

PrimeTime Institute / ElderCare of Alachua County
Program Schedule – October, 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 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 needed to receive the login link for attending online.** Please send your request to 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., October 3rd @ 2:30 **Sunrise Wildlife Rescue and Rehabilitation Focuses on Saving Native Wildlife** A volunteer with Sunrise Wildlife Rehabilitation in High Springs will talk about the wildlife rescue service which rehabilitates injured, orphaned and displaced native wildlife in North Central Florida. One or two rescued "educational ambassadors" will be there, too. Sunrise operates under permits issued by Florida and the federal governments.

Thurs., October 10th @ 2:30 **Finding Florida in the 1800s - Indian Trails, Early Ferries & Wagon Bridges, Trailmarker Trees** Settlers traveling in to Florida in the early to mid-1800s encountered a nearly trackless longleaf pine wilderness and the necessity of crossing the Suwannee River or its tributaries – the Withlacoochee or Alapaha rivers. Our speaker is Dr. Ken Sulak, a research fish biologist retired in 2016 from the U.S. Geological Survey. For the past two decades, Dr. Sulak has paddled into the past, researching the history of North Florida early settlers, their river crossings, and their impact on the Suwannee River ecosystem.

Thurs., October 17th @ 2:30 **Grateful Strides Toward Better Health** Learn about Dr. Lakeshia Cousin's research on how gratitude journaling can enhance spiritual and physical well-being, particularly for breast cancer survivors. Attendees will also participate in a creative, interactive session to practice gratitude, leaving with simple techniques to improve their own health and happiness. Don't miss this opportunity to make grateful strides toward a healthier life!

Thurs., October 24th @ 2:30 **How Our Food Choices Impact Our Overall Health** Personal Trainer Mark Williams will provide information on how wholesome and nutritious meal options directly impact our energy levels, performance, and overall health. Mark owns Body Mechanics and has 16 years of experience in the fitness and training industry. His mission is to empower individuals with the knowledge and training they need to perform at their best.