



SENIOR FOCUS

FOR INFORMATION ABOUT HOW TO REGISTER FOR PROGRAMMING:

305.284.0900 • parks@pinecrest-fl.gov

www.pinecrest-fl.gov/parks

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Unless noted otherwise, from June 10 to August 16, 2019 all senior programs will take place at the Pinecrest Branch Library located at 5835 Killian Drive.

All events require advanced registration at gzoghbi@pinecrest-fl.gov or 305.284.0900.

FREE Yoga

Please call 305.284.0900 to pre-register.

Sundays, 9:00 to 10:00 a.m. and 10:30 to 11:30 a.m.

FLOW (Florida Licensing on Wheels)

Pinecrest Branch Library

Every third Wednesday, 10:00 a.m. to 2:00 p.m.

Renew, replace, change name or address on your driver license or ID card, or renew vehicle registration.

EVENTS & ACTIVITIES

Pinecrest Spring Pioneer Luncheon

Friday, June 14, 11:30 a.m. to 1:30 p.m.

Join us as we celebrate our Pinecrest residents age 80+ with a delicious catered lunch sponsored by Allegro Senior Living. This event is by invitation only. If you are a Pinecrest Pioneer and have not received an invitation in the mail, please call 305.284.0900.

Miami Marlins Baseball Game Senior Trip

Thursday, July 18, 11:00 a.m. to 3:30 p.m.

\$20 per person

Join us as we celebrate America's pastime with a noon game at Marlins Park. The Miami Marlins will be hosting the San Diego Padres in what will be a fun-filled afternoon. Enjoy delicious food at the available restaurants along with ice-cold refreshments. Transportation will be provided in partnership with the Village of Palmetto Bay and the Town of Cutler Bay.

WORKSHOPS

AARP Driver Safety Class

Friday, August 30, 9:00 a.m. to 4:00 p.m.

\$5 to register for the class, plus \$15 for AARP members or \$20 for non-members paid in check or cash the day of the class.

ONGOING PROGRAMS

Game Day with coffee and snacks (only Wednesday)

Mondays, 10:00 a.m. to 12:00 noon

Wednesdays, 10:00 a.m. to 12:00 noon

Fridays, 10:00 a.m. to 2:00 p.m.

BINGO with prizes and refreshments

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

FREE Stretch, Balance, Mobility

Tuesdays and Thursdays, 8:30 a.m. to 9:30 a.m.

Designed to help seniors achieve a higher level of functional fitness.

Forever Strong

Mondays and Thursdays, 10:00 to 11:00 a.m.

Perform routines that focus on position, mechanics, mobility, and motor control techniques to optimize your fitness performance. This class requires the use of dumbbells and stretch bands.

FREE PRESENTATIONS



All presentations require advanced registration at gzoghbi@pinecrest-fl.gov. Presentations will take place at Elia Café inside the Community Center.

PereGonza Law Group: Estate Planning

Thursday, June 6, 10:00 a.m. to 12:00 noon

This presentation will cover the benefit of a last will and testament, living trust, financial power of attorney, health care surrogate designation, and living will.

Teresa Safie, Miami's Real Estate Matchmaker: Get Small, Live Large

Thursday, June 13, 10:00 a.m. to 12:00 noon

Are you retired now and thinking of downsizing? Whatever reason you may have for considering a move, you can depend on an SRES to guide you through every part of the process.

WealthEngage: Congress is Working on Big Changes to Your Retirement Accounts!

Thursday, June 20, 10:00 a.m. to 12:00 noon

There are currently two bills working their way through the House and Senate, which will change many of the rules affecting your retirement funds. There is bipartisan support, giving them a good chance of passing. Come learn what you need to know.

Salman Fatemian: Strength for Life

Thursday, June 27 and July 25, 11:00 a.m. to 12:00 noon

The truth about strength training for seniors. Stronger bones, muscles and ligaments. Regain your independence.

HearUSA: What is Hearing Loss

Thursday, July 11, 10:00 to 11:00 a.m.

Hearing loss is a condition that can't be seen, but affects those who suffer from it as well as their families. We will discuss the different types of hearing loss, causes, symptoms, effects, and treatment.

Robert Rucky from Edward Jones: Outlook and Opportunities

Thursday, July 18, 10:00 a.m. to 12:00 noon

Robert will discuss current market conditions and how the political, economic, and cultural forces shaping our markets can affect you as an investor.

ClearCaptions, LLC: Words Matter

Thursday, August 1, 10:00 a.m. to 12:00 noon

Do not miss this chance to learn about ClearCaptions, a free phone captioning service that provides near real-time call captions of phone conversations for those with any form of hearing loss.

Univ. of Miami McKnight Brain Research Foundation: Aging and the Brain

Thursday, August 8, 10:00 a.m. to 12:00 noon

Learn about changes that occur as the brain ages and how to spot signs of dementia.

Parent Your Parents: Seniors Have Rights, Use Them!

Thursday, August 15, 10:00 a.m. to 12:00 noon

Know your rights. Learn about Medicare, social security and how these services are administered.

Miami Estate Plans: Understanding Wills, Trusts, and other Estate Planning Documents

Thursday, August 29, 10:00 a.m. to 12:00 noon

Understanding your estate planning documents is an essential part of your estate plan. Learn about key estate planning concepts, such as the difference between a Will and a Trust; why you should have a Durable Power of Attorney; and why you should pay attention to how your assets are titled.

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. All participants and patrons using the park facilities and programs agree that the Village of Pinecrest and its officers, agents and employees shall (a) have unrestricted right and license to use their likeness in any broadcast, telecast, video, or photograph taken in connection with the use of the property and, (b) not be liable for any injuries or loss of property resulting from the use of the property.