

# AUGUST 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** 10:00am and will meet at the Teen Zone.  
**Mahjongg - Wednesdays at** **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 **Seated Yoga Class Tuesday 11:00 am** \$2 per class  
**Gentle Mat Yoga Class Thursday 10:45 am** \$1 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 nbsc.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 gpbsc.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**  
**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

## AUGUST 2021 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**Issues in Parkinson's and Dementia, Parkinson's Support Group, Monday August 2nd,, from 10-11am.** Meet Marie Gyant, M.A., CCC-SLP. Speech - Language Pathologist with Nurse on Call as she discusses Dysphagia, Aspiration, and Speech Changes and many more issues. She will talk about swallowing treatments and how to make your voice stronger. Seating is limited, must RSVP to 321-751-6771.

**FREE Memory Testing, Tuesdays August 3rd and 17th, from 11 - 3pm.** Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

**Considering Cremation? Lunch & Learn Seminar, by National Cremation, Thursday August 5th at 11 - 1pm, REPEATS Thursday August 26th at 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.

**Advanced Care Planning & End-of-Life Decisions, Ask the Doctor Lunch & Learn Seminar, Tuesday August 10th, 11:30 - 1pm.** Join Dr. Peterson Medical Director VITAS Healthcare, as he talks about what you need to know before you are faced with these difficult decisions. Lunch for those in attendance, must RSVP to 321-751-6771.

**Growing Old without Going Broke, Thursday August 12th 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA, Thursday August 12th at 2pm.** Hosted by Rhodes Law, P.A. Get out of the heat and come and watch "The Bucket List", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

**Navigating the Medicaid Maze Seminar, Friday August 13th, 10 - 11:30am.** Presented by Elder Law Attorney Joannie Rodriguez with Family First Firm. Discover the unique strategies that are available to you and the legal documents you need. Limited seating must RSVP to 321-751-6771.

**Memories in the Making, Art Class, every Monday beginning August 16 through September 20th, from 1:30 - 2:30pm.** This 5-part class is a FREE signature art program by the Alzheimer's Association that provides people living with early stage Alzheimer's and Dementia with a forum to express themselves through water-color painting and drawing. Sponsored by VITAS Healthcare. No art experience is needed to attend but space is limited, RSVP to our helpline number 800-272-3900.

**Medicaid Planning Seminar, Tuesday August 17th 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 August 18th 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. RSVP to 321-751-6771.

**Alternative Techniques for Pain, Thursday August 19th 12 - 1pm.** Presented by Aquatic Health & Rehab. Various ways to treat pain: Aquatics / Laser / MPS / Graston Technique / Strain - Counterstrain / Massage / Manual Therapy. For more information and to RSVP, call 321-253-6324.

**Hearing Loss [= Brain Stress], Lunch and Learn Seminar, Friday August 20th 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 ways that hearing aids and assistive listening devices can enhance your lifestyle. Boxed lunch provided, must RSVP to 321-751-6771.

**Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday August 24th 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. RSVP to 321-751-6771.

**BINGO! with Vascular Vein Centers, Tuesday August 24th, 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.

**How to Find the Right Memory Care for Your Loved One, Wednesday August 25th from 11 - 12pm.** Join guest speakers Julie Fernandez, Dir. of Team Development & Training with Sonata Senior Living, and Barbara Fradkin, Ex. Dir. of One Senior Place. Opening in 2021 at Sonata East, Serenades Memory Care combines innovative design features with award-winning programming to emphasize the importance of quality of life in those with dementia. RSVP to 321-751-6771.

**Headaches, Wednesday August 25th 1 - 2pm.** Presented by Dr. Caroline Mahar, PT, DPT

with Aquatic Health & Rehab. Learn the difference between Migraines and Headaches. Various treatments and techniques implemented to alleviate the pain. For more information and to RSVP, call 321-253-6324.

**Estate Planning Seminar, Thursday August 26th 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 August 12th and 26th, 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 August 17th, 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 August 18th, 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 August 2nd, 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](mailto: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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