



MIAMI SPRINGS SENIOR CENTER

1401 Westward Dr. @ The Aquatic Center,
Miami Springs, Florida 33166



DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Brisket of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad</p> <p>12:15pm-BINGO Game #1- Cash Prize</p>	<p>3</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Grilled Chicken w/ Onions, Quinoa</p> <p>12:30 pm - TAI CHI @ Recreation Center/ Heat Room)</p> 	<p>4</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30am-LUNCH: Meatballs w/ Tomato Sauce, Caesar Salad, Baked Apples</p>	<p>5</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am–LUNCH: Shredded Roast Pork W/ Onions & Black Beans, Fresh Orange</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>1:30pm- Shopping: Walmart</p>	<p>6</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT W/ @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Salisbury Steak, Squash Casserole</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>9</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Beef Chili Con Carne, Brown Rice, Corn Muffin and Peaches</p> <p>12:15pm-BINGO</p>	<p>10</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Shredded Chicken w/ Gravy, Roasted Potatoes, Peas and Carrots</p> <p>Nutrition Education: Topic-Healthy Holiday Eating 12:15-12:45pm</p> <p>12:30 pm - TAI CHI @ Recreation Center/ Heat Room)</p>	<p>11</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/ Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30am-LUNCH: Tuna Salad, Beets & Onions, Banana and Cookie</p> <p>Mt. Sinai Medical Center will present a talk “Inside My Overactive Bladder” 12:15pm-1:15pm w/ Ricardo Palmerola</p>	<p>12</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am–LUNCH: Meat Loaf, Mashed Potatoes, Cooked Spinach & Biscuit</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>Holiday Party @ The Curtiss Mansion from 6-9pm</p>	<p>13</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Shredded Pork, Lentil Soup, Coleslaw & Fruit <u>Raffle Items on Display</u></p> <p>12:15-2:15 PM-Art Class @ The Aquatic Center</p>
<p>16</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Chicken Cacciatore w/ Spaghetti, Mixed Vegetables, Melon</p> <p>“The Great Manger Mystery”- A free play at Sosa Theater 12:30-1pm</p>	<p>17</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Baked Ham, Sweet Potato, Cooked Spinach</p> <p>12:30 pm -TAI CHI @ Recreation Center/Miami Heat Room</p> <p>Crime Watch Program w/ Officer Capote and Simon @ 12:15pm</p>	<p>18</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Picadillo, Red Bean Soup, Brown Rice & Salad</p> <p>12:15-1:15pm Fall Prevention & Stroke Awareness Bingo Game sponsored by St. Catherine West Rehab</p>	<p>19</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Egg Salad, Ambrosia Salad, Vegetable Soup</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate</p>	<p>20</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p>11:30 am – LUNCH: Meat Lasagna, Carrots, Garlic Roll & Cookie <u>Raffle Items Awarded:</u> 12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>23</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Ropa Vieja, Collard Greens, Oven Browned Potatoes & Lemon Pound Cake</p> <p>1:30pm- Shopping: Fresco Y Mas</p>	<p>24</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Chicken Marsala, Red Beans, Sliced Carrots and Salad</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p>	<p>25</p> <p>THE SENIOR CENTER IS CLOSED FOR CHRISTMAS DAY</p> 	<p>26</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Sliced Roast Pork W/ Gravy, Mashed Potatoes, Green Beans, Salad & Peaches</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p>	<p>27</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken & Baked Beans</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>30</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>Miami Dade County Public Library- TechnoBus-10-11:30am Rec. Parking Lot</p> <p>11:30 am – LUNCH: Brisket of Beef, Au Gratin Potatoes, Green Beans</p> <p>12:15pm- BINGO</p>	<p>31</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Grilled Chicken w/ Onions, Quinoa, Beets & Spinach Salad</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> 	<p>Senior Center meals and programs are provided through funding from the Department of Elder Affairs and the City of Miami Springs with support provided by the Alliance for Aging</p> <p>More information call us at 305.805.5160</p>		<p>Department of ELDER AFFAIRS STATE OF FLORIDA</p>  <p>Alliance for Aging, Inc. Answers on Aging</p>

MIAMI SPRINGS SENIOR CENTER-DECEMBER 2019

SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 + are eligible to participate in a variety of services and activities offered at the City's Senior Center. Registration is required.

- **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 socialize with peers.
 - **NUTRITION EDUCATION:** Nutrition Counseling and Education programs are provided by Michelle Larea, the program's consulting Registered Dietician. Nutrition Education is presented monthly by the Elderly Services Manager.
 - **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to local grocery store and assistance is given with shopping. Field trips are also planned each month.
 - **HEALTH SUPPORT ACTIVITIES:** All students must be registered with the Senior Center to participate in the following:
 - **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00-10:00 a.m.
 - **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:00 -11:00 a.m.
 - **LEG STRETCHING & STRENGTHENING**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00-10:00 a.m.
 - **BALANCE & CORE WORKOUT**
Fridays.....10:00-11:00 a.m.
 - **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30pm-1:30 pm
- Classes above are held at the Miami Heat Room, 1st floor, Recreation Center at 1401 Westward Dr.**
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- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 -11:00 a.m.
Held at the Curtiss Mansion

PROGRAMS

HEALTH SUPPORT & EDUCATION
Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. Classes are free for residents age 60+ that register with the senior center.

The following programs are currently scheduled for December:

- **“Begin Again”** A Knitting & Crochet Group that utilizes recycled materials such as plastic bags (to create sleeping mats for the homeless and tote bags) and donated yarn (to create hats and scarves) **Mondays & Wednesdays w/ Elizabeth King from 10am-11am.** Supplies included.
- **Art Classes-** Art classes in a variety of mediums are offered **Every Friday** with Morgan Lorenzo from **12:15-2:15pm @ the Aquatic Center.** All supplies are included.
- **Nutrition Education- Tuesday, December 10th at 12:15pm. Topic: Healthy Holiday Eating.** Each month, the Senior Center Dietician, Michelle Larea provides helpful nutrition education information on a variety of topics. This information is presented by Senior Center Manager, Tammy Key.
- **Mt. Sinai Medical Center** will present a talk entitled “Inside my over active bladder” on **December 11th from 12:15pm-1:15pm** with Dr. Ricardo Palmerola.
- **“Crime Watch” Program”** - Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, December 17th at 12:15 p.m.** at the Senior Center. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.
- **Fall Prevention and Stroke Awareness Seminar & Bingo Game w/ St. Catherine's West Rehab Hospital- Wednesday, December 18th from 12:15pm-1:15pm**
- **Technobus- Monday, December 30th, 10am-11:30am** Miami-Dade Public Library System's TECHNOBUS The library's mobile technology innovation lab will visit the Recreation Center/Aquatic Center Parking lot.

For more information on any of the services, activities, or special programs offered please contact us @ (305) 805-5160.



December Birthday Celebration
Held on **December 19 @ The Aquatic Center** from 12:00-1pm featuring **Cake & Ice Cream**

Sponsored by:
Leonard Real Estate Group
BIRTHDAYS

Mariela I.....	2
Esmerela V.....	3
Esther G.....	6
Carlos B....	7
Ermita P.	7
Jose M.....	8
Vincent D.....	8
Elva J.....	9
Lindy A	11
Lillie R.....	12
Norma G.....	12
Alicia O.....	16
Valentin P.....	16
Aida V.....	20
Christel S.....	24
Jaime O.....	27
Patricia P.....	29
Marion Z.....	31

BINGO

Monday, 12/2
Monday, 12/9
Monday, 12/30
MONTHLY RAFFLE, 12/20

SHOPPING

*Trips are limited to 18 participants.
Sign up at the front desk!*

SHOPPING at WALMART
Thursday, 12/5
From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS
Monday, 12/23
From 1:30pm - 4:30 pm

SPECIAL EVENTS

Thursday, December 12th from 6-9pm- Senior Center Christmas Party at the Curtiss Mansion. RSVP required by November 25th. Cost \$5 per registered Senior Center Senior, \$10 per guest, paid at the time of RSVP.

“The Great Manger Mystery”
A play presented by the Pelican Playhouse at Rebeca Sosa Theater, 2nd floor Recreation Center
Monday December 16th at 12:30pm

