

Speaker Series



Dr. Linda Sasser

Keep Your Brain Fit and Memory Sharp..... **Thursday, April 11, 2024 | 6PM | Everglades Recreation**

Join memory expert Dr. Linda Sasser for an educational and entertaining presentation. Dr. Sasser has been studying and presenting on the issues impacting brain and memory health for more than three decades. You will learn about lifestyle practices for maintaining and improving brain function. You will leave with easy-to-use strategies for remembering names, information, and tasks.



Jaime Brenkus

Age Rewind...Turn Back the Clock..... **Thursday, April 18, 2024 | 6PM | Ezell Recreation**

Explore your personalized plan for Ageless Energy and Timeless Health. Join Health and Wellness expert Jaime Brenkus, creator of 8 Minute Abs and Jack LaLanne Legacy program honoree, who will show you how to navigate through the maze of Health, Nutrition, and Exercise advice and guide you to building your own plan for Ageless Energy & Timeless Health! Jaime will give you the tools to create your own 'how to' blueprint for Nutrition and Exercise and specific strategies to keep you motivated. Getting Fit ... Never Gets Old!



Tom F Cruise

Secret Service: Assassinations to Arrests..... **Thursday, May 9, 2024 | 6PM | Rohan Recreation**

Join professional crime analyst, Tom Cruise in an intriguing presentation about the history of the USSS. From its formation in 1865 to solely curtail counterfeit currency to the changes over the 159 years of the agency. Learn astonishing facts about the assassinations and attempts on presidents, unique criminal cases, arrests, and polygraph examinations made by the real Tom Cruise during his 22-year career.



Len Ferman

The Sports Time Traveler..... **Thursday, June 13, 2024 | 6PM | Rohan Recreation**

Creativity and innovation professor Len Ferman will describe how he became The Sports Time Traveler. As The Sports Time Traveler, Len travels back in time virtually by systematically reading newspaper archives from 50, 60, and 100 years ago, creating stories from his research. "Len does a great job bringing this back to life for people," says New York Post sportswriter Kevin Kernan. In this program, Len will share three fascinating stories from baseball, football, and golf.



Cathy Salustri

Florida Then and Now..... **Thursday, June 20, 2024 | 6PM | Rohan Recreation**

Perhaps no state or territory in the United States has changed as much as Florida has over the past century! Join historian Cathy Salustri on a virtual trip around the state. Learn how different areas and landmarks have changed and explore this pictorial journey showcasing well-known (and little-known) places. Featuring photographs from "then" and "now" and the historical and environmental significance of these places. We will conclude with tips on how to visit these fascinating Florida sites.



Tweet Coleman, Ed.D.

Navigating with Mindfulness..... **Thursday, July 11, 2024 | 6PM | Rohan Recreation**

Navigating with Mindfulness: A Chart for Intentional Living is a practical tool designed to empower individuals on their journey towards a more conscious and intentional life. This chart provides a roadmap for cultivating mindfulness, enabling you to steer your life's course with greater awareness and purpose. Whether you're seeking balance, fulfillment, or a deeper connection with the present moment, this resource offers practical guidance and insights to help you make mindful choices in every aspect of your life.

Registration Fees: Resident \$12 • General Public \$15

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