

# JUNE 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 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  
**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

(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

(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

**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

**TUESDAY**  
**Pinochle 10AM-2PM \$2/\$3 Rachel**

**WEDNESDAY**  
**Bridge Lessons** by Appt \$10 Rick

**THURSDAY**  
**Bingo** (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135

**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/SRCB





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

**JUNE 2022**  
**ONE SENIOR PLACE EVENTS**

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

**FREE Liver Scans, Monday June 6th and Wednesday the 15th, 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.

**Balance and Fall Prevention, Monday June 6th, from 12 - 1pm.** Presented by Caroline Mahar, PT, DPT with Aquatic Health & Rehab. Taking control of your body, increase balance and mobility, prevent future falls. For more information and to RSVP, call 321-253-6324.

**FREE Memory Testing, Tuesdays June 7th, and 21st, 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.

**Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Tuesday June 7th, from 11 - 1pm, REPEATS Thursday June 23rd, 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.

**Top 10 Estate Planning Mistakes that Can Cost Your Heirs Money, Thursday June 9th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Understand the importance of properly titling your assets and designating beneficiaries, and much more. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA, Thursday June 9th, at 2pm.** Hosted by Rhodes Law, PA. Join us as we watch this classic "Going in Style", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Hurricane Preparedness: Best Practices for Staying Safe, Senior Health Friday with Nurse Lisa, Friday**

**June 10th, from 10 - 11am.** Join Nurse Lisa as she welcomes Community Health Resource Coordinator, Jonathan Weiss with Brevard County Fire Rescue for a talk on hurricane preparedness. RSVP required to 321-751-6771.

**Senior Day Trips & Travel, Lunch & Learn, Monday June 13th, 12pm.** Join us to learn more about upcoming day trips and travel opportunities. Presented by Global Tours & Travel. Lunch provided for registered attendees. RSVP required, call 321-751-6771.

**Seniors and Mental Health, Ask The Doctor Lunch & Learn Series, Tuesday June 14th, 11:30 - 1pm.** Join Lori L. Parsons, PsyD with Lifetime Counseling Center, as she talk about mental health with the senior population. Lunch provided by Senior Partner Care Services for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!, Tuesday June 14th, 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.

**Ask the Attorney, Wednesday June 15th, at 4pm.** We all have questions about the law, bring yours! Join Gregory J. Schwendeman, Esq. with Rhodes Law, PA. for a free Educational Elder Justice Seminar. Light refreshments served. RSVP to 321-751-6771.

**Healing Waters, Thursday June 16th, from 12 - 1pm.** Presented by Aquatic Health & Rehab. Aquatic therapy can prove to be a successful alternative for individuals who are in pain and weakened due to an injury or disability. For more information and to RSVP, call 321-253-6324.

**Does Hearing Loss = Brain Stress?, Lunch and Learn Seminar, Friday June 17th, from 11 - 1pm.** During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Brought to you by Widex and Personal Hearing Solutions. Boxed lunch provided, must RSVP to 321-751-6771.

**Medicaid Planning Seminar, Tuesday June 21st, at 10am.** Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

**Virtual Dementia Tour, Tuesday June 21st, from 12pm - 4pm.** One Senior Place along with a team of trained facilitators from businesses around Brevard County will offer the Virtual Dementia Tour. Join us for this experience and help us raise awareness for Alzheimer's care, support and research. Reservation required by calling 321-951-1050.

**MacMAD User Group Meeting, Tuesday June 21st, 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.

**Planning for Incapacity in Order to Avoid Guardianship Proceedings, Tuesday June 28th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will discuss what documents help avoid a guardianship and what the process is if a guardianship is necessary. RSVP to 321-751-6771.

**Estate Planning Seminar, Thursday June 30th, 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 June 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.

**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!

**Contact information:**

Audrey Chow-Jones, Client Relations Manager  
 Audrey@oneseniorplace.com  
 One Senior Place  
 8085 Spyglass Hill Road,  
 Viera, FL 32940 (321) 751-6771

**JUNE SENIOR CALENDAR (continued)**

**Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpsc.org**

**MONDAY PROGRAMS**  
**Billiards, Morning** 8:30am-noon  
**Billiards, Ladies** noon-3:30pm  
**Bocce** 9-11am  
**Bone Builders** 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)  
**Bridge** 12:15-3:30pm  
**Cornhole** 11:30am-12:30pm  
**Golden Tones** 10am-noon (On break until Sept)  
**Ping Pong** 1-3:30pm  
**Poker:** Straight 10am-2pm; Noon-3:30pm  
**Sensible Weight Loss with Friends** 9-10am  
**Shuffleboard (Indoor)** 1-3pm  
**Travel Office** open 9am-2pm  
**Vets-to-Vets Cafe** 3:30-5:00pm (4th Mondays)  
**Woodshop** 8am-12pm

**Hand & Foot** 11:30am-3:30pm  
**Fitness Fun** 9:15-10:15am  
**Mah Jongg (Asian)** 12:30-3:30pm (1st & 3rd Tues)  
**Ping Pong** 1-3:30pm  
**Poker, Straight** 10am-2pm  
**Poker, Straight** 6-9:30pm  
**Sassy Senior Cheerleaders** 4-6pm (On break until Sept)  
**Travel Office** open 9am-2pm  
**Wood Shop** 8am-noon  
**Wii Bowling** 10:30am-12:30pm

**WEDNESDAY PROGRAMS**  
**Bargain Thrift Corner** 9am-12pm  
**Billiards, Open Play** noon-4pm  
**Bingo** 11:30am-3:30pm Doors open at 9am. Food available to purchase  
**Bone Builders** 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)  
**Bridge** 9:30am-12pm

**Darts** 4:30-6pm (2nd & 4th Weds)  
**Golf** (Crane Creek on 192) 9:20am  
**Travel Office** open 9am-2pm  
**Woodshop** 8am-12pm

**THURSDAY PROGRAMS**  
**Art Class** 9:30-11:30am  
**Bargain Thrift Corner** 9am-12pm  
**Billiards, Morning** 8:30am-noon  
**Billiards, PM** noon-4pm  
**Euchre** 12:30-3:30pm  
**Mah Jongg (American)** 12:30-3:30pm  
**Movie Night** 6:30-9:30pm  
**Ping Pong** 1-3:30pm  
**Pinocle** 11-3pm  
**Scrabble** 9:30am-noon  
**Travel Office** open 9am-2pm  
**Woodshop** 8am-noon  
**Yoga, Chair** 10:30-11:30am

**FRIDAY PROGRAMS**  
**Bargain Thrift Corner** 3-6pm

**Billiards, Open Play** 12-4:00pm  
**Bingo** 6:00-10:00pm Doors open at 4pm. Food available to purchase  
**Bocce** 9-11am  
**Bridge** 12:15-3:30pm  
**Crafts** 9:30-11:30am  
**Knotty Habit** 9:30-11:30am  
**Poker, Straight** 12-3:30pm  
**Travel Office** open 9am-2pm  
**Wood Shop** 8am-noon

**SATURDAY PROGRAMS**  
**Saturday Night Dance** 6:30-9:30pm Jan-Oct (Last Saturday of month)  
**Tour our facility** any weekday 8:30am to 4pm. Our Center is run 100% by volunteers. Consider becoming a member and volunteering.  
**The Center is available to rent** for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.