

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| <p>THIN CLASS 9:30-10:30 Margaret Lyon</p> <p>Sing -a- Long 10:30-12:00</p> | <p>Art Explorations 9:00-12:00</p> <p>Creative Hands 10:00 – 12:00</p> | <p>SQUARE DANCING 9:30-11:00 Bud Miller</p> <p>Beginning Tap 11:00 – 12:30 Mary Finke`</p> | <p>EXERCISE CLASS 10:00-11:00 Cathy Conner</p> <p>STABILITY EXERCISE 11:05-12:00 Sandra Carrera</p> | <p>ZUMBA GOLD 9:00-10:00 Martha Mora</p> <p>LINE DANCING 10:00-11:00 Barbara Mlcuch</p> |
| <p>BRIDGE Tips 10:00-12:00 Ginny Powell</p> <p>DRAMA 10:00-12:00</p> | <p>DUPLICATE BRIDGE 12:30-3:30 Barbara Maggio</p> | <p>SPANISH 11:00-12:00 Barbara Treharne</p> <p>1ST Wed Board Mtg 11:15 Spanish Class at 10:00 On 1st Wed</p> | <p>CURRENT EVENTS 10:00-12:00 Daniel Rouco</p> | <p>Tai Chi 11:00-12:00 Dayi Tang</p> |
| <p>MAHJONG CLASS 12:30-3:30 Edie Reiser</p> <p>HAND & FOOT 1:15-3:30 Phyllis Kaplan</p> | <p>POKER 12:30-3:30</p> | <p>CHAIR YOGA 1:00-2:00 Sandra Carrera</p> | <p>CANASTA LESSONS 12:00-3:30</p> <p>ECOLOGY/ORAL HISTORY CLASS 1:00-2:30 John Owens</p> | <p>DUPLICATE BRIDGE 12:30-3:30 Jo Collier</p> |
| <p>COMPUTERS 12:30-1:30 2:00-3:00 Gloria Candela Ann Gaudino</p> | <p>CANASTA/MAH JONG Open Games 12:30-3:30</p> | <p>COMPUTERS 12:30-1:30 Gloria Candela & Bud Miller</p> | <p>COMPUTERS 12:30-1:30 2:00-3:00 Gloria Candela & Bud Miller</p> | <p>NEW MEMBERS' MEETING Last Friday of Month 11:00-12:00 Rose Marie Klee</p> |
| <p>BUNCO 12:30-3:30 Marie Gulla</p> <p>OPEN GAMES Daily 12:30-3:30</p> <p>ENGLISH CLASS 1:00-2:00 Selva Joseph</p> <p>TAP DANCE 5:30-7:30 Laurie Merker</p> | <p>POOL Everyday</p> <p>LIBRARY Everyday</p> | <p>SCRABBLE 12:30-3:00 Marsha Dribinsky</p> <p>DRAWING 1:00-3:30 Bob McKibben</p> <p>BALLROOM DANCING 2:00-3:45 Gwen Peiffer</p> | <p>OPEN GAMES Canasta/Mah Jong Daily 12:30-3:30</p> <p>BOOK CLUB 3:30-4:30 3rd Thursday</p> <p>DINNER CLUB 6:00 PM 3RD Thurs</p> | <p>POKER 12:30-3:30</p> <p>WRITING GROUP 10:00-NOON Elena Karplus</p> |

OFFICERS

President..... Selva Joseph
 V/P Rosemary Helenbrook
 Treasurer..... Barbara Treharne
 Recording Secretary.....Phyllis Kaplan
 Corresponding Secretary..... Jane Scop

BOARD

Larry Canfield
 Elsa Colon
 Marilyn Green
 Marie Gulla
 Ruth Hudson
 Barbara Maggio
 Bud Miller
 Barbara Mlcuch
 Daniel Rouco
 0 ° 13 1 # 13 ~ 1

NEWSLETTER

STAFF

Mary Figuera
 Pamela Gavilan
 Selva Joseph
 Barbara Mlcuch
 Gwen Peiffer
 Barbara Treharne

UPCOMING EVENTS

Monday Aug 8 11:30 Fun Sing-A-Long with Lunch sponsored by HEARTLAND limit 60 people

Friday Aug 19 2-6 pm Heartland Appreciation Day Music, Fun & Food 9400 SW 137th Avenue

Wednesday August 24-25 Murder Mystery Train Trip See attached page for more info

Sunday August 28 3 pm FASHION PLATE drama plus Fashion Show See attached page for more info

Monday Sept 5 (Labor Day) Marlins Baseball Game (\$20 fee)

Sunday Sept 11 Noon SUNDAY AT THE LIFT LUNCH by East Ridge Entertainment

Sunday September 25 Open House – Travel Theme#



FASHION PLATE

A Play by
THE LIFT PLAYERS

Sunday
AUGUST 28, 2016
3:00 PM

Followed by a Fashion Show
Courtesy of CHICOS

Refreshments will be served

#

GOING OUT OF BUSINESS



This will be the final edition of UPLIFTING NEWS.

We are so grateful for all the hard work of people who have made a newsletter happen at the SENIOR LIFT CENTER.

For the past two years Mary Figuera has been the Editor. Barbara Mlcuch, past newsletter editor, has worked dutifully and faithfully. Barbara Treharne has been our proof reader. And what would we have done without all the people who work at the desks who have gotten labels on all of them? We always counted on Ruth Hudson and Rosemary Helenbrook who prepared them for mailing. And then the final step was Gwen and Marc Peiffer who took them all to the post office for bulk mailing.

We will miss the newsletter but have decided that with modern day electronics we could get the news out more efficiently with email.

I have started the President's News and hope that the officers next year will put out a similar news bulletin.

We have been diligent in requesting email addresses from our members. Barbara Mlcuch will continue sending out email bulletins. There is

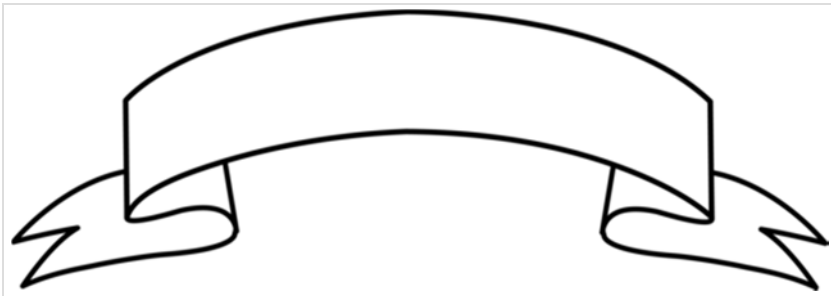
a form at the membership desk, in the event that you have not given your email to us, you can do so.

Those of you who do not have Email can visit our web-site where we will upload information.

In the event that you do not do any of the above, we will have copies of news and other announcements at the desk.

Thanks to all those who have been such supporters of our newsletter. We wish Mary Figuera good luck in her future move and to all of you a continued summer filled with good health.

Selva Joseph



Look for the banner that the Creative Hands class has created to decorate the Great Room.

It depicts all different aspects of handiwork that has been done by that group.

#

The portrait class, taught by Selva, was a great success. She will next be teaching four units of still life in acrylics and watercolor.



Dinner Train

“Murder Over Miami”

Journey back to golden era of the Miami lounge scene in this hilarious romp through a murder of the night club act.

Help identify the killer

August 24-25, 2016

Price: \$200 includes bus, play, dinner and overnight accommodations at the Courtyard Marriott, Ft. Myers

Bus leaves at 11 am 8/24 – depart on 8/25 at 10am.

Lunch not included

The Liftettes

The Liftettes is our tap dance team that trains at the LIFT and does outreach in the community. We have a beginner tap, too. Its mission is to entertain members of the community as an example of what senior members can do to keep themselves, fit, active and happy.

They will be performing in October at the Pinecrest Senior Center.

Gr

AUGUST

2016



UpLIFTING

NEWS

Senior Lift Center

12480 SW 127 Ave
Miami, FL 33186 (305) 235-8855
Seniorliftcenter.com

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
MIAMI, FLORIDA
PERMIT NO. 2423

CURRENT RESIDENT OR:

Senior LIFT Center
12480 SW 127th AVE.
Miami, FL 336

#