

## HEALTHY AGING FOR SENIORS ON THE KEY

All Key Biscayne Adults ages 55 and older are invited to participate in the following programs and activities to help enrich their life in this community. Programs take place at the Key Biscayne Community Center (KBCC) unless otherwise stated.

### **BALANCE EXERCISE GROUP – FREE!**

Older adults are invited to this fun and interactive group that meets to exercise their minds, bodies and spirit. Enjoy a complimentary cup of coffee and stimulating social interaction. This program is led by Marilyn Kreisberg. Participants must register at the KBCC Front Desk prior to participating.

- Mondays, Thursdays & Saturdays @ 10:15 a.m. in the KBCC Adult Lounge, 2<sup>nd</sup> floor

### **IMPROVING BALANCE THROUGH TAI CHI – FREE!**

Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures that create a kind of synchronized dance. All levels welcome to join this class directed by Marius Robinson. Registration at the KBCC Front Desk is required.

- Wednesdays from 8:30-9:30 a.m. in the KBCC Island Room, 2<sup>nd</sup> floor
- Sundays from 8:30-9:30 a.m. in the Village Green Park

### **BOOMER BOOT CAMP – Senior Movement & Balance Class**

Fitness after 50 just became more fun! Workout with balls, bells, bands and balance training aids in an “old school” format with “new age” results! This fun, safe and effective class is guided by senior fitness specialist and certified personal trainer, Marilyn Myles.

- Tuesdays & Thursdays from 11:15 a.m.-12:15 p.m. in the KBCC, 1st floor, Aerobics Room
- \$40 monthly for KBCC members \$56 for Non-Members

### **SPLASH! WATER WORKOUT – Senior Water Aerobics**

Glide around the pool while gently increasing your cardiovascular health and endurance. This safe and effective exercise class is led by senior fitness specialist Marilyn Myles.

- Tuesdays & Thursdays from 10:15-11:15 a.m. in the KBCC pool
- \$40 monthly for KBCC members \$56 for Non-Members

### **YOGA FOR 55 & OLDER**

Specialized yoga class includes chair instruction. All levels welcome. 12 person max per class.

- Tuesdays & Thursdays from 8:15-9:15 a.m. in the KBCC Adult Lounge, 2<sup>nd</sup> floor
- \$40 monthly for KBCC members \$56 for Non-Members

**ENHANCE FITNESS EXERCISE CLASS** - Enhance Fitness is a low-cost, evidenced-based exercise program that's helping older adults (age 60 and over) at all levels of fitness become more active, energized and empowered to sustain independent lives. Contact instructor Marilyn Myles for more info: 305-790-6345. 16 week course is offered at \$140.

- Level I – Monday, Wednesday & Friday from 9:30-10:30 a.m.
- Level II ongoing – Monday, Wednesday & Friday from 2:00-3:00 p.m. and 5:30-6:30 p.m.
- Classes take place in the Community Room at Village Hall (near the turtle fountain)



The Village of Key Biscayne Community Center &  
Active Seniors on the Key (A.S.K.) Club present

## **UPCOMING EVENTS & ACTIVITIES**

### **ART CLASS FOR SENIORS**

Learn new techniques in painting, have fun, meet friends and join other Key Biscayne artists in this class directed by Cristina Figueredo Zizold (305-812-2045). Materials are included.

- Thursdays from 10:00 a.m. to 1:00 p.m. in the KBCC Arts & Crafts Room, 2<sup>nd</sup> floor
- \$50 per 5-week session for KBCC members \$60 for Non-Members

### **CAREGIVERS SUPPORT GROUP - FREE!**

Led by Dora Posada, Licensed Clinical Social Worker, this group provides a supportive and confidential environment for caregivers in our community to build relationships, share information, and resources and learn to cope with the challenges of being a caregiver.

- Fridays, Nov 7 & 21; Dec 5 & 19 @ 11:00 a.m. in the KBCC Adult Lounge, 2nd floor

### **ASK CLUB BINGO – Thursdays: November 6<sup>th</sup> & 20<sup>th</sup> @ 3:30 p.m.**

Join your fellow Islanders for a fun and friendly afternoon of Bingo hosted by the ASK Club. Enjoy light refreshments as you take a chance at winning fabulous prizes. Contact Sally Brody for more information: 305-926-8548.

- Cards are \$2 each. Free refreshments. Takes place in the KBCC Adult Lounge, 2<sup>nd</sup> floor

### **THANKSGIVING LUNCHEON & CHICO'S FASHION SHOW – Thurs, Nov 20<sup>th</sup>**

Fashion show featuring fabulous Chico's clothing modeled by ASK CLUB members. Beautiful fashions to view and purchase for your holiday gift giving.

- \$5 per person suggested donation; Advanced registration required at the KBCC Front Desk

### **BOOK CLUB – Mon, December 8<sup>th</sup> @ 12:30 p.m.**

This month's book is *The Alchemist* by Paulo Coelho. Bring a bag lunch if you wish. Free and open to the public. Group meets in the KBCC 2<sup>nd</sup> floor lobby.

### **ANNUAL HOLIDAY LUNCHEON & ART SHOW – Thurs, December 11<sup>th</sup> @ 12 noon**

Key Biscayne residents are invited to celebrate the spirit of the season with their friends from the ASK Club at the Key Biscayne Community Center. Enjoy delicious food, holiday entertainment and much more. Art works created by students from the Seniors Art Class will be on display.

- \$5 per person suggested donation; Advanced registration required at the KBCC Front Desk

### **ASK CLUB "WINTER WONDERLAND" PARTY– Friday, December 12<sup>th</sup> @ 7:00 p.m.**

Hor's d'oeuvres and drinks on the terrace. Dinner will be served in the KBCC Island Room with live music by *The Jazz Survivors*. Start making your tables of 8!

- Takes place in the KBCC Island Room; Advanced registration required at the KBCC Front Desk
- Tickets are \$20 per person and includes food, drinks and entertainment.

**For a complete listing of all programs and activities offered by the  
Key Biscayne Community Center, please visit [www.ActiveIslander.org](http://www.ActiveIslander.org)**



**A.S.K. CLUB**  
Active Seniors on the Key

*A.S.K. Club, a program of the Key Biscayne Community Foundation, is made up of adults over 55 who work together to provide a wide range of activities that allow seniors to continue living independently on Key Biscayne. A.S.K. does this by partnering with the Village of Key Biscayne to offer social events, group outings, and effective exercise programs. For more information or to get involved, contact Ed Stone at 305-775-5062.*

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