



SENIOR SCENE[®]
Magazine

Senior Calendar

MARCH 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

The
Official



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Magazine

SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



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

MARCH 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.

The Legalities of Memory Loss, A Series on Brain Health, hosted by One Senior Place, Wednesday March 3rd, 1 - 2:30pm. Dr. Kelly Dunn, Diplomate American Board of Psychiatry and Neurology, will speak on Capacity - how to know when someone cannot make their own decisions. Teletia Szuba, CEO and Professional Guardian with Szuba Guardianship, will cover when guardianship comes into practice. Attorney Ruth Rhodes, Rhodes Law, PA will all speak on maintaining your documents. In-Person or Virtual, call 321-751-6771. Masks are required.

Princess and Friends, Author Carol Anne Dunn with Cape Canaveral Pen Women, Thursday March 4th, from 10 - 12pm. Join Carol Anne as she talks about her book, Princess and Friends. Princess is a Florida cat. Carol Anne is retired from NASA and she loves her cats. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat. Also available by ZOOM.

Considering Cremation? Make Pre-Planning A Priority in 2021 Lunch & Learn Seminar, by National Cremation, Monday March 8th, 11 - 1pm, REPEATS Friday March 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 March 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.

Open Forum, Ask the Doctor Lunch & Learn Seminar, Tuesday March 9th, from 11:30 - 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.

Planning and caring for your loved one, A Series on Brain Health, hosted by One Senior Place, Wednesday March 10th, 1 - 2:30pm. Lisa Conway, RN, CCM, VP of Senior Partner Care Services at One Senior Place will discuss aging in place. Come and meet the representatives from the Memory Care communities in Brevard County and get information on how they will treat your loved ones. In-Person or Virtual, call 321-751-6771. Masks are required.

How to Minimize Taxes on Trusts or Probate Estates, Thursday March 11th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. There are opportunities after death during the trust administration or probate process to minimize or eliminate those pesky taxes. Limited seating, also available via ZOOM. RSVP to 321-751-6771.

Social Cognition: How Does the Brain Understand Others? presented by Fernando Montalvo, McKnight Doctoral Fellow, Thursday March 11th, 2 - 3pm. This talk will explore how the brain makes

sense of a set of visible or audible cues and then translate that information into an understanding if the social world around it. Masks are required, for more information and to RSVP call 321-751-6771. Also available via ZOOM.

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

Social Security Seminar, In-Person or Virtual, Tuesday March 16th, at 4pm. James DeLaura, Financial Advisor, RJFS, with Whittaker Cooper Financial Group will present. Given the thousands of complex rules and hundreds of claiming options, creating a plan of action for Social Security can be an overwhelming prospect. One Social Security misstep could leave you missing out on hundreds of thousands of dollars over a lifetime. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

Don't Leave Your Estate to Luck, "Recipes for Estate Planning" - Elder Justice Educational Seminar, presented by Rhodes Law, Wednesday March 17th, at 10am. Join Ruth C. Rhodes, Esq. for a free Elder Justice Seminar where you will learn the basics of Estate Planning and how to plan for your future, and ensure your estate is devised according to your wishes. One lucky LIVE or VIRTUAL Attendee will win a gift basket courtesy of Rhodes Law, P.A. Light refreshments will be served. Masks and Social Distancing Required. Limited seating, also available through ZOOM, RSVP to 321-751-6771.

The Brain and the End of Life, A Series on Brain Health, hosted by One Senior Place, Wednesday March 17th, 1 - 2:30pm. Alexandria Garnier-Mercier, Brain Bank Program Manager with ADRC will present, What is the Florida Brain Bank? John Harell, Patient Care Administrator with VITAS will present, Support at the End of Life. Ron Skitowski, Manager of Pre-Arrangement with National Cremation Society will present, Pre-Planning for the End of Life. In-Person or Virtual, call 321-751-6771. Masks are required.

JAZZ Brunch & Learn presented by Sonata East at Viera, Thursday March 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.

Low Back Pain, Thursday March 18th, 12 - 1pm. Presented by Aquatic Health & Rehab. Causes - Prevention - Treatment. For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar - In person and Virtual, Friday March 19th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AuD from Widex. This talk will center on the causes of Tinnitus, "ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Who will inherit my estate? Protecting Heirs, Tuesday March 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 321-751-6771.

BINGO! In-person and online, Tuesday March 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.

Prevention and Your Brain, A Series on Brain Health, hosted by One Senior Place, Wednesday March 24th, 1 - 2:30pm. Sandra Wagner, BC-HIS,

with Personal Hearing Solutions will present Brain & Hearing. Sandy Stauffer, Program Manager at Health First Aging Services Memory Disorder Clinic will present How to Exercise Your Brain. In-Person or Virtual, call 321-751-6771. Masks are required.

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

Healthy Cooking for the Brain, A Series on Brain Health, hosted by One Senior Place, Wednesday March 31st, 1 - 2:30pm. Join Jillian Zebris from Chefs for Seniors as she teaches us about healthy food for our brain. In-Person or Virtual, call 321-751-6771. Masks are required.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday's March 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 March 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:

Audrey Chow-Jones, Client Relations Manager,
Audrey@oneseniorplace.com
One Senior Place 8085 Spyglass Hill Road,
Viera, FL 32940 (321)751-6771

The Helping Seniors Foundation Cruise

Oct 17th 2021

7-nights from Port Canaveral
Western Caribbean - MSC Divina

Join your Brevard County Friends!

**Limited Time Early Booking Incentive:
Book Inside Cabin & get Balcony Upgrade Free!**

Special Musical Guest

Lori Hafer
"I'd Like to Teach the World to Sing"
Jazz & Big Band Style



