

JULY 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

Please Note Freedom 7 will be closed July 4th and July 14th

Monday:
11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp
1:00 pm: Bunco
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:
12:30 pm: Craft Time
Tuesday & Thursday:
9:30 am-10:30 am Strength and Balance! Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2
10:45 am-11:15 am: Indoor Power Stepping 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!!**
Wednesday:
11:00 am-11:45 am: 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

12:30 pm: Games with Friends
1:00 pm: Scrabble
2 pm: Book Club- Monthly Book Club Every 3rd Wed of the month at 2pm.
Thursday:
10:45-11:15 am-Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo

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

TUESDAY

Pinocle 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

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
Pinocle - 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

JULY 2022 ONE SENIOR PLACE EVENTS

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

FREE Memory Testing, Tuesdays July 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.

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

iPhone & iPad 2022, Bring your questions!, Monday July 11th, from 10am - 12pm. MacMAD will help you learn to navigate your iPhone, iPad and Macintosh. If you are a beginner or familiar with Apple devices, you will learn something from this class. Call 321-751-6771 to reserve your seat. RSVP to 321-751-6771.

Staying Hydrated, Ask the Doctor Lunch & Learn Series, Tuesday July 12th, 11:30 - 1pm. Join Frederick Peterson, MD with VITAS Healthcare, as he presents ways to stay hydrated and why you should. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday July 12th, 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.

Planning Your Estate to Minimize Taxes, Thursday July 14th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. By carefully

planning, your estate and properly titling your assets you can make sure that what you worked hard to earn will go to those you designate, not the IRS. RSVP to 321-751-6771.

Tinnitus [and Hearing Loss]?, Lunch and Learn Seminar, Friday July 15th, 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 in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Special Needs Trusts Seminar, Tuesday July 19th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

Help Meeting, MacMAD User Group, Tuesday July 19th, from 5:30 - 7pm. During the summer months, the MacMAD group will hold help meetings. You will get individual help with your Apple device. Hosted by Jim DeLaura, RJF, presented by MacMAD. RSVP to 321-751-6771.

FREE Liver Scans, Wednesday July 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.

Shoulder Pain, Thursday July 21st, from 12 - 1pm. Presented by Aquatic Health & Rehab. Discussion on various types of shoulder pain and how to treat them. For more information and to RSVP, call 321-253-6324.

Quit YOUR Way, Tobacco Free Florida, Friday July 22nd, from 12 - 1:30pm. Quitting tobacco isn't easy, finding help should be! Tobacco Free Florida offers free tools and services to help you get started. For more information and to register call: 1-877-252-6094.

Essential Legal Documents That Provide Peace of Mind, Tuesday July 26th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones that 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 July 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 July 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.

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

JULY SENIOR CALENDAR (continued)

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALMBAY 321-724-1338 gpbcs.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

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm

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
Pinochle 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 12:30-3:30pm
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.