

SENIOR L.I.F..T CENTER
LIVING INVOLVEMENT
FULFILLMENT
TOGETHERNESS
January 2019

**Get the Word Out
AmazonSmile.Org
Will Donate to L.I.F.T.
With your help.**

**Tell your friends, and
family. It's Free !!**

New Adventure starting
January 14, 2019 at 10:AM
Exploring the Arts
Contact Selva Joseph

12480 S. W 127Ave.

Miami-

www.seniorliftcenter.com

Many Thanks for
the Success of the
Bazaar And thanks
must go to the many,
many that helped in
this success.



Our Military Hat Team
Is Continuing to go
Gung-Ho!!

**Wanted Experienced Grant writers
See Rosemary Helenbrook or
Alan Robinson.**

*Instead of giving myself
reasons why I can't, I give
myself reasons why I can."*

PRESIDENT'S MESSAGE

Dear Valued LIFT members,

2018 is behind us and we look forward to a productive and successful 2019. We have a lot to look forward to, but I would like to take a few minutes to reflect on our past year.

First, I would like to thank my fellow officers and Board members for their work and dedication to the LIFT and for their support of my Presidency. We say farewell to Ruth Hudson, Phyllis Kaplan and Jill Hunnewell, who have fulfilled many years of service. I look forward to working with Jen Jung, who has taken on the responsibilities of the Vice President, Pam Green, the newest Board member, and Barbara Mlcuch, who is returning to the Board, and of course those "tried and true" members continuing in 2019.

We had some monumental successes in 2018.

The Grant of \$45,900 from Miami-Dade County was extended for the 2018-2019 fiscal year.

We received a \$25,000 Grant from the Peacock Foundation thanks to the efforts of Alan Robinson, Martha McMullen, Barbara Treharne, Ruth Hudson and myself.

Our Art Auction and Holiday Bazaar netted close to \$4,000.

None of these things would have happened without the help and support of many of our members. I would like to extend special thanks to all the members who generously donated the many paintings and other items which were auctioned or sold. And, of course, all the members who volunteered their time and efforts preparing for and during the days of the events. There are too many to list in this limited space, but they know who they are.

Speaking of volunteers, it must be said that the entire foundation of the Senior LIFT Center is built on the work of the members who volunteer. We were happy to honor them at the annual Volunteer Lunch, thanks in part to a generous contribution from **Commissioner Joe Martinez**.

During 2018, we also introduced the "Levels of Giving" program and am happy to welcome six members to Lifetime Membership. When planning your giving for 2019, please consider the Senior LIFT Center.

This is your Center and I thank you for your support. .

Rosemary Helenbrook

Extra! Extra! You Can Volunteer

You say: "I'm too old, or I can't or ___?"

You know how to use the phone!

You know how to schmooze, (talk)!

We'll even let you complain.

No experience necessary. Inquire.

Volunteer Luncheon is the Reward.



**Did You Know: It's that time again.
Yearly Dues are \$70.00. Jan. 1, 2019
and must be paid no later than Jan 31.**

***What would you be
doing Today if not
at the LIFT?***

Other Choices Are:

Lifetime Member \$ 1000.00

Platinum \$ 500.00

Gold \$ 250.00

Silver \$ 100.00

***Other suggestions are to leave a bequest
In one's will, with the money specified to
a specified group/activity or to the
general well being of the LIFT.***



JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MISC...
Bridge Tips 10:00-12:00 Ginny Powell	Art 9:00-12:00	Drama 10-12:00 Selva Joseph	Strength Training 9:30-10:00 Jen Jung	Line Dancing 9:30-11:00 Barbara Mlcuch	FOR ALL OTHER SPECIAL EVENTS AND ALL TRIPS (See Notices at Front Desk)
Creative Arts 10:00 – 12:00 Selva Joseph	Intermediate Bridge 9:30-11:15 Alan Robinson	Beginning Tap 11:00-12:30 Mary Finke	Exercise Class 10:00-11:00 Connie Cruz	Writing Group 10:00-12:00 Elena Karplus	
Sing-along 10:30 – 12:00 Peggy Chen	Crafts 10:00-12:00 Shirley Gruber	Spanish 11:00-12:00 Barbara Treharne (2 nd 3 rd and 4 th Wednesdays)	Stability Exercise 11:00-12:00 Sandra Carrera	Hula 11:00-12:00 Sonja Chin	
Computers 12:30 – 1:30 2:00-3:00 Gloria Candela Ann Gaudino	Scrap Booking 10:00-12:00 Mericys Blum		Canasta/Mah Jong 12:30-3:00		
Bunco 12:30-3:30 Maria Gulla	Duplicate Bridge 12:15 - 3:30 Alan Robinson	1st Wednesday Board Meeting at 10:30	Computers 12:30-1:30 2:00-3:00 Gloria Candela/Bud Miller	New Members Meeting 11:00-12:00 Last Friday of month Jill Hunnewell	
Mah-jong Class 12:30-3:00 (Call Ahead for Start Date) Mary King	Rummikub Pool or billiards All day / Every day Larry Canfield	Poker 12:30 to 3:30 Beryl Greenberg	Drawing 1:00-3:00 Bob McKibben		
English (Intermediate) 1:00-2:00 Rosemary Helenbrook	Canasta/Mah-jong Open Games Daily 12:30-3:30	Chair Yoga 1:00-2:00 Sandra Carrera	Ecology Class 1:00-2:30 John Owens	Duplicate Bridge 12:15 - 3:30 Daniel Grusauskas	
		Healthy Living (Call Ahead for Schedule) Claudia Haurie			
Hand and Foot 1:15 – 3:30 Phyllis Kaplan	The Library is free and open every day	Book Club 2:00-4:00 3 rd Wednesday	Dinner Club 6:00 pm 3 rd Thursday of each month	Canasta/Mah-jong Open Games Daily 12:30-3:30	

**News from Selva Joseph,
LIFT Programs Chair.**

Lighting up the artist in you.

We seem to be convinced that we are not good artists, painters singers, actors, or possess any talents in the arts.

I am so excited about this class because the focus will be on various disciplines in the humanities. Through writing, drama and music. We'll explore and expand, finding that **VEIN OF GOLD in each of us.**

Starting on **Monday January 14, at
10:00 A.M. .**

Come prepared with a **hard covered notebook and writing implement.**

We will explore together.

Some time in late January the Program Committee Chairs will meet to review schedules, budgets and coordinate events.

Hope everyone enjoyed their break.
Come join in all the activities the Lift offers.

Selva Joseph

Life is fun together !!

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**L to R
Our Hula Dancers**

Gloria Palacio, Peggy Chen, Patricia Josephs, Nellie DaCosta, Sonja Chin (Instructor), Jen Jung, Yvette Harwood, Yvonne Chang, Jane Scop, Dols Williams

Our dance classes can have an amazing result. Marge Mote tells us how.

I was dancing my heart away in the “Dancing with the Stripers,” dance contest. My partner Frederico, a young Argentinian from the Beverage department was fantastic.

We passed the first elimination by twisting to the floor and back up again! Using a modified Marlin Wave, Michael Jackson moon walk and a butt slide finale, (Marge included), we won the Hip Hop elimination with onlookers screaming. By applying the Hula moves taught by Sonja Chin, I survived the Belly dance.

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The Salsa, Miami style was a sure thing, thanks to Gwen Pfeiffer. We held our own on the Samba and the Swing. but got tangled on the Tango, I was dancing the American Tango and Frederico the Argentine, brought unmerciful criticism from the MC. A sympathetic Judge refused to bump us.

With the Irish Jig lessons learned from Barbara Mlcuch, I kept my step and encouraged Frederico enthusiastically. I followed Frederico's moves in an Italian ballet, remembering Gwen's advice. On the dance floor, the man is always the boss. Down to two couples, I thought nervously:

“Will we win?”

“We brought the house down. Or should I say: we brought the boat down.” In an interview later I was asked: to what did I attribute my success?

“I have a secret weapon. THE LIFT. THAT'S MY SECRET WEAPON. With dance teachers like Gwen, Sonja, Barbara, and especially Mary Fincke. She gave me the confidence to try something new. How could we lose?”

Thank you.: Gwen Pfeiffer, former Ballroom instructor. Sonja Chin, Hula instructor. Barbara Mlcuch, Line dance instructor Mary Fincke, Tap instructor. WHAT FUN!!!



Be Kind to our Members
Leaders/Teachers: Please notify Selva Joseph as to changes or cancelation of classes in advance when possible. Thanks.

Newsy News and other Nonsense

Arts and Crafts News

Irene Demi has a pattern for making small hats for Little girls who have cancer. If you're interested see her.



Shirley Lockenbock: the button lady, as she is lovingly called, makes hats for Miami Cancer Institute.. If you have been making hats for other than the military, contact her. .

Congratulations!!
to the Puppetry and our Dance Groups for their great performances.

Experience is not what happens to you, it is what you do with what happens to you."

-Aldous Huxley-

2019 OFFICERS

Rosemary Helenbrook President
Jen Jung Vice President
Barbara Treharne Treasurer
Jane Scop Recording Secretary
Susan Myers Corresponding Secretary

2019 BOARD MEMBERS

Sonja Chin Marilyn Green Shirley Gruber Jill
Hunnell Selva Joseph Pam Green David Lowens
Nancy Wade Norine Silverstein Barbara Mlcuch
Rosemary Helenbrook Selva Joseph
Barbara Mlcuch Norine Silverstein

Meet Your Board



Taken at Yearly Board Luncheon

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