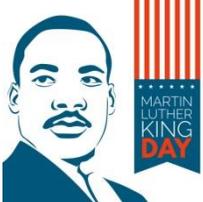


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center meals and programs are provided through funding from the Department of Elder Affairs and the City of Miami Springs with support provided by the Alliance for Aging</p> <p>More information call us at 305.805.5160</p>	 	<p>1</p> <p>Senior Center Closed for New Year's Day</p> 	<p>2</p> <p>No Floor Yoga I & 2 Today</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>3</p> <p>No Fitness Class Today</p> <p>11:30 am – LUNCH: Salisbury Steak, Squash Casserole</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>6</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: Beef Chili Con Carne, Brown Rice, Corn Muffin and Peaches</p> <p>12:15pm-BINGO Game # 1 Cash Prize</p>	<p>7</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>12:30 pm - TAI CHI @ Recreation Center/ Heat Room)</p>	<p>8</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 from 12:15pm-1:15pm Topic: TBA</p>	<p>9</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>1:30pm- Shopping: Walmart</p>	<p>10</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</p> <p>Raffle Items on Display</p> <p>12:15-2:15 PM-Art Class @ The Aquatic Center</p>
<p>13</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: Roasted Chicken w/ Mojo, Red Bean Soup, Brown Rice</p> <p>12:15pm- BINGO</p>	<p>14</p> <p>9:00 am-FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Meat Loaf w/ Gravy, Peas, Mashed Potatoes</p> <p>12:30 pm -TAI CHI @ Recreation Center/Miami Heat Room</p> <p>Nutrition Education: Topic-Dietary Fats 12:15-12:45pm</p>	<p>15</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: Roast Pork Au Jus, Red Potatoes, Green Beans</p> 	<p>16</p> <p>9:00 am-FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Ropa Vieja, Spinach Salad, Sliced Carrots</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>17</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: Chicken Salad, Cream of Broccoli Soup, Salad & Orange</p> <p>Raffle Items Awarded</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>20</p> <p>The Senior Center is Closed for Martin Luther King Jr. Day</p> 	<p>21</p> <p>9:00 am-FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Chicken & Rice, Plantains, Salad, Pear</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>22</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, Spinach Salad, Corn Bread</p>	<p>23</p> <p>9:00 am-FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Baked Ham w/ Pineapple, Steamed Carrots, Mac & Cheese</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>1:30pm- Shopping: Fresco Y Mas</p>	<p>24</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: Baked Ziti, Vegetable Soup, Salad, Melon</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>27</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: BBQ Chicken, Cooked Spinach, Roasted Potatoes, Salad</p> <p>12:15pm- BINGO</p> 	<p>28</p> <p>9:00 am-FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Roast Pork w/ Mojo, Black Beans and Rice, Yuca, Banana</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> 	<p>29</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 Breast w/ Marsala Sauce, Quinoa, Salad, Melon</p>	<p>30</p> <p>9:00 am-FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Picadillo, Plantains, Salad, Pineapple</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>1:30pm- Shopping: Publix Sabor</p> 	<p>31</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: Stuffed Shells, Peas and Carrots, Kale Caesar Salad, Orange</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>

MIAMI SPRINGS SENIOR CENTER-JANUARY 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.**
-
- **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 January:

- **“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.

- **Mt. Sinai Medical Center** will present a talk (Topic TBA) on **January 8th** from 12:15pm-1:15pm

- **Nutrition Education- Tuesday, January 14th at 12:15pm.** **Topic: Dietary Fats.** 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.

- **Wednesday, January 15th FREE Blood Pressure Screening.** Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center from **10am-11:30am.**

- **“Crime Watch” Program”** - Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, January 21 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.



January Birthday Celebration
Held on **January 16 @ The Aquatic Center** from 12:00-1pm featuring **Cake & Ice Cream**
Sponsored by:
Leonard Real Estate Group

BIRTHDAYS

Jesus V.....	5
Ana R.....	7
Maria H.....	9
Jackie R... ..	13
Sandra de J.....	14
Elio de M.....	17
Gracelia F.....	17
Luisa M.....	19
Hector G	23
Josefa C.....	24
Robert M.....	24
Mary C.....	25
Monica T.....	27
Nidia P.....	31

BINGO

Monday, 1/6
Monday, 1/13
Monday, 1/20
Monday, 1/27
MONTHLY RAFFLE, 1/17

SHOPPING

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

SHOPPING at WALMART
Thursday, 1/9
From 1:30pm - 4:30 pm

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

SHOPPING at PUBLIX SABOR
Monday, 1/30
From 1:30pm - 4:30 pm

SPECIAL EVENTS/FIELDTRIPS
Miami Springs Senior & Recreation Center at the Miami Springs Woman's Club
FREE Community Health & Wellness Fair
“Healthy People Healthy Planet”
Saturday, January 11th from 10am-2pm
200 Westward Drive, Miami Springs

