



# MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166

## October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>3</p> <p>Lunch 11am-2pm</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Health Department- Free Blood Pressure Checks 9am-2pm</p> <p>Tai Chi 11:30am- 12:30</p>	<p>4</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p> 	<p>5</p> <p>BINGO 10am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p> 	<p>6</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Choral Group w/Bethany 10am</p>  <p>Drawing Class 10:30am &amp; 12pm</p>
<p>9</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Lion's Club Glucose Screening 10am</p> <p>Acrylic Painting Class 10:30am &amp; 12pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing 2-3pm</p> <p>Raffle Items on Display</p>	<p>10</p> <p>Lunch 11am-2pm</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tai Chi 11:30am-12:30pm</p>	<p>11</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p>  <p>Music Reading Class w/ Bethany 10am</p> <p>Belly Dancing Class 2-3pm</p>	<p>12</p> <p>BINGO 10am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p> <p>Book Club 1-2pm</p> 	<p>13</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Choral Group w/ Bethany 10am</p> <p>Drawing Class W/ Pablo 10:30am &amp; 12pm</p> <p>Raffle Drawing 12pm</p>
<p>16</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>17</p> <p>Lunch 11am-2pm</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tai Chi 11:30am- 12:30pm</p> 	<p>18</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing Class 2-3pm</p> 	<p>19</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p> <p>Grocery Store Trip Fresco y Mas 1pm</p> 	<p>20</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Choral Group w/ Bethany 10am</p> <p>Drawing Class 10:30am &amp; 12pm</p> <p>Let's Celebrate October Birthdays</p>  <p>12pm</p>
<p>23</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>24</p> <p>Lunch 11am-2pm</p> <p>Watercolor Class w/Joan 10-11am</p>  <p>Tai Chi 11:30am- 12:30pm</p>	<p>25</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Music Reading Class w/ Bethany 10am</p> <p>Lunch 11am-2pm</p> <p>Belly Dancing 2-3pm</p> <p>Movie &amp; Discussion 12:45pm</p> 	<p>26</p> <p>BINGO 10am</p> <p>Lunch 11am-2pm</p> <p>Tai Chi 11:30am</p> <p>Ping Pong 1:30-2:30pm</p> 	<p>27</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Singing Group 10-11am</p> <p>Lunch 11-2</p> <p>Choral Group w/ Bethany 10am</p> <p>Drawing Class W/ Pablo 10:30am &amp; 12pm</p> <p>Music &amp; Trivia 1pm</p>
<p>30</p> <p>Chair Yoga 9:30am &amp; 11am</p> <p>Lunch 11am-2pm</p> <p>Acrylic Painting Class w/ Pablo 10:30am &amp; 12pm</p> <p>Ping Pong 1:30-2:30pm</p> <p>Belly Dancing Class 2-3pm</p>	<p>31</p> <p>Lunch 11am-2pm</p> <p>Halloween Costume Contest @ 12</p> <p>Watercolor Class w/Joan 10-11am</p> <p>Tai Chi 11:30am- 12:30pm</p>	<p>Transportation Announcement!</p>  <p>Please make sure you RSVP daily or weekly to the front desk to let us know if you need to be picked up!</p>	<p>Call us for more info (305) 805-5160</p> 	<p>Programs funded in part by:</p>  <p>Department of ELDER AFFAIRS STATE OF FLORIDA</p> 

# MIAMI SPRINGS ADULT COMMUNITY CENTER

## October 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.

### 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-12:30pm

\*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

PLEASE MAKE SURE TO SIGN IN AT THE FRONT DESK FOR ALL CLASSES AND FOR LUNCH



## Halloween Party

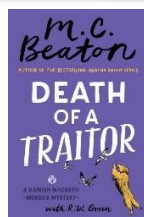
Tuesday, October 31<sup>st</sup>

11am-1pm

Join us for a **WICKED** good time!  
**Costume Contest at 12pm**



Thursdays,  
October 12 & 26  
10am-11am



## BOOK CLUB

Thursday, October 12 1-2 pm

Death of a Traitor

by MC Beaton

Please sign up at front desk.



## Grocery Trip:

Fresco y mas

October 19 at 1pm

RSVP Required



## Knitting & Crochet

Every Thursday

10am-12pm

Make yarn hats for the Lion's Club to give to children in need



## MOVIE

& Discussion

**A Man Called Otto**  
on Wednesday, Oct. 25 @ 12:45pm

Do you need a quiet place?  
Would you like to meet with someone privately?

Visit our Relaxation Lounge



Aromatherapy, salt lamp, sound machine, reclining chair, herbal tea & more!

## MINDFUL MEDITATION & BREATHWORK

with Vanessa



FRI., OCT. 27  
AT 2PM

Space is limited.

Please RSVP at the front desk



Tuesday, October 3

Health Department- Free Blood Pressure Checks 9am-2pm

Belly Dancing  
For Fitness  
& Movement  
with Shahr

Mon. & Wed.

2-3pm

in the

Betty Bray  
Fitness Room



Friday, October 27

from 1-2pm

Ping Pong every  
Monday & Thursday

1:30-2:30pm

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