



SENIOR SCENE[®]
Magazine

Senior Calendar

APRIL 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 11:00am \$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



SENIOR SCENE[®]
Magazine

SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



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

APRIL 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.

Bead Making with Pam Farley, Cape Canaveral Pen Women, Thursday April 1st and Friday April 2nd, from 10 - 12pm. Join Pam Farley as she talks about her experience in Uganda and "Project Hope". Make paper beads like those made in Uganda. This is a 2 session workshop. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

Brain Health, Ask the Doctor, A Series on Brain Health, hosted by One Senior Place, Monday April 5th, 12 - 1:30pm. Join Dr. Peterson Medical Director VITAS Healthcare, as he concludes our Brain Health series with questions and answers on dementia and other brain issues. Must RSVP to 321-751-6771. In-Person or Virtual, and masks are required.

My Loved One was just Diagnosed with Dementia...Now What?, Thursday April 8th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Join us in a discussion on this matter including what documents to have in place and how to pay for long-term care expenses. Limited seating, also available via ZOOM. RSVP to 321-751-6771.

Considering Cremation? Make Pre-Planning A Priority in 2021 Lunch & Learn Seminar, by National Cremation, Monday April 12th, 11 - 1pm, REPEATS Friday April 23rd, 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 April 13th, 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.

JAZZ Brunch & Learn presented by Sonata East at Viera, Thursday April 15th, 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.

Let's talk about...Migraines, Thursday April 15th, 12 - 1pm. Presented by Aquatic Health & Rehab. Causes - Treatment - Nutrition. For more information and to RSVP, call 321-253-6324.

Hearing Loss = Brain Stress, Lunch and Learn Seminar - In person and Virtual, Friday April 16th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AuD from Widex. This presentation is about hearing health & education. Boxed lunch provided, must RSVP to 321-751-6771.

Plan Well: Your Care, Your Choices, In-person or Virtual, Tuesday April 20th, from 10 - 11am. Do you know who will make care decisions for you when you are not able? Join us at One Senior Place for an informative workshop on completing Five Wishes, an easy-to-use legal advance directive document written in everyday language. Registered attendees will receive a free copy of Five Wishes! Must RSVP to 321-751-6771.

Long Term Care Is Not A Place... Seminar, In-Person or Virtual, Tuesday April 20th, at 4pm. One Senior Place will discuss why long-term care planning is important, what you need to know, and how to start to plan for your long-term care needs. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

Don't Put Your Eggs in One Basket! "A Recipe for Medicaid Planning & Asset Protection" - Elder Justice Educational Seminar, presented by Rhodes Law, Wednesday April 21st, at 10am. Join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Also available LIVE Webinar via GoToMeeting! Light refreshments will be served. Limited seating, must RSVP to 321-751-6771.

VA - Aid & Attendance Seminar, In-Person or Virtual, Thursday April 22nd, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

Social Media Past Your 50's, presented by Fernando Montalvo, McKnight Doctoral Fellow, Friday April 23rd, 10 - 11am. This talk explores the latest research on the benefits and hazards of social media in people over 50 years of age. In this age group, it turns out social media can be a lot more beneficial than people think it is. Masks are required, for more information and to RSVP call 321-751-6771. Also available via ZOOM.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday April 27th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared and your family knows your desires. Limited seating, also available via ZOOM. RSVP to 321-751-6771.

Medicaid Planning Seminar, In-Person or Virtual, Thursday April 29th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating and for ZOOM link, must RSVP to 321-751-6771.

SUPPORT GROUPS

Motor and Non-motor symptoms, Parkinson's Support Group of Viera, Monday April 5th, 10am. Join Vigeana Sanon, Senior Medical Science Liaison with AbbVie as she discusses treatment options and provides more overall education on Parkinson's Disease. VIRTUAL ONLY. RSVP to 321-751-6771 for online link. Hosted by One Senior Place.

Loss, Grief & Bereavement Support Group, Thursdays April 8th and 22nd, 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), Tuesday April 6th, 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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One Senior Place
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Can you imagine leaving your beloved pets behind with someone who might hurt or even kill them? 65% of domestic violence victims delay fleeing because they fear for the safety of their pets. That's why Serene Harbor opened the Shirley's Pet Sanctuary at our emergency shelter in 2014.

Lilly, our Comfort Dog

2nd Annual
PAWS FOR A CAUSE
5K RUN/WALK

Saturday, April 10, 2021
Fred Poppe Regional Park, Palm Bay 7:30am
Pet friendly run/walk
www.sereneharbor.org

Serene Harbor
Certified Domestic Violence Center
800-1-800-333-3333
A Safety for your family too

COMMUNITY ANIMAL HOSPITAL
A Safety for your family too

SELA PET SERVICES
www.sela.com

FLORIDA BUSINESS BANK

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Serene Harbor does not discriminate on the basis of race, color, religion, age, national origin, mental or physical disability, marital status, sex, gender, pregnancy, military status, status as a veteran, genetic information, citizenship, immigration status, marital status, sexual orientation, gender identity, gender expression, United English proficiency, language spoken, or other legally protected status. Serene Harbor facilities and services are accessible, and we will provide accommodations, including braille large print, interpreters, American Sign Language, large print, accessible hearing devices, wheelchair ramps, and other accommodations, and read time. Language support for persons who are deaf, hard of hearing, or are blind or visually impaired, or for persons who are limited English speakers. This program is for the hearing and visually impaired. For your convenience, more than 20 languages are available to help you understand the information on this page. Call 800-333-3333 for more information.