

**PrimeTime Institute / ElderCare of Alachua County  
Program Schedule – April, 2024**

**PrimeTime Institute** (PTI) provides a wide variety of educational programs for people age 50+ that foster wellness, encourage personal and intellectual growth, and that provide an environment for developing new interests, making new friends, and becoming involved as volunteers.

**PTI** is a program of ElderCare of Alachua County, a non-profit organization providing various services for seniors such as Meals-on-Wheels, Alz Place, etc. All **PTI** programs and activities are planned and presented entirely by volunteer members and speakers, with expenses supported by optional memberships and donations. Additional information about PTI, including program updates, is available at our website [www.primetimeinstitute.org](http://www.primetimeinstitute.org) or by contacting Susan Williams at 352-214-6219.

We appreciate the speakers who provide free programs for our seniors; however, please understand that **PTI does not endorse any company, product, or service.**

We continue with HYBRID programs – the speaker **in-person at the Senior Recreation Center**, along with attendees willing to gather there, and a **simultaneous online webinar option** through Zoom. We have learned that many people are able to participate online who are unable to come to the Center for a variety of reasons. Watch for Sunday messages each week to learn of any changes in that week's Thursday program.

**To participate in the webinar version of a program**, you can log in on your Internet-connected computer, tablet, or phone as the program gets underway. **Advance registration is required for attending online.** Please send your request to [primetime.inst@gmail.com](mailto:primetime.inst@gmail.com).

If you do register for the webinar version, you will receive a confirmation message and, at an appropriate time, a link to click on so you can join in. No camera or microphone is needed to see and hear the presentations online.

Our programs are also recorded for people who are not available on Thursdays. We share links to those recordings when the Senior Center staff has them available so people can watch at their convenience. Those links are shared in the program reminder messages we send each Sunday to those on PTI's email distribution list.

**TIME:** Unless otherwise noted, programs will be on Thursdays  
from **2:30 p.m. to 4:00 p.m.**

**Thurs., April 4<sup>th</sup> @ 2:30 Field Trip to the Gainesville Traffic Operations Department** Robert Schenk will tell us about different types of vehicle detection,

technology, partnerships with law enforcement, universities, and researchers. He will show devices that control traffic lights and the new technology they use for both the city and county. Schenck will speak in front of the video wall of monitors to show some of the technologies the department uses.

The center is located at 405 NW 39th Ave, the city's Public Works compound. Turn into the compound, take an immediate left, and go to the first building on the right. Meet in the lobby by 2:15.

Because space is limited, please call, text, or email Susan Williams if you want to attend: (352-214-6219); [skbwwms1@gmail.com](mailto:skbwwms1@gmail.com) by Wednesday, April 3rd.

***Thurs., April 11<sup>th</sup> @ 2:30 Selling your Home: Strategies for Seniors*** Helen Frankel, Real Estate Agent and Specialist in working with Seniors, will be holding an interactive discussion about the preparation of selling a home for Seniors. Once a decision has been made to move on, you will learn about a roadmap and checklist before the home is listed for sale. She will present tips on helping navigate through the process. There will also be time for questions and answers.

***Thurs., April 18<sup>th</sup> @ 2:30 Understanding Personality Types and their Interactions Using the Enneagram*** The Enneagram is a dynamic personality system that illuminates nine unique and distinct patterns of thinking, feeling and acting. Our type determines what we pay attention to and how we direct our energy. Understanding the Enneagram has the power to give you more self-awareness, forgiveness, and compassion for yourself and others. There is a free online Enneagram personality test that will provide you with results and possibility of what types you align with.  
<https://assessment.youenneagramcoach.com/>

Our speaker, Dina Smith, Licensed Mental Health Counselor, will provide an introduction to the Enneagram, including information about each of the nine types, including their basic motivations and strengths, and will describe the three “centers of intelligence” that are a part of the system. She’ll explain how knowing your basic type and the basic type of others can improve relationships and communication.

***Thurs., April 25<sup>th</sup> @ 2:30 Backyard Birds*** Would you like to outwit the squirrels at your feeders? Would you enjoy a wider range of bird species in your backyard habitat? Ron Robinson, a popular speaker and local expert on birds, will discuss ideas and techniques that will attract the widest possible variety of bird species to your backyard habitat. Topics include basic habitat design, squirrel proofing, the importance of providing water, the best ways to provide water, and special features and foods that will attract a broader range of species to your habitat.

