

JULY 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 martinanderseniorcenter.com

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

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 gpbcs.org

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

JULY 2021

ONE SENIOR PLACE EVENTS

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

Planning Your Estate to Minimize Taxes, Thursday July 8th 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. By carefully planning your estate and properly titling your assets you can make sure that what you worked hard to earn will go to those you designate, not to the IRS. Limited seating, RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday July 8th at 2pm. Hosted by Rhodes Law, P.A. Get out of the heat and come and watch "Mama Mia", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Monday July 12th 11 - 1pm, REPEATS Thursday July 22nd 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 July 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.

Shoulder Pain, Thursday July 15th 12 - 1pm. Presented by Aquatic Health & Rehab. Frozen Shoulder, Rotator Cuff, Sprain / Strain, Fractures. Causes and Treatment plans discussed. For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday July 16th from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex will center on the causes of Tinnitus, Ringing in your ears, and how to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday July 20th at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday July 21st 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.

Essential Legal Documents That Provide Peace of Mind, Tuesday July 27th 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, RSVP to 321-751-6771.

BINGO! with Vascular Vein Centers, Tuesday July 27th, 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.

VA Aid & Attendance Seminar, Thursday July 29th at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday's July 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.

Pulmonary Fibrosis Support Group, Tuesday July 20th from 1 - 3pm. Support group for pulmonary fibrosis patients and caregivers. This group meets every 3rd Tuesday for talks, special topics, snacks and friendship. For more information, contact Bonnie Halenkamp at 954-931-0459.

Alzheimer's & Dementia Support Group, Wednesday July 21st 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), Tuesday July 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:

Audrey Chow-Jones, Client Relations Manager
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The
Official



SENIOR SCENE
Magazine

SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com

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