

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>More information call us at 305.805.5160</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> 	 	<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>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am 11:30 am – LUNCH: Brisket of Beef, Au Gratin Potatoes, Green Beans, Ambrosia Salad 12:15pm-BINGO 1st Game- Cash Prize</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>2020 Census Presentation @ 12:15pm</p> <p>12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30am- LUNCH:Meatballs w/ Tomato Sauce, Caesar Salad, Baked Apples</p> <p>Fieldtrip to Fairchild Tropical Garden 1:15-4:15pm</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>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>THE SENIOR CENTER IS CLOSED IN OBSERVATION OF VETERAN’S DAY</p> 	<p>9:00 am–FLOOR YOGA I & II Class At The Curtiss Mansion</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>New World Symphony Concert at the Curtiss Mansion, 4:30-5:30pm</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Tuna Salad, Beets & Onions, Banana and Cookie</p> <p>Mt. Sinai Medical Center will present a talk “Inside My Overactive Bladder” 12:15pm-1:15pm w/ Ricardo Palmerola</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>1:30pm- Shopping: Publix Sabor</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>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Chicken Cacciatore w/ Spaghetti, Mixed Vegetables, Melon 12:15 pm – B I N G O</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 12:30 pm - TAI CHI @ Recreation Center/Miami Heat Room)</p> <p>Crime Watch Program w/ Officer Capote and Simon @ 12:15pm</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Picadillo, Red Bean and Pumpkin Soup & Salad</p> <p>Clear Caption Telephone presentation w/ Agnes Dohert, ADA Specialist @ 12:15pm</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>11:30-12:30pm – BIRTHDAY PARTY Sponsored by Leonard Real Estate</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 12:15-2:15 PM Art Class @ The Aquatic Center</p>
<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>11:30 am – LUNCH: Ropa Vieja, Collard Greens, Oven Browned Potatoes & Lemon Pound Cake 12:15pm- BINGO</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-Nutrigenetics 12:15-12:45pm</p>	<p>9:00 am – CHAIR YOGA 10:00 am – WEIGHTS 10:30 am –“LET’S DANCE” @ Recreation Center/Miami Heat Room</p> <p>Knitting Group w/ Elizabeth King 10-11 am</p> <p>Thanksgiving Luncheon, 11:30am-12:30pm catered by Catering By Joel’s Place, Sponsored by Commissioner Rebeca Sosa and featuring music by Father Alfaro</p>	<p>THE SENIOR CENTER IS CLOSED TODAY</p> <p>HAPPY THANKSGIVING</p> 	<p>THE SENIOR CENTER IS CLOSED TODAY</p> <p>We reopen on Monday, December 2nd</p> 

MIAMI SPRINGS SENIOR CENTER-NOVEMBER 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. 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 currently scheduled for November:

- **“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.

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.

- **2020 Census Presentation- November 5th @ 12:15pm** with Alina Garcia Senior Policy Advisor for the office of Commissioner Esteban “Steve” Bovo Jr.

- **Mt. Sinai Medical Center** will present a talk **“Inside My Overactive Bladder” November 13th from 12:15pm-1:15pm** With speaker Ricardo Palmerola

- **“Crime Watch” Program” -** Officers Jorge Capote and Janice Simon, from the MSPD’s Community Policing Office, will provide valuable information on **Tuesday, November 19th 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.

- **Clear Caption Telephone Presentation- on Wednesday, November 20th at 12:15pm w/ Agnes Dohnert, Title IV ADA Specialist.**

- **Nutrition Education- Tuesday, November 26 at 12:15pm.** Topic: Nutrigenetics. 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.

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



November Birthday Celebration
Held on **November 21 @ The Aquatic Center from 12:00-1pm** featuring **Cake & Ice Cream**

Sponsored by:
Leonard Real Estate Group

BIRTHDAYS

Miguel P.....	1
Adele V.....	3
Saady D.....	13
Raymond S.....	18
Henry R.	19
Miriam A.....	21
Amador P.....	23
Maria W.....	25
Maura R.....	30

BINGO

Monday, 11/4

Monday, 11/18

Monday, 11/25

MONTHLY RAFFLE, 11/15

SHOPPING

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

SHOPPING at WALMART

Thursday, 11/7
From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS

Thursday, 11/14
From 1:30pm - 4:30 pm

SPECIAL EVENTS/FIELDTRIPS



Wednesday, 11/6- Fieldtrip to the Fairchild Tropical Garden
from 1:15-4:15pm

Tuesday- November 12th from 4:30-5:30pm Free New World Symphony Community Concert at the Curtiss Mansion

Wednesday, 11/27- Thanksgiving Luncheon, 11:30am-12:30pm catered by Catering By Joel's Place, Sponsored by Commissioner Rebeca Sosa and featuring music by Father Alfaro

