

DECEMBER 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

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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

Karaoke: Thursdays at 12:30 till 3PM

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

DECEMBER 2021 ONE SENIOR PLACE EVENTS

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

BINGO! with Sonata Viera, Wednesday December 1st, 1:30 - 3:30pm. Brought to you by Sonata Viera. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Estate Planning Seminar, Thursday December 2nd, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

COVID-19 Booster News, Lunch & Learn Hosted by Florida Health Care Plans, Thursday December 2nd, from 11:30-1:30pm. Presented by Summerpal Kahlon, M.D. Infectious Diseases. Learn about the latest guidelines for COVID-19 vaccine booster shots as well as news about treatment advances. Seating is limited, must RSVP to 321-751-6771.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Thursday December 2nd, from 2 - 4pm, REPEATS Monday December 20th, from 11 - 1pm. 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 Liver Scans, Monday December 6th, and Wednesday the 15th, 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.

Depression, Anxiety in Parkinson's and Dementia, Parkinson's Support Group, Monday December 6th, from 10-12pm. Join us as Dr. Kelly Dunn, Diplomate American Board of Psychiatry and Neurology, speaks about these issues and how it effects on Parkinson's and Dementia. Seating is limited, must RSVP to 321-751-6771.

Medicaid Planning Seminar, Tuesday December 7th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771

FREE Memory Testing, Tuesdays December 7th, and 21st, from 11 - 3pm. Merritt Island Medical Re-

search 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.

Benefits of Aquatic Physical Therapy, Ask The Doctor Lunch & Learn Seminar, Tuesday December 7th, at 12pm. Dr. Terry Shepherd, Owner of Aquatic Health and Rehab will present. VITAS Healthcare will sponsor a monthly series of "Ask the Doctor" seminars. Limited seating must RSVP to 321-751-6771.

How to Minimize Taxes on Trusts or Probate Estates, Thursday December 9th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. There are opportunities after death during the trust administration or probate process to minimize or eliminate those pesky taxes. . . . RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday December 9th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "A Christmas Story", and enjoy movie treats! MUST RSVP to 321-751-6771.

Make The Holidays Special!, Friday December 10th, from 1 - 3pm. Add more fun to the holidays after seeing our cooking demos (and samples), decorating and crafting ideas. Join One Senior Place, VITAS Healthcare, Market Street, Sonata Viera, The Fountains and Cape Canaveral Pen Women as they share their expertise in helping you to have an extra special holiday! RSVP is required, call 321-751-6771.

Hot Chocolate, Cookies & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday December 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. Light refreshments served. RSVP to 321-751-6771.

Therapeutic Laser, Thursday December 16th, 12 - 1pm. Presented by Aquatic Health & Rehab. Presenting ways to decrease pain, help heal fractures, increase circulation, treatment for peripheral, idiopathic, and diabetic neuropathy. For more information and to RSVP, call 321-253-6324.

Open Your Heart to Healing for the Holidays, Thursday December 16th, at 3pm. Learn to navigate yuletide sadness at VITAS Healthcare's Blue Holiday Remembrance Service. RSVP to Ruth Little at 321-752-2533. Presented by VITAS Healthcare Bereavement Department.

Hearing Loss [= Brain Stress], Lunch and Learn Seminar, Friday December 17th, from 11 - 1pm. Brought to you by Personal Hearing Solutions and Kaitlyn Lakey, Territory Account Manager with Signia. This presentation will center on the ways that hearing aids and assistive devices can enhance your lifestyle. Boxed lunch provided, must RSVP to 321-751-6771.

Growing Old without Going Broke, Tuesday December 28th, 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.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays December 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 December 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.

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 December 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 information, email 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
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500+ Pickup Points in Brevard County.

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SENIOR SCENE
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