

## Welcome...

We'd like to welcome you to the many and varied arts and crafts, fitness, and other classes and activities offered by the Miami-Dade Park and Recreation Department. Programs for Seniors



(adults age 55 and up) are offered at the parks listed below. Classes and schedules vary from facility to facility, so please call for more information.

**Arcola Lakes**  
305-836-5095

**Country Village**  
305-622-2594

**Goulds**  
305-255-2399

**Jefferson Reaves, Sr.**  
305-635-2081

**Martin Luther King, Jr.**  
305-633-2044

**Norman and Jean Reach**  
305-823-2414



**North Glade**  
305-621-2461

**Oak Grove**  
305-944-8670

**Rockway**  
305-223-8769

**West Perrine**  
305-235-2053

**Westwind Lakes**  
305-388-4771

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## Check it out...

On Thursday, October 18, 2007 the Miami-Dade Park and Recreation Department and the Office of the Senior Advocate hosted the first Seniors Health and Fitness Fair. The event featured over 40 organizations such as AARP, Vitas, American Heart Association, and the Miami-Dade Health Department. More than 250

seniors participated in the event, and received free health screenings including blood pressure and glucose tests, as well as free flu shots. In addition, participants enjoyed dance and music performances, safety demonstrations, and raffles.



# In the Spotlight

Like most Americans, you probably tune in to shows like “American Idol” and “So You Think You Can Dance.” You root for your favorite performers week after week, and cry when they are sent home. But did you know we have many talented folks right here in our Seniors Programs?

Participants in our programs have established several performance groups, including the Arcola Lakes’ Singing Angels, and the Country Village Step Dancers.

Do you have special talents that you’d like to share?

Want to meet new friends and have fun participating in new activities?



We’d love to have you join one of our groups.

For more information, please call 305-228-3406.

*“Fiber may help reduce the risk of cancer and heart disease”*

## Healthy Habits: Fiber Facts

Fiber helps keep your digestive system healthy, slows down absorption of sugars in your diet, and helps control cholesterol. In addition, research has shown that diets low in fat and rich in fiber may reduce the risk of some types of cancer as well as coronary heart disease.

whole grain products (such as bread, cereal, pasta),



beans, fruits, vegetables, and nuts. Here are some

easy ways to add more fiber to your diet:

- Eat at least 5-6 servings of fruits and vegetables per day.
- Eat whole grain breads and pasta.
- Eat oatmeal or another high-fiber cereal for breakfast.

—U.S. Food and Drug Administration

Foods high in fiber include:

## Cook’s Corner



Try this recipe for an easy and delicious smoothie that is low in fat and high in fiber.

### Fruit-n-Fiber Smoothie

#### Ingredients:

- 1/2 cup nonfat milk
- 1/2 cup fat-free plain yogurt

- 1/2 frozen banana, peeled and chopped
- 1 1/2 tablespoons wheat germ
- 1 teaspoon honey
- 1/2 cup frozen strawberries (or peaches or mixed berries)

#### Directions:

In a blender, blend the milk, yogurt, banana, wheat germ, honey, and strawberries until smooth. Enjoy!



# Focus on Safety: What you can do to prevent falls

## Did you know...

Among people 65 years and older, falls are the leading cause of injury deaths and the most common cause of non-fatal injuries and hospital admissions for trauma.

The good news is that there is a variety of things you can do in order to prevent a fall. Here are some of the top suggestions:

1. Begin a regular exercise program. Exercises that improve balance and coordination, such as Tai Chi and Pilates are particularly helpful.
2. Have your healthcare provider review your medications. Certain medications may cause you to feel drowsy or dizzy, increasing your likelihood of falling.
3. Have your vision checked.

- Poor vision can also increase your chances of falling.
4. Make your home safer. Easy steps like increasing the lighting in your home and using non-slip mats in the bathtub can help prevent injuries.

—Centers for Disease Control

*“Exercises that improve balance and coordination, such as Tai Chi and Pilates are particularly helpful.”*

## Walk your way to fitness

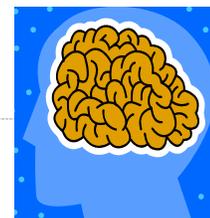
Walking is an ideal low impact aerobic exercise. If done regularly, it can reduce the risk of heart disease and cancer, lower total cholesterol, and lower blood pressure. Thousands have realized the physical and psychological benefits of walking. That’s why walking has become one of the most popular ways to stay fit. Another

reason is because it’s inexpensive— all it takes is a little motivation and a comfortable pair of shoes.

The Miami-Dade Park and Recreation Department offers walking programs in many of its parks. For more information, please call 305-755-7800.



## Brain Power



### HAVING FUN AT PARKS

Unscramble the names of activities and programs offered

ECEXRIES \_\_\_\_\_  
 IACCERSM \_\_\_\_\_  
 ITSLDFIEPR \_\_\_\_\_  
 IKNALGW \_\_\_\_\_

CDNGNAI \_\_\_\_\_  
 MIWISNMG \_\_\_\_\_  
 GOYA \_\_\_\_\_  
 GNIGINS \_\_\_\_\_



**Miami-Dade Park and Recreation  
Seniors Programs**

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**The Miami-Dade Park and Recreation Department offers an extensive selection of sports and fitness programs, arts and crafts and other classes specifically designed for seniors. For more information about Seniors Programs, please call 305-228-3406.**

*Miami-Dade Parks creates outstanding recreational, natural and cultural experiences to enrich and enhance our community for this and future generations.*

*Call (305) 755-7848 or (305) 755-7980 (TDD) to request materials in accessible format, a sign language interpreter (seven days advance notice required) and for information on access for persons with disabilities.*



## It's a Date

**Here are some featured special events and activities:**



**Senior Olympics**

Friday, April 11, 2008

NFL/YET Center

Activities will include bingo, bowling, basketball, exercise

classes, health and safety demonstrations, and much, much more.

To participate, please call 305-228-3406.

**The Mayor's First Annual Seniors Showcase**

Wednesday, May 7, 2008

Dade County Auditorium

The Seniors Showcase, sponsored by Miami-Dade County Mayor Carlos Alvarez and the Miami-Dade Park and Recreation department, will feature music and dance performances by talented seniors. The event will also honor notable performers and other

contributors to the performing arts. For more information or to participate, please call 305-228-3406.



**Activities for Older**

**Americans Month in May:**

Event dates and details coming soon...