



ACTIVE ADULTS

Newsletter

SPRING 2022

Community Faces

*Sheila
Hoilett*

**Events, Resources
& More for the
55+ Cutler Bay
Community**





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COMMUNITY FACES
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SENIOR GAMES October 17-21

The Cutler Bay Senior Games are Qualifiers for the National Senior Games that include Pickleball, Swimming, Bowling, Billiards and more.



ANNUAL LIFE CONVENTION July 23

Motivational speakers, exhibition booths, musical performances, lunch and more.

Active Adults 2022 EVENTS

April 27	Painting Class
May 7	Mother's Day Breakfast
May 18	The Berry Farm Field Trip
May 26	Tai Chi Class
June 9	Lunch & Learn
June 15	Painting Class
June 18	Father's Day Breakfast
July 14	Self-Defense Class
July 23	Annual Life Convention
August 23	Breakfast and Bingo
August 31	Lunch & Learn
September 9	Animal Encounter
September 29	Salsa Dance Class
October 7	Lunch & Learn
October 17-21	Senior Games

More details at cutlerbay-fl.gov/calendar

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We accept a variety of Medicare Advantage plans, as well as Original Medicare.



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Aging Well starts here. | [@ConvivaCareCenters](https://www.facebook.com/ConvivaCareCenters) | [@ConvivaCare](https://www.instagram.com/ConvivaCare)

Primary Care Research, conducted on behalf of Conviva by Burke, Inc. 2020/2021

STAY CONNECTED!

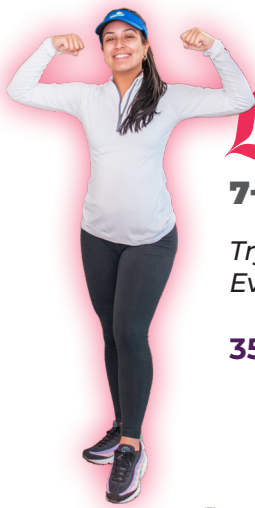


Scan the QR Code to sign up for our Active Adults e-news

TOWN OF CUTLER BAY
10720 Caribbean Blvd, Suite 225
Cutler Bay, FL 33189
(305) 234-4262

Learn more about the Town of Cutler Bay's Active Adults Program at cutlerbay-fl.gov/activeadults

TOWN COUNCIL
Tim Meerbott
Mayor
Michael Callahan
Vice Mayor
Robert "BJ" Duncan
Council Member Seat 1
Suzy Lord
Council Member Seat 2
Roger Coriat
Council Member Seat 3



Let's Get Moving!

7-MINUTE LOW INTENSITY WORKOUT

Try these 7 simple moves shown by your Events & Programs Specialist, Paola Perez.

35 Seconds Work | 25 Seconds Rest



TOE TOUCH

While keeping your back straight, touch your toes, and hold for 35 seconds.



BOXING

Form a fist with both hands. Punch the air with one arm while holding the other near your chin. Alternate arms for 35 seconds.



SINGLE KNEE RAISE

Raise your left knee as close to your chest as you can, then put it down. Repeat with your right knee. Alternate knees for 35 seconds.



WALL PUSH-UP

Place palms shoulder-width apart on a sturdy wall. Gently bend elbows to lean into wall and then push away. Repeat for 35 seconds.



HEEL RAISE

Raise both of your heels at the same time, shifting your body weight to your toes, then put them down. Repeat for 35 seconds.



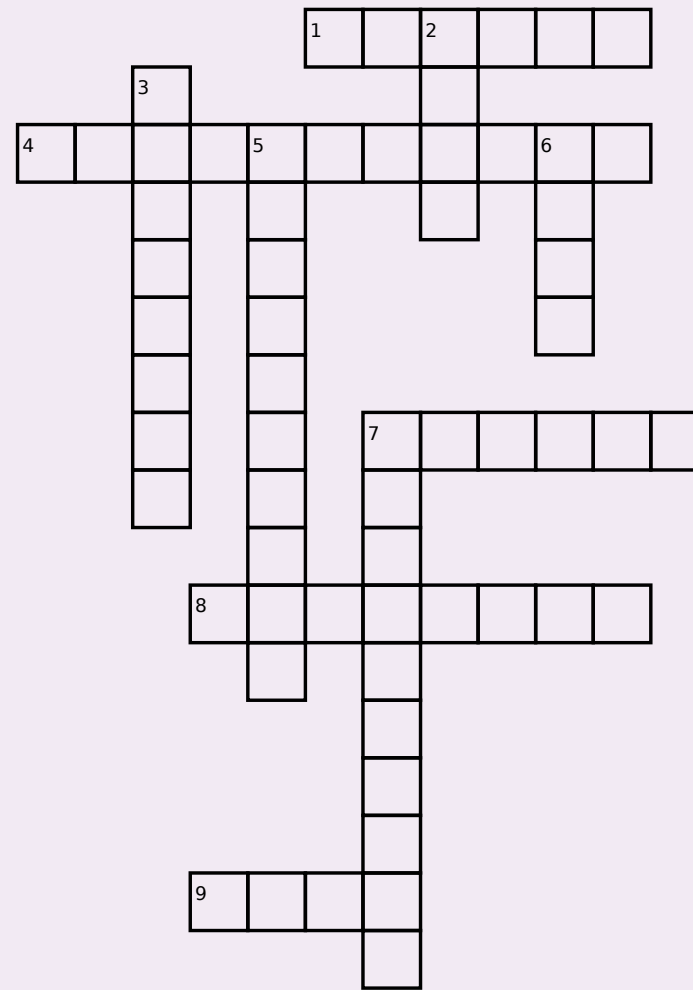
SHOULDER ROTATION

Extending both arms, create circle shapes in a forward motion for 35 seconds.



SQUAT HOLD

Standing with your feet shoulder width part, bend into a squat and hold for 35 seconds.



Cutler Bay Crossword

DOWN:

- How many public parks are in the Town?
- Which Council Member was in a band before joining office?
- Name the event held to Celebrate 16 Years of Cutler Bay's Incorporation?
- What is the name of Council Member Seat 2?
- Name a popular hometown band in Cutler Bay.

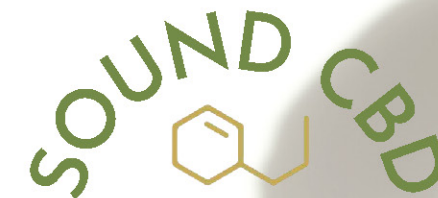
ACROSS:

- What is the name of Council Member Seat 1?
- Cutler Bay is known for being an _____ community.
- What is the name of Council Member, Seat 3?
- What is the name of Cutler Bay's Vice Mayor?
- What year was Cutler Bay Incorporated in? 200_

Answer Key: (DOWN) 2. Nine, 3. Meerbott, 5. Rock The Bay, 6. Lord, 7. Cutler Stew, (ACROSS) 1. Duncan, 4. Age Friendly, 7. Coriat, 8. Callahan, 9. Five

HEALING SOUNDLY HAS NO AGE LIMIT.

_SOUND CBD



THE BENEFITS

- Helps manage stress
- Improves mood
- Boosts your energy
- Strengthens the muscles
- Reduces chronic pain
- Improves sleep quality
- Helps reduce anxiety



When finding your ideal dose of CBD oil, we recommend starting with one-quarter dropper 1-2 times per day during the first week, moving up to one half a dropper during the second week, three-quarters of a dropper during the third week, and a full dropper on the fourth week.

YOU ARE ONE DROP AWAY FROM CALM



@BESOUNDCBD

Free Rides

Check out these free transportation services available within Cutler Bay

Did you know there are two FREE transportation services the Town of Cutler Bay offers? Try them out and learn more at

Cutlerbay-fl.gov/rides

BUS CIRCULATOR

7 days a week
Mon-Sat.
1st Trip at 8:40 AM,
Last Trip 4:40 PM
Sunday:
1st Trip 10:40 AM
Last Trip 3:40 PM

GO CONNECT

On-Demand Transportation
Monday-Friday
From 5:30 AM to 8 PM
Call (786) 321-5842 or
download the app by
Searching "GO Connect"



Seen! (AT OUR ACTIVE ADULTS EVENTS)



OCT '21: Senior Games Awards Luncheon



Jul '21: Painting Class



JAN '22: Zoo Miami Field Trip



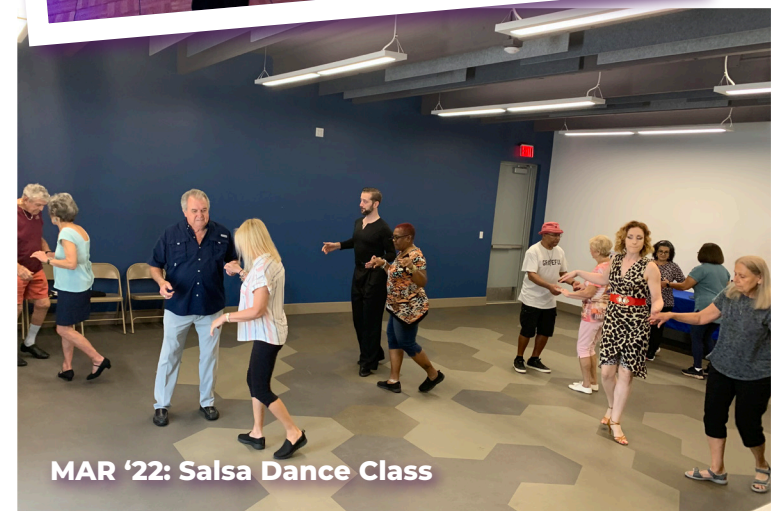
FEB '22: Shred-A-Thon



FEB '22: Valentine's Masquerade Ball



FEB '22: Ceramics Painting Field Trip



MAR '22: Salsa Dance Class



MAR '22: Self Defense Class

COMMUNITY FACES

Originally from the beautiful country of Jamaica, Sheila Hoilett is a fun, energetic and passionate Cutler Bay resident that has lived in Town for 20 years.

She worked as a Code Compliance Officer for Miami-Dade County overseeing the construction division. While working a full-time job, Sheila dedicated her time to raising her children, as well as entertaining her love for travel.

In 2019, she took a leap of faith and stepped into retirement, not knowing the pandemic was around the corner. Sheila stayed active in every way she could and, when in-person gatherings were finally back, her journey with the Town's Active Adults program began.

How did your routine change after retirement?

For like a week or two, it feels like a vacation. I did a couple of trips to Jamaica and Colorado. But after a few weeks into it, I found myself in a position where I was reevaluating it... I was so used to getting up every day and going somewhere. But then COVID came and forced everyone to change and adapt. As the pandemic continued, I found myself needing to be active. I needed something to do and get involved in.

How did you first hear about Cutler Bay's Active Adults Program?

I started searching for senior activities near me on the internet and came across the Town's website. I emailed the address listed on the Active Adults page and signed up for an event.

How long have you been participating in the Town's Active Adults program?

About a year.

You've participated in so many Active Adults activities—from painting to salsa dancing, self defense and more. Which is your favorite activity to participate in?

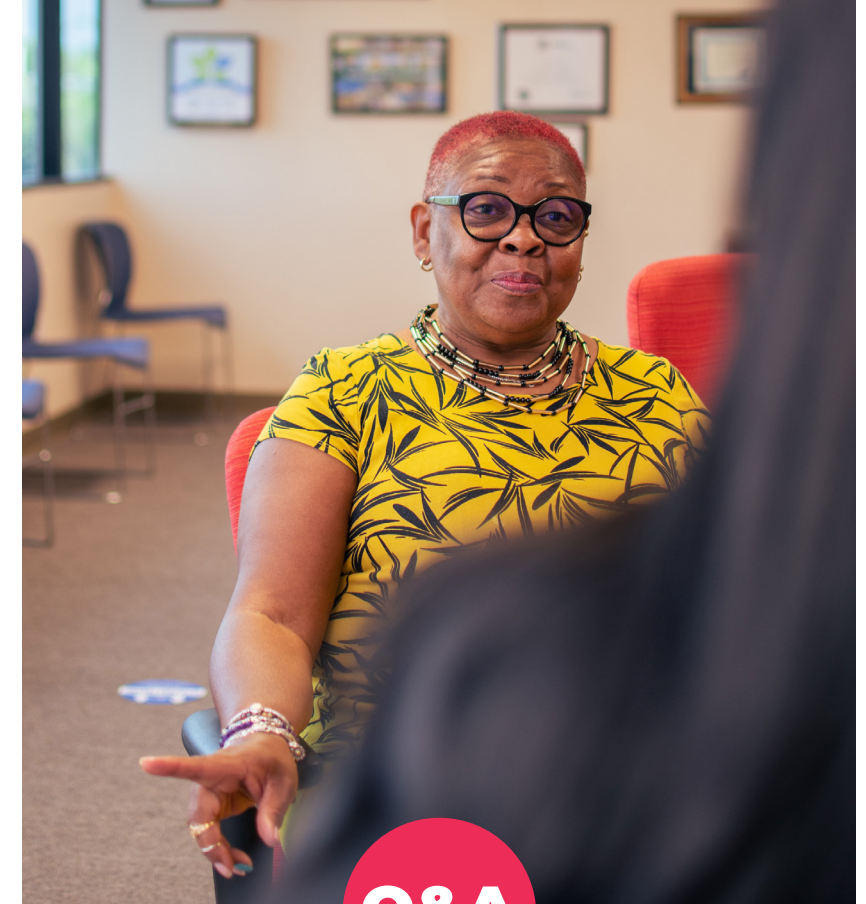
The painting classes are my favorite because I have something to take home. I have the paintings hanging in my living room for my family to see.

Which is an activity you would like to see?

Maybe a fun night out. To have the chance to get out and have a good time.

Have you made any friends in the program?

At first, I didn't know anyone, but as I kept attending activities, I



Q&A

Sheila Hoilett

made friends and saw the same familiar faces.

How have you seen Cutler Bay change over the years?

Throughout the years, I have witnessed a positive change in Cutler Bay. There is more community involvement than ever before.

You lead a very active life—what is your motivation, what keeps you going?

I believe we need to be positive in everything we do. Start your day with positivity and the rest will follow.

What advice would you give someone who is thinking about participating

in the Active Adults Program?

GO FOR IT. We always have so much fun. Every activity is so entertaining and the best part is, there is always food!

Nominate our next cover story!

If you know an inspirational Cutler Bay resident that is 55 or more and has participated in Cutler Bay's Active Adults program, nominate them for an upcoming issue. Email Paola Perez with their name and a brief description why you are nominating them. Send your email to pperez@cutlerbay-fl.gov.

VISIT THE VIBE.



Luxury senior living that blends old Key West style with first-class amenities.

Call 305-684-8865 for a tour.



SCAN FOR A FIRST LOOK.

East Ridge at Cutler Bay A SantaFe Senior Living Community

EastRidgeAtCutlerBay.com 19301 SW 87th Avenue Cutler Bay, FL 33157

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We're honored to join you in supporting the Town of Cutler Bay.

Thanks for standing with the Cutler Bay community.

Ready to learn more about Humana plans? Get in touch with a licensed Humana sales agent.



Adelaide Negron 305-608-4635 (TTY: 711) anegron1@humana.com Monday - Friday, Monday - Friday, 8 a.m. - 5 p.m.

For accommodation of persons with special needs at meetings, call 1-877-320-1235 (TTY: 711).

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download the app

BUS CIRCULATOR

7 days a week

Mon-Sat.

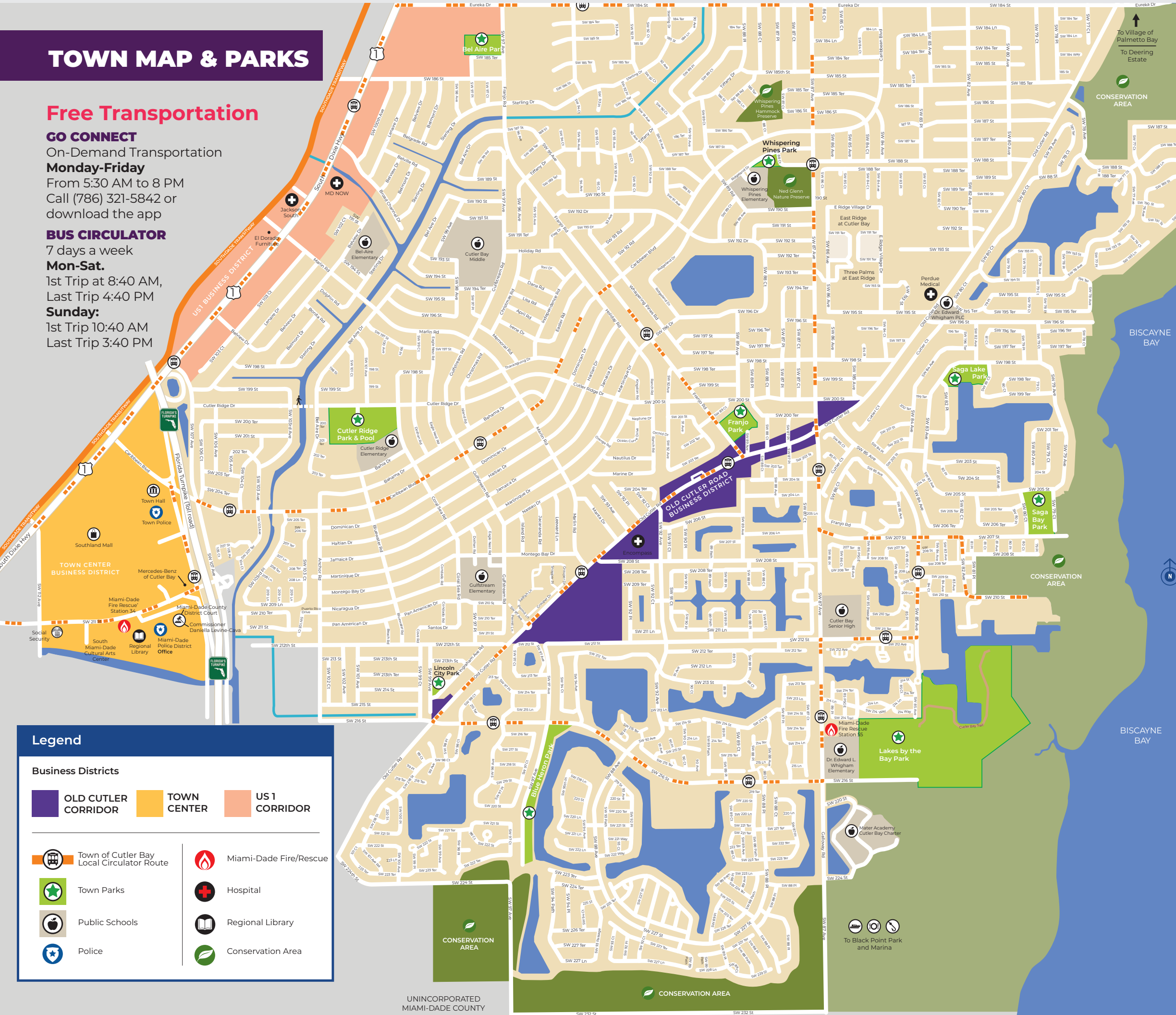
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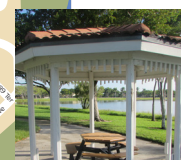
Legend

OLD CUTLER CORRIDOR	TOWN CENTER	US 1 CORRIDOR
Town of Cutler Bay Local Circulator Route	Town Parks	Miami-Dade Fire/Rescue
Public Schools	Hospital	Hospital
Police	Regional Library	Conservation Area

BEL AIRE PARK | 18500 SW 97 AVE.
5 acre park with lighted athletic field, restrooms, covered playground area and parking lot. Home to Palmetto Raiders Youth Development Club tackle football and cheerleading program.



BLUE HERON PARK | 21900 SW 97 AVE.
5 acre park with a shaded 1/2 mile paved multi-use path for walkers, joggers and cyclists; outdoor fitness equipment with benches and a pavilion.



CUTLER RIDGE PARK | 10100 SW 200 ST.
10 acre park with a 25 meter swimming pool, lighted and unlighted athletic fields, a multi-purpose recreation building, a picnic pavilion, covered playground and paved parking lot.



FRANJO PARK | 20175 FRANJO RD.
5-acre newly renovated lighted baseball park with restrooms, paved parking, golf car parking, electric vehicle charging stations, concessions, community room and more.



LAKES BY THE BAY PARK | 8551 SW 216 ST.
45 acre park with 3 lighted baseball/softball fields, 4 batting cages, 2 lighted soccer/football/lacrosse fields, a .6 mile exercise path with fitness stations, covered playground, restrooms and concession building.



LINCOLN CITY PARK | 212 ST & SW 99 AVE.
At just over 1/2 acre, this is the Town's smallest park. Recently designated as a natural preserve Lincoln City Park has an abundance of native species including live oak and slash pines.



SAGA BAY PARK | 8000 SW 205 ST.
5 acre park with 4 lighted tennis courts, outdoor fitness equipment, a covered playground, a paved walking path, restrooms and paved parking lot.



SAGA LAKE PARK | SW 198 ST. & SW 83 AVE.
5 acre Park with a picnic pavilion, a paved fitness path and a practice baseball/softball field.



WHISPERING PINES PARK | 8800 RIDGELAND DR.
1.3 acre park with a covered playground and picnic pavilion.

