

MARCH 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

March 3, 11:30AM, Brain Health Seminar

March 17, 11:30, Immune and Respiratory Health Seminar

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-12pm: Dayaway Travel Club Learn about and sign up for travel tours at discounted member prices!! (Not available at the center on

March 7 and April 4)
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 Bring your latest project or craft. Scrapbook, knit, etc... and have

a cup of coffee/tea and just talk amongst others doing the same. Stay an hour (or two or three)! \$1 member or \$2 non-member
10:45am-11:15am: Indoor Power Walking FREE TRIAL CLASS MARCH 1

Wednesday: 9:30 am: Zumba Gold- Another fun class designed for the over 50 crowd. Cost \$5 for F7 Members/\$7 for non-Members.

11:00am-11:45am: Chair Yoga Breathe, relax, meditate and REPEAT!... without even leaving your seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4

non-member
12 noon: Bridge Only the 1st and 2nd Wednesdays of each month.
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 martinandersenseniorcenter.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-THURSDAY
Billiards 9AM-3PM \$2/\$3 NBSC (321)268-2333

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321)225-4872

Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923

Hand & Foot 1pm-3:30PM \$2/\$3 Donna (407) 808-5237

Poker 6PM-9PM, \$2/\$3 Bill F. (321)544-1430
Bunco (2nd Mon) 6:30PM-9PM, \$4/\$5 Sharon (321)383-7927

Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance

10:00AM-11AM Natine (321)609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776

Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755

Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595

Party Bridge 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200

Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827

Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689

Computer/Phone Classes, By Appt. Only \$3/\$4 Anne (321) 544-9469

WEDNESDAY
Bridge Lessons by Appt \$10 Rick (863)640-5798
Zumba 9:15AM-10:15AM \$5/\$6 Robin

(321)514-5945
Hooks & Needles Knitting (1st Wed) 10AM-11:30 AM \$2/\$3 Anne (321) 917-1108

Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796

ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306

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 Dance Class 6:30PM-7:30PM \$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

(321) 352-2359
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

FRIDAY
Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430

Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999

Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333

Line Dance Social (4th Fri) 6PM-9PM \$5 Yvette (321) 225-4872

SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

Dinner & Movie: Call for time and movie. \$6.00 Must be prepaid. (321)268-2333

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

Zon Beachside,
1894 S PATRICK DR,
INDIAN HARBOUR BEACH

March 28 - 1030am-1130am
- "Life Planning" - the Get Your Ducks in a Row Series from Helping Seniors - Join us for this free 50 minute session featuring experts who provides tips and insight on helping you develop your Aging Plan. Light Refreshments provides - RSVP Helping Seniors at 321-473-7770.



One Senior Place
8085 Spyglass Hill Rd,
Viera 321-751-6771
www.oneseniorplace.com

MARCH 2022 ONE SENIOR PLACE EVENTS

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

FREE Memory Testing, Tuesdays March 1st, and 15th, 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 March 7th, and Wednesday the 16th, 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.

Sleep Apnea, The Characteristics and Causes, Ask The Doctor Lunch & Learn Series, Tuesday March 8th, 11:30 - 1pm. Join us as Tony Stigall, MBA, RRT, RPSGT with Space Coast Sleep Disorders Center explains the signs and causes of obstructive sleep apnea. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday March 8th, 2 - 3:30pm. Brought to you by The Brennity. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

How to Minimize Taxes on Trusts and Probate Estates, Thursday March 10th, 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 March 10th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "A League of Their Own", and enjoy movie treats! MUST RSVP to 321-751-6771.

Senior Health Friday: Enjoying the Great Outdoors (Florida's Early Months) with Nurse Lisa, Friday March 11th, from 10 - 11am. This presentation will encompass the different types of outdoor activities seniors can enjoy during Florida's early months. RSVP required to 321-751-6771.

Estate Planning Seminar, Tuesday March 15th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

MacMAD User Group Meeting, Tuesday March 15th, from 5:30 - 7pm. MacMAD's monthly meetings

feature a presentation on topics of interest to owners of Apple devices, including iPhone, iPad and Macintosh. Typical topics include tutorials on specific Apps, and beginner's guides to various features of Apple's hardware and software. Hosted by Jim DeLaura, R/JF, presented by MacMAD. RSVP to 321-751-6771.

Ask the Attorney, Wednesday March 16th, at 4pm. We all have questions about the law, bring yours! Join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Light refreshments served. RSVP to 321-751-6771.

Alternative Techniques for Pain Management, Thursday March 17, from 12 - 1pm. Presented by Aquatic Health & Rehab. Various modalities to help alleviate pain in a physical therapy setting. For more information and to RSVP, call 321-253-6324.

Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Thursday March 17th, from 2 - 4pm, REPEATS Monday March 21st, 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.

Tinnitus [Ringing in the Ears], Lunch and Learn Seminar, Friday March 18th, 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.

Who Will Inherit My Estate - Protecting Heirs, Tuesday March 22nd, 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.

Medicaid Planning Seminar, Thursday March 24th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Let's Celebrate Music on a High Note! Fundraiser, Friday March 25th, from 2 - 4pm. LIVE entertainment, appetizers, raffle baskets. Proceeds benefiting the Cape Canaveral Pen Women Music Scholarship. Hosted by One Senior Place, RSVP suggested, for more information call 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays March 10th and 24th, 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 March 16th, 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 March 16th, 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 March 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 information, email president@bugclub.org.

Ask the Realtor, Oceans Realty Florida, Every Thursday from 1 - 3pm. Barbara Asinari, Realtor with Oceans Realty is available to answer your real estate questions, whether you're buying or selling, NO OBLIGATION. For more information, stop by or call 321-751-6771.

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

One Senior Place
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500+ Pickup Points in Brevard County.

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