

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>For more information call us at 305.805.5160</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS</p>  <p>10:30 am –“LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Pork W/ Mojo &amp; Onions</p>	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: Stuffed Cabbage w/Sweet &amp; Sour Sauce</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1pm- Shopping: <b>PUBLIX SABOR</b></p>	<p>9:00 am –LEG STRETCHING &amp; STRENGTHENING</p> <p>10:00 am: BALANCE &amp; CORE WORKOUT W/ (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Salad w/ Minestrone Soup</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</p>
<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (At the Senior Center)</p> <p>11:30 am – LUNCH: Meat Loaf w/Gravy and Mashed Potatoes</p> <p>12:15 pm –B I N G O 1st Game- Cash Prize</p>	<p>9:00 am–FLOOR YOGA I &amp; II Class at the Curtiss Mansion)</p> <p><b>12pm-1pm SPRING LUNCHEON</b> <b>Catered by Dipiazza Italian Restaurant</b> <b>Baked Ziti, Salad w/ Vinaigrette Dressing &amp; Garlic Rolls</b></p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (@Senior Center)</p> <p>11:30 am – LUNCH: Chicken and Yellow Rice w/ Split Pea Soup</p> <p><b>Mt. Sinai Medical Center</b> 12:15-1:15pm “Aortic Aneurysm: What happens when an artery balloons.” w/ Dr. Michael Ayad</p>	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: B.B.Q. Brisket of Beef</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1pm- Shopping: <b>WALMART</b></p>	<p>9:00 am –LEG STRETCHING &amp; STRENGTHENING</p> <p>10:00 am: BALANCE &amp; CORE WORKOUT (at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Manicotti &amp; Vegetable Soup</p> <p>Raffle Items on Display</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</p> <p><b>Happy Mother’s Day on Sunday, May 12th</b></p>
<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey w/Gravy, Yams and stuffing</p> <p>12:15 pm- B I N G O</p> 	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: Chicken Cacciatore w/ Italian Vegetables</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p> <p>12:15pm Crime Watch Program w/ the Miami Springs Police Department</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham w/ Pineapple Sauce &amp; Broccoli Soup</p> <p>Avanti Home Health Services 12:15-1:15pm “Managing Diabetes for Better Health.”</p>	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am–LUNCH: Beef Chili Con Carne and Spinach Salad</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>12:00 pm –BIRTHDAY &amp; ANNIVERSARY PARTY <b>Sponsored by Humana</b></p> <p>1:00 pm-Grocery Shopping: <b>FRESCO Y MAS</b></p>	<p>9:00 am –LEG STRETCHING &amp; STRENGTHENING</p> <p>10:00 am: BALANCE &amp; CORE WORKOUT (@ the Senior Center)</p> <p>11:30 am – LUNCH: Seafood Marinera &amp; VegetableSoup</p> <p>Raffle Items Awarded</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Senior Center</p>
<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: B.B.Q. Chicken Leg w/ Oven Roasted Potatoes</p> <p>12:15 pm – B I N G O</p>	 <p>9:00 am–FLOOR YOGA I &amp; II (At the Curtiss Mansion)</p> <p>11:30 am –LUNCH: Roast Pork Au Jus and Corn Casserole</p> <p>12:30 pm - TAI CHI (At the Aquatic Center)</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Breast w/ Marsala Sauce and Mashed Potatoes</p> <p>11am Nutrition Education</p>	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: Meatballs w/ Tomato Sauce and Italian Vegetables</p> <p>12:30pm TAI CHI @ the Aquatic Center MPR</p> <p>1:00 pm- Shopping: <b>DOLLAR TREE</b></p>	<p>9:00 am –LEG STRETCHING &amp; STRENGTHENING</p> <p>10:00 am: BALANCE &amp; CORE WORKOUT (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: <b>Moving Day Pizza Party</b></p> <p>Art Classes Cancelled for Today</p>
<p><b>Senior Center Closed for Memorial Day</b></p>  <p><b>Senior Center Begins Lunches at the Aquatic Center (1401 Westward Dr.) Tomorrow, Tuesday 5/28</b></p>	<p>9:00 am–FLOOR YOGA I &amp; II (At The Curtiss Mansion)</p> <p>11:30 am –LUNCH: Breaded Chicken Stuffed w/ Broccoli &amp; Cheese and Quinoa Pilaf</p> <p>12:30 pm - TAI CHI (At the Optimist Club, 1101 Wren Ave.)</p> 	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” (Classes meet at the Recreation Center, 2<sup>nd</sup> floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Shredded Pork /Mojo &amp; Onions and Cole Slaw</p>	<p>9:00 am–FLOOR YOGA I &amp; II (At Curtiss Mansion)</p> <p>11:30 am –LUNCH: Stuffed Cabbage w/ Sweet &amp; Sour Sauce &amp; Tomato &amp; Onion Salad</p> <p>12:30pm TAI CHI @ the (At the Optimist Club, 1101 Wren Ave.)</p>	<p>9:00 am –LEG STRETCHING &amp; STRENGTHENING</p> <p>10:00 am: BALANCE &amp; CORE WORKOUT (Classes meet at the Recreation Center, 2<sup>nd</sup> floor, Sosa Theatre)</p> <p>11:30 am – LUNCH: Chicken Salad and Minestrone Soup</p> <p>12:15-2:15 PM Art Class w/ Morgan Lorenzo @ Aquatic Center</p>

