



MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166

May 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am & 12pm</p> <p>Music & Trivia Group 1:30-2:30pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>2</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> 	<p>3</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>4</p> <p>Music Appreciation 9:30-10:30am</p> <p>Sight Reading/ Drums 10:30-11:30am</p> <p>Bingo 10AM</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Book Club 1-2pm</p> <p>Grocery Trip 1pm</p> <p>Ping Pong 1:30- 2:30</p>	 <p>Chair Yoga 9:30am & 11am</p> <p>Singing Group 10-11am</p> <p>Lunch 11am-2pm</p> <p>Special Choral Performance 12pm</p> <p>Drawing Class W/ Pablo 10:30am & 12pm</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 Class w/ Pablo 10:30am & 12pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>9</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> 	<p>10</p> <p>Chair Yoga 9:30am & 11am</p> <p>Online Fraud Prevention Talk w/ Ashley White 12pm</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>11</p> <p>Music Appreciation 9:30-10:30am</p> <p>Music Sight Reading & Drumming 10:30-11:30am</p> <p>Needlecrafts 10am-12pm</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30- 2:30</p>	<p>12</p> <p>Chair Yoga 9:30am & 11am</p> <p>Singing Group 10-11am</p> <p>Lunch 11am-2pm</p> <p>Drawing Class W/ Pablo 10:30am & 12pm</p> <p>12pm-Mother's Day Celebration & Performance by Actor's 2020 w/Marlene Martin & a special guest!</p>
<p>15</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am & 12pm</p> <p>Belly Dancing Class 2-3pm</p> <p>Raffle items on display!</p>	<p>16</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p>	<p>17</p> <p>Chair Yoga 9:30am & 11am</p> <p>Golden Passport Application Assistance 10:30-12:30pm</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>18</p> <p>Music Appreciation 9:30-10:30am</p> <p>Bingo 10am</p> <p>Music Sight Reading /Drumming 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>Singing Group 10-11am</p> <p>Lunch 11am-2pm</p> <p>Drawing Class W/ Pablo 10:30am & 12pm</p> <p>Raffle 12pm</p>
<p>22</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am & 12pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>23</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Lunch 11am-2pm</p> <p>Free Blood Pressure Screening 10:30am-1 pm</p> <p>Tai Chi 11:30am</p>	<p>24</p> <p>Chair Yoga 9:30am & 11am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p> 	<p>25</p> <p>Music Appreciation 9:30-10:30am</p> <p>Music Sight Reading & Drumming 10:30-11:30am</p> <p>Needlecrafts 10-12pm</p> <p>Lunch 11am-2pm</p> <p>Fieldtrip-Coral Gables Art Cinema 12:30pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30- 2:30</p>	<p>26</p> <p>Chair Yoga 9:30am & 11am</p> <p>Singing Group 10-11am</p> <p>Florida Licensing on Wheels Mobile Office 10:30-12:30pm</p> <p>Lunch 11-2</p> <p>Drawing Class W/ Pablo 10:30am & 12pm</p> <p>Meditation 2pm</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p>	<p>31</p> <p>Chair Yoga 9:30am & 11am</p> <p>STS Outreach from 10:30-12:30pm</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>Programs funded in part by:</p>  	<p>Call us for more information (305) 805-5160</p> 

MIAMI SPRINGS ADULT COMMUNITY CENTER

May 2023 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.

➤ 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.

*Located in the Betty Bray Fitness Room

- GYM TRAINING**

(Instructor: Liliana Silva)

Gym Training classes fill up quickly so advance registration is required!

Monday- Thursday:

10am-10:50am

Group Training Advanced

11am-11:50am

Group Training Intermediate

1pm-1:50pm

Group Chair Beginning- *In Yoga Room*

2pm-2:50pm

Free Style All Levels

Fridays:

10am-10:50am

Group Training Advanced

11:30-12:20pm

Group Training Intermediate

OPEN GYM

(No Instructor)

Monday-Thursday

8am-9:55am, 12pm-1:55pm, 3pm-4:30pm

Friday

8am-9:55am, 12:30pm-4pm

TRANSPORTATION:

Daily pick up and drop off

utilizing the center's 18 passenger bus, is provided to members upon request.

New Class!
Belly Dancing
for Fitness & Movement
with Shahar
Mondays & Wednesdays
in the Betty Bray Fitness
Room from 2-3pm



NEW!
Music & Trivia Group
May 1 from 1:30-2:30pm

Bingo! Thursday,
May 4 & May 18
10am-11am

BOOK CLUB
Thursday, May 4th
from 1-2pm
Book: The Dutch House
By Ann Patchett
Please sign up at front desk.

Grocery Trip: Walmart
May 4 at 1pm
RSVP Required

Friday, May 5
Special Concert featuring
the Adult Community
Center Choral Group
12-1pm

**Miami Springs
Lion's Club**

Free Glucose Screening
Senior Center Lobby
May 8 at 10am

May 10 -Online Fraud
Prevention Talk
w/ Ashley White 12pm

May 12 @12pm-Mother's Day
Celebration
& Performance by
Actor's 2020
w/Marlene Martin
& a special guest!

Needlecrafts w/Elizabeth
Crochet recycled plastic bags to
make sleeping mats for the
homeless or knit yarn hats for
needy children. May 11 & 25



Raffle on Friday, May 19 -Items
go on display, Monday, May 15

Programs in May brought to you
by the offices of Commissioner
Cabrera

From 10:30am-12:30pm on:

May 17-Golden Passport
Application Assistance

May 26- Florida Licensing on
Wheels

May 31- STS Outreach program

Tuesday, May 23

Free Blood Pressure
Screening from 10:30am-
1:00pm

Provided by: Florida
Department of Health in
Miami-Dade County

**Fieldtrip to The
Coral Gables Art
Cinema**
**Movie: From Here to
Eternity**

Thursday, May 25
Bus leaves @ 12:30pm
Space limited to 18
Please RSVP

Art Classes
Painting with Pablo-Mondays
Drawing with Pablo- Fridays
10:30 & 12pm
Watercolors with Joan-
Tuesdays 10-11am

**Music Classes with
Bethany**
Thursdays 9:30 & 10:30 am
And Fridays 10am

**MINDFUL
MEDITATION &
BREATHWORK**

with Vanessa



FRIDAY, MAY 26
AT 2PM

Space is limited.
Please RSVP at the front desk

Table Tennis aka Ping Pong
Every Monday & Thursday
1:15pm – 3pm

Happy
Mother's
Day

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