

MAY 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:

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!!

Monday & Wednesday:

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!

Tuesday:

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 A quick 30-minute "in-place" full body workout that builds cardio and

endurance. Cost of class is \$1 for Freedom 7 members and \$2 for non-members. FIRST CLASS IS ALWAYS FREE!!

Tuesday & Thursday:

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

Wednesday:

11:00am-11:45am: Chair Yoga (No class on Wednesday, May 11th) 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:

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 nbcs.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

Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy (321)576-2782

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 (321)268-2333

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

Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945

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

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbcs.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, In Nautilus Ballroom 1894 S PATRICK DR, INDIAN HARBOUR BEACH

Last Monday every month, 10:30am-11:30am In this 55-minute session, you will hear from knowledgeable people experienced in these areas and the information will help you in "Getting Your Ducks in a Row" when it comes to planning out your successful senior years. Complimentary coffee & snacks. RSVP at (321) 473-7770 or online HelpingSeniorsOfBrevard.org/SCB



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

MAY 2022

ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday May 2nd and Wednesday the 18th, 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 May 3rd, and 17th, 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.

Honoring Our Mothers, We Remember, VITAS Healthcare, Thursday May 5th, from 11 - 1pm. Join us for a Mother's Day Tea Remembrance at One Senior Place. Please bring a photo of your loved one. For more information and to register by May 3rd contact Ruth at mary.little@vitas.com or call 321-752-2533.

Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Monday May 9th, from 11 - 1pm, REPEATS Thursday May 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.

Hypertension and You: An Open Forum, Ask The Doctor Lunch & Learn Series, Tuesday May 10th, 11:30 - 1pm. Join K. Jeffrey Saluck, D.O. Family Medicine, Florida Health Care Plans, with your questions and concerns. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday May 10th, 2 - 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Too Much Stuff? Tips for Downsizing, Wednesday May 11th, from 1 - 2pm. Downsizing is a major decision and is often accompanied not just by financial factors, but an array of emotional factors too. Join us to learn more about how to downsize without feeling as if you are losing memories too. RSVP required to 321-751-6771.

Medicaid and Long Term Care Alternatives to Medicaid, Thursday May 12th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss 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 May 12th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "OVERBOARD", and enjoy movie treats! MUST RSVP to 321-751-6771.

Mental Health, Senior Health Friday with Nurse Lisa, Friday May 13th, from 10 - 11am. This session will focus on mental health and seniors. RSVP required to 321-751-6771.

Estate Planning Seminar, Tuesday May 17th, 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 May 17th, 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 May 18th, 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.

Let's Talk About...Migraines, Thursday May 19th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, treatment, and nutrition. For more information and to RSVP, call 321-253-6324.

Tinnitus (Ringing in the Ears), Lunch and Learn Seminar, Friday May 20th, 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.

AARP Smart Driver Course, Monday May 23rd, 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.

Open Q & A About Estate Planning and Elder Law, Tuesday May 24th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask the attorney questions you may have about Wills, Trusts, Powers of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate

Designations. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday May 26th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays May 12th and 26th, 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 May 18th, 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 May 18th, 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
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500+ Pickup Points in Brevard County.

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