



OCTOBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Beef Stew 12:15 pm - BINGO <i>1st game - cash prize</i>	9:00 am - SR. FLOOR YOGA (Class meets at the Aquatic Center) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Breaded Fish Wedge 12:30 pm - No TAI CHI today	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: BBQ Chicken 12:15 pm: "MAYOR'S REPORT" -Mayor Zavier Garcia	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Roast Turkey 12:15 pm: "LIBRARY RESOURCES for SENIORS" - Ana Barreto, MS Branch Manager 12:30 pm - TAI CHI (Class meets at the Aquatic Center)	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:35 am - LUNCH: Vegetarian Lasagna 1:15 pm - FIELD TRIP: WAL-MART <i>18 may go -- \$.50/person</i>
10	11	12	13	14
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: BBQ Brisket of Beef 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Aquatic Center) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Chicken Chasseur 12:30 pm - TAI CHI (Class meets at the Aquatic Center)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Stuffed Pepper 12:15 pm: "OPEN ENROLLMENT" -Sponsored by Chen Medical Center	9:00 am - SR. FLOOR YOGA (Class meets at the Aquatic Center) 10:30 am - CHAIR EXERCISE (Class meets at the Aquatic Center) 11:30 am - LUNCH: Roast Pork Chunks 12:30 pm - TAI CHI (Class meets at the Aquatic Center) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Turkey w/ gravy 12:15 pm: NUTRITION EDUCATION- "9 TIPS for CANCER PREVENTION" <u>Raffle Items on Display</u>
17	18	19	20	21
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Chicken 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Chili con Carne 12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office 12:30 pm - No TAI CHI today	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Egg Salad & Soup 1:15 pm - FIELD TRIP: MALL of the AMERICAS <i>18 may go -- \$.50/person</i> 9:30 am-2:00 pm: FL DRIVERS' LICENSES ISSUED at the Community Center	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Meat Loaf HAPPY BIRTHDAY 12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class meets at the Aquatic Center) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Shredded Pork Sandwich <u>Raffle Items Awarded</u>
24	25	26	27	28
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Chicken Cacciatore 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Picadillo 12:30 pm - No TAI CHI today	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Ham 12:15 pm: "MEET THE PARROTS and OTHER COOL WILDLIFE of SOUTH FLORIDA" -Presented by Paul Bithorn	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:00-11:45 am: BLOOD PRESSURE SCREENING -Miami-Dade Health Department 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Tuna Salad & Soup 12:30 pm - TAI CHI (Class meets at the Aquatic Center) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: BBQ Pork 12:15 pm - BINGO
HALLOWEEN 31				Call us for more information!  (305) 805-5160
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Beef Stew  12:15 pm: HALLOWEEN COSTUME CONTEST				