

Senior Focus

RECREATION, INFORMATION AND SERVICES FOR SENIORS



FREE LECTURES AND WORKSHOPS



JANUARY

Tuesday, January 5, 10:30 a.m. to 12:00 noon
Volunteer at the Community Center by helping during events, participating in committees, and more.

Thursday, January 7, 10:30 a.m. to 12:00 noon
Improving Balance Information Session. Learn more about free brain training program to enhance your balance.

Tuesdays, Wednesdays and Thursdays
January 12 through February 18, 1:00 to 2:00 p.m.
Free Balance and Stability improvement program three times per week with Interactive Metronome Technology by Dr. Bagnell. Register early. Limited to 25 participants.

Tuesday, January 12, 10:30 a.m. to 12:00 p.m.
Prescription Safety. Learn about drug interactions and taking medication by Pharmacists Robert and Carmenza Descelles.

Wednesday, January 13, 11:30 a.m. to 1:00 p.m.
Sleep Sanctuary with complimentary lunch by Mind and Body Wellness Studio.

Tuesday, January 26, 10:30 a.m. to 12:00 p.m.
Bath Safety. Falls are dangerous and expensive, some even fatal. Learn how to be safe by Care Plus.

FEBRUARY

Tuesday, February 2, 6:00 to 8:00 p.m.
Couples Essentials: How to stay close and enjoy each other's company by Sandy Walker, Life Coach.

Tuesday, February 16, 10:30 a.m. to 12:00 noon
Heart Health: Learn how you can love your heart By Dr. Zamora, Mount Sinai Medical Center.

Wednesday, February 17, 11:30 a.m. to 1:00 p.m.
Nutrition: Fresh, colorful food, and creativity in the kitchen with complimentary lunch by Mind and Body Wellness Studio.

MARCH

Thursday, March 3, 10:30 a.m. to 12:00 noon
Book Club: Learn more about resources at your local library by Ellen Book, Miami-Dade Pinecrest Librarian.

Tuesday, March 8, 10:30 a.m. to 12:00 noon
Oral Health: Learn how poor oral health it is linked to osteoporosis, stroke, heart attack, and more by Dr. Fontecilla, SEDA Dental.

Tuesday, March 29, 10:30 a.m. to 12:00 noon
Alzheimer's Disease: Learn about the latest advances in the diagnosis and treatment of Alzheimer's by Mount Sinai Medical Center.

Tuesday, January 19th, 10:30 a.m. to 12:00 noon
Ocular Health by Medeye Associates.

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. Please call 305.284.0900.

ON THE COVER:

Pictured from left to right are Fran Gaynor, Phyllis Gaynor and Boo Snow at the 2016 Pinecrest Pioneers Luncheon.

EVENTS AND PROGRAMMING



GIVING BACK

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 - an organization dedicated to improving the lives of homeless women, youth and children.

EVENTS AND ACTIVITIES

Tuesday, January 26, 4:00 p.m.
Rome & the Amalfi Coast Trip Information Session
Join us for wine and cheese and a slide show presentation of Pinecrest Community Center's first ever Senior Trip to take place on October 8 through 17, 2016. Sign up this day and save \$50 per person.

Monday, February 8, 10:00 a.m. to 12:00 noon
Mah Jong Tournament: Celebrating the Chinese New Year with our first annual Mah Jong Tournament. Prizes and refreshments.

Thursday, March 17, 10:30 a.m. to 12:30 p.m.
St. Patrick's Senior Spa Day: Green is the color of rejuvenation. Come and relax and renew on this special day.

LEARNING NEW SKILLS

Tuesdays 10:30 a.m. to 12:00 noon
Genealogy Classes

Monday, February 29, 10:30 a.m. to 12:00 p.m.
Floral Design: Students should be prepared to get their hands dirty as they explore different floral design techniques. Dress comfortably for class as we spend most of our time standing. Register before February 16. Fee \$40.

Paper Crafting Iris Folding

Every Second Friday 10:30 a.m. to 12:00 noon

Teabag Folding

Every Fourth Friday 10:30 a.m. to 12:00 noon
Fee: : Members \$15, Non-members \$20

HAVING FUN

Mondays and Wednesdays 9:30 to 11:30 a.m.
Game Day with coffee and refreshments

Every Second Friday 10:00 a.m. to 12:00 noon
BINGO with prizes and Refreshments

Every third Friday 10:30 a.m. to 1:30 p.m.
Movie Day with popcorn, snacks and beverages

January: "Something's Gotta Give"

February: "Groundhog Day"

March: "Sleepless in Seattle"

April: "Ocean's Eleven"

The Community Center offers a series of exercise classes tailored for seniors that includes circuit training, flexibility training, gentle yoga and stretching. 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.





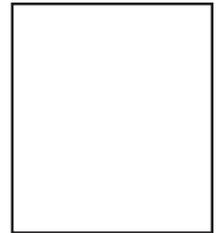
**PINECREST
FLORIDA
VILLAGE COUNCIL**

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

Yocelyn Galiano Gomez, ICMA-CM
Village Manager

Guido H. Inguanzo, Jr. CMC
Village Clerk

Mitchell Bierman
Village Attorney



AROUND TOWN

Friday, January 29th, 9:15 a.m. to 12:45 p.m.

Painting with a Twist: Create a one-of-a-kind canvas painting using step-by-step instructions by an experienced and enthusiastic artist! Transportation provided and departs at 9:30 a.m. from the Pinecrest Community Center. RSVP by January 25. Refreshments provided. \$40 for transportation and paint party experience, \$35 without transportation.

Thursday, February 4, 9:15 a.m. to 1:45 p.m.

Visit Perez Art Museum Miami (PAMM) - PAMM is a modern and contemporary art museum dedicated to collecting and exhibiting international art of the 20th and 21st centuries. Lunch is on your own at PAMM's Verde Café. RSVP by February 1. Transportation \$8, Museum free.

Wednesday, March 23, 11:15 a.m. to 4:30 p.m.

Miami-Dade County Youth Fair - For 65 years the Youth Fair has been a state-chartered, not-for-profit organization that is dedicated to enriching our community by promoting education and South Florida agriculture while showcasing and rewarding youth achievement. Transportation provided and departs at 11:15 a.m. from the Pinecrest Community Center. RSVP by March 11. Transportation fee \$8, Admission 65 and under \$8 if purchased before March 16, \$14 if purchased after March 16, 65 and under free.

Community Center Hours of Operation
6:00 a.m. to 9:00 p.m. Mondays - 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



Pictured above is the Perez Art Museum.

