

MAY SENIOR CALENDAR

CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

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

Chair Yoga Tuesdays at 11:00am
\$2 per class
Gentle Mat Yoga Class Thursday
10:45 am \$1 per class

Seated Yoga Class Tuesday 11:00
am \$2 per class
Strength and Balance Class Tues-
days and Thursdays at 9:30am \$2

per class
Zumba Gold Mondays and
Wednesdays 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

MONDAY PROGRAMS

Billiards- 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Friendly Poker - 1:00-4:00 pm
Shuffleboard League - 6:30 pm
(April 12 to May 31)

TUESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm
Zumba Gold - 8:30-9:15 am
Social Scrabble - 9:30-12:00 pm
Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am
Dealers Choice Poker- 1:00- 4:00 pm
Line Dancing for Fun & Exercise -
4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi-8:30-9:15 am
Mah Jongg - Chinese - 1:00-4:00 pm
Mexican Train Domino's- 1:00-4:00 pm

THURSDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

American Mah Jongg- 9:00 - 12:00
noon

Strength & Flexibility-9:30-10:30 am
Silver Sneakers - 11:00 am-12:00
noon

Bunco -12:30 - 4:00 pm - 1st & 3rd
Thursday

Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am

Tai Chi- Wednesday - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Bingo - 11:15 am - 2:00 pm - Doors
open at 10:00 am
Pinocle - 12:30- 4:00 pm
Dealers Choice Poker- 1:00- 4:00 pm

SATURDAY PROGRAMS

WPSC Building Closed - No Pro-
grams inside the Building
Shuffleboard Open Practice - 9:00
am - 12:00 noon

The
Official



SENIOR SCENE[®]
Magazine

SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com

The Definitive Guide to Services of Value for Florida Space Coast Seniors

HelpingSeniorsDirectory.com



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

MAY 2021
ONE SENIOR PLACE EVENTS

Masks are required for ALL visitors when entering One Senior Place and throughout the building.

A Boy Who Mattered, presented by Author Marshall Frank, Cape Canaveral Pen Women, Thursday May 6th, from 10 - 12pm. Join Marshall Frank as he discusses his most recent non-fiction book about his first born son, Bennett, who entered into drug addiction before his teen years. Marshall will also entertain us with his violin playing. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Monday May 10th, 11 - 1pm, REPEATS Friday May 21st, 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 May 11th, 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.

I've Been Vaccinated... Now What? Under the Tent Series, Ask the Doctor, Tuesday May 11th, 11:30 - 1pm. Join Dr. Peterson Medical Director VITAS Healthcare, as he talks about COVID Vaccines and what's next. Lunch for those in attendance, must RSVP to 321-751-6771. Limited seating, and masks are required.

Sold in a Second... Now What? Under the Tent Series, Oceans Realty Oceans Lending, Tuesday May 11th, 2 - 3pm. Presented by Bree Fary and Barbara Asinari, Oceans Realty and Hiren Patel, Oceans Lending. Find out about your options when it comes to selling your home in today's market. Must RSVP to 321-751-6771. Limited seating, and masks are required.

A Taste of Senior Living, Under the Tent Series, Wednesday May 12th, 11 - 2pm. Sample delicious foods from area Senior Living communities. Representatives will be on hand to answer any questions you may have. Limited capacity, ticket required for entry to 11am, 12pm or 1pm time slots. Call 321-751-6771 to reserve your time slot. Masks are required.

Medicaid and Long Term Care Alternatives to Medicaid, Thursday May 13th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long term care (privately), through VA assistance or Medicaid so that you

can make intelligent, informed choices. Limited seating, also available via ZOOM. RSVP to 321-751-6771.

Ice Cream Social, Under the Tent Series, Thursday May 13, 12 - 1:30pm. Hosted by Rhodes Law, P.A. Come make your own ice cream sundae and enjoy the company of your friends while listening to the sounds of the Harbor City Harmonizers. Seating limited MUST RSVP to 321-751-6771. Masks are required.

Back to the Classics Movie Matinee, Thursday May 13, at 2pm. Hosted by Rhodes Law, P.A. Come and watch Casablanca, and enjoy classic movie treats! Seating limited MUST RSVP to 321-751-6771. Masks are required.

Food Truck Friday, Under the Tent Series, Friday May 14, 11:30 - 1pm. Come out and buy lunch from Lenand10 Food Truck. Delicious and affordable! Hang around for some fun playing BINGO immediately following. Masks are required.

Beach BINGO, Under the Tent Series, Friday May 14th, 1:30 - 3pm. Presented by Vascular Vein Centers and co-sponsored by Oceans Realty. This is BINGO with a special twist. FREE to play, prizes awarded, fun for all! Limited seating, must RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday May 18th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating, must RSVP to 321-751-6771.

Cruising Down the Danube, Senior Travel Show Lunch & Learn, Tuesday May 18th, 12 - 2pm. Senior Travel creates travel itineraries for individuals that want to live a full life after age 55. In 10 years it will not be the things you did that you regret, but the things you did not do. Limited seating, must RSVP to 321-751-6771.

Avoid Guardianship: Before It's "Nacho" Choice! - Elder Justice Educational Seminar, presented by Rhodes Law, Wednesday May 19th, at 10am. Join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar on how to avoid guardianship. Happy Cinco De Mayo! One Lucky Live or Virtual Attendee will win a Gift Basket Courtesy of Rhodes Law, P.A. Also available LIVE Webinar via GoToMeeting! Light refreshments will be served. Limited seating, must RSVP to 321-751-6771.

Therapeutic Laser, Thursday May 20th, 12 - 1pm. Presented by Aquatic Health & Rehab. Presenting ways to decrease pain, help heal fractures, increase circulation and more. For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday May 21st, 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 "Ringing in your ears" and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Open Q & A About Estate Planning and Elder Law, Tuesday May 25th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask the attorney questions you may have about Wills, Trusts, Powers of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate Desig-

nations. Limited seating, RSVP to 321-751-6771.

Navigating the Medicaid Maze, hosted by Atty. Joannie Rodriguez from Family First Firm, Wednesday May 26th, at 10am. Get Medicaid advice from an Elder Law EXPERT! Join Attorney Joannie Rodriguez of the Family First Firm as she explores the various benefits that may be available to you or your loved ones! RSVP to 321-751-6771.

Trust in Technology: Accepting Technology Isn't Always Easy, presented by Fernando Montalvo, McKnight Doctoral Fellow, Wednesday May 26th, 2 - 3pm. Every few years a product comes along that changes the way we live our daily lives. This talk will highlight the latest from the field of user research. Masks are required, for more information and to RSVP call 321-751-6771.

Medicaid Planning Seminar, Thursday May 27th, 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

Loss, Grief & Bereavement Support Group, Thursday's May 13th and 27th, 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.

Alzheimer's & Dementia Support Group, Wednesday May 19th, from 2 - 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. Sponsored by Market Street Memory Care, to RSVP call 321-751-6771.

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 May 3rd, 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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