

OCTOBER 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

FALL FLING DANCE

October 14, 5:00 to 9:00pm at the Satellite Beach Civic Center, 565 Cassia Blvd, Satellite Beach. An RSVP to (321) 773-6458 will help the Club in its event planning. Bring your own beverage (beer and wine permitted). Simple snacks will be provided. There will be give-a-

ways and a 50/50 opportunity to win some cash! \$6/at the door per person.

HALLOWEEN EVENT

October 26th for an afternoon of fun and laughter with the 55+ Club. Join the club at 1pm, Pelican Beach Park in Satellite Beach and, along with your good spirits, bring an article of

clean clothing in an unmarked bag. Please, reservations are required by calling 321-773-6458 and the event cost \$5/per person

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 Gym. Free!

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

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 martinandersenseniiorcenter.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-12:30PM \$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-11:30AM \$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 gpbsc.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 Café 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) 12:30-3pm

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 12-3:30pm

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.

SENIOR CAL cont'd on next pg



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

OCTOBER 2022 ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday October 3rd and Wednesday October 19th, 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 October 4th, and 18th, 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.

Living Healthy Workshops - Diabetes, Tuesdays October 4th, 18th, and 25th, from 1:30 - 4pm. This is a 6 week class, FREE! Workshop is every Tuesday (except for October 11th) starting September 20th and ending November 1st. Registration required by calling 407-514-1806.

Medicare With Confidence, Medicare Special Event!, Wednesday October 5th, from 1 - 3pm. Join us for a FREE, no obligation Medicare education event to learn more about 2023 Medicare options, how to save money on prescription drugs and more! Hosted by Viera Insurance Professionals and The Canadian Medstore. RSVP to 321-751-6771.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Fridays October 7th, from 11 - 1pm, REPEATS October 28th, 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. Seating limited MUST RSVP to 321-751-6771.

Get your Medicare questions answered!, Friday October 7th, from 2 - 4pm, REPEATS Wednesday October 12th, from 1 - 3pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 TTY: 711

Hemorrhoid Embolization, Ask the Doctor Lunch & Learn Series, Tuesday October 11th, 11:30 - 1pm. Presented by Derek Mittleider, MD with Vascular & Interventional Physicians. Lunch provided by Vascular & Interventional Physicians for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday October 11th, 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.

My Loved One Has Been Diagnosed with Dementia...Now What?, Thursday October 13th, 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.

Movie Matinee with Rhodes Law, PA, Thursday October 13th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "Death Becomes Her", and enjoy movie treats! MUST RSVP to 321-751-6771.

Meet the Property Appraiser, Senior Health Friday with Nurse Lisa, Friday October 14th, from 10 - 11am. Join Dana Blickey from the property appraiser's office as she talks about different exemptions you can take to help with paying your property taxes. RSVP to 321-751-6771.

Fall Wreath Making Event, Friday October 14th, from 1 - 3pm. Join Marion Coste of the Cape Canaveral Pen Women as she shows you how to create a ribbon wreath that will last through the Fall and for years to come. Supplies and refreshments donated by Inspiritas of West Melbourne. Reserve your seat by calling 321-751-6771.

Goals of Care, Lunch & Learn, Monday October 17th, 11:30 - 1pm. Presented by Dr. Ashlee Moore, Board-certified Acute Care Surgeon with Health First Medical Group. This trauma surgeon will discuss how to make complex medical decisions in the face of illness and critical injuries. Lunch sponsored by Viera Health and Rehabilitation Center. RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday October 18th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

MAC User Group Meeting, Tuesday October 18th, from 5:30 - 7pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

Having that difficult conversation, where do you start!, Wednesday October 19th, 2pm. Presented by Ruth C. Rhodes. For many it is very hard to have the conversation with our families about our wishes. Here are some of the topics covered: Explaining what is important, My wishes - health & financial, Multiple children - who should be in charge. Join Rhodes Law, P.A. as they explain what to do next. RSVP to 321-751-6771.

Job & Volunteer Fair, Thursday October 20th, from 10 - 12:30pm. No experience necessary! You'll be able to speak with local organizations seeking capable seniors looking for various opportunities. Presented by One Senior Place, Senior Partner Care Services, and CareerSource Brevard.

Hearing Loss [= Brain Stress?], Lunch and Learn Seminar, Friday October 21st, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. During this presentation, you will learn how living with hearing loss negatively impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

AARP Smart Driver Course, Monday October 24th, 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.

Who will inherit my estate? Protecting Heirs, Tuesday October 25th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are essential that everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

Living Well After Loss Series, Wednesday October 26th, 2pm. This series first topic is, Caring for yourself: Cooking and Shopping for One and Getting Help Getting Help When I'm Sick or Injured, hosted by VITAS Healthcare. Presented by Lisa Conway, RN, CCM, VP Senior Partner Care Services, and Pat Deangelis, RN, Clinical Nutrition Counselor. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday October 27th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Low Back Pain, Thursday October 27th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, Prevention, and Treatment. For more information and to RSVP, call 321-253-6324.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays October 13th, and 27th, 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 October 19th, 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.

Alzheimer's & Dementia Support Group, Wednesday October 19th, 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. RSVP call 321-751-6771.

Veterans Support Group, Wednesday October 26th, from 11 - 12pm. This support group is for Veterans and families. Facilitated by Michael Tucker, MSW, Veterans Liaison, VITAS Healthcare. 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 Monday from 9 - 12pm, and 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 or to make an appointment 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

OCTOBER SENIOR CALENDAR (continued)

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