

# SEPTEMBER 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

**Grand Reopening Freedom 7 Senior Community Center** located inside the Cocoa Beach Country Club  
**Sept 13th-16th 9am-2pm** Enter to win a Gift Basket! More info at 321-783-9505 or visit www.freedom7seniors.org.  
**Aging in Place and Alternative Options: Thursday Sept 16th at 11am** RSVP welcomed, drop ins okay.  
 321-783-9505.  
**Monday: 11am-Starting Soon-Mahjongg**-Players needed, please contact me ASAP! 321-783-9505-Judy  
 9:30 am: Zumba Gold: Class designed for the over 50 crowd. Cost \$5 for F7 Members/\$7 for Non-Members -1st Class FREE come try it out!  
**Tuesday: 9:30am-10:30am Strength and Balance!** Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! \*\*\$2  
 10:45am one hour NEWTIME Chair Yoga-Breathe, Stretch, Repeat-Drop in \$2  
**Wednesday: 9:30 am: Zumba Gold**- Class designed for the over 50+ crowd. Cost \$5 for F7 Members/\$10 for non-Member.  
**Thursday: 9:30am-10:30am -Strength and Balance!** Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! \*\*\$2  
**10:45-11:15am-Mat Yoga**, we provide cushy mats, beginner level \$1-\$2

**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](http://www.oneseniorplace.com)

**SEPTEMBER 2021**  
**ONE SENIOR PLACE EVENTS**

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

**The Club for Active Seniors, OPEN HOUSE, Wednesday September 1st, from 9 - 10am.** Join us for coffee and light refreshment, meet our Resident Businesses and learn more about the club. Sign up for weekly: Card games, Mahjong, Hand & Foot, Poker, and Pokeno. Seating is limited, must RSVP to 321-751-6771.

**Memories in the Making, Art Class, every Monday ending 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 watercolor 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.

**Considering Cremation? Lunch & Learn Seminar, by National Cremation, Tuesdays September 7th, from 11 - 1pm, REPEATS Friday September 24th, from 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, Tuesdays September 7th, and 21st, 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.

**What's New in Parkinson's Disease Research, Parkinson's Support Group, Wednesday September 8th, from 10-11:30am.** Join Dr. Anwar Ahmed, AdventHealth Medical Director of Neurology for his presentation about new changes, medications, and research related to Parkinson's disease. Seating is limited, must RSVP to 321-751-6771.

**How to Bullet Proof Your Estate Plan from a Contest or Challenge, Thursday September 9th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expenses for your family. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA, Thursday September 9th at 2pm.** Hosted by Rhodes Law, PA, and sponsored by Viera Insurance Professionals. Get out of the heat and come and watch "Dirty Dancing", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

**Be Healthy, Be Happy Health Fair, Friday September 10th, 10 - 1pm.** Join One Senior Place and learn more from a variety of specialists about how to be healthy and happy! VENDORS - SCREENINGS - FLU SHOTS - RESOURCES - DOOR PRIZES. MASKS are required. For more information, call 321-751-6771.

**Ask the Doctor Lunch & Learn Seminar, Tuesday September 14th, 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.

**Parkinson's Discussion Group, Wednesday September 15th, 10 - 11am.** Come and share ideas, make new friends in this NEW Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease. RSVP to 321-751-6771. This does NOT replace the support group that is held the 1st Monday of the month.

**Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday September 15th 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.

**Top 10 Tips for Aging Well Seminar, Thursday September 16th 12 - 1pm.** Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better! For more information and to RSVP, call 321-253-6324.

**Tinnitus (and Hearing Loss), Lunch and Learn Seminar, Friday September 17th, 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.

**Medicaid Planning Seminar, Tuesday September 21st, at 10am.** Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**MAC User Group Meeting, Tuesday September 21st, from 5:30 - 7pm.** If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Whittaker-Cooper Financial Group and MAC Mad.

**Medicare with Confidence, Wednesday September 22nd, from 10 - 12pm.** Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 TTY: 711

**Wreath Workshop with Cape Canaveral Pen Women, Thursday September 23rd, from 10 - 12pm.** Join Marion Coste as she helps us create a ribbon wreath that will last for years to come. This is a FREE event. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

**Elder Law Matters - what every senior needs to know, Thursday September 23rd, from 4 - 5pm.** This is the first of our 8-week elder law series. How Estate Plans Protect You & Prevent Exploitation, presented by Elder Law Attorney Joannie Rodriguez with Family First Firm. Elder abuse may be difficult to detect, but detecting it may save the life of an older adult. We encourage you to join us and learn more about issues facing the elderly in our great State of Florida and across the nation. Limited seating must RSVP to 321-751-6771.

**Guardianship - Start to Finish, Tuesday September 28th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar

will cover requirements for when someone appointed guardian and when to choose a professional vs family or friends. RSVP to 321-751-6771.

**BINGO! with Vascular Vein Centers, Tuesday September 28th, 1:30 - 3:30pm.** Brought to you by Vascular Vein Centers. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Elder Law Matters - what every senior needs to know, Thursday September 30th, from 4 - 5pm.** This is the second of our 8-week elder law series. Shifting Dynamics, Changing Roles, presented by Robin Petersen, Esquire with Elder Planning and Elder Law Center of Brevard. As parents age they transition to empty nesters, and then from parents to grandparents, and then maybe from spouse to widow/widower, and then maybe needing care from their own children. We will explore the legal ramifications of these shifting dynamics. Limited seating must RSVP to 321-751-6771.

**SUPPORT GROUPS**

**Loss, Grief & Bereavement Support Group, Thursday's September 9th and 23rd, 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 September 15th, 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.

**Pulmonary Fibrosis Support Group, Tuesday September 21st, 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.

**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 September 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.

**THE CLUB ACTIVITIES** - Membership \$1 weekly - New members are welcome!

**The Club each Wednesday 9-1pm** This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

**Contact information:**

Audrey Chow-Jones, Client Relations Manager  
[Audrey@oneseniorplace.com](mailto:Audrey@oneseniorplace.com)  
 One Senior Place  
 8085 Spyglass Hill Road,  
 Viera, FL 32940 (321) 751-6771