



SEPTEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>			<p>1</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <p>12:10 pm – "22 KILL" -presentation by Elizabeth King</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>2</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:25 am – PUSHUPS to Honor Those Who Serve</p> <p>11:35 am – LUNCH: BBQ Pork</p> <p>12:15 pm: "HONOR FLIGHTS" -presentation by Elaine Martin</p>
<p>5</p>  <p>SENIOR CENTER CLOSED</p>	<p>6</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Aquatic Center)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>12:15 pm – BINGO</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p>	<p>7</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken</p> <p>1:15 pm – FIELD TRIP: WAL-MART 18 may go -- \$.50/person</p>	<p>8</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Aquatic Center)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Aquatic Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>9</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Vegetarian Lasagna</p> <p>Raffle Items on Display</p>
<p>12</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – BINGO 1st game – cash prize</p>	<p>13</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Chasseur</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>1:15-2:30 pm: Smithsonian Institute's "WATER/WAYS" EXHIBIT PRIVATE TOUR - at the Curtiss Mansion</p>	<p>14</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Stuffed Pepper</p> <p>12:15 pm: "MENTAL HEALTH" -Workshop sponsored by Staywell, a Wellcare Health Plan Company</p>	<p>15</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork Chunks</p> <p></p> <p>12:00 pm – BIRTHDAY & ANNIVERSARY PARTY</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>16</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Turkey</p> <p>Raffle Items Awarded</p>
<p>19</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Fricasee</p> <p>12:15 pm – BINGO</p>	<p>20</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Chili Con Carne</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:15 pm – CRIME WATCH PROGRAM MSPD Community Policing Office</p>	<p>21</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad & Soup</p> <p>9:30 am – 2:00 pm: FL DRIVERS' LICENSES ISSUED at the Community Center</p> <p>5:00 – 8:30 pm: FALL FESTIVAL Dinner, Entertainment, Door Prizes Reservations required. \$5.00</p>	<p>22</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Meat Loaf</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>23</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <p>1:15 pm – FIELD TRIP: TARGET 18 may go -- \$.50/person</p>
<p>26</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p>12:15 pm – BINGO</p>	<p>27</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Picadillo</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:15 pm: "Ready, Steady, Balance: PREVENT FALLS in 2016" -Maritza Lopez, MFT Sponsored by Catholic Hospice</p>	<p>28</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham</p> <p>12:15 pm: "NATIONAL FOOD SAFETY EDUCATION MONTH"</p>	<p>29</p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <p>12:30 pm – TAI CHI (Class meets at the Aquatic Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>30</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Pork</p> <p>12:15 pm – MS/VG Senior Citizens' Club Meeting</p>