



MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166

January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>We are CLOSED today</p>	<p>2</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tutu Tuesdays Ballet Barre 10:30-11:30</p> <p>Miami Dade Fire Rescue Wellness Checks 11am- 1pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p>	<p>3</p> <p>Chair Yoga 9:30am & 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>City Clerk's Office Notary Service 11am – 1pm</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p>	<p>4</p> <p>Flamenco 10:30-11:30am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p> 	<p>5</p> <p>Chair Yoga 9:30am & 11am</p> <p>Choral Group 10am</p> <p>Lunch 11am-2pm</p> <p>Drawing w/Pablo 10:30am & 12pm</p> <p>Belly Dancing</p> <p>Now on Fridays at 1pm</p> 
<p>8</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lion's Club Glucose Screening 10am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting 10:30am & 12pm</p> <p>Monday Madness 12pm – 1pm</p> <p>Ping Pong 1:30</p> <p>Belly Dancing 2-3pm</p>	<p>9</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tutu Tuesdays 10:30-11:30</p> <p>Miami Dade Fire Rescue Wellness Checks 11am- 1pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>NEW: Seated Chair Tai Chi 12:30-1:30</p>	<p>10</p> <p>Beginner Full Body Video 8:30-9:30am</p> <p>Bray Fitness Room</p> <p>Chair Yoga 9:30am & 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p>	<p>11</p> <p>BINGO 10am</p> <p>Flamenco 10:30-11:30am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Grocery Trip – Walmart 1pm</p> <p>Book Club 1pm</p> <p>Ping Pong 1:30-2:30pm</p>	<p>12</p> <p>Chair Yoga 9:30am & 11am</p> <p>Choral Group 10am</p> <p>Lunch 11am-2pm</p> <p>Drawing Class 10:30am & 12pm</p> <p>Belly Dancing Fridays 1pm- 2 pm</p>
<p>15</p>  <p>Closed in Observance of Martin Luther King Jr. Day</p>	<p>16</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tutu Tuesdays 10:30-11:30</p> <p>Miami Dade Fire Rescue Wellness Checks 11am- 1pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Seated Chair Tai Chi 12:30-1:30</p>	<p>17</p> <p>Chair Yoga 9:30am & 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p> <p>Movie 12:45pm</p> <p>The WIFE</p> <p>R· Thriller/Drama</p> 	<p>18</p> <p>Flamenco 10:30-11:30am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p>	<p>19</p> <p>Chair Yoga 9:30am & 11am</p> <p>Choral Group 10am</p> <p>Lunch 11am-2pm</p> <p>Drawing Class 10:30am & 12pm</p> <p>Belly Dancing Fridays 1pm- 2 pm</p> <p>First Aid Training by Miami Dade Fire Rescue 12:30pm Open to All</p> <p>Please RSVP</p>
<p>22</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting 10:30am & 12pm</p> <p>Monday Madness 12pm – 1pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing 2-3pm</p>	<p>23</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tutu Tuesdays 10:30-11:30</p> <p>Miami Dade Fire Rescue Wellness Checks 11am- 1pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Seated Chair Tai Chi 12:30-1:30</p>	<p>24</p> <p>Beginner Full Body Video 8:30-9:30am</p> <p>Bray Fitness Room</p> <p>Chair Yoga 9:30am & 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p>	<p>25</p> <p>BINGO 10am</p> <p>Flamenco 10:30-11:30am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p>	<p>26</p> <p>Chair Yoga 9:30am & 11am</p> <p>Choral Group 10am</p> <p>Lunch 11am-2pm</p> <p>Drawing Class 10:30am & 12pm</p> <p>Belly Dancing Fridays 1pm- 2 pm</p> <p>Music & Trivia 1pm</p> <p>Monthly Meditation at 2pm</p>
<p>29</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting 10:30am & 12pm</p> <p>Monday Madness 12pm – 1pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing 2-3pm</p>	<p>30</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tutu Tuesdays 10:30-11:30</p> <p>Miami Dade Fire Rescue Wellness Checks 11am- 1pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Seated Chair Tai Chi 12:30-1:30</p>	<p>31</p> <p>Beginner Full Body Video 8:30-9:30am</p> <p>Bray Fitness Room</p> <p>Chair Yoga 9:30am & 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p>	<p>Call us for more info (305) 805-5160</p> 	<p>HAPPY NEW YEAR 2024</p> <p>Programs funded in part by:</p>  <p>Department of ELDER AFFAIRS STATE OF FLORIDA</p> 

MIAMI SPRINGS ADULT COMMUNITY CENTER

January 2024 Calendar

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility. You must have a valid photo ID with a Miami Springs or Virginia Gardens address to register.

CONGREGATE MEALS:

Hot lunch meals are served weekdays from 11:00 a.m.--2:00 p.m. for members age 60+
**Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.*

TRANSPORTATION:

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

➤ HEALTH SUPPORT ACTIVITIES:

Must be registered with the Miami Springs Adult Community Center to participate in the following:

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)
 Mondays, Wednesdays,
 Fridays: 9:30am-10:30am.
 Mondays, Wednesdays, Fridays:
 11:00am-12:pm

**Located in the Betty Bray Fitness Room*

- **TAI CHI**

(Instructor: Judd Zisquit)
 Tuesdays and Thursdays:
 11:30am—12:30 p.m.

- **SEATED TAI CHI**

Tuesdays 12:30-1:30pm

**Located in the Betty Bray Fitness Room*

- **BELLY DANCING**

(Instructor: Shahar)
 Mondays & Wednesdays 2-3pm
 Fridays 1-2pm
 Located in the Betty Bray Fitness Room

- **GYM TRAINING**

(Instructor: Liliana Silva)
Trainer Supervised Open Gym available
Monday-Friday 9am-2pm

- **OPEN GYM**

Monday-Thursday 8am - 4:30pm
 & Friday from 8am - 4pm



**Thursdays,
 January 11 & 25
 10am-11am**

First Aid Training

by Miami Dade Fire Rescue
**Fri. Jan. 19
 at 12:30pm
 Open to all.
 Free of Charge.**

Must RSVP at Front Desk
 Located in the Bryan Avila Room

**Mark Your Calendars
 for New Fitness
 Opportunities:**

**Belly Dancing with Shahar
 Now on Fridays at 1pm!**
 (Mon & Wed at 2pm)

Seated Chair Tai Chi
 for Wheelchair Users and
 Caregivers with Judd Zisquit
 Every Tuesday, Starting Jan. 9
 from 12:30pm -1:30pm

**Dance Fitness Classes
 with Mitsouko:**

Monday Madness
Cardio Dance Fitness
 w/ pompoms, 12pm – 1pm

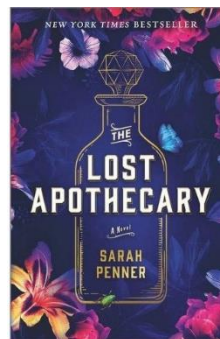
Tutu Tuesdays
Ballet Barre
 10:30-11:30

Flamenco Thursdays
 10:30-11:30am

**BOOK
 CLUB**

Thursday,
 Jan. 11 at 1pm

**The Lost
 Apothecary** by Sarah Penner



**Movie
 & Discussion**

**Wed.
 Jan. 17
 12:45pm**



**THE
 WIFE**

Glenn Close · Jonathan Pryce ·
 Join us for popcorn and a movie!
 Rated: R Thriller/Drama



**SATURDAY, JAN. 6th
 10 AM - 2 PM
 200 Westward Drive**

Make sure to stop at our table and say hello to your friends from the Adult Community Center!

REMINDER

**WE ARE CLOSED
 MONDAY, JANUARY 1**



AND MONDAY, JANUARY 15



**ARE YOU HOMEBOUND?
 DO YOU KNOW SOMEONE
 WHO IS HOMEBOUND?**

Miami Dade
 Fire Dept.
 now offers
 home visits



for blood pressure and glucose checks. Come in for a wellness check and learn about this new program every Tuesday from 11am-1pm or call us to schedule a visit. 305-805-5160



**Music
 & Trivia
 Friday,
 Jan. 26
 at 1pm**

**Monthly Meditation
 Fri. Jan. 26th at 2pm
 Please register at the front desk.**

**NEW! Beginner Full Body Fitness Video
 with Liliana Silva**

Shown in the Bray Fitness Room on Wednesdays- January 10, 24 & 31 or watch at home on YouTube. Just type "Beginner Full Body Training with Lily Silva" in the YouTube search bar.

