

# Memorial Manor <sup>20<sup>th</sup></sup> Anniversary SENIOR EXPO



## Saturday and Sunday, November 7 and 8

Join us for two days of lectures, demonstrations, hands-on activities and entertainment.

### Saturday Lectures, 10am – 5pm

**10am – Lighten Up: Laughter Really Is the Best Medicine**  
*Maria Soldani, Motivational Speaker*

**11am – Myths and Secrets of Aging Gracefully**  
*Regina Marranzini, MD, Geriatrician*

**Noon – Healthy and Delicious Recipes for Two**  
*Adam Feidelman, People's Choice Chef –  
Miramar/Pembroke Pines Chamber of Commerce*

**1pm – Looking for Love After 40**  
*Kenn Shapiro, Author,  
Finding It Again: The Truth About Love After 40*

**2pm – Point, Click and Send:  
Internet, E-mail and Photo Basics**  
*Carlene Levine and Horacio Randazzo,  
Memorial's "Tech Squad"*

**3pm – Crash Course in Wills and Trusts:  
Estate Planning Basics**  
*Richard Sabra, Esq., Ruden McClosky*

**4pm – Engage Your Brain, Enrich Your Life**  
*Linda Maurice, Nova  
Southeastern University  
Lifelong Learning Institute*

### Sunday Resource Fair, 10am – 1pm

**Demonstrations and Booths include:**

- Wii Fitness Challenge hosted by GameStop
  - Pilates Demonstration
  - Yoga Demonstration
  - Tai Chi Exercise Demonstration
  - Scrapbooking Seminar (Please Bring Photos)
  - CPR and Choking Demonstration
  - Broward County Elderly and Veterans Services
  - Southeast Focal Point/Joseph Meyerhoff Senior Center
  - Broward County Property Appraiser's Office
  - Florida Poison Information Center
  - Memorial Home Health Services
  - Memorial Senior Partners
  - Leeza's Place/Memorial Hospital Pembroke Memory Center
  - Memorial Cardiac and Vascular Institute
  - Memorial Neuroscience Center
- And more!



For more information, call (954) 276-5985.

**M Memorial  
Manor**

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A facility of Memorial Healthcare System

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