

# JUNE 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 55plusclubofsb.com**

**Line Dancing at the Tuesday and Thursdays** at 1:00pm  
**Mahjongg - Wednesdays** at

10:00am and will meet at the Teen Zone.  
**Bridge - Wednesdays** at 10:00am

and will meet at the Teen Zone.  
**Walking - Tues. 8-9am and Wed. & Thurs. 8-9:30am** at the center gym

**Summer hours 7:30-8:30am from June 8th to August 5th.**

**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 Tuesdays 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**

## MONDAY-FRIDAY

**Billiards**, 9AM-4PM, \$2/\$3, NBSC, (321) 268-2333

## MONDAY

**No. Brevard Line Dance**, 10AM-12:30PM, \$3/\$4, Yvette (321) 225-4872

**Senior Fitness**, 10AM-11AM, \$3/\$4, Linda (321) 383-0735

**Beginner Bridge Lessons**, By Appt. Only, \$12 (4-week course), Mary H. (321) 607-2200

**Tap & Jazz**, 11:15AM-12:45PM, \$3/\$4, Linda, (321) 383-0735

**Mexican Train Dominoes** (hiatus til Mar.), 1PM-3PM, \$2/\$3, Joanne (321) 267-5923

**Spanish Class** (next session TBA), 2PM-4PM, \$25 (5-week course), NBSC (321) 268-2333

**Karaoke** (on hiatus), 6PM-8PM, \$2/\$3

**Poker**, 6PM-9PM, \$2/\$3, Bill F. (321)

544-1430

**Bunco** (2nd Mon), 6:30PM-9PM, \$4/\$5, Sharon (321) 383-7927

## TUESDAY

**Pinochle**, 10AM-2PM, \$2/\$3, Rachel (321) 537-5322

**Muscle Memory, Strength, Balance**, 10:30AM-11:30AM, \$2/\$3, Natine (321) 609-0999

**Connie's Card Making** (2nd Tues), 11:30AM-12:30PM, \$4/\$5, Connie (410) 598-3755

**Mahjongg** (hiatus til Mar.), 12:30PM-3:30PM, \$2/\$3, Andie (321) 385-3595

**Party Bridge**, 12:30PM-3:30PM, \$2/\$3, Larry B. (321) 631-8061

**Darling Damsels Bridge**, 1PM-3:30PM, \$2/\$3, Eleanor (321) 267-8340

**Tai Chi**, 1PM-2:30PM, \$3/\$5, Ada (321) 848-4689

**Dinner & Movie** (2nd Tues), 5PM,

\$TBA, Debra (321) 268-2333

**Computer/Phone Classes**, By Appt. Only, \$3/\$4, Anne (321) 544-9469

## WEDNESDAY

**Hooks & Needles Knitting** (1st Wed), 10AM-11:30PM, \$2/\$3, Anne (321) 917-1108

**Hurricane Rug Hooking** (2nd&4th Wed.), 10AM-2PM, \$2/\$3, Fonda (321) 298-2796

**Senior Fitness**, 10AM-11AM, \$3/\$4, Linda (321) 383-0735

**ACBL Duplicate Bridge**, 12PM-3PM, \$2/\$3, Sue R. (321) 501-8965

**Line Dance Class - Beginners**, 4:30PM-5:30PM, \$3/\$4, Ferrell (321) 267-0195

**Line Dance Class**, 5:30PM-6:30PM, \$3/\$4, Ferrell (321) 267-0195

**Line Dancing Class**, 6:30PM-8:30PM, \$3/\$4, Barbara (321) 452-1944

## THURSDAY

**Bingo** (Play begins at 10AM), 9AM-2:30PM, Varies (#of cards played), Cat (321) 231-1135

**Singles Club Planning Mtg** (1st Thurs), 4PM, Call Jean for location, Jean (321) 362-2359

## FRIDAY

**Shuffleboard**, 10AM-12PM, \$2/\$3, Bill F. (321) 544-1430

**Tap & Jazz**, 10AM-11AM, \$2/\$3, Marsha (321) 264-2776

**Muscle Memory, Strength, Balance**, 10:30AM-11:30AM, \$2/\$3, Natine (321) 609-0999

**Drama for Seniors**, 1:30PM-3:30PM, \$4/\$5, Janina (321) 567-5210

**Line Dance Social** (4th Fri), 6PM-9PM, \$5, Yvette (321) 225-4872

## SUNDAY

**Intermed./Adv'd. Line Dance Class**, 2PM-4PM, \$3/\$4, Ferrell (321) 267-0195

**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 noon

**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

**Pinochle** - 12:30- 4:00 pm

**Dealers Choice Poker**- 1:00- 4:00 pm

## SATURDAY PROGRAMS

**WPSC Building Closed** - No Programs inside the Building

**Shuffleboard Open Practice** - 9:00 am - 12:00 noon



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

## JUNE 2021 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
www.OneSeniorPlace.com

**Poetry Workshop, presented by Donna Puglisi, Cape Canaveral Pen Women, Thursday June 3rd, from 10 - 12pm.** Join Donna Puglisi as she helps bring out the poet in you! Bring your creativity and have fun! Space is limited, MUST RSVP, call 321-751-6771 to reserve your seat.

**FREE Memory Testing, Tuesday June 8th, 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.

**Top 10 Estate Planning Mistakes that Can Cost Your Heirs Money, Thursday June 10th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Come and learn the mistakes commonly made, so that you do not do the same. Limited seating, RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA, Thursday June 10th, at 2pm.** Hosted by Rhodes Law, P.A. Get out of the heat and come and watch "Fried Green Tomatoes", and enjoy classic movie treats! Seating limited MUST RSVP to 321-751-6771.

**Considering Cremation? Lunch & Learn Seminar, by National Cremation, Monday June 14th, 11 - 1pm, REPEATS Monday June 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 Carraba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

**Hope on the Horizon, Monday June 14th, 2 - 3pm.** Chelsea Mabry, PhD with Merritt Island Medical Research will be on hand to teach us about current and future research at the Merritt Island

Medical Research Center. Call 321-751-6771 to RSVP.

**Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday June 16th, at 4pm.** Bring your questions and join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Areas of discussion: Estate Planning, Medicaid Planning and Asset Protection, Probate and Trust Administration, and Guardianship. Also available LIVE Webinar via GoToMeeting! Light refreshments served. Limited seating must RSVP to 321-751-6771.

**Osteoarthritis, Thursday June 17th, 12 - 1pm.** Presented by Aquatic Health & Rehab. Osteoarthritis, Knee/Hip and all areas of pain. Identifying various types of pain. Causes and Treatment plans discussed. For more information and to RSVP, call 321-253-6324.

**Hearing Loss [= Brain Stress?], Lunch and Learn Seminar, Friday June 18th, from 11 - 1pm.** This presentation brought to you by Signia and Personal Hearing Solutions. During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

**Planning for Incapacity in Order to Avoid Guardianship Proceedings, Tuesday June 22nd, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will discuss what documents help avoid a guardianship and what the process is if a guardianship is necessary. Limited seating, RSVP to 321-751-6771.

**BINGO! with Vascular Vein Centers, Tuesday June 22nd, 1:30 - 2:30pm.** Brought to you by Vascular Vein Centers. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Medicaid Planning Seminar, Thursday June 24th, at 10am.** Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

### SUPPORT GROUPS

**Parkinson's Support Group of Viera, In-Person Only, Monday June 7th, 10am.** Please join us as we come back in person to talk about Parkinson's disease and share how life has changed

since COVID. RSVP to 321-751-6771. Hosted by One Senior Place.

**Loss, Grief & Bereavement Support Group, Thursday's June 10th and 24th, 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 June 16th, 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 June 7th, 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  
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The Official



# SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com

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