



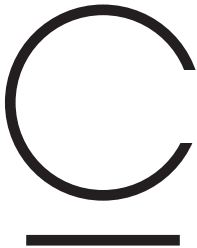
CENTRO

A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.

Volume 3 Issue 12

December 2020

CENTRO DOWNTOWN
Condominium Association, Inc.
151 SE 1st Street
Miami, Florida 33131



PROPERTY STAFF

Manager ...Elena Louchpii, LCAM
manager@centrocondominium.com

Admin Asst... Lauren Gutierrez
admin@centrocondominium.com

Front Desk..... Jorge Pascual
Front Desk is available to residents 24/7
Frontdesk@centrocondominium.com

Packages are available to be picked up at Amazon Hubs and/or Front Desk at any time.

ASSOCIATION OFFICERS

Pres. & Treas.... Shai Ben-Ami

Secretary..... Mandi Miranda

Director..... Anthony Elias

IMPORTANT NUMBERS

Main 305-440-0566

OFFICE HOURS

Mon - Fri.. 9:00 am - 5:00 pm
Temporarily working with "closed door" policy



UPDATES AND REMINDERS

BIKES MUST BE REMOVED FROM THE BIKE ROOM BEFORE TUESDAY, DECEMBER 15, 2020

We are happy to announce that the Centro Downtown Bicycle Storage Room will be freshly painted and new additional racks will be installed. Residents who would like to store a bike in the Bicycle Room must register their bicycle with the Management Office or the Front Desk. The procedures for the Bicycle Room are as follows:

Management Hours (Monday – Friday 9:00AM – 5:00pm)

- 1). Monthly fee for the Bicycle storage is \$15.00 per month and minimum of 3 months.
- 2). Residents must register their bike and install a decal.
- 3). Front Desk will provide an access 24/7 to the residents.
- 4). Resident may enter/exit the building with their bicycle through the Loading Dock **only**.

All bikes must be removed from the bike room before DECEMBER 15, 2020. If bikes are not removed, they will be removed by the Management and will be Donated.



HAPPY HOLIDAYS FROM CENTRO DOWNTOWN TEAM

FOBS

Fobs are **ONLY** for approved Tenants/Owners. Tenants are only authorized to have 1 FOB per person on lease.

GUESTS

All guests must provide **a valid identification** for registration purposes. All guests will be given access through our access control system once resident clear their guests. If tenants/owners want to avoid this process, tenant must complete a form authorizing access to guest. At this point management will register your guest and input into your guest list. If any guest is staying longer than one month (30days) within your unit. Your guest must apply and register to the association.

NO SMOKING RULE

Smoking is prohibited throughout the entire residence, including but not limited to **common areas, entrances and patios, hallways, pool area, spa, gym, stairways, foyers, fire escapes, elevators, roof tops, etc.** Please do not throw cigarette butts and any other objects off your balcony which may cause damage or injury to your neighbor and property.



ILLIGAL

SUBSTANCE RULE

Smoking illegal substance will be a subject to **Violation and the Penalty.** Drug dealing, distribution or manufacturing is not allowed at Centro Downtown. This includes, but is not limited to, the buying and selling of any illegal drugs or prescription medication on or immediately surrounding the building by tenants and their guests/visitors.



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Commissioner
Eileen Higgins
District 5



"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

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District5@miamidade.gov

 @CommishEileen
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<p>COVID-19 RELIEF</p> <p>See a full list of relief programs for individuals and businesses at bit.ly/covid19reliefprograms</p>	<p>SAFETY FIRST</p> <p>Ensure your safety by social distancing, washing your hands, and wearing a mask.</p>	<p>STAY INFORMED</p> <p>Get most recent D5 updates by emailing district5@miamidade.gov.</p>
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HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly. Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips,

and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!







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