Special Entertainment by the XIQUES FAMILY</b> 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)	9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)  11:30 am - LUNCH: Tuna Salad & Soup
<b>30</b>	<b>31</b>			<b>31</b>
 <p><b>MEMORIAL DAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>9:00 am - <b>SR. FLOOR YOGA</b> (Class meets at the Curtiss Mansion) 10:30 am - <b>CHAIR EXERCISE</b> (Class meets at the Senior Center) 11:30 am - LUNCH: Herbed Chicken 12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center) 5:00 - 8:30 pm: <b>BLACK &amp; WHITE SPRING EVENT</b> Dinner, Entertainment, Door Prizes <b>Reservations required. \$5.00</b></p>			<p>Call us for more information!</p>  <p><b>(305) 805-5160</b></p>