



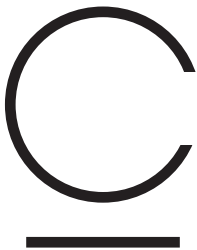
# CENTRO

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

Volume 7 Issue 8

August 2024

**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](mailto: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  
**VP/Treas...** Levi Hernandez Viera  
**Secretary ...** Jorge Sierra Bejas

## IMPORTANT NUMBERS

**Main .....** 305-440-0566

## OFFICE HOURS

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



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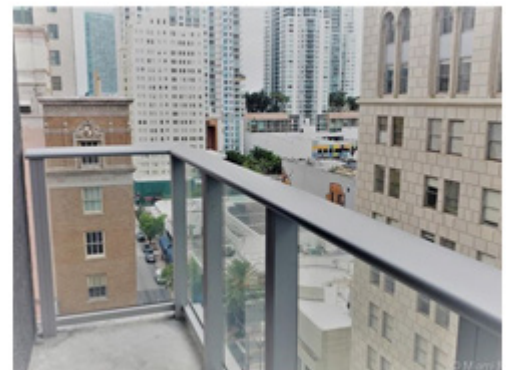
## GYM REMINDERS

- 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.



## BALCONIES

- No sweepings or other substances shall be permitted to escape to the exterior of the building from the windows, doors, balconies or terraces of individual Units.
- Residents shall not allow anything to be thrown or to fall from windows, doors, balconies, walkways or terraces.
- Pets permitted to be left unattended on balconies



### When cleaning there are some things to keep in mind:

- Be sure to sweep the dirt or debris into the middle of the balcony before sweeping it up with a dustpan.
- Use a damp mop to clean the surface of the balcony.
- Cover the edges of the balcony with rolled up towels to help with avoiding any water or dirt from being pushed over the edge.

## Get an Insurance Checkup

Want to save a little money? Take a hard look at your insurance coverage. Experts recommend getting an insurance checkup once a year. You may find that your situation has changed and you need less, or more, insurance. Laws in your state may have changed or it may be time to get a new insurance company.

To make your insurance checkup easier, gather together the paperwork for all of your insurance coverage, including homeowners or renters insurance, life, auto, and any other type you may carry. This will help you compare costs vs. coverage.



### Some important questions to ask:

- Am I eligible to discontinue PMI (private mortgage insurance) on my homeowners policy?
- Have any laws changed in my state requiring more or less coverage?
- Has my employer begun to offer more or less insurance, including disability, life, or supplemental insurance?
- Do I qualify for any additional discounts?
- Can I save money with a higher deductible?
- What is the best deal I can get on this type of coverage?

Once you've talked with your current agent and gotten a firm price on the insurance coverage you want, take the time to call around to other companies. You may be surprised at the savings you can find. If you do find a better deal elsewhere, it is easy to switch. Simply start up your coverage at the new company and then send a letter or fax to your original insurance agent stating when you would like your coverage discontinued. If there is remaining time on your policy, you will receive a refund of the amount you've already paid.

# WANTED

## PRINT JOBS

anything that puts ink on paper

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 Biz Cards • Pamphlets • Brochures  
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Mgmt Companies-Residential or Commercial**  
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**dredyaguerradds@gmail.com**  
**[www.dentistsurfside.com](http://www.dentistsurfside.com)**

# Sheet Pan Chicken with Mozzarella, Pesto, and Broccoli

- 2 pounds boneless chicken breasts
- 2 teaspoons garlic salt
- ground black pepper to taste
- 6 tablespoons pesto
- 2 medium Roma (plum) tomatoes, thinly sliced
- 1 ½ cups shredded mozzarella
- 1 head broccoli, cut into florets
- 2 tablespoons olive oil
- salt to taste

Preheat the oven to 425 degrees F. Lightly grease a large sheet pan. Season chicken with garlic salt and pepper; place onto the prepared sheet pan. Spread pesto over chicken, then top with tomatoes and mozzarella. Toss broccoli and oil together in a bowl; season with salt and pepper. Scatter around chicken on the baking sheet. Bake in the preheated oven until broccoli is tender and chicken is no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.





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305-375-5924  
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<p><b>DISTRICT OFFICE</b> 2100 Coral Way, Suite 400 Miami, Florida 33145 Monday - Friday 9 am - 5 pm</p>	<p><b>MIAMI BEACH OFFICE</b> 1700 Convention Center Drive, ground floor Miami Beach, Florida 33139 Monday / Wednesday 9:30 am - 4:30 pm</p>
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 @CommishEileen  
 Inside D5 Newsletter





**Commissioner Eileen Higgins**  
District 5

**7441 Wayne Ave**  
PARKVIEW POINT - #15B





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# CLEAN YOUR INDOOR AIR

Have you noticed that the air in your home is not as clean and fresh as it should be? These tips will help you breathe easier!

- ❑ When cooking or cleaning, keep your windows open as much as possible.
- ❑ When cooking on the top of the stove, cover pots and pans, especially when frying. Use the ventilating fan under the hood of the stove when cooking.
- ❑ Use the bathroom exhaust fan or open a bathroom window when steam is present.
- ❑ Make sure your vacuum cleaner is working properly and does not blow dust back into the room. Change vacuum cleaner bags frequently.
- ❑ Use doormats at each entrance to your home to collect dirt and dust before it enters your home.
- ❑ Dust your home regularly and clean large flat surfaces several times a year.
- ❑ Vacuum and sweep regularly.
- ❑ Clean and change the filters on any humidifiers or air-filtration systems regularly.
- ❑ Wash all bedding in hot water weekly.
- ❑ Use non-toxic cleaning products and don't mix different types of cleaning solutions together.
- ❑ Place some houseplants in your home. They remove toxins from the air.
- ❑ Don't smoke inside your home.



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### Kitchen & Bathroom Remodeling

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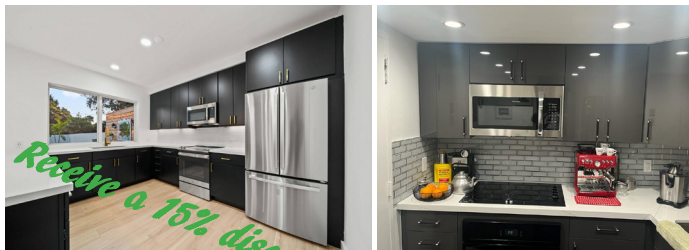
#### REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
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- Granite / Marble / Quartz Counter Tops
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