

APRIL 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

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 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 martinandersenseniocenter.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 E. (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

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

(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

(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

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

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

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

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

Five Ideas You Can Use Now on Your Financial Checklist. Monday - April 28th 1030am-1130am
Helping Seniors Resource Center of Brevard Community Information Series



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

APRIL 2022 ONE SENIOR PLACE EVENTS

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

VOLUNTEER... ALL WE ARE MISSING IS U, VITAS Healthcare, Friday April 1st, 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 April 1st between 9 - 12pm.

FREE Liver Scans, Monday April 4th and Wednesday the 20th, 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.

FREE Memory Testing, Tuesdays April 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.

Senior Health Friday: FOOD for THOUGHT (Nutritious Eating and Its Relationship to Your Body) with Nurse Lisa, Friday April 8th, from 10 - 11am. This session will include a nutritionist/dietician (possible cooking demo) to help seniors understand that healthy food can be easy to prepare and taste great! RSVP required to 321-751-6771.

Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Monday April 11th, from 11 - 1pm, REPEATS Tuesday April 26th, 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.

Sexuality and Sexual Health as it Relates to Seniors, Ask The Doctor Lunch & Learn Series, Tuesday April 12th, 11:30 - 1pm. Join Neil Frey, MSN, APRN, AGACNP-BC Glomar Medical as he discuss sex and aging. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday April 12th, 2 - 3:30pm. Brought to you by The Brenny. Play free, win prizes, fun for all! Partic-

ipation is limited, RSVP required, call 321-751-6771.
My Loved One Has Been Diagnosed with Dementia... Now What?, Thursday April 14th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. There are steps that we recommend taking during this difficult time to assist with the legal aspects. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday April 14th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "Hope Springs", and enjoy movie treats! MUST RSVP to 321-751-6771.

Medicaid Planning Seminar, Tuesday April 19th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

5 Wishes Workshop, Tuesday April 19th, from 1 - 2pm. Do you know who will make care decisions for you when you are not able? Does that person know what kind of medical treatment you do or do not want? The best time to make these decisions is now, BEFORE you face a health crisis. Hosted by One Senior Place, RSVP required, for more information call 321-751-6771.

MacMAD User Group Meeting, Tuesday April 19th, 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, RJF, presented by MacMAD. RSVP to 321-751-6771.

Ask the Attorney, Wednesday April 20th, 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.

Osteoarthritis, Thursday April 21st, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, symptoms and treatment. For more information and to RSVP, call 321-253-6324.

Can You Hear Me Now? Lunch and Learn Seminar, Friday April 22nd, from 11 - 1pm. This presentation brought to you by Sandra Wagner, BC-HIS, owner of Personal Hearing Solutions. Boxed lunch provided, must RSVP to 321-751-6771.

AARP Smart Driver Course, Monday April 25th, from 9 - 4pm. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members and \$25 for non-members. The class will be taught by certified volunteer instructor Ernie Edwards, RSVP to 719-648-1052.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday April 26th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared and your family knows your desires. RSVP to

321-751-6771.

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

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays April 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.

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

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! W

Contact information:

Audrey Chow-Jones, Client Relations Manager Audrey@oneseniorplace.com
One Senior Place
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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!)

SENIOR SCENE[®]
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