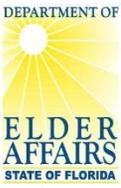


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>More information call us at 305.805.5160</p>	<p>1</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am – LUNCH: Chicken Marsala, Red Beans, Sliced Carrots & Fresh Fruit</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p>	<p>2</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS</p>  <p>10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Sliced Turkey w/ Gravy, Hash Brown Casserole, Spinach</p>	<p>3</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Sliced Roast Pork, Mashed Potatoes, Green Beans & Peaches</p> <p>12:30pm TAI CHI (@ Rec Center/Miami Heat Room)</p>	<p>4</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT W/ @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken, Baked Beans, Cole Slaw 12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>7</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Miami Dade Library Techno Bus, 10-11:30am- Aquatic Center Parking lot</p> <p>11:30 am – LUNCH: Brisket of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad</p> <p>12:15pm-BINGO 1st Game- Cash Prize</p>	<p>8</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Grilled Chicken w/ Onions, Quinoa & Beets</p> <p>12:15pm Crime Watch Program w/ the Miami Springs Police Dept.</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p>	<p>9</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30am-LUNCH:Meatballs w/ Tomato Sauce, Caesar Salad, Baked Apples</p> <p>Mt. Sinai Medical Center Health Presentation 12:15-1:15pm</p>	<p>10</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am–LUNCH: Shredded Roast Pork W/ Onions & Black Beans, Fresh Orange</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>1:30pm- Shopping: Walmart</p>	<p>11</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Salisbury Steak, Squash Casserole</p> <p>Raffle Items on Display 12:15-2:15 PM-Art Class @ The Aquatic Center</p>
<p>14</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Chili Con Carne, Corn Muffin & Salad, Sliced Peaches</p>  <p>12:15pm-BINGO</p>	<p>15</p> <p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</p> <p>10am-11:30am- Free Blood Pressure Screening Miami Dade Health Dept.</p> <p>11:30 am –LUNCH: Shredded Chicken w/ Gravy, Roasted Potatoes, Peas and Carrots, Tomato & Onion Salad</p> <p>12:30 pm -TAI CHI @ Recreation Center/Miami Heat Room</p>	<p>16</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS</p>  <p>10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Tuna Salad, Beets & Onions, Banana and Cookie</p>	<p>17</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Meat Loaf, Mashed Potatoes, Cooked Spinach & Biscuit</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate</p>	<p>18</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p>11:30 am – LUNCH: Shredded Pork, Lentil Soup, Coleslaw & Fruit</p> <p>Raffle Items Awarded 12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>21</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Chicken Cacciatore w/ Spaghetti, Mixed Vegetables, Melon</p> <p>12:15 pm – B I N G O</p> 	<p>22</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Baked Ham, Sweet Potato, Cooked Spinach</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> <p>Fieldtrip to the Pumpkin Patch on Curtiss Parkway for pumpkin pie and pictures from 1:15-2:15pm</p>	<p>23</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Picadillo, Red Bean and Pumpkin Soup & Salad</p> 	<p>24</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Egg Salad, Ambrosia Salad, Vegetable Soup</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p> <p>1:30pm- Shopping: Fresco Y Mas</p>	<p>25</p> <p>9:00 am –LEG STRETCHING & STRENGTHENING 10:00 am: BALANCE & CORE WORKOUT (@ Recreation Center/Miami Heat Room)</p> <p>11:30 am – LUNCH: Meat Lasagna, Carrots, Garlic Roll & Cookie</p> <p>12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>28</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Ropa Vieja, Collard Greens, Oven Browned Potatoes & Lemon Pound Cake</p> <p>12:15pm- BINGO</p> 	<p>29</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Chicken Marsala, Red Beans, Sliced Carrots and Salad</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> <p>Nutrition Education: Topic-Malnutrition 12:15-12:45pm</p>	<p>30</p> <p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>11:30 am – LUNCH: Sliced Turkey w/ Gravy, hash Brown Casserole, Cooked Spinach, Mixed Fruit and Corn Muffin</p> 	<p>31</p> <p>9:00 am–FLOOR YOGA I & II At The Curtiss Mansion</p> <p>11:30 am –LUNCH: Sliced Roast Pork, Mashed Potatoes, Green Beans, Peaches & Salad</p> <p>Halloween Luncheon & Costume Contest with cash prizes from 11:30am-1:30pm</p> <p>12:30pm TAI CHI @ Rec Center/Miami Heat Room)</p>	<p>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</p>  

MIAMI SPRINGS SENIOR CENTER-OCTOBER 2019

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.

- **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 currently scheduled for October:

- **Art Classes-** Art classes in a variety of mediums are offered **Every Friday** with Morgan Lorenzo from **12:15-2:15pm @ the Aquatic Center**. All supplies are included.

- **Miami-Dade Public Library System's TECHNOBUS**
The library's mobile technology innovation lab will visit the **Recreation Center/Aquatic Center Parking lot on October 7th from 10:00am-11:30 am**. The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.

- **"Crime Watch" Program" -** Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, October 8th 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.

- **Mt. Sinai Medical Center** will present a talk (subject TBA) on **October 9th from 12:15pm-1:15pm**

- **Tuesday, October 15th-FREE Blood Pressure Screening from 10am-11:30am**. Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center.

- **Nutrition Education- Tuesday, October 29th at 12:15pm. Topic: Malnutrition.** Each month, the Senior Center Dietician, Michelle Larea provides helpful nutrition education information on a variety of topics. Nutrition Education is presented by Senior Center Manager, Tammy Key.

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



October Birthday Celebration Held on October 17th @ The Aquatic Center from 12:00-1pm featuring Cake & Ice Cream

Sponsored by:

Leonard Real Estate Group

BIRTHDAYS

Algeisa, V.....	2
Yolanda S.....	5
Maria S.....	9
Juan M.....	12
Jose G....	13
Jose O	18
Sharon S.....	22
Carlos M.....	25
Patricia D	29
Felipe L... ..	31

HAPPY ANNIVERSARY

Odina & Carlos B.

BINGO

Monday, 10/7

Monday, 10/14

Monday, 10/21

Monday, 10/28

MONTHLY RAFFLE, 10/18

SHOPPING

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

SHOPPING at WALMART

Thursday, 10/10
From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS

Thursday, 10/24
From 1:30pm - 4:30 pm



SPECIAL EVENTS/FIELDTRIPS

- **Tuesday, 10/22- Fieldtrip to the Pumpkin Patch/Harvest Festival** on Curtiss Parkway for pumpkin pie, coffee and pictures from **1:15-2:15pm**

- **Thursday, 10/31-Halloween Luncheon & Costume Contest** with cash prizes from **11:30am-1:30pm**