



MIAMI SPRINGS SENIOR CENTER

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

MARCH 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec Center/ Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30am- LUNCH: Chicken Fricassee w/ Potatoes & Onions, Split Pea Soup, 12:15pm-BINGO Game # 1 Cash Prize	9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion 11:30 am –LUNCH: Meat Balls w/ Tomato Sauce, Green Bean Almandine, Mixed Green Salad 12PM- UM School of Music Survey 12:30 pm - TAI CHI @ Rec. Center	9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Recreation Center/ Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30am-LUNCH: Chicken Cordon Bleu, Vegetable Fried Rice, Pear	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am–LUNCH: Stuffed Cabbage, Sliced Beets, Tomato & Onion Salad, Applesauce 12:30pm TAI CHI @ Rec Center/Heat Room 	9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Rec. Center/ Heat Room 11:30 am – LUNCH: Tuna Salad, Lentil Soup, Ambrosia Salad, Cookie 1:30pm- Shopping- Sedano’s
9	10	11	12	13
9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec. Center/Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Roasted Chicken w/ Mojo, Red Bean Soup, Brown Rice 12:15pm-BINGO	9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion 11:30 am –LUNCH: Meat Loaf w/ Gravy, Peas, Mashed Potatoes, Applesauce Nutrition Education: 12:15-12:45pm 12:30 pm - TAI CHI @ Rec Center/ Heat Room	9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec. Center/Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30am-LUNCH: Roast Pork Au Jus, Red Potatoes, Green Beans Mt. Sinai Medical will present a talk on Wound Care 12:15-1:15pm	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am–LUNCH: Ropa Vieja, Spinach Salad, Sliced Carrots 12:30pm TAI CHI @ Rec Center/Miami Heat Room 1:30pm- Shopping: Walmart	9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Rec Center/Miami Heat Room 11:30 am – LUNCH: Chicken Salad, Cream of Broccoli Soup, Salad. Raffle Items on Display
16	17	18	19	20
9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec. Center/ Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Turkey W/ Gravy, Yams, Green Beans & Stuffing 12:15pm- BINGO 	9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion 11:30 am –LUNCH: Chicken w/ Yellow Rice, Plantains, Salad, Jell-O W/Fruit 12:30 pm -TAI CHI @ Recreation Center/Heat Room Crime Watch @ 12:15pm St. Patrick’s Day!	9:00am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Recreation Center/Miami Heat Room Free Blood Pressure Screening-10-11:30am Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Beef Chili Con Carne, Brown Rice, Spinach Salad, Cornbread	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am –LUNCH: Baked Ham, Carrots, Mac & Cheese, Cabbage Slaw 12:30pm TAI CHI @ Rec Center/Miami Heat Room 11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate	9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Rec. Center/Miami Heat Room 11:30 am – LUNCH: Baked Ziti, Vegetable Soup, Caesar Salad First Day of Spring! Spring Fling Party from 11:30-1:30pm
23	24	25	26	27
9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec. Center/Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: BBQ Chicken, Cooked Spinach, Roasted Potatoes, Salad, Applesauce 12:15pm- BINGO	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am –LUNCH: Shredded Pork W/Mojo, Black Beans & Rice, Yucca, Banana 12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room	9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec Center/ Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Chicken Breast w/ Marsala Sauce, Quinoa, Salad, Fresh Melon Alliance for Aging Presentation on Medicare Fraud @ 12pm	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am –LUNCH: Picadillo w/ Rice, Plantains, Salad, Pineapple 12:30pm TAI CHI @ Rec Center/Miami Heat Room 1:30pm- Shopping: Fresco Y Mas	9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Rec. Center/Miami Heat Room 11:30 am – LUNCH: Stuffed Shells w/ Tomato Sauce, Peas & Carrots, Kale Salad Raffle Items Awarded
30	31			
9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am – “LET’S STRETCH” @ Rec. Center/ Heat Room Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Chicken Fricassee, Split Pea Soup, Broccoli & Cauliflower, Yogurt w/ Berries 12:15pm- BINGO	9:00 am–FLOOR YOGA I & II At The Curtiss Mansion 11:30 am –LUNCH: Meatballs w/ Tomato Sauce, Green Beans, Mixed Green Salad 12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room	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 More information call us at 305.805.5160		

MIAMI SPRINGS SENIOR CENTER-MARCH 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 scheduled for March:

- **“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.

University of Miami, School of Music Education, Doctoral Student, Giulia Ripani stops by **Tuesday, March 3rd at 12pm** to talk about her music experience study and hand out Questionnaires to those who would like to participate.

Nutrition Education- Tuesday, March 10th at 12:15pm. Topic: TBA. 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 on Wound Care with Dr. Jennifer Davies on **Wednesday, March 11th from 12:15pm-1:15pm.**

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

Wednesday, March 18th 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.**

The Alliance for Aging SHINE (Serving Health Insurance Needs of Elders) presentation on **Medicare Fraud from 12-1pm on Wednesday, March 25th.**

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



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

Sponsored by: Leonard Real Estate Group BIRTHDAYS

Bozena L	2
Reid B.....	3
Maria La R.....	7
Jose V.....	9
Maria G.....	15
Lina B.....	15
Joseph O.....	15
Jose A.....	15
Margarita M.....	16
Pat F.....	18
Elvia V.....	19
Maria L.....	22
Julian S.....	27
Libia R.....	28
Sandra H.....	28

BINGO

Monday, 3/2

Monday, 3/9

Monday, 3/16

Monday, 3/23

Monday, 3/30

MONTHLY RAFFLE

3/27

SHOPPING

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

SHOPPING at SEDANO'S FRIDAY, 3/6

From 1:30pm - 4:30 pm

SHOPPING at WALMART

Thursday, 3/12

From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS

Thursday, 3/26

From 1:30pm - 4:30 pm

SPECIAL EVENTS

Birthday/Anniversary Party on March 19th from 11:30-12:30, **Sponsored by Leonard Real Estate Group.**

Spring Fling Party on March 20th. 11:30am-1:30pm

