

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Sing-along 10:30 – 12:00	Art Explorations 9:00-12:00	Square Dancing 9:30-11 Bud Miller	Exercise Class 10:00-11:00 Cathy Connor	Line Dancing 10:00-11:00 Barbara Mlcuch	SPECIAL EVENTS
Bridge Tips 10-12:00 Ginny Powell	Creative Hands 10:00-12:00 Shirley Gruber	Beginning Tap 11:00-12:30 Mary Finke	Current Events 10:00-12:00 Daniel Rouco	Writing Group 10:00-12:00 Elena Karplan	
Drama 10-12:00		Spanish 11:00-12:00 Barbara Treharne	Stability Exercise 11:00-12:00 Sandra Carrera	Zumba Gold 11:00-12:00 Martha Mora	Sunday at LIFT
Mahjong Class 12:30 – 3:30 Edie Reiser	Duplicate Bridge 12:30-3:30 Sonya Rima	Spanish starts at 10:00 on first Wednesday of month	Canasta Lessons 12:00-3:30	Duplicate Bridge 12:30-3:30 Jo Collier	
Hand and Foot 1:15 – 3:30 Phyllis Kaplan		1 st Wednesday Board Meeting at 11:15	Ecology / Oral History Class 1:00-2:30 John Owens		TRIPS (See Notices)
Computers 12:30 – 1:30 2:00-3:00 Gloria Candela Ann Gaudino	Poker 12:30-3:30	Chair Yoga 1:00-2:00 Sandra Carrera	Computers 12:30-1:30 2:00-3:00 Gloria Candela & Bud Miller	New Members Meeting 11:00-12:00 Last Friday of month	
Bunco 12:30-3:30 Maria Gulla Open Games Daily 12:30-3:30	Canasta/Mah Jong Open games Daily 12:30-3:30	Computers 12:30-13:30 Gloria Candela & Bud Miller	Canasta/Mah Jong Open games Daily 12:30-3:30	Poker 12:30-3:30	Bridge At The Palace (by arrangement with Alan Robinson)
English Class 1:00-2:00 Selva Joseph	Pool All day	Scrabble 12:30-3:30 Marsha Dribinsky	Book Club 3:30-4:30 3 rd Thursday		
Tap Dance 5:30-7:30 Larry Merker	Library Every day	Drawing 1:00-3:00 Bob Mc Kibben Ballroom dancing 2:00-3:45 Gwen Peiffer	Dinner Club 6:00 pm 3 rd Thursday		
	Life	Is	fun	together	

Senior LIFT Center

12480 SW 127th AVE.

Miami, FL 33186

NON-PROFIT

ORGANIZATION

U.S.POSTAGE PAID

MIAMI, FLORIDA

PERMIT NO. 2423

CURRENT RESIDENT OR:

November 2016

Refreshing and

UpLIFTING NEWS



from the Senior Lift Center

12480 SW 127 Ave

Miami, FL 33186 (305) 235-8855

www.seniorliftcenter.com

*"We are all in this together
For every newsletter"*

News Editor Alan Robinson
Senior Contributor Pamela Gavilan

OFFICERS

(to December 2016)

Selva Joseph

President

Rosemary Helenbrook

Vice President

Barbara Treharne

Treasurer

Phyllis Kaplan

Recording Secretary

Jane Scop

Corresponding Secretary

BOARD MEMBERS

(to December 2016)

Sidney Brownstien

Larry Canfield

Elsa Colon

Marilyn Green

Marie Gulla

Ruth Hudson

Bud Miller

Barbara Mlcuch

Daniel Rouco

NEWLETTER STAFF

(from Oct 2016)

Barbara Mlcuch

Gwen Peiffer

Barbara Treharne

Pamela Gavilan

Selva Joseph

Alan Robinson

Hints and Tips

(to make your life easier)

Hearing Aids - new battery not working properly !!

Tip - the problem maybe humidity

Solution - remove battery and use blow dryer (on low) and then replace battery

Hearing Aids - At night remove all batteries and leave the door open

No cover to microwave certain foods

Tip - use a coffee filter

Burnt food set in frying pan

Tip - Scrub with scrunched up piece of tin foil into a ball

Method - add soapy water and scrub clean

Toilet bowl cleaning

Tip - throw 4 or more denture tablets into the bowl for a couple of hours and just Flush

Have a Tip or Hint of your own?

Please drop it into the green suggestion box outside the office on the wall

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(Credit Luca Viteri aged 7)

ASTROLOGY

What is your sign?
Featured sign this month

SCORPIO (Oct 24th – Nov 22nd)

You are a creature of extremes. Scorpio is a dual sign, and as its native you have many sides to your personality. Yours is the strongest sign in the Zodiac. You can be a power for destruction as you can for creation. Dominant, shrewd, ruthless and passionate, you may be loved or hated but never merely tolerated.

The physical side of your nature is highly developed. You are magnetic to the opposite sex. In this area, as in many others, you usually conquer. Obstacles of any sort mean nothing to you. You are both analytical and intuitive. You have tremendous energy and perseverance. You seek success and nearly always find it. However, you are your own worst enemy. You can be bitterly sarcastic if you choose. On the other hand, you have a deep and mystical understanding of life and therefore you possess sympathy and empathy. Natives of your sign often find brilliant success.

Scorpio is the "President's sign" – many Presidents of the US were born under your sign, including Theodore Roosevelt whose affable, jovial exterior concealed a singularity of purpose and strength.

"Speak softly, but carry a big stick" he advised.

A good point to remember, Scorpio!

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Message from our President

November and December, how the days fly by!

Many people will reply THANKSGIVING when asked what their favorite holiday is. It certainly is mine. My fondest memories of the date are my Mom and I singing our favorite song as we stuffed the turkey. "Era en Noviembre y con el frío difícil es cazar".

No, don't get out your spell checker, my iPad is already going crazy trying to auto-correct. It translates to "it was in November, and with the cold, difficult to hunt".

The song goes on to honor the turkey.

We are so often occupied with small hurts, that we forget to honor those who surround us. So how do I translate this to the work that we do here at the LIFT?

On this Thanksgiving, let me remember the kindness of people who bring in their avocados and dips to share, people who bring in books and magazines for all of us to browse and read, the people who take soup and food to members who are ill, the members who care for others' pets when they are traveling, or who adopt them when they have gone. We respond to a member who needs help getting that cup of coffee to the table. They may seem small, but that special hug in greeting means so much to some! So when we have our special meal this Thanksgiving, I will once again honor the turkey and remember all the hands that worked towards the trimmings. That means you!

**We at the LIFT are truly blessed!
HAPPY November, dear members.**

Selva

The **PALACE**
IS PRESENTING
THEIR
TRADITIONAL

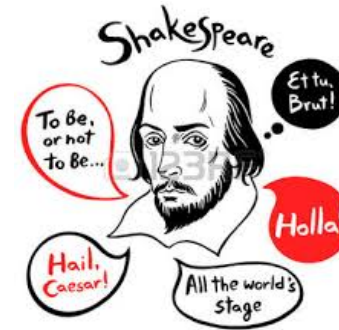
Holiday Party!

SUNDAY AT NOON
AT THE SENIOR LIFT
MEMBERS ONLY

November 13, 2016



\$1.00
RESERVATION
FEE



The best decision I ever made By Pamela Gavilan

I have made many decisions in my long life – not all good. Decisions to me are personal, mine alone. On reflection, I have realized many were not mine. They usually involved, other people, another person or circumstances. Those were not my own true individual choices. Until January 12th 2014 when I came here to the LIFT Jubilee Celebration.

To be honest, I had some pre-conceived ideas: I thought it would just be another place for the elderly to gather and chatter. Boy how wrong I was.

For less than 1 dollar a week I had the opportunity to socialize, join one of the many classes, learn something new, broaden my horizons – all with no pressure and best of all no commitment.. The LIFT has given me something to look forward to: The people here are the most caring, conscientious, dependable with 'old school' values. We all come from a different time, we come together into our own little village, people of like minds, cultural differences aside, all getting along, having a vast array of people, we don't have to go far to find at least one person to befriend and at other times many.

Being a member of LIFT is a wonderful opportunity to meet others in a safe and happy environment plus sharing accumulated wisdom, a font of knowledge and a few laughs for good measure.

I am happy and privileged to be a member of LIFT: And I can say without doubt, as of now, so far "This is the best decision I ever made"

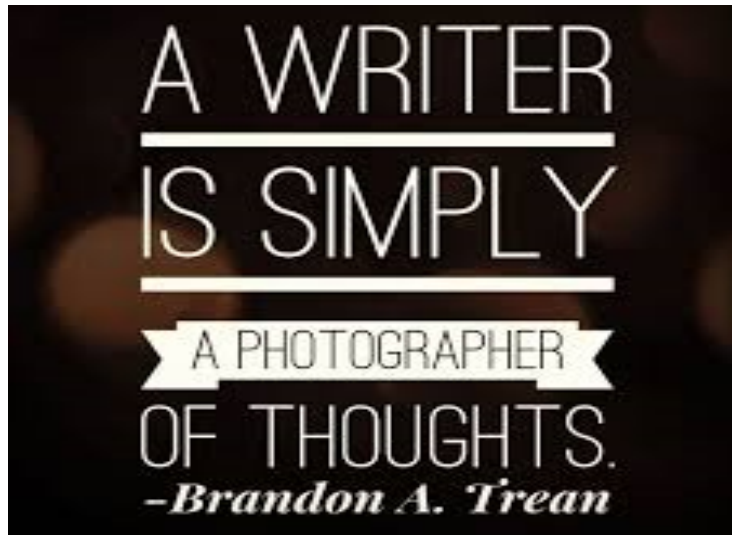
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Getting Older

By George D Rosenberg

Some thoughts I've had while getting older
The winters are most surely colder
Important papers need a folder
Give nasty thoughts a cold cold shoulder
Recalling romance..I should have been bolder
I try to recall what it felt like to hold her
The words of endearment I should have told her

But now let's leave the past to molder
'cause I'm not old...just getting older



November Schedule

Nov 2nd	Membership Meeting and Volunteer Luncheon
Nov 2nd	NO OTHER ACTIVITIES
Nov 9 th	Flea Market - see front desk
TBD	Grocery Store Tour - see front desk
Nov 13 th	The Palace Holiday Party
Nov 24th	LIFT CENTER CLOSED
Nov 25th	LIFT CENTER CLOSED
Nov 29 th	Membership Desk Pizza and Training

Join or Rejoin the LIFT

2016 Membership Dues

Join in October for 20 dollars
Join in November for 10 dollars

2017 Membership Dues

Join in Dec 2016 or Jan 2017
For 50 dollars only or
In Feb for 60 dollars

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