



CENTRO

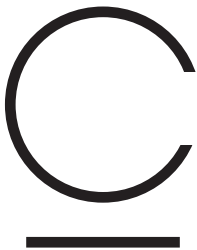
A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.

Volume 6 Issue 10

October 2023

CENTRO DOWNTOWN Condominium Association, Inc.

151 SE 1st Street
Miami, Florida 33131



PROPERTY STAFF

Manager.. Lauren Gutierrez, LCAM
manager@centrocondominium.com

Admin Asst..... Sohely Ortez
admin@centrocondominium.com

Front Desk.....

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

President.. Juan Pablo Alvarez

Treasurer .. Jorge Sierra Bejas

Secretary.. Isis Pina Rodriguez

IMPORTANT NUMBERS

Main 305-440-0566

OFFICE HOURS

Mon - Fri.. 9:00 am - 5:00 pm



GYM REMINDERS

- Gym & Sauna hours are Monday- Sunday, 6:00am to 12:00am
- **Appropriate footwear, shirts and fitness attire must be worn at all times while exercising.** Towel must be worn at all times while using sauna or steam room.
- Fitness equipment must be wiped clean after use.
- Weights must be returned to rack after use.
- Out of consideration to others, use of equipment shall be shared or limited to 30 minutes if another person is waiting to use it.



DON'T FORGET ... FALL BACK

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**. **Be sure to set your clocks back one hour at 2 AM on Sunday, November 5, 2023.**

Change your clock,



CHANGE your batteries

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

OCTOBER IS BREAST CANCER AWARENESS MONTH

HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling

- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



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SLOW COOKER CHICKEN TORTILLA SOUP

Ingredients

- 1 lb shredded, cooked chicken
- 1 (15 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 (4 oz) can chopped green chiles
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 (10 oz) package frozen corn
- 1 tablespoon chopped cilantro
- Tortilla chips (crumbled)
- Toppings (optional)

Directions

Place chicken, tomatoes, enchilada sauce, green chiles, onion, and garlic into a slow cooker. Pour in water and chicken broth; season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Sprinkle with tortilla chips, and serve with grated cheese, sour cream and any other topping you like!



"A man who stops advertising to save money is like a man who stops a clock to save time." – Henry Ford

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Miami Beach, Florida 33139
Monday / Wednesday / 9:30 am - 4:30 pm

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RE-OPEN OLD & DENIED CLAIMS

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LEAKS FROM UNITS ABOVE?

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SHOWER PAN LEAK?



GOT PROPERTY DAMAGE?

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THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

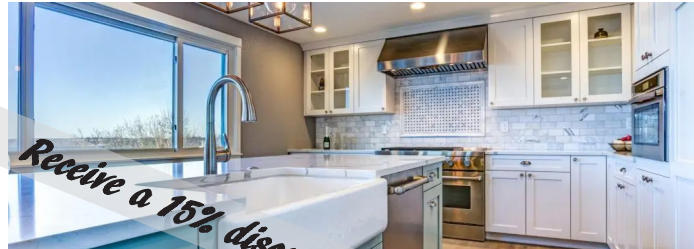
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