

# NOVEMBER 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

**Monday:**  
**9:30 am: Zumba Gold:** Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for Non-Members  
1st Class is FREE so come try it out... you won't be disappointed!  
**11am: Mahjongg:** Drop in and play! Bring your board if you have one! \$2 pp

**Tuesday:**  
**9:30am-10:30am Strength and Balance!** Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2  
**10am-2pm Crafty Ladies Drop in Social** Bring your latest project, scrapbooking, etc... Have a cup of coffee or tea and get social. Stay an hour (or two or three)!

\$1 per member or \$2 non-member  
**10:45am one hour Chair Yoga-Breathe, Stretch and Repeat- Drop in \$2**  
**Wednesday:**  
**9:30 am: Zumba Gold-** Another fun class designed for the over 50 crowd. Cost \$5 for F7 Members/\$7 for non-Members.  
**2pm: Book Club-** Monthly Book Club Every 3rd Wed of the month at 2pm.

\*No Book Club during the month of November or December due to Holiday schedules.  
**Thursday:**  
**9:30am-10:30am - Strength and Balance!** Get Fit, Improve Balance and Build Muscle. All levels of fitness. Chair assist is A-okay. Drop In! \$2  
**10:45-11:15am-Mat Yoga!** We provide cushy mats and beginner levels. \$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 gpbasc.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

## NOVEMBER 2021 ONE SENIOR PLACE EVENTS

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

**FREE Liver Scans, Monday November 1st, and Wednesday the 17th, from 10 - 2pm.** ClinCloud is offering FREE Fibroscans the FIRST Monday and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

**Brain Donor Project, Parkinson's Support Group, Monday November 1st, from 10-11:30am.** Join Tish Hevel, the Founder and CEO of The Brain Donor Project. Learn how this program works and why you should consider it. Seating is limited, must RSVP to 321-751-6771.

**FREE Memory Testing, Tuesdays November 2nd, and 16th, 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.

**Plan for Lunch. Plan for Life. Lunch & Learn Seminar, by National Cremation, Tuesday November 2nd, from 11 - 1pm, REPEATS Tuesday November 30th, 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.

**VA Aid & Attendance Seminar, Thursday November 4th, 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 November 4th, from 4 - 5pm.** This is the seventh of our 8-week elder law series. Going Through the Probate Process, presented by Danielle Johnson, Attorney. She will discuss what assets pass through the probate process and how to avoid probate, the validity of out of state wills & trusts, the rights of creditors, Florida Homestead and Elective share law and Federal estate taxes. Limited seating must RSVP to 321-751-6771.

**How to Get Medicaid Without Losing Everything, Friday November 5th, 10 - 11:30am.** Presented by Elder Law Attorney Joannie Rodriguez with Family First Firm. Learn the ins and outs on how to qualify and what Medicaid will cover... you will be surprised! Limited seating must RSVP to 321-751-6771.

**End of Life, Ask The Doctor Lunch & Learn Seminar, Tuesday November 9th, at 11:30 am.** VITAS Healthcare and Dr. Frederick Peterson will present a monthly series of "Ask the Doctor" seminars. Limited seating, must RSVP to 321-751-6771.

**Medicaid and Long Term Care Alternatives to Medicaid, Thursday November 11th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Discussion on 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 November 11th, at 1pm.** Hosted by Rhodes Law, PA. Join us as we watch this classic "Grumpy Old Men", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Elder Law Matters - what every senior needs to know, Thursday November 11th, from 4 - 5pm.** This is the eighth and final of our 8-week elder law series. Meet the Attorneys Q & A Panel, presented by One Senior Place. All seven attorneys will be present to answer all your questions! Limited seating must RSVP to 321-751-6771.

**Cape Canaveral Pen Women present: Joanne Fisher, Steamy romance author, Monday November 15th, from 10 - 12pm.** Joanne Fisher is a Canadian-Italian-American author who is renowned for her steamy romances, her historical fictions and her murder/mysteries. She will talk about her newest book, "The Melbourne Connection" which was just released in June. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

**Medicaid Planning Seminar, Tuesday November 16th, 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 November 16th, 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.

**Pie & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday November 17th 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. Light refreshments served. RSVP to 321-751-6771.

**Osteoarthritis, Thursday November 18th, 12 - 1pm.** Presented by Aquatic Health & Rehab. Causes / Symptoms / Treatment. For more information and to RSVP, call 321-253-6324.

**Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday November 19th, 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 Ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**Open Q & A About Estate Planning and Elder Law, Tuesday November 23rd, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask a seasoned estate planning and elder law attorney questions you may have about Wills, Trusts, Power of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate Designations. RSVP to 321-751-6771.

**Sharpen Your Office Skills and make a difference in other's lives, hosted by VITAS Healthcare, Tuesday November 30th, from 9am - 12pm.** WE NEED YOU!!! Please stop by One Senior Place and meet other volunteers and learn how you can make a difference in others' lives. Nothing is more rewarding than hospice work! Limited seating, must RSVP to 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group, Thursday November 11th, 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.

### 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 November 1st, 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.

**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

500+ Pickup Points  
in Brevard County.

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