

# JANUARY 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**

**Bingo each Monday at SB Civic Center, doors open 9:30am, game begins 11am. Card fees apply.**

**Line Dancing Tuesdays and Thursdays** at Schechter Community Center, 1pm-2pm. Fee paid at the door.

**Game Night each Wednesday** at Schechter Community Center, 6-9pm. Free!  
**Walking Group each Tuesday 8am-**

**9am and Wednesday/Thursday 8am-9:30am** at Schechter Community Center Gymnasium. Free!

**Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505**

**Fall Prevention seminar, January 20, 11AM, Dr Mike Nichols 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: Mahjong:** Drop in and play!

Bring your board if you have one! \$2 pp  
**11 am: Dayaway Travel Club** Starting back January 17, 2022! Learn about and sign up for any travel tours that interest you at discounted member prices!!  
**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  
**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.  
**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

**JANUARY 2022**  
**ONE SENIOR PLACE EVENTS**

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

**FREE Memory Testing, Tuesdays January 4th, and 18th, 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.

**FREE Liver Scans, Monday January 10th, and Wednesday the 19th, from 10 - 2pm.** ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

**Improve your Mood and Get Active!, Ask The Doctor Lunch & Learn Series, Tuesday January 11th, 11:30 - 1pm.** Lunch provided by VITAS Healthcare for all registered attendees. Dr. Anthony LoGalbo is a Neuropsychologist, Associated Professor at Florida Tech. RSVP required, call 321-751-6771.

**BINGO!, Tuesday January 11th, 2 - 3:30pm.** Brought to you by VITAS Healthcare. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Do you need to revisit your Estate Planning in 2022?, Thursday January 13th, 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.

**Movie Matinee with Rhodes Law, PA, Thursday January 13th, at 2pm.** Hosted by Rhodes Law, PA. Join us as we watch this classic "Under the Tuscan Sun", and enjoy movie treats! MUST RSVP to 321-751-6771.

**JoAnna O'Keefe, Author, Poet, Inspirational Speaker, Friday January 14th, from 10am.** JoAnna will talk about "Why poetry can save your life". She will emphasize that it comes from the soul, and did indeed, save her life. Hosted by Cape Canaveral Pen Women, RSVP is required, call 321-751-6771.

**Clinical Research, Panel Discussion, Friday January 14th, from 2 - 4pm.** Join us for a special 4-part series to learn about the latest scientific discoveries in Alzheimer's, Parkinson's, Liver Disease, and more. Presented by One Senior Place, Merritt Island Medical Research, Charter Research, and ClinCloud. RSVP is required, call 321-751-6771.

**Estate Planning Seminar, Tuesday January 18th, at 10am.** Elder Law Attorney William A. Johnson, P.A. will

present. Limited seating must RSVP to 321-751-6771.  
**File Management, MacMAD User Group Meeting, Tuesday January 18th, from 5:30 - 7pm.** Meeting will feature the Files app, and the use of the Share Icon and using Maps in IOS (iPhone and iPad). Presented by MacMAD. RSVP to 321-751-6771.

**Coffee & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday January 19th, 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.

**Top 10 Tips for Aging Well, Thursday January 20th, 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.

**Ring in the New Year, Tinnitus/Ringing in the Ears, Lunch and Learn Seminar, Friday January 21st, 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.

**Clinical Research, Alzheimer's Disease Treatment and Prevention Trials, Friday January 21st, from 2 - 4pm.** Join us for a special 4-part series to learn about the latest scientific discoveries in Alzheimer's, Parkinson's, Liver Disease, and more. Presented by One Senior Place, Merritt Island Medical Research, Charter Research, and ClinCloud. RSVP is required, call 321-751-6771.

**Guardianship - Start to Finish, Tuesday January 25th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Whether you are a guardian of an incapacitated person, have been asked to be a guardian, or know someone acting as a guardian, this seminar will be informational. RSVP to 321-751-6771.

**The Nuts & Bolts of Personal Finance, Wednesday January 26th, at 3pm.** James DeLaura, Financial Advisor, RJFS, will present in this 3-part series. First topic is: Balancing a Checkbook, why should I do it and how do I do it? Limited seating must RSVP to 321-751-6771.

**VAAid & Attendance Seminar, Thursday January 27th, at 10am.** Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771

**VOL NTEER... ALL WE ARE MISSING IS U, VITAS Healthcare, Friday January 28th, From 9 - 12pm.** Whether you are interested in administration, relief care, sewing or bringing your pet on visits, VITAS has a volunteer opportunity that is just right for you. Make a difference in the lives of hospice patients and their families. For more information, please stop by One Senior Place on Friday January 28th between 9 - 12pm.

**Clinical Research, The Latest in Parkinson's Disease and Treatment, Friday January 28th, from 2**

**- 4pm.** Join us for a special 4-part series to learn about the latest scientific discoveries in Alzheimer's, Parkinson's, Liver Disease, and more. Presented by One Senior Place, Merritt Island Medical Research, Charter Research, and ClinCloud. RSVP is required, call 321-751-6771.

**SUPPORT GROUPS**  
**Loss, Grief & Bereavement Support Group, Thursdays January 13th and 27th, 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.

**Parkinson's Discussion Group, Wednesday January 19th, 10 - 11am.** Come and share ideas, make new friends at the 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.

**Alzheimer's & Dementia Support Group, Wednesday January 19th, 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 January 4th, 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](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:**  
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Viera, FL 32940 (321) 751-6771

**500+ Pickup Points**  
**in Brevard County.**

(Get Your Copy of Senior Scene Before It Gets Gone!)

