

OCTOBER 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 de-

signed 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

Chair Stretch & Balance: 2nd& 4th Thursdays, 2PM

Video Exercise Classes: M, W&F, 12:30PM

Open House: Oct 23, 11AM-3PM, Arts, crafts, raffles, food, entertainment

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, STBA, 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
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

OCTOBER 2021 ONE SENIOR PLACE EVENTS

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

Diagnosis: Lewy Body Dementia, Parkinson's Support Group, Monday October 4th, from 10-12pm. Join Dr. Scott Franczek, Clinical Researcher for Neurological Diseases speaks about Lewy Body Dementia and its effects on Parkinson's Disease and Dementia. Seating is limited, must RSVP to 321-751-6771.

Medicare with Confidence, Monday October 4th, at 2pm. Repeats on Wednesday October 13th at 1pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. 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

Plan for Lunch. Plan for Life. Lunch & Learn Seminar, by National Cremation, Tuesday October 5th, from 11 - 1pm, REPEATS Friday October 22nd, from 2 - 4pm. We invite you to join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. A FREE Lunch or Early Dinner will be served at: Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays October 5th, and 19th, 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.

Elder Law Matters - what every senior needs to know, Thursday October 7th, from 4 - 5pm. This is the third of our 8-week elder law series. Elder Marriages OR Subsequent, presented by William A. Johnson, P.A. Topics are Florida's Homestead Law and Elective Share Laws, Federal Social Security Law, and Pre and Postnuptial agreements. Limited seating must RSVP to 321-751-6771.

MEDICARE SPECIAL EVENT: Medicare with Confidence, Friday October 8th, at 10am. Medicare education event to learn more about 2022 Medicare options, how to save money on prescription drugs and more! Hosted by One Senior Place, featuring Viera Insurance Professionals, Florida Health Care Plans and The Canadian Medstore. Limited seating, RSVP required by calling 321-751-6771.

My Loved One Has Been Diagnosed with Dementia...Now What?, Thursday October 14th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Join us in a discussion on this matter including what documents to have in place and how to pay for long-term care expenses. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday October 14th at 2pm. Hosted by Rhodes Law, PA. Join us as we get in the Halloween mood by watching "Hocus Pocus", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

Elder Law Matters - what every senior needs to know, Thursday October 14th, from 4 - 5pm. This is the fourth of our 8-week elder law series. Elder Mediation and Sibling Conflict, presented by Roger Klaffka, Attorney with Estate Planning and Elder Law Center of Brevard. Elder medication is a private, confidential, and voluntary forum for family decision-making and is commonly used to resolve disputes outside of the courtroom. Limited seating must RSVP to 321-751-6771.

Hearing Loss [= Brain Stress], Lunch and Learn Seminar, Friday October 15th, 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.

Cape Canaveral Pen Women present: Jaimie Engle, Screenwriter, Author & Speaker, Monday October 18th, from 10 - 12pm. Join Jaimie Engle as she talk about her book, "Write a Book that Doesn't Suck: A No-Nonsense Guide to Writing Epic Fiction". Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

Medicaid Planning Seminar, Tuesday October 19th, 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 October 19th, 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 Jim DeLaura and MAC Mad.

Parkinson's Discussion Group, Wednesday October 20th, 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.

Alternative Techniques for Pain, Thursday October 21st, 12 - 1pm. Presented by Aquatic Health & Rehab. Aquatics / Laser / MPS / Graston Technique / Strain / Counterstrain / Massage / Manuel Therapy. For more information and to RSVP, call 321-253-6324.

Elder Law Matters - what every senior needs to know, Thursday October 21st, from 4 - 5pm. This is the fifth of our 8-week elder law series. Importance of Pre-Planning & The Aid and Attendance Benefit, presented by Cassidy Petersen Conti, Attorney with Estate Planning and Elder Law Center of Brevard. Find out what documents are critical for everyone to have, what they mean, and how they can provide you some peace of mind. Limited seating must RSVP to 321-751-6771.

Who will inherit my estate? Protecting Heirs, Tuesday October 26th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

BINGO! with VITAS Healthcare, Tuesday October 26th, 1:30 - 3:30pm. Brought to you by VITAS Healthcare. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Estate Planning Seminar, Thursday October 28th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Elder Law Matters - what every senior needs to know, Thursday October 28th, from 4 - 5pm. This is the sixth of our 8-week elder law series. The Importance of Planning to Avoid Crisis Planning, presented by Ruth Rhodes, Attorney Rhodes Law, PA. Learn the strategies to protect your assets while taking care of your family. Limited seating must RSVP to 321-751-6771.

Aid & Attendance Benefits for Veterans and Surviving Spouses, Friday October 29th, from 11 - 12pm. Hosted by One Senior Place. Veterans Aid & Attendance Benefit for Home Care presented by Paloma Collantes with VetAssist. What Does Home Care Look Like? Presented by Lisa Conway with Senior Partner Care Services, and Aging in Place and Assisted Living presented by Barbara Fradkin with One Senior Place. RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday's October 14th and 28th, 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 October 20th, 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 October 5th, 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:

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