

Senior Scene

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Getting back to nature...



Grandpas and abuelas aren't what they used to be. Rocking chair and shuffleboard seniors are a thing of the past. Today's golden years are increasingly full of active recreation for more and more of the over-65 set. Miami-Dade Park and Recreation Department's EcoAdventures is responding to this trend by offering a program of

nature-based recreation sure to please active seniors. In addition to giving you a great



physical workout, EcoAdventure's programs also provide

mental relaxation. Programs are offered year-round and include nature walks, bicycling, canoeing, kayaking, and snorkeling. No matter what your fitness level is, there's an EcoAdventures program for you. So put down the remote control, put on your sneakers and join a Miami-Dade Parks naturalist on a fun and invigorating program in the great outdoors. Please call 305-365-3018 for more information or to make a reservation. Group discounts are available.

—by Ernie Lynk

INSIDE THIS ISSUE:

Weighing In 2

Healthy eating 2

In the Spotlight 3

Art in the
Parks 3

Cook's Corner 3

It's a Date 4

Check it out...

Over 160 participants from Parks' Senior Programs participated in the annual Step Up, Florida event, which was held on Friday, March 7th at the NFL/YET Center. "Step Up, Florida - On Our Way To Healthy Living!" is a statewide initiative promoting physical activity, nutrition and healthy lifestyles to Florida's citizens and visitors. During the event, the Senior Steppers from Country Village performed several routines. In addition, the participants from Country Village, Arcola Lakes, Westwind Lakes and Martin

Luther King participated in Tai Chi, relay walking, Zumba, and other fitness activities.



Weighing in...

Do you weigh more now than you did ten years ago, or even five years ago? Most people gain weight gradually as they age, but that's to be expected as you get older, right? Wrong. Putting on excess weight is not an inevitable part of the aging process, and it could put your health at risk. The key to preventing weight gain is to compensate for changes in hormones and metabolism by adjusting your food intake, exercising, and generally becoming more physically active. Among the activities offered by Miami-Dade Park and Recreation are:

- Walking Club
- Fencing
- Water Aerobics
- Tai Chi



- Chair Exercises
- Group stretching and fitness classes



- Pilates
- Yoga

Get in shape, or stay in shape by participating in a program near you!

“A healthy diet includes protein, fat, and carbohydrates.”

Healthy eating...

Whether you're trying to lose a few pounds, stay healthy, or just feel better, it's important to include the most nutritious foods possible into your daily diet. A healthy diet includes protein, fat, and carbohydrates.

- **Protein** should account for about 20 percent of your daily calories. Foods such as milk, eggs, cheese, tofu, beef, poultry, and fish are among the best sources of protein. Choose low-fat or non fat sources of protein whenever possible.
- **How about fat?** While we're used to hearing that fat is bad

for you, the truth is that you need some fat in your diet in order to



stay healthy. Fats should account for 20-30 percent of your daily calorie intake. Choosing the right kind of fat is the key to staying healthy while managing your calorie requirements. Focus on getting fewer

saturated fats (found in butter, animal fats, and baked goods), which clog the arteries, and more monounsaturated and polyunsaturated fats (found in olive oil, nuts, and fish such as salmon) to keep your arteries clean and your heart healthy.

- **What about carbs?** In addition to protein and fat, your daily diet should include carbohydrates since these are your best source of energy, vitamins, and fiber. Carbohydrates should make up 55 to 60 percent of your daily calories, and the best sources include fruits, vegetables, and whole grains.

—U.S. Food and Drug Administration

In the Spotlight: Biggest Loser Challenge

Did you know...



On January 31, 2008, 36 participants from the Country Village Seniors Program signed up to compete in their own “Biggest Loser Challenge”. The participants, who are grouped in teams of four, have set a goal of losing 100 lbs per team!!! Team members participate in weekly weigh-ins and exercise classes and encourage each other to stay active and eat healthy. According to Thelma Jones, “our goal as seniors at Country Village is to develop

and maintain a healthier mind and body. So far, participants in the program have lost a combined total of over 125 lbs. Congratulations to all the losers!!! In order to keep motivation high, a variety of activities are planned including healthy potlucks, recipe exchanges, and guest speakers. The team who reaches the goal first will also receive a grand prize. For more information about the program, please call Thelma Jones at 305-622-2594.

“The participants, who are grouped in teams of four, have set a goal of losing 100 lbs per team!!!”

Art in the Parks

Whether you like to draw, paint, do ceramics, or a variety of other artistic activities, Miami-Dade Park and Recreation offers a program for you! Check out some of our talented participants:



Cook's Corner

This low-fat and low-calorie recipe is packed with protein, veggies, and lots of nutrients. When served with brown rice, it provides a balanced, healthy and delicious meal!



Beef and Broccoli Stir-Fry

Ingredients (Serves four):

- 2 tsp olive oil
- 4 sprays olive oil cooking spray
- 1 cup broccoli florets, fresh
- 1 medium bell pepper, cut in strips
- 6 oz Tyson Refrigerated Fully Cooked Steak Strips
- 2/3 cup bottled stir-fry sauce

Directions:

Heat oil and cooking spray in a large nonstick skillet over high heat. Add vegetables to skillet and stir-fry 3 minutes. Add steak strips and sauce and stir-fry 2 to 4 more minutes or until vegetables are tender-crisp and meat is thoroughly heated. Serve with brown rice. —Recipes courtesy of Tyson





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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 upcoming special events and activities:

The Mayor's First Annual Seniors Showcase



Wednesday, May 7th
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.

Seniors Luncheon and Dance

Thursday, May 22nd
Goulds Gym

During this celebration, participants from Miami-Dade Parks Seniors Programs will gather to celebrate the year's events. The luncheon is one of several events that will take place during Older Americans Month.



Creative Golden Visions 2008

Senior Arts Exhibition

Sat.. May 31-Sun., June 1st

Adrienne Arsht Center for the Performing Arts

Sponsored by Commissioner Joe Martinez, Miami-Dade Park and Recreation, the Miami-Dade Department of Cultural Affairs, and the Adrienne Arsht Center for the Performing Arts. The exhibition will feature over 100 paintings, drawings and photographs local senior citizens. For more information or to participate, please call 305-228-3406.

