

# Senior Focus

RECREATION, INFORMATION AND SERVICES FOR SENIORS



## FREE LECTURES AND WORKSHOPS



### APRIL

**Tuesday, April 5, 10:30 a.m. to 12:00 noon**  
**Healthy Eating Starts Here:** Learn how proper nutrition affects weight and overall health by Baptist Health South

### MAY

**Tuesday, May 10, 10:30 a.m. to 12:00 noon**  
**Hydration and Nutrition** by Sunny Hills Assisted Living and VITAS

**Thursday, May 26, 10:30 a.m. to 12:00 noon**  
**Cyber Security** by Mike Capote, Partner ProPrivatus

### JUNE

**Thursday, June 2, 10:30 a.m. to 12:00 noon**  
**Leaving Your Legacy:** Learn methods and therapeutic benefits of telling your story by Merle Saferstein and Dorte Abrams, Pixie Productions

**Tuesday, June 14, 10:30 a.m. to 12:00 noon**  
**Fall Prevention Lecture** by Dr. Edgar Ramos Vieira, Florida International University Physical Therapy Department

**Tuesday, June 21, 10:30 a.m. to 12:00 noon**  
**Climate 101:** Learn how you can make a difference by Caroline Lewis, CLEO Institute

**Tuesday, June 28, 10:30 a.m. to 12:00 noon**  
**Cholesterol Lecture** by Baptist Health South

**MOBILITY EVENT, Thursday, April 21**  
**10:00 a.m. to 2:00 p.m.**

**CarFit Safety Check for Older Adult Drivers**  
Stay safe and have your car evaluated by trained technicians in just 20 minutes at the community center parking lot. Register by Monday, April 18.

**9:30 a.m. to 12:00 noon**

**FLOW (Florida Licensing on Wheels)**

Obtain a new driver's license, renewal, Florida ID or vehicle registration. First come, first served. Visit [www.gather.go.get](http://www.gather.go.get) to and find out which documents you may need to bring with you.

**10:00 a.m. to 12:00 noon**

**Golden Passport and STS**

Both Golden Passport and Special Transportation Services (STS) are Miami-Dade Transit initiatives to increase mobility for seniors 65+ and persons with disabilities. Don't miss this opportunity to apply for or renew a membership.

**9:00 a.m. to 4:00 p.m.**

**Driver Safety Course**

AARP Members \$15, Non-members \$20 (Must have already pre-registered).

**Plus presentations and/or demonstrations by:**

- Safe Mobility for Life Coalition
- Florida Department of Transportation District Six Public Information Office
- Zoomability
- Walkwise Florida
- Mr. PB&J Foodtruck

Classes and events are subject to change. We do not endorse organizations or businesses sponsoring programs nor do we support or approve the views they express or the products/services they offer. Events and activities take place at the Pinecrest Community Center, 5855 Killian Drive, and are free, unless noted otherwise. All events require advanced registration.

### ON THE COVER:

As part of the Village's 20th Anniversary celebration, a mural was commissioned for the Pinecrest Municipal Center depicting familiar and historical Pinecrest landmarks.

## EVENTS AND PROGRAMMING



### LEARNING NEW SKILLS

**Fridays, 10:30 a.m. to 12:00 noon**

#### Paper Crafting

Iris Folding every second Friday

Tea bag Folding every fourth Friday

\$15 Members, \$20 for Non-members

**Tuesday, April 19 & 26, 10:30 a.m. to 12:00 noon**

**Tablet Training 102:** Learn about social media, send photos and files, and more by Chris Johansen.

\$20 Members, \$22 Non-members

**Monday, May 16 & 23, 10:00 a.m. to 12:00 noon**

**Mah Jong:** Learn to play this card game that originated in China and helps improve memory by Chris Johansen.

### HAVING FUN

**Monday and Wednesday, 9:30 to 11:30 a.m.**

**Game Day with coffee and refreshments**  
(Wednesdays only, June 13 - August 19 10:00 a.m. to 12:00 noon at Pinecrest Library)

**Every second Friday, 10:00 a.m. to 1:00 p.m.**

**Bingo with prizes and refreshments**

**Every third Friday, 10:30 a.m. to 1:30 p.m.**

**Movie Day with popcorn, snacks and beverages**

May: *As Good As It Gets*

June: *The Italian Job*

April: *Oceans Eleven*

**Every fourth Friday, 9:30 a.m. to 12:30 p.m.**

**Crochet for a Cause:** Join us to craft blankets for the Lotus House

### EVENTS AND ACTIVITIES

**Wednesday, April 27, 10:30 a.m. to 12:00 noon**

**History Lives Again:** Capt. Edward John Smith relives the maiden voyage of the Titanic in this dynamic reenactment by historian and actor, Robert Dawson.

**Wednesday, May 4, 6:00 to 8:00 p.m.**

**Wine Glass Painting Party:** Just in Time for Mother's Day. Wine and snacks served by Art South.  
\$15 for one glass or \$25 for two

**Thursday, May 12, 10:00 a.m. to 2:00 p.m.**

**Senior Health Fair:** A resource for seniors and caretakers. Enjoy health screenings, talks, and more.

**Wednesday, June 15, 6:00 to 8:00 p.m.**

**Beer Glass Painting Party:** Just in Time for Father's Day. Beer and snacks served by Art South.  
\$15 for one glass or \$25 for two

### AROUND TOWN

**Friday, April 29, 10:30 a.m. to 2:00 p.m.**

#### Schnebly Winery

Enjoy wine tasting in a lush courtyard with coral waterfalls. Transportation is \$8. Lunch is on your own at Schnebly's Redlander Restaurant. RSVP by January 25.

**Tuesday, May 17, exact time: TBD**

#### Free State of Jones movie at Southland Mall

An American action-drama film inspired by the life of Newton Knight and his armed rebellion against the Confederacy in Jones County, Mississippi during the American Civil War. Transportation is \$8 and movie is free. \$3 nachos, \$2 hotdogs and popcorn is half price.

**Wednesday, June 8, 9:15 a.m. to 12:30 p.m.**

#### Pottery Painting

Transportation is \$8 and pottery painting is free.



### CHANGE OF LOCATION NOTICE:

Schedule and location changes taking place June 13 - August 19. Most classes, events, and lectures will take place either at the Miami-Dade Pinecrest Branch Library or at Pinecrest Gardens.



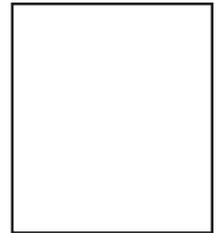
**VILLAGE COUNCIL**

Cindy Lerner, Mayor  
James E. McDonald, Vice Mayor  
Cheri Ball  
Doug Kraft  
Bob Ross

Yocelyn Galiano, ICMA-CM  
Village Manager

Guido H. Inguanzo, Jr. CMC  
Village Clerk

Mitchell Bierman  
Village Attorney



# CONNECT WITH YOUR GOVERNMENT

### Online

The Village's web site at [www.pinecrest-fl.gov](http://www.pinecrest-fl.gov) provides instant access to important information and documents. The site includes electronic copies of all Village Council meeting agendas and minutes, the Village Charter, Code of Ordinances, and other important documents including resolutions, the annual budget, and the Land Development Regulations. The web site also includes live building inspection results, live and archived streaming video of Village Council meetings and a citizen service request tools.



### E-Mail Subscription Service

If you are interested in receiving information via e-mail, sign-up for the E-mail Subscription Service at [www.pinecrest-fl.gov](http://www.pinecrest-fl.gov). Subscribers will receive the monthly E-News, notice of all upcoming public meetings and important announcements from the Village government and its various departments.

### Smartphone App

The MyPinecrest app is an easy-to-use tool for service requests (potholes, noise complaints, dangerous conditions, tree topping, etc.) to be submitted to the Village. The requests are instantly routed to the staff in the appropriate department. That means your service request will be responded to quickly and efficiently, and you will be notified once it is addressed.

### Social Media

The Village of Pinecrest has several social media sites as an additional avenue for improving communication with residents. Follow Pinecrest on Twitter at @pinecrestfl and "Like" the Village on Facebook at [www.fb.me/pinecrestfl](http://www.fb.me/pinecrestfl).



### Pinecrest Sun

The Pinecrest Sun is the Village's official print newsletter. It is published three-times per year and is mailed to every home in Pinecrest. The newsletter includes updates on capital projects, information from the Police Department, program and activity schedules for the Pinecrest Community Center, and a calendar of events at Pinecrest Gardens. An electronic copy of the newsletter is also published at [www.pinecrestsun.com](http://www.pinecrestsun.com).

## FITNESS

### Fitness Plus

Monday and Wednesday 10:30 a.m. to 11:30 a.m.  
Tuesday and Thursday 9:30 a.m. to 10:30 a.m.

### Stretch, Breathe and Meditation

Monday and Wednesday 11:30 a.m. to 12:30 a.m.

### Gentle Yoga

Tuesday and Thursday 10:30 a.m. to 11:30 a.m.  
and 11:30 a.m. to 12:30 p.m.

### Free Yoga

Sunday 9:00 a.m. to 10:00 a.m.  
and 10:30 a.m. to 11:30 a.m.

### Free Stretch and Walk

Tuesday and Thursday 9:00 a.m. to 10:00 a.m.  
and 10:30 a.m. to 11:30 a.m.

Members \$12 per class or \$100 for a 10 class punch pass. Non-Members \$14 per class or \$120 for a 10 class punch pass. Punch passes must be used within three months.

