

Shauna Moulton

From: City of Maitland | Maitland Minute <smoulton@itsmymaitland.com>
Sent: Friday, January 27, 2017 11:26 AM
To: Shauna Moulton
Subject: The Take Care of You Issue: Wellness Event, Bike Trails, New Class Offering - Line Dancing



HOME



RESIDENTS



BUSINESSES



GOVERNMENT



VISITORS

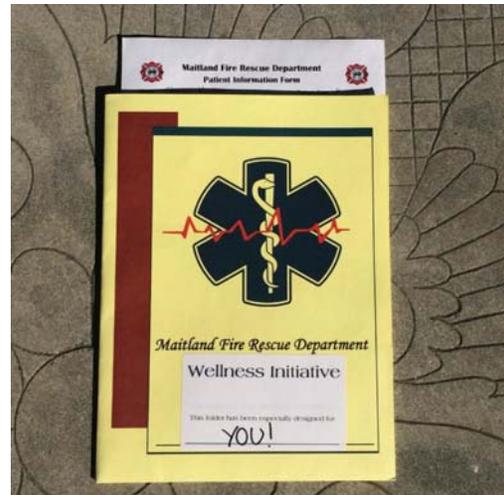


EMPLOYMENT

Fire-Rescue Paramedics to Host Wellness Event For Residents

Have Maitland Fire-Rescue paramedics check your cholesterol, blood pressure, height, weight, body mass index, pulse, and blood sugar for free on Friday, February 3, 2017, from 10:30 a.m. - 2:30 p.m. at Station 45 at 1776 Independence Lane. Paramedics also will review your medical history, medications, allergies, and emergency contacts.

Call 407-539-6226 to schedule your free appointment. Event partners include Life Scan and the Winter Park Health Foundation.



New Trail Signs Installed across Maitland

In late 2016, the City installed new bicycle-pedestrian trail signs throughout Maitland.

The signs direct bicyclists and pedestrians to local attractions such as the Maitland Public Library, Art & History Museums-Maitland, City parks, City Hall, the Maitland Baseball Complex, the Zora Neal Hurston Museum, the Audubon Birds of Prey, and other Maitland and Eatonville sites.

The City is working with the Winter Park Health Foundation and Healthy Central Florida on the creation promotional materials to spread the word about the new trails.

Over the next several issues, we will be highlighting routes throughout the city. One route, No. 17, gets bicyclists and pedestrians from Packwood Avenue to Lake Avenue.

The route connects City Hall, the future Independence Park, and Maitland City Centre to Lake Lily Park and Lake Avenue, where you can enjoy local establishments along the way, such as Firehouse Subs, Jeremiah's Italian Ice, Athena Roasted Chicken, and Antonio's. Upon arrival at Lake Avenue, bicyclists and pedestrians can patronize Jazz Tastings, ShishCo Mezze Grill, iPho 2 Noodle House, and Copper Rocket Pub.

The route likewise can take you to the Maitland Farmers' Market on Sundays, from 9:00 - 2:00 p.m., to pick up your supply of fresh produce, baked goods, sweets, and other unique treasures. A map of the entire trail system can be found at www.itsmymaitland.com, or click on one of the images below.



Try a New Hobby: Line Dancing

Cecilia



Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Willie Brown & Heather Barton (Scotland) Oct 2014
Music: Cecilia (breaking my heart) by The Vamps ft Shawn Mendes

#16 count intro

[1-8] Walk, Walk, Left side mambo, Walk, Walk, Right side mambo touch

1, 2 Walk forward Left, Right

3&4 Rock Left out to left side, recover onto Right, step Left slightly fwd

5, 6 Walk forward Right, Left

Choreography taught at a 2015 line dance class. Click on the image to view an archive of step sheets.

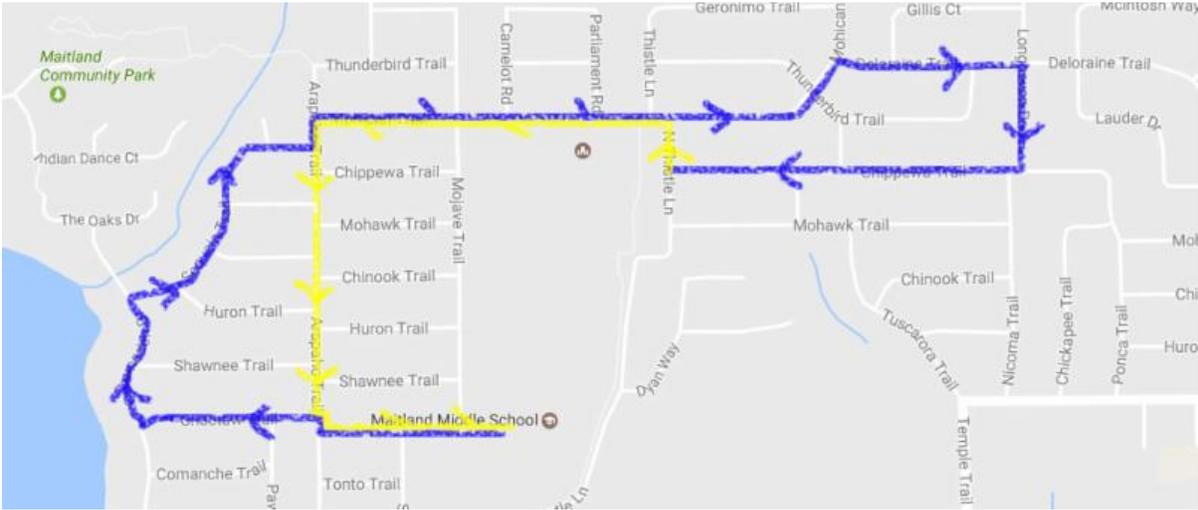
Have fun, get exercise, meet new friends, and relieve stress. Instructors will deliver line dance instruction to class participants at the Maitland Senior Center on Tuesdays and Thursdays from 5:30 - 9:30 p.m. The music selection of the line dance choreography spans all genres: latin, waltz, jazz, funk, rumba, celtic, country, pop, rock, and classics from the mid- and late-twentieth century. Visit between 5:00 - 5:30 p.m. and receive a free introductory class. No partner is necessary. Wear comfortable shoes and bring water. Tuition is \$8 per session. Sessions are open to individuals 16 and older. For more information please call Sandy at 321-239-2220 or Diane at 407-666-0096.

www.SpreadYourWingsAndDance.com

Safety First: Look Out for Walkers and Runners in the Dommerich Neighborhood Next Saturday

Dommerich Elementary PTA's Chiefs of the Run and Dommerich Dash is on Saturday, February 4. Be on the lookout for runners and walkers on certain roads in the Dommerich neighborhood on that day. For more information, please visit

<http://dommerichpta.com/programs/chiefs-on-the-run/>



City Update

1) Maitland Welcomes New Police Chief



Members of the Maitland community and representatives from neighboring municipalities welcomed Police Chief David Manuel to his new post at a public swearing-in ceremony on Wednesday.

"Returning to Maitland is a homecoming for me," said Manuel. "I'm delighted to rejoin staff in this new role and I look forward to serving the residents of Maitland again." [Read the press release](#)

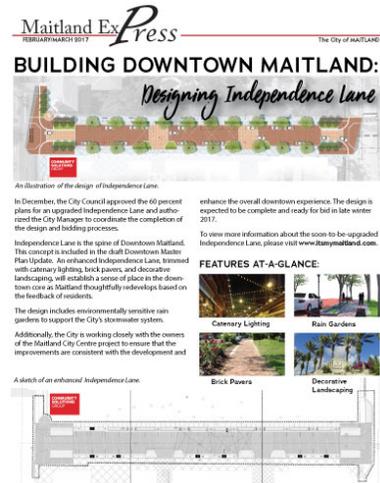
*Pictured from left to right:
Assistant City Manager Mark Reggentin
Mayor Dale McDonald
Police Chief David Manuel
City Manager Sharon Anselmo*

2) New Maitland Express Ready for Viewing

The February-March 2017 issue of City publication Maitland Express was tucked inside the bills of utility customers throughout the month of January. This issue spotlights the upcoming improvements to Independence Lane, the spine of Downtown Maitland.

Not a utility customer? Go to www.itsmymaitland.com click on the "Maitland Express" button the right side of the page to view the February-March 2017 issue as well as past issues.

Click on the image to view the February-March 2017 issue.



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