

# 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;*
- **TAI CHI FOR SENIORS**  
(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 May include: Bingo games (5/2, 5/9, 5/16 and 5/30), a field trip to Wal-Mart (5/12), the monthly birthday and anniversary party (5/19), entertainment by the Pelican Playhouse Players (5/18) and the Xiques Family (5/26), and the "Black and White Spring Event" (5/31)..



## WAL-MART

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

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



**(305) 805-5160**



## EDUCATIONAL PROGRAMS SCHEDULED:

**"MAYOR'S REPORT"** -- On 5/4 at 12:15 p.m., Mayor Xavier Garcia will present important information on recent Council actions and topics of importance to the citizenry.

**"CONSUMER DEBT COLLECTION...WHAT YOU SHOULD KNOW":** A representative from Legal Services of Greater Miami will address this topic on 5/11 at 12:15 p.m.

**FREE TELEPHONES FOR THE HEARING IMPAIRED** -- On 5/17 from 10:00 a.m.—12:00 a.m., a representative from the Hearing and Speech Center of Florida will be at the City's senior center to distribute AMPLIFIED TELEPHONES at no charge to those with verification of hearing loss and proof of Florida residency.

**"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 5/17 at 12:15 p.m.

**"OLD POSSUM'S PRACTICAL BOOK OF CATS"** -- On 5/18 the Pelican Playhouse Players will present their rendition of this TS Elliot classic at 12:30 p.m., at the Rebeca Sosa Theater. All seniors are invited to attend this free show.

**"HOSPICE SERVICES"** -- Maritza Lopez, MFT, sponsored by Catholic Hospice of South Florida, will present this topic on 5/25 at 12:15 p.m.

## FREE HEALTH SCREENINGS:

**"OLDER ADULT ORAL HEALTH SCREENING PROJECT"** -- On May 3<sup>rd</sup>, from 10:00 a.m.—2:00 p.m., our senior center has been chosen to participate in the State's first ever Older Adult Oral Health Screening Project. We are one of only 35 sites selected statewide for this program sponsored by the Florida Dept. of Health, the University of Florida and the Florida Dental Hygiene Association. Each participant will receive a dental kit and a letter noting the results of the screening;

**"FALL & BALANCE SCREENING"** -- On May 24<sup>th</sup> from 10:00 a.m.—1:00 p.m., fall and balance screenings will be provided by licensed physical therapists from St. Catherine's West to assess your current risk of falls and other balance deficits that may pose a risk to your health and safety in the home. A series of balance assessments, review of one's current fall risk, and tips and exercises to use at home to prevent a fall will be provided to those with appointments.

## FREE SHOW for SENIORS



The Pelican Playhouse Players presents:  
"Old Possum's Practical Book of Cats"  
**Wednesday, May 18<sup>th</sup>**  
**12:30—1:30 p.m.**  
at the Rebeca Sosa Theater



## CELEBRATING BIRTHDAYS:

Frank de M.....	1
Petra P.....	5
Xiomara R.....	8
Victorino G.....	11
Emilio G.....	13
Ken Umsted.....	13
Dulce M.....	14
Ryan Mitchell.....	14
Bertilda M.....	15
Candy H.....	18
Carmen M.....	20
Estrella F.....	25
Martha L.....	29



## CELEBRATING THEIR ANNIVERSARY:

Jesus & Algeisa Vazquez.....	5/ 5
------------------------------	------



**Monday, 5/ 2**  
**Monday, 5/ 9**  
**Monday, 5/16**  
**Monday, 5/23**

**FOR FURTHER INFORMATION**  
on any of the services and activities  
offered by the  
City's Elderly Services Department,  
please **CALL US!**  
**(305) 805-5160**



We will be **CLOSED** on:  
**- MONDAY, MAY 30<sup>th</sup>**

**SPECIAL PERFORMANCE** by  
the **XIQUES FAMILY TRIO**  
- Thursday, 5/26 at 12:15 p.m.



*Thank you Bethany, Joseph, and mom Deborah!*

## BLACK & WHITE SPRING EVENT!

**TUESDAY, MAY 31<sup>st</sup>**  
**5:00—8:00 pm**  
at the Miami Springs Senior Center  
**Dinner, Dancing & Entertainment**

Sponsored by: **Commissioner Rebeca Sosa**

## Door Prizes Awarded!

*-Reservations Required*  
Cost: \$ 5.00/ member  
\$10.00/ guest  
(Transportation will be available.)