

FEBRUARY SENIOR CALENDAR

55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

Must wear mask to enter building. Everyone Welcome. Check out our website for details
www.freedom7seniors.org

Zumba Gold Mondays and Wednesdays at 9:30am \$2 per class
Chair Yoga Tuesdays at 9:30am \$2 per class

Strength and Balance Class Tuesdays and Thursdays at 9:30am \$2 per class

Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494, bcscwp.com



1. MOVIES: Who was the first African American to win the Academy Award for Best Actor?
2. ASTRONOMY: How many phases does the Moon go through each month?
3. MEDICAL: What are leukocytes?

4. TELEVISION: What are the names of the three animated "Power-puff Girls"?
5. INVENTIONS: Who is credited with inventing the first battery?
6. GEOGRAPHY: What is the largest country in Africa in land area?
7. MEASUREMENTS: What does a Geiger counter measure?
8. LITERATURE: What item did the crocodile swallow in "Peter Pan"?
9. FOOD & DRINK: What is grenadine made from?
10. ANIMAL KINGDOM: What is a baby goat called?

Answers

1. Sidney Potter, in 1964
2. Eight
3. White blood cells
4. Blossom, Buttercup and Bubbles
5. Alessandro Volta
6. Algeria
7. Radiation
8. A clock
9. Pomegranates
10. A kid

500+ Pickup Points in Brevard County.

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SENIOR SCENE[®]
Magazine





One Senior Place
8085 Spyglass Hill Rd,
Viera 321-751-6771
www.oneseniorplace.com

FEBRUARY 2021 ONE SENIOR PLACE EVENTS

Masks are required and screening protocols are in place for all visitors to One Senior Place. Please visit <https://www.oneseniorplace.com/covidprotocol/> for details.

Ultimate Guide to Your Golden Years, hosted by Atty. Joannie Rodriguez from Family First Firm, Wednesday February 3rd, 11 - 12:30pm. Plan today for tomorrow! This seminar will discuss how to stay in control of your property & finances, plan & prepare for long-term care, and how to minimize or avoid the expenses of probate. RSVP to 321-751-6771.

Spring Wreath Workshop with Cape Canaveral Pen Women, Thursday February 4th, from 10 - 12pm. Join Marion Coste as she helps us create a ribbon wreath that will last through the Spring and for years to come. This is a FREE event. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

COVID-19 and Your Brain: Mental Health During The Pandemic, presented by Fernando Montalvo, McKnight Doctoral Fellow, Thursday February 4th, 2 - 3pm. This talk will highlight the latest research regarding mental health during the current pandemic. Masks are required, for more information and to RSVP call 321-751-6771. Also available via ZOOM.

Considering Cremation? Make Pre-Planning A Priority in 2021 Lunch & Learn Seminar, by National Cremation, Monday February 8th, 11 - 1pm, REPEATS Friday February 19th, 2 - 4pm. Learn why making cremation arrangements in advance will help your family by reducing the financial & emotional burden. Join National Cremation Society to learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. A FREE lunch at Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

FREE Memory Testing, Tuesday February 9th, from 11 - 3pm. Merritt Island Medical Research will be offering free memory screenings the second Tuesday of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

ABC's of Dementia, A Series on Brain Health, presented by Scott Franczek, MD, Wednesday February 10th, 1 - 2:30pm. Neurologist and Clinical Research Physician, Dr. Scott Franczek, gives a better understanding on what an individual with Dementia can experience. In-Person or Virtual, call 321-751-6771. Masks are required.

Growing Old Without Going Broke, Thursday February 11th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Discussion on how to pay for long term care (home health care, assisted living facility or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. Limited seating, also available via ZOOM. RSVP to 321-729-0087.

Cooking with Courtenay! Hosted by Courtenay Springs Village, Friday February 12th, at 1pm. Join Chef Brian Kelley from Courtenay Springs Village for a FREE cooking demonstration with dessert provided. Sample our Cherries Jubilee and learn how YOU can make it at home! RSVP required, 321-751-6771.

COVID 101, Ask the Doctor Lunch & Learn Seminar, Monday February 15th, from 12 - 1pm. VITAS Healthcare and Dr. Frederick Peterson will present a monthly series of "Ask the Doctor" seminars. Limited seating to 14 attendees, call 321-751-6771 to reserve your seat today, boxed lunch will be provided. This seminar will also be available by ZOOM, call for information.

Legal Seminar, In-Person or Virtual, Tuesday February 16th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

Why Do I Need an Elder Law Attorney? "A Recipe for your Estate Planning Needs" - Elder Justice Educational Seminar, presented by Rhodes Law, Wednesday February 17th, at 10am. Join Ruth C. Rhodes, Esq. for a free Elder Justice Seminar where you will learn the basics of Elder Law and why you should have an experienced Elder Law Attorney to help you assess and prepare your legal planning. Also available LIVE Webinar via GoToMeeting! Light refreshments will be served. Masks and Social Distancing Required. Limited seating, RSVP to 321-610-4542.

Diagnosis & Testing, A Series on Brain Health, presented by Dr. Anthony Lo Galbo and Joshua Mabry, Wednesday February 17th, 1 - 2:30pm. Dr. Lo Galbo, Assoc. Professor & Board Certified Neuropsychologist at FIT will discuss neuropsych testing and Joshua Mabry, Site Director at Merritt Island Medical Research will discuss current research & studies for those with Dementia. In-Person or Virtual, call 321-751-6771. Masks are required.

JAZZ Brunch & Learn presented by Sonata East at Viera, Thursday February 18th, 9:30 - 11am. Join us and learn about the new luxury resort-style independent living community for active adult seniors. Unique to the Space Coast, Sonata East at Viera is the newest rental only community offering distinctive Independent, Assisted, and Memory Care in a campus setting. Hosted at One Senior Place. Limited seating, must RSVP, call 321-341-9000.

Top 10 Tips for Aging Well, Thursday February 18th, 12 - 1pm. Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better! For more information and to RSVP, call 321-253-6324.

Hearing Loss (= Brain Stress?), Lunch and Learn Seminar - In person and Virtual, Friday February 19th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AuD from Widex. Learn how living with hearing loss negatively impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-253-6310.

Essential Legal Documents That Provide Peace of Mind, Tuesday February 23rd, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. Limited seating,

also available via ZOOM. RSVP to 321-729-0087.
BINGO! In-person and online, Tuesday February 23rd, 1:30 - 2:30pm. Brought to you by Vascular Vein Centers. Play free, win prizes! Participation is limited, RSVP required, call 321-751-6771. Online participants must have a computer connected to the internet.

Technology and Dementia, A Series on Brain Health, presented by Dr. Frank Webbe, Wednesday February 24th, 1 - 2:30pm. Dr. Frank Webbe, Professor Emeritus of Psychology and Behavior Analysis, FIT. Technology has become a very important part of our daily lives and for those working with people with dementia the technology allows the caregivers to communicate and help with certain dementia related behaviors. In-Person or Virtual, call 321-751-6771. Masks are required.

Legal Seminar, In-Person or Virtual, Thursday February 25th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

SUPPORT GROUPS

Life Planning, What is Your Plan? Parkinson's Support Group of Viera, Monday February 1st, 10 - 11am. Talk with Barbara Fradkin, Social Worker at One Senior Place about what is your plan as we move into the future. Find out options, talk about how your disease has changed the way you look at life. Start working on your life plan. VIRTUAL ONLY. RSVP to 321-751-6771 for online link. Hosted by One Senior Place.

Loss, Grief & Bereavement Support Group, Thursday's February 11th and 25th, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating, must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

RECURRING EVENTS

Questions About Your Hearing? Personal Hearing Solutions, Every Monday from 9:30-3pm. Sandra Wagner will be on hand to share information & answer your questions about hearing loss and solutions to it for a safe and healthy lifestyle. For more information, stop by or call 321-253-6310.

Brevard Users Group (BUG Club), Monday February 1st, 2:00 - 3pm. The Brevard Users Group (The BUG Club) is a personal computer support group meeting the first Monday of each month with the exception of holidays and special events. This group will offer the basics of learning Windows based computers. For info send email to president@bugclub.org.

Book Club - Legacy Club, Thursday afternoons from 1 - 2pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

Contact information:

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