

Palmetto Bay launches 'Get Fit' programming in 2016



We all make New Year's resolutions, often about health and fitness issues, but we don't always follow through on them. Well, the Village of Palmetto Bay is going to help with that. We hear that they are unveiling "2016 Get Fit Palmetto Bay," a year-long series of exciting events and programs emphasizing wellness, nutrition, and fitness. Mayor Eugene Flinn is going to post a personal letter on the Village website about it, inviting Palmetto Bay residents and businesses to enroll. The initiative is geared to boost awareness of health issues and includes a seven-week "Mayor's Fitness Challenge" with a body-composition analysis and weekly bike ride with Mayor Flinn, wellness workshops throughout the year, kickball and sand-volleyball programs, and a Health Passport with a Goodie Bag stuffed with promotional items and discounted offers.

The first event takes place on January 10, 2016, at Coral Reef Park 9 a.m. to noon, where residents get to register for the program and join in the "Village RUNdezzvous-in-the-Park," and visit sponsor tents featuring fitness-program demos, health screenings, chair massages, vitamins, health-food samplings, skin care, fitness shoes and apparel. There'll even be a DJ playing live music to keep everyone motivated and moving. The Mayor's Fitness Challenge concludes in March as the top performing male and female participants are presented with achievement awards and prizes at the Annual Celebration Picnic. For enrollment infor-



Artist Marcelle Zanetti is pictured with her work.

mation visit the village website: <www.palmettobay-fl.gov/content/get-fit-palmetto-bay-2016>.

Local artist Marcelle Zanetti currently has a One Woman Exhibition of her paintings at the Wirtz Gallery, located at the First National Bank of South Miami, 5750 Sunset Drive. Her style is photorealism and her subject is nature—flowers, plants, tropical landscapes, all done on a large scale and with striking colors and composition. Zanetti has exhibited her work in a hundred or more places—galleries, museums, libraries, universities, hotels, businesses and a number of government centers, including Palmetto Bay Village Hall and Cutler Bay Town Hall. The exhibition closes December 31, so don't delay. For information visit her website, <www.marcellezanetti.com>.

The Play's the thing...The Area Stage

Company, located at 1560 South Dixie Highway, 103, in Coral Gables, will present the South Florida Premiere of the award winning play THE NETHER by Jennifer Haley. A new virtual wonderland

provides total sensory immersion. Just log in, choose an identity and indulge your every whim. But when a young detective uncovers a disturbing brand of entertainment, she triggers a dark battle over technology and human desire. Directed by Carbonell Award winner John Rodaz, THE NETHER is both serpentine crime drama and haunting sci-fi thriller that explores the consequences of living out our private dreams. Preview: Thursday, January 14, 2016. Opening Night: Friday, January 15, 2016. Performances: Fridays at 8 p.m., Saturdays at 8 p.m., Sundays at 5 p.m. For information please visit the website <www.area-stage-company.com>.

Thought of the Day:

We would accomplish many more things if we did not think of them as impossible.
— Vince Lombardi

Gary Alan Ruse contributed to this column.

Got any tips? Contact me at 305-669-7355, ext. 249, or send emails to <Michael@communitynewspapers.com>.

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