

Adult Activity Center- Spring 2020

Developing ways to age well—a newsletter for City of Coral Gables residents 50+

Adult Activity Center

2 Andalusia Avenue, Coral Gables, Florida 33134

General Information

Hours

Hours of Operation:

Monday - Wednesday & Friday 9:00 a.m. - 5:00 p.m.

Thursdays: 9:00 a.m. - 8:00 p.m.

Saturday: 9:00 a.m. - 2:00 p.m.

Phone: 305-461-6764

Registration Office Hours:

Monday - Friday: 9:00 a.m. - 4:00 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.

Holiday Hours

Facility Closed

Wednesday, January 1 for New Year's Day

Monday, January 20 for Martin Luther King Jr. Day

Monday, February 17 for President's Day

Contact

Registration Office: 305-461-6765

Reception Desk: 305-461-6764

Online Newsletter

Join our email list and be the first to know about upcoming events and newsletter! To be added to the email list, send an email to: aacinfo@coralgables.com

AAC Staff

Ana Alegria

Noor Ahmed

Frances Collado

Maria Fleites

Nelson Garcia

Patricia Hardin

Marilyn Morcate

Matthew Solis

AAC Management

Supervisor

Katherine K. Anderson

Email: kanderson2@coralgables.com

Phone: 305-460-5613

Assistant Supervisor

Manuel Guerrero

Email: mguerrero@coralgables.com

Phone: 305-460-5622

Complimentary Parking

Complimentary valet parking is available across the street at The Palace. Free parking is available in the garage above the building with validation. To receive validation, bring your ticket with you inside to the Registration Office.

Available to all Adult Activity Center Participants

Registration for all activities in this newsletter starts on Monday, December 2, 2019 for residents and Monday, December 16, 2019 for Non-Residents, registration is ongoing until class is full. If you're interested in one of our classes that is already full, you may ask to be put on a waitlist. If a space becomes available, you will be notified by a member of the AAC staff.

In order to register with the Adult Activity Center, you will need to provide two proofs of Residency to be eligible to receive the Coral Gables resident rate. If you're a Non- Resident a valid photo ID is required. When using the online module, you will need your username and password which will be given to you by the Registration Office.

Summer Newsletter

The Summer 2020 Newsletter (May, June, July, August) will be available online or you can pick up a hardcopy at the Adult Activity Center, by April.

Parking

Complimentary valet parking is available across the street at The Palace.

Free parking is also available in the garage above the Adult Activity Center.

Validation ticket will be given for the duration of class/classes taken at the Adult Activity Center, please bring your beige ticket to the reception desk.

Email Verification

Please make sure to stop by the AAC registration office to verify your email, to ensure you receive updates regarding your classes.

Upcoming Events

Concert Series

Rising Stars of Miami

Free, no registration required.

The AAC offers vocal recitals of: jazz, pop, Broadway, and opera selections to promote local artists of South Florida.

Valentine's Day Jazz Show- Friday, February 7, 2020 - 6:30 p.m.

Open Recital- Friday, April 24, 2020 - 6:30 p.m.

AARP Smart Driver Course

Dates Coming Soon!

Take the AARP Smart Driver™ Course and you may save on your car insurance. By taking the 6 hour course, you'll learn:

- Evidence-based safe driving strategies
- New traffic laws and rules of the road
- How to deal with aggressive drivers

For More information call 1-888-227-7669 or [AARP Class Details](#)

AARP Members: \$15.00

AARP Non-Members:

Only check or money order

Variety Show

Friday, February 28, 2020

Annual Luncheon

Friday, April, 17, 2020

Leisure Classes

Please contact the AAC directly for assistance accessing the monthly activity calendars.

Pickleball

Pickleball's growing popularity can't be denied! It is one of the fastest growing sports in the country. Join the center in a racquet sport that combines elements of badminton, tennis, and table tennis. You must register for the days you will be participating at the Registration office.

Open games will be available. Please bring your own racquet.

Wednesdays & Fridays

2:00 p.m. - 4:30 p.m.

Saturdays

10:00 a.m. - 1:00 p.m.

NO Pickleball

Friday, January 24

Friday, February 21
Friday, February 28
Friday, March 20
Friday, April 17
Friday, April 24

Let's Do Lunch

Join volunteer Jude Alexander the last Wednesday of each month to sample wonderful local restaurants. Please note: Once registered, cancellation of reservations must be notified to the AAC registration office, 2 days before luncheon date. Failure to do so may disqualify you to register in the future. Day of luncheon, participants will meet at the restaurant. Lunch is not covered with registration.

January 29 - Bugatti
2504 Ponce De Leon Blvd
February 26 - Seven Dials
2030 S Douglas Rd
March 25 - John Martin's
253 Miracle Mile
April 29 - The Eating House
804 Ponce De Leon Blvd

Current Events Group

Keep up with events! Come for a weekly animated discussion on international, national, and local news and events.

Fridays
10:00 a.m. - 11:30 a.m.
Free, with registration.

Book Club

Join volunteer Sandy Lysinger, to discuss a new book each month.

2nd Monday
12:00 p.m. - 1:30 p.m.
January 13 - Behind Closed Doors By B. A. Paris
February 10 - Me Before You By Jojo Moyes
March 9 - Educated By Tara Westover
April 13 - Where the Crawdads Sing By Delia Owens
Free, with registration.

Circulo de Lectura

With volunteer Amarilis Suarez. (En Espanol)
2nd Wednesday
11:30 a.m. - 1:00 p.m.
January - To be Announced

February - To be Announced

March - To Be Announced

April - To be Announced

Free, with registration.

Game Day

Each week participants will get to choose the games they wish to play. Games include: Mahjong, Rummikub, Phase 10, and etc.

Fridays

10:30 a.m. - 12:30 p.m.

Free, with registration.

Beginner Chess

Learn the fascinating history of chess, as well as the basic rules and skills necessary to play with Matthew Solis.

Fridays

1:30 p.m. - 3:00 p.m.

Free, with registration.

Intermediate Chess

Find out how to do a proper chess notation and be ready to learn anticipation and skilled moves with Matthew Solis.

Fridays

3:00 p.m. - 4:30 p.m.

Free, with registration.

Instructional Mahjong

Come and learn how to play the popular game of Mahjong with volunteer Ying Pestien.

Mondays

12:30 p.m. - 2:30 p.m.

Free, with registration.

Mahjong

Join fellow gamers to play ancient game of skill. All levels welcome.

Wednesdays

11:00 a.m. - 2:00 p.m.

Free, with registration.

Intermediate Bridge Class

Led by the Coral Gables first accredited bridge instructor, Silvia Rich. The game is an exceptional mental stimulation for your brain. Build upon the play of the hand and expand your knowledge of conventions.

Wednesdays

1:00 p.m. - 3:00 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Advanced Bridge Class

Led by Coral Gables first accredited bridge instructor., Silvia Rich. The game of bridge is an exceptional mental stimulation for your brain. Build upon the play of the hand and expand your knowledge. Previous experience and knowledge of the game is required.

Wednesdays

11:00 a.m. - 1:00 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Party Bridge

Come join us on Thursdays afternoon for party bridge. Led by Ying Pestien. You can come with and without a partner.

Thursdays

2:30 p.m. - 5:30 p.m.

Free, with registration.

Coral Gables Canasta

Led by volunteer Gina Anon. This is the time and place to play a fun and elegant card game. Join us for social Canasta and make good memories and friendships.

Tuesdays

Morning with Luz Del Rio

9:00 a.m. - 12:30 p.m.

Free, with registration.

Afternoon with Gina Anon

11:00 a.m. - 2:00 p.m.

Free, with registration.

Table Tennis

Come and enjoy a game of table tennis, socialize, meet friends, and test your skills.

Free and available daily. Balls and paddles are located with the receptionist.

Dominoes

Come and invite friends to play the most popular game in the Miami culture! Enhance your skills or learn how to play.

Tuesdays

1:00 p.m. - 3:00 p.m.

Free, with registration.

Golden Passport Trips

Excursion to South Beach, taking the metro bus. Each direction 50 minutes (with no traffic).

Wednesday, January 22 - 9:45 a.m.

Free, with Registration.

Love of Theatre

Join volunteer Joan Valdes and her love of theatre.

Dates Coming Soon!

Regular priced tickets are \$65. Please make sure to mention that you're from the AAC Group to receive the discounted rate, which is \$45 per ticket.

Lunch & Learn

Stayed Tuned for Dates, Coming Soon!

Social and Support Services

Cancer Support

Dr. Oscar Hernandez is a health and life coach. \$10.00 fee paid to the leader the day of a program. (En Español)

2nd and 4th Thursdays of the month

10:00 a.m. - 12:00 p.m.

Free, with registration.

Desarrollo Humano

Program oriented to the exploration of the human experience of co-existence, related to others, and to the world around us. Looking for well-being based on the individuality of each person. For March & April a 2nd lecture has been added for the 3rd Monday of the month. Participants may only register for one lecture per month.

(En Español)

2do Lunes del mes

10:00 a.m. - 12:00 p.m.

Fees

Residents: \$5.00/lecture

Non-residents: \$6.25/lecture

The Examined Life

As stated by the Greek philosopher Socrates, an unexamined life is not worth living. Join our group to start living a more purposeful life, this group requires active participation from members.

Tuesdays

2:00 p.m. - 3:30 p.m.
Free, with Registration.

Alzheimer's Support for Caretakers

Group led by a volunteer from Mt. Sinai Hospital Wien Center.
4th Thursday of the month
12:30 p.m. - 2:00 p.m.
Free, with registration.

Embracing Aging

Volunteer Wendy Kadushin, Ph.D. was a therapist for 25 years in Arbor, Michigan at an outpatient mental health clinic. Discussion topics include: Aging in America, Depression, Anxiety, Loss and Grief, and, family.
Mondays
10:00 a.m. - 11:45 a.m.
Free, with registration.

Friends Social Club for Adults with Disabilities

Join us for an evening of fun! Activities include: games, movies, music, and much more. Caregivers, parents, and personal assistants are welcome.
1st Thursday of the month
6:00 p.m. - 8:00 p.m.
Free, With Registration

Hearing Loss Association of America

Miami Chapter
2nd Saturday of the month
10:00 a.m. - 12:00 p.m.
No registration required.

MS Views and News

Group is great for people living with MS and their caretakers. These talks will be monthly educational and supportive workshops.
January, 9, 2020
6:00 p.m. - 8:00 p.m.

Fitness and Wellness

Monthly registration is required for all fitness and wellness classes. Register per month or all four months at once, space is limited! Exercising with friends is fun, great for your health, and prevent falls. You can bring a friend or make new ones. Our fitness classes offer many intensity levels, so find the right one.

Fitness Evaluations

We are committed to helping you successfully reach your fitness goals!

Do you need help identifying a fitness class or program that fits your needs?

Do you need help with exercise modifications?

Schedule a 30 minute session with Maria on Tuesdays or Thursdays.

Call or email Maria at 305-441-5649 or mfleites@gmail.com

Aqua Zumba

Provides a fun and enjoyable low impact aquatic exercise with varying fitness levels. Aqua Zumba adapts Zumba dance and international rhythms to water. Meet at pool at The Palace.

Please do not enter pool without instructor.

(4 inch Noodle, Water Shoes, towel, and toiletries REQUIRED)

Mondays

3:00 p.m. - 4:00 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Zumba

A total body workout combining all elements of fitness cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time you leave a class.

Tuesdays and Thursdays

10:30 a.m. - 11:30 a.m.

Fees

Residents: \$15.75/month

Non-Residents: \$19.75/month

Chair Tai Chi

A gentle exercise to help people receive the benefits of Tai Chi in the comfort and safety of their chair.

This allows people who can't stand or who don't feel confident with their balance to participate and benefit. Benefits include: balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind.

Wednesdays

11:00 a.m. - 12:00 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Tai Chi

Tai chi is a graceful form of exercise that's used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing

movements. Practice the internal ancient Chinese martial art of balance, memory, strength, and peace with volunteer leader Polly D'Angulo.

Thursdays

12:00 p.m. - 1:00 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Practice Pilates

This practice session is open to all levels and uses online videos. It puts emphasis on alignment, breathing, developing a strong core, improving coordination, and balance. No instructor will be present. (Instructional video)

Fridays

10:00 a.m. - 11:00 a.m.

Free, with registration.

Classical Pilates Mat Class

Pilates is a way of life, anyone regardless of fitness level will benefit from this class. Pilates exercises are designed to stabilize the torso, abdominals, lower back, and buttocks. You will be able to sit better and feel more in control of your body.

Bring mat and comfortable shoes.

Mondays

9:30 a.m. - 10:30 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Body & Brain Yoga

A holistic approach to health with movement, breathing, and meditation techniques.

Class level: Medium. Bring a mat and a block.

Wednesdays

12:45 p.m. - 1:45 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Total Body Conditioning

Full body workout with a focus on toning all muscle groups. Works on cardio, strength, stability, flexibility, and stability. Participants should have the ability to work on and off the floor. Bring a mat, fitness weights provided.

Tuesdays and Thursdays

9:30 a.m. - 10:30 a.m.

Fees

Residents: \$15.75/month

Non-Residents: \$19.75/month

Nutrition & You

Don't miss out on these exciting classes that will change your life through healthy living! Topics will include carbs, fat, protein, weight loss. Diabetes, and hypertension.

Thursdays

1:30 p.m. - 3:00 p.m.

Fees

Residents: \$5.00/month

Non-Residents: \$6.25/month

Brain Training Yoga: Therapy for Neuroplasticity

A series of classes that offers an all natural approach to healthier aging. It enhances muscular strength, flexibility, balance, sensory awareness, and perception.

Fridays

12:30 p.m. - 1:30 p.m.

Fees

Residents: \$5.00/month

Non-Residents: \$6.25/month

Line Dance

This is a class for all levels of line dancing. Join us for an exciting time as we learn various routines no matter the skill level. This class will teach Line Dance combinations, routines and rhythms.

Monday

10:30 a.m - 11:45 a.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Unwind & Renew Yoga

This yoga practice consists of gentle movements and breathing designed to enhance relaxation, boost balance, improve strength and flexibility. The instructor for this class is Senen H. Pritikin. All levels welcome. Come in with comfy clothes, bring your own mat and a bottle of water.

Thursdays

5:30 p.m. - 6:30 p.m.

Free, with registration.

Yoga 1

Led by Vicki Gaebe, Registered Yoga and Certified Accessible Yoga Teacher. This class is for those who are new to yoga or who are experienced and want to focus on the basics. It is taught in a safe and

methodical way, poses can be modified to meet individual physical needs. Participants must be able to get up and down from the floor without assistance. Please bring mat, strap, and block.

Tuesdays

12:45 p.m. - 1:30 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Yoga 2

Led by Vicki Gaebe, Registered Yoga and Certified Accessible Yoga Teacher.

Class is designed for experienced yoga students that have a solid foundation and are comfortable exploring a wide variety of poses to further their practice. Bring mat, strap, and block.

Tuesdays

11:30 a.m. - 12:30 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Beginner Ballet

Come join us in in this fun class to learn the most basic fundamentals. This class is for those who haven't taken a ballet class, as well as those who enjoy a slower pace. There will be a 30 minute of basic barre exercise and 30 minutes of ballet workout movement.

Wednesdays

9:15 a.m. - 10:30 a.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Baton Twirling

Come to learn basic marches and twirls, it's easier than you think! It can even be done from a chair. Fun guaranteed, no experience needed.

Fridays

11:00 a.m.. - 12:00 p.m.

Fees

Residents: \$5.00/month

Non-Residents: \$6.25/month

Life in Motion

Designed to improve core, range of motion, joint stability, concentration, balance, posture, physical strength, coordination, and cognitive functions.

Counted as separate classes.

Tuesdays

2:00 p.m. - 3:00 p.m.

Thursdays

2:00 p.m. - 3:00 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Arts and Sciences

Beginner Spanish

Start from the beginning or refresh your skills with Matthew Solis.

Thursdays

1:00 p.m. - 2:00 p.m.

Free, with registration.

Practice French

Intermediate level comprehension is essential. Improve communication skills through grammar mastery and oral practice with volunteer leader Celita Lamar. Book required: The Ultimate French Review and Practice Premium third edition (McGraw Hill)

Tuesdays

1:00 p.m. - 2:00 p.m.

Free, with registration

Advanced French

With volunteer Caty Beche. Book required: French Made Simple by Pamela Rose Haze.

Wednesdays

11:00 a.m. - 12:00 p.m.

Free, with registration.

Conversational French

Practice and socialize with conversations in French, with volunteer leader Caty Beche. Requirements: Basic knowledge of French language

Thursdays

11:15 p.m. - 12:15 p.m.

Free, with registration.

Scrapbooking and other Crafts

Scrapbooking led by Luz Stella Stone is a way of preserving, presenting, and arranging personal and family history in the form of a book, card, photo album, or greeting card.

Wednesdays

1:00 p.m. - 4:00 p.m.

Free, with registration.

Knitting and other Crafts

Bring a finished project or learn crochet, knitting, embroidery, tatting, or needlepoint. Led by volunteers Luz Stella Stone. All levels welcome.

Mondays

1:00 p.m. - 4:00 p.m.

Free, with registration.

Origami

The Japanese Art of Paper Folding. It will be a Beginner/Intermediate class. With volunteer leader Mayumi Rodriguez.

Fridays (January & March)

12:30 p.m. - 1:30 p.m.

Fees

Residents: \$5.00/session

Non-Residents: \$6.25/session

Arts and Crafts

This fascinating and unique art class is led by Wendy Kadushin. Techniques will be demonstrated and national will be demonstrated and material will be provided. Students will work on their own pace.

Fun is guaranteed!

Tuesdays

1:30 p.m. - 3:00 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Watercolor Techniques

With volunteer artist Fredi Schwartz. Materials list supplied at first class. Please feel free to bring any supplies that you may have, to use for the course.

Thursdays (February - March)

2:00 p.m. - 4:30 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Learn To See, Learn To Draw

Learn the basic drawing elements with volunteer leader, Fredi Schwartz. (Intermediate, not for beginners)

Thursdays (April - May)

2:00 p.m. - 4:30 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Mind/Body Connection Meditation

This course is taught by Dr. Ileana Davis, Ph.D. This course provides an opportunity to learn ancient methods that help human behavior. The new discoveries between the connections of the body and mind explained thousands of years ago in Hindu and Buddhist philosophies.

All levels welcome.

Fridays

2:00 p.m. - 3:00 p.m.

Fees

Residents: \$12.50/month

Non-Residents: \$15.75/month

Brain Gym

Introducing BrainHQ Better Memory Basics. This course targets auditory and visual memory working and processing speed. Led by volunteer Julian Sevillano.

Thursdays and Fridays

3:00 p.m. - 5:00 p.m.

Free, with registration.

English conversation

Strengthen your English listening and speaking skills. This class is for those who have a basic understanding of English grammar but do not have confidence to converse. As you practice, your confidence will grow!

Tuesdays

1:00 p.m. – 2:00 p.m.

Free, with registration.

Pottery

Join Rose Desena as we paint Bisque Ware and send it off to be fired for a wonderful keepsake.

Mondays

10:00 a.m. - 12:00 p.m.

Fees

Residents: \$25.00/session

Non-Residents: \$31.50/session

Coral Gables Players

This theatre workshop will bring out the love of theatre in you!

For those that are interested in reading scripts and acting out their part. The instructor, Rose Desena will distribute parts to the participants, who will then read them. The instructor will teach you on how to read a script and you will learn basic skills in acting. Everyone is welcome. No experience necessary.

Fridays

2:30 p.m. - 4:30 p.m.

January 10 & 17

Show Date: January 24

February 7 & 14

Show Date: February 21

March 6 & 13

Show Date: March 20

April 3 & 10

Show Date: April 24

Residents: \$5.00/month

Non-Residents: \$6.25/month

Resource Guide

City Programs and Information

Adult Activity Center:

305-461-6764

Community Recreation/Senior Services Division:

[Coral Gables Recreation Online](#)

[City of Coral Gables website](#)

City Hall:

305-446-6800

Coral Gables Police Non-Emergency:

305-442-1600

Coral Gables Parks and Recreations:

305-460-5600

Senior Advisory Board meetings:

Held every 1st Thursday of the month at 5:00 p.m. at the adult activity center

Disability Advisory Board meetings:

Held every 1st Wednesday of the month at 8:00 a.m. at the Youth Center- 2nd floor conference room

Hurricane Season

If you're a Coral Gables resident and you want to be part of the emergency contact list please contact the Adult Activity Center at 305-461-6765 or aacinfo@coralgables.com

Emergency Communications Network

If you would like to receive emergency communications via phone, please [register online](#).

County Programs and Information

Miami Dade County Emergency Evacuation Program:

Designed for people with special needs living at home that need assistance with evacuation. For more information call the Special Needs hotline at 305-513-7700 or [OEM Online](#).

CPR Classes

Learn the latest information and techniques and get certified by the Coral Gables Fire Department. 1st Mondays of every month at the Coral Gables Youth Center. Registration is required. For more information call 305-460-5601.

Penalty Waiver

Penalty waiver on security alarms for Coral Gables residents 65+. Registration required with finance department. For more information call 305-460-5301

Patrol Your Home

Coral Gables Police Department will monitor your home while you're away. Residents can advise the department of the departure date and the assigned officer to the area will be alerted to monitor for suspicious activity. For more information call 305-460-5408.

Mobile Permit Service

Service is for home assistance in obtaining small home repair permits. For more information please call Jorge Pino at 305-460-5272 or jpino@coralgables.com.

Customer Connect

If you would like more information, report a city issue, or have a question go to [Customer Connect online](#) and get answers.

Senior companion Program

The Senior Companion program provides volunteer opportunities for low income individuals aged 60+. It allows the opportunity to enrich lives by providing services to seniors. A stipend may be included. For more information call the Human Services Department 305-514-6000 or visit [Senior Companion Program Online](#).

Energy Assistance

Program assists 60+ low income individuals and families who are experiencing difficulty in paying for utilities. Assistance will be provided in the form of a credit on the existing bill. Open for applications on Monday - Thursday:

8:00 a.m. - 12:00 p.m.

Documentation needed: photo ID, proof of income/disability

Community Action Agency:

3750 South Dixie Highway

Coconut Grove, FL

Food Assistance

Distribution of food is held on the 2nd and 4th Saturdays of the month at 9:00 a.m. - 10:00 a.m.

For more information call 305-446-6132.

Central Christian Church:

222 Menores Avenue

Seniors Never Alone

Program offered by Switchboard Miami. Program consists of a weekly reassurance phone call for those 65+. Referral services and information is available 24/7. No charge for the program. For more information call 305-646-3606 or [Switchboard Miami Online](#).

Aging and senior care resources for communities in Florida

[Assisted Living Coral Gables](#)

[Assisted Living Florida](#)

[Assisted Living](#)

Elder Help Line

This service is maintained by the Alliance for Aging. Service is available 24/7 for any questions you may have. It's a great starting point for anyone who seeks information about aging. For more information call 305-670-4357, 1800-963-5337, or [Florida Elder Affairs Online](#).

Adult Protective Services

1-800-96-ABUSE

Alliance for Aging

The aging resource center gives more information on congregate and home delivered meals, recreation, adult day care, personal care, legal assistance and transportation. For more information call 305-670-6500 or [Alliance for Aging Online](#).

Transportation

STS:

Miami Dade County offers door to door service for qualifying applicants. You can take advantage of this service by completing an application with a doctor's signature. Advanced reservations are required, fees apply. For more information or for reservations call 305-264-9000, 786-469-5000 or [Miami Dade Transit Online](#).

Miami Dade Golden Passport:

The passport allows free bus and rail services with proof of age and residency for individuals 65+. For more information call 786-469-5028 or [Transit Routes Online](#).

AARP Driver Safety Program:

This safety refresher course is for drivers age 50+ and requires no tests. As a result, you can be eligible for auto insurance discounts. Classes are offered in English and Spanish. A \$10 fee applies. For more information go to [AARP Driver Safety Program Online](#).

Mobile Driver Licenses Services:

The Florida Department of Highway Safety and Motor Vehicles offers driver's license and ID services.

Coral Gables Branch Library:

3443 Segovia St.

2nd Monday of the month

10:30 a.m. - 3:00 p.m.

S.H.I.N.E; Serving Health Insurance Needs for the Elderly

The SHINE Program provides free, unbiased Medicare and health insurance counseling. SHINE counselors can help you:

- Understand your Medicare benefits.
- Get assistance in choosing the Medicare Prescription Drug Plan that best fits your needs.
- Get information about Medigap and other health insurance programs for seniors and individuals with disabilities.
- Assist you with your Medicare claims and appeals, and other Medicare issues.
- Give you details about benefits in your area and refer you to other helpful programs.

Give us a call at (305) 671-6356 (English) or (305) 671-6376 (Spanish). A counselor will call you back to answer your questions, or you can also get an appointment for a one on one counseling at our Coral Gables office.

By appointment only at the War Memorial Youth Center.

Tuesdays: 9:00 a.m. - 12.00 p.m.

Fridays: 1:00 p.m. - 5:00 p.m.

Commission for Transportation Disadvantages

For help with tolls and Sun Pass and permits call 1800-983-2435.

Disabled Individuals Parking Permits:

Application for the permits are available online at [Auto Tag Agency online](#).

Stay Connected

The City has a variety of different ways you can reach us and stay connected.

Get the City App

The City of Coral Gables has a [mobile app](#) for access to services and information anywhere, anytime. The Coral Gables app simplifies finding and paying for parking, riding the City's Trolley, asking questions and reporting and tracking issues.

Sign up for E- News

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ADA Notice

The City welcomes individuals with disabilities. To request modifications to a policy, practice, or procedure, or to request an auxiliary aide or service (such as a sign language interpreter) in order to participate in a City program, activity or event, please contact the City's ADA Coordinator Raquel Elejabarrieta or the Director of the sponsoring department at least seven (7) days in advance where circumstances permit. ADA Coordinator Raquel Elejabarrieta may be reached by email: ADA@coralgables.com, or by telephone 305-722-8686 (voice) or 305-442-1600 (TTY/TDD).

Coral Gables is an equal opportunity employer and provider of services.