



# MIAMI SPRINGS SENIOR CENTER

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



## FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>Techno Bus- 10-11:30am in Aquatic Center Parking Lot</b></p> <p><b>11:30am- LUNCH: Chicken Fricassee w/ Potatoes &amp; Onions, Split Pea Soup, Yogurt</b></p> <p><b>12:15pm-BINGO Game # 1 Cash Prize</b></p>	<p style="text-align: right;">4</p> <p>9:00 am–FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Meat Balls w/ Tomato Sauce, Green Bean Almandine, Mixed Green Salad</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/ Heat Room)</p>	<p style="text-align: right;">5</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/ Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30am-LUNCH: Chicken Cordon Bleu, Vegetable Fried Rice, Pear</b></p>	<p style="text-align: right;">6</p> <p>9:00 am–FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am–LUNCH: Stuffed Cabbage, Sliced Beets, Tomato &amp; Onion Salad, Applesauce</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: Walmart</b></p>	<p style="text-align: right;">7</p> <p>9:00 am –LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT @ Recreation Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Tuna Salad, Lentil Soup, Ambrosia Salad, Oatmeal Cookie</b></p>
<p style="text-align: right;">10</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30 am – LUNCH: Roasted Chicken w/ Mojo, Red Bean Soup, Brown Rice</b></p> <p><b>12:15pm-BINGO</b></p> 	<p style="text-align: right;">11</p> <p>9:00 am–FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Meat Loaf w/ Gravy, Peas, Mashed Potatoes, Applesauce</b></p> <p>12:30 pm - TAI CHI @ Rec Center/ Heat Room)</p> 	<p style="text-align: right;">12</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/ Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30am-LUNCH: Roast Pork Au Jus, Red Potatoes, Green Beans</b></p> <p>Mt. Sinai Medical Center will present a talk-“Facts to Know About Colon Cancer Screenings- 12:15-1:15pm</p>	<p style="text-align: right;">13</p> <p>9:00 am–FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am–LUNCH: Ropa Vieja, Spinach Salad, Sliced Carrots</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: Fresco Y Mas</b></p>	<p style="text-align: right;">14</p> <p>9:00 am –LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT @ Rec Center/Miami Heat Room</p> <p><b>11:30 am – LUNCH: Chicken Salad, Cream of Broccoli Soup, Salad.</b></p> <p><b>Valentine’s Day Party w/ Avanti Home Health Services- 12:15-1:15p</b></p>
<p style="text-align: right;">17</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30 am – LUNCH: Turkey W/ Gravy, Yams, Green Beans &amp; Stuffing</b></p> <p><b>12:15pm- BINGO</b></p>	<p style="text-align: right;">18</p> <p>9:00 am–FLOOR YOGA I &amp; II Class At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Chicken w/ Yellow Rice, Plantains, Salad, Jell-O W/Fruit</b></p> <p>12:30 pm -TAI CHI @ Recreation Center/Miami Heat Room</p> <p><b>Nutrition Education: Topic-Heart Health 12:15-12:45pm</b></p>	<p style="text-align: right;">19</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p>  <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30 am – LUNCH: Beef Chili Con Carne, Brown Rice, Spinach Salad, Cornbread</b></p>	<p style="text-align: right;">20</p> <p>9:00 am–FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Baked Ham, Carrots, Mac &amp; Cheese, Cabbage Slaw</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate</b></p>	<p style="text-align: right;">21</p> <p>9:00 am –LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p><b>11:30 am – LUNCH: Baked Ziti, Vegetable Soup, Caesar Salad</b></p> <p><b>Raffle Items Awarded</b></p>
<p style="text-align: right;">24</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30 am – LUNCH: BBQ Chicken, Cooked Spinach, Roasted Potatoes, Salad, Applesauce</b></p> <p><b>12:15pm- BINGO</b></p>	<p style="text-align: right;">25</p> <p>9:00 am–FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Shredded Pork W/Mojo, Black Beans &amp; Rice, Yucca, Banana</b></p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> <p><b>Crime Watch Program w/ Officer Capote and Simon @ 12:15pm</b></p>	<p style="text-align: right;">26</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Rec Center/Miami Heat Room</p> <p><b>Knitting Group w/ Elizabeth King 10-11 am</b></p> <p><b>11:30 am – LUNCH: Chicken Breast w/ Marsala Sauce, Quinoa, Salad, Fresh Melon</b></p>	<p style="text-align: right;">27</p> <p>9:00 am–FLOOR YOGA I &amp; II At The Curtiss Mansion</p> <p><b>11:30 am –LUNCH: Picadillo w/ Rice, Plantains, Salad, Pineapple</b></p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p><b>1:30pm- Shopping: Publix Sabor</b></p>	<p style="text-align: right;">28</p> <p>9:00 am –LEG STRETCHING &amp; STRENGTHENING 10:00 am: BALANCE &amp; CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p><b>11:30 am – LUNCH: Stuffed Shells w/ Tomato Sauce, Peas &amp; Carrots, Kale Salad</b></p>
<p><b>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</b></p> <p><b>More information call us at 305.805.5160</b></p>	 <p style="text-align: center;">Alliance for Aging, Inc. Answers on Aging</p>  <p style="text-align: center;">Department of ELDER AFFAIRS STATE OF FLORIDA</p>			

# MIAMI SPRINGS SENIOR CENTER-FEBRUARY 2020

## 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 scheduled for February:

- **“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.
- **Technobus- Monday, February 3rd, 10am-11:30am.** Miami-Dade Public Library System's TECHNOBUS The library's mobile technology innovation lab will visit the Rec. Center/Aquatic Center Parking lot. The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.
- **Mt. Sinai Medical Center** will present a talk “Facts To Know About Colon Cancer Screening.” with Gastroenterologist Dr. Manuel Gonzalez on **February 12th from 12:15pm-1:15pm.**
- **Nutrition Education-** Topic-TBA. Each month, the Senior Center Dietician, Michelle Larea provides helpful nutrition education information on a variety of topics. This information will be presented by Senior Center Manager, Tammy Key, on **Tuesday, February 18th at 12:15pm.**
- **“Crime Watch” Program”** - Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, February 25th 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.



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



February Birthday/Anniversary Celebration Held on **February 20** @ The Aquatic Center from 12:00-1pm featuring Cake & Ice Cream

**Sponsored by:**  
**Leonard Real Estate Group**  
**BIRTHDAYS**

Caridad M.....	3
Olga M.....	4
Augustin L.....	6
Elizabeth K.....	7
Caridad O.....	9
Maria C.....	9
Deborah P.....	12
Marietta M.....	13
Maria P.....	13
Pilar M.....	15
Bernarda P.....	15
Agatha L.....	15
Maria R.....	18
Isabel R.....	19
Francisco del G.....	20
Antonia Q.....	23
Guillermina M.....	25
Iraida L.....	26
Diane D.....	27

**HAPPY ANNIVERSARY**  
Frank & Bozena L.

## BINGO

- Monday, 2/3**
- Monday, 2/10**
- Monday, 2/17**
- Monday, 2/24**

**MONTHLY RAFFLE**  
**2/21**

## SHOPPING

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

- SHOPPING at WALMART**  
Thursday, 2/6  
From 1:30pm - 4:30 pm
- SHOPPING at FRESCO Y MAS**  
Monday, 2/13  
From 1:30pm - 4:30 pm
- SHOPPING at PUBLIX SABOR**  
Monday, 2/27  
From 1:30pm - 4:30 pm

## SPECIAL EVENTS

- Valentine's Day Party on February 14th from 12:15-1:15pm, Sponsored by Avanti Home Health Services.
- Birthday/Anniversary Party on February 20th from 11:30-12:30, Sponsored by Leonard Real Estate Group.