

# Senior Focus

RECREATION, INFORMATION AND SERVICES FOR SENIORS



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### **WRITING CONTEST**

Open to anyone 55+. Submit 500 words or less on the topic: Up 'til Now

### **HEALTH**

Pinecrest highlights Fall Prevention month in September through special programming

### **FREE PROGRAMS**

Join us for free genealogy, yoga, exercise and Mah Jong classes

## JULY - SEPTEMBER



### JULY AT PINECREST BRANCH LIBRARY

**Tuesday, July 21, 10:30 to 11:50 a.m.**  
**“OUR KIDS”** - Learn about becoming a foster parent through this quality Foster Parent Initiative.

**Thursday, July 28, 10:30 to 11:50 a.m.**  
**Personality Power** – Find out your personality type by Sandy Walker, MS

### AUGUST

**Tuesday, August 4, 10:30 to 11:50 a.m.**  
**Faultless Fall Planting** - Join horticulturist Craig Morell, for a free program on the basics of preparing your home garden after a hot summer.

**Tuesday, August 11, 10:30 to 11:50 a.m.**  
**SHINE (Serving the Health Insurance Needs of Elders)** - Medicare and health insurance update on the upcoming Medicare open enrollment period starting October 15.

**Friday, August 14, 9:30 a.m. to 2:30 p.m.**  
**FLOW at the Pinecrest Police Department, 12645 Pinecrest Parkway, Third Floor** - The Florida Department of Highway Safety and Motor Vehicles will provide motor vehicle license replacements, renewals and other services.

**Tuesday, August 18, 10:30 to 11:50 a.m.**  
**Learn About Your Library with Librarian Ellen Book at the Pinecrest Branch Library** - Learn about all the free services offered at your local library, including free movie downloads and complimentary use of computers. The event includes an awards ceremony and celebration for the winners of the “Midsummer Night’s Dream” Writing Contest for those 55+.

**Tuesday, August 25, 10:30 a.m. to 12 noon**  
**Back to School Bingo Party by Leon Medical Centers** - Take a break and enjoy lively bingo games with prizes, music, refreshments, and raffles before school starts.

#### Midsummer Night’s Dream Writing Contest

Open to anyone 55+. Submit 500 words or less on the topic, Up ‘til Now, which can include anyone or anything you have experienced or imagined in your life. Entries must be submitted to the Pinecrest Branch Library by Saturday, August 1. For more information, please call the Pinecrest Library at 305-668-4571.

### TRIVIA – DOG DAYS OF SUMMER

1. What breed of dog could fight in the “ring”?
2. What type of dog portrayed Lassie?
3. What was the name of the Western television show that starred a German shepherd?

#### VILLAGE COUNCIL MEETING DATES

Tuesday, September 8  
Monday, September 21 (Budget)  
Tuesday, October, 13

6:00 p.m.

Pinecrest Municipal Center  
12645 Pinecrest Parkway

#### ON THE COVER:

Pinecrest residents Fred and Mary Brenner during the 2015 Spring Pioneers Luncheon.

## SEPTEMBER AT COMMUNITY CENTER

**Tuesday, September 1, 9:30 to 11:00 a.m.**

**Miami-Dade County Health Department Immunizations** – Includes flu, pneumonia, T-dap, shingles, and hepatitis B. Cost according to a set schedule. Medical insurance may be used. For more information call 305-284-0900.

Each year, Pinecrest highlights Fall Prevention month in September through programming.

**Thursday, September 3, 10:30 a.m. to 12 noon**

**Assisting Hands Home Care** - An overview of the risks of falling, interactive activities, indoor and outdoor home safety, and free home inspections.

**Thursday, September 10, 10:30 a.m. to 12 noon**

**Safeguarding Against Falls by Dade Physical Therapy** - An interactive program with important advice on keeping the body strong and specific fitness tips and exercises to help with preventing falls.

**Thursday, September 17, 10:30 a.m. to 12 noon**

**The Relationship Between the Brain and Balance by Bagnell Family Chiropractic** – An overview of the role the brain plays in fall prevention.

**Thursday, September, 24, 10:30 a.m. to 12 noon**

**Positive Posture by Soraya Lopez, Certified Fitness Trainer** – Proper posture is the key to fitness and maintaining balance.

**Tuesday, September 29, 10:30 a.m. to 12 noon**

**A Medical Perspective on Fall Prevention by Prime Care of Coral Gables** – An over view of medical issues that affect falls, including medications, health, and vision.

The Parks and Recreation Department does not endorse the organizations or businesses sponsoring programs nor does it support or approve the views they express or the products/services they offer.



## ONGOING

### Tuesdays

**Free Blood Pressure, 10:30 to 11:30 a.m.**

Blood pressure checks by Miami-Dade Fire Rescue at the Community Center.

**Genealogy Classes, 10:30 a.m. to 12:00 p.m. noon**

Learn techniques to build a family tree from the Genealogical Society of Greater Miami. Classes will be held at Pinecrest Branch Library until September 15 when they will resume in the Community Center.

**Tuesdays and Thursdays, 9:00 to 10:00 a.m.**

**Stretch, Walk, and Keep Young**

Free class for seniors that combine chair and standing exercises with walking. The classes will be held at the Historical Entrance of Pinecrest Gardens through Tuesday, August 11 and then resume at the Community Center on Tuesday, August 18.

### Wednesdays

**Free Game Day**

Improve your memory while having fun. Play Mah Jong, dominoes, cards, and others. Complimentary Danish and coffee. Held in Pinecrest Branch Library until August 26 when they will resume in Community Center from 9:30 to 11:30 a.m.

**SAVE THE DATE - Wednesday, November 11**

Please join us in a salute to our brave military personnel at Veterans Wayside Park, 11111 Pinecrest Parkway. Mayor Cindy Lerner and the Village Council will honor area veterans with a special program.

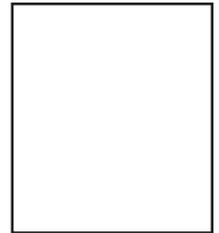


Cindy Lerner, Mayor  
Bob Ross, Vice Mayor  
Cheri Ball  
Doug Kraft  
James E. McDonald

Yocelyn Galiano, ICMA-CM  
Village Manager

Guido H. Inguanzo, Jr., CMC  
Village Clerk

Mitchell Bierman  
Village Attorney



## KEEP YOUNG AND STRONG FITNESS CLASSES

### Mondays and Wednesdays

**Stretch, Breathe and Meditate with Jo Jo from 11:30 a.m. to 12:30 p.m.** Helps enhance your breathing, meditation and relaxation.

### Tuesdays and Thursdays

**Flexibility Training from 9:30 to 10:30 a.m.**

**Gentle Yoga from 10:30 to 11:30 a.m. (T/TR) and from 11:35 a.m. to 12:35 p.m. (T)** Helps improve flexibility, balance and breathing.

### Mondays, Wednesdays and Fridays

**Hyla's Strength and Stretch from 9:30 to 10:30 a.m. (M/W) and from 9:00 to 10:00 a.m. (F)** Teaches strength training and full body stretch.

### Sundays

**Free Yoga Classes from Baptist Health South Florida from 9:00 to 10:15 a.m. and from 10:30 a.m. to 11:45 a.m.** Space is limited. To register, e-mail [CommunityExercise@BaptistHealth.net](mailto:CommunityExercise@BaptistHealth.net) or call 786-467-5680.

#### Trivia Answers

1. Boxer 2. Collie 3. Rin-Tin-Tin

**COST FOR CLASSES:**  
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.



**COMMUNITY CENTER HOURS OF OPERATION**  
5:30 a.m. to 9:00 p.m. Mondays through Fridays  
6:00 a.m. to 6:00 p.m. Saturdays  
8:00 a.m. to 4:00 p.m. Sundays  
Telephone: 305-284-0900  
[www.pinecrestcommunitycenter.com](http://www.pinecrestcommunitycenter.com)

