

# NOVEMBER 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 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 martinanderseniorecenter.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**  
**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

**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 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) 12-3:30pm**

**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.

**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

SENIOR CAL cont'd on next pg



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

## NOVEMBER 2022 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**FREE Memory Testing, Tuesdays November 1st, and 15th, from 11 - 3pm.** Merritt Island Medical Research will be offering free memory screenings of the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

**Living Healthy Workshop - Diabetes, Tuesday November 1st, from 1:30 - 4pm.** This is the last of a 6 week class, FREE! Registration required by calling 407-514-1806.

**Estate Planning Seminar, Thursday November 3rd, at 10am.** Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

**Military Appreciation Event, by National Cremation, Friday November 4th, from 10 - 1pm.** Veterans, Military Families & Friends, join your fellow community members for a FREE banquet! We will share the advantages of preplanning cremation along with the many benefits you are entitled to as a veteran. Special guest: Cape Canaveral National Cemetery. Seating limited MUST RSVP to 407-801-7910.

**Managing The Holidays, presented by April Boykin, Counseling Resource Services, Inc. Friday November 4th, from 2 - 3:30pm.** In this workshop, you will cover ways to establish realistic expectations for the holidays, to set boundaries so we do only the things that bring us joy, and explore the change that comes with aging and loss. Seating limited MUST RSVP to 321-751-6771.

**Benefits of Early Detection with Memory Loss, Ask the Doctor Lunch & Learn Series, Tuesday November 8th, 11:30 - 1pm.** Presented by Dr. Visa Srinivasan, Medical Director Health First Aging Services. Lunch provided by Inspiritas of West Melbourne for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!, Tuesday November 8th, 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.

**Medicare Seminar, Wednesdays November 9th, from 10 - 11:30am, November 16th, from 2 - 3:30pm, and November 23rd, from 10 - 11:30am.** Most people have heard of Medicare, but few are aware of how it works. FHCP Medicare is here to help you learn about Medicare and the advantages of choosing a plan with FHCP Medicare. Please join us by registering to attend one of our educational and informative seminars. Call 386-676-7110.

**Living Well After Loss Series, Wednesday November 9th, 2pm.** This series second topic is, Managing My Finances: Survivor Social Security, Credit Cards, Income Taxes, and Estates and Probate. Hosted by VITAS Healthcare. Presented by Jim DeLaura, RJFS, and Roger Klaffka, Esq., Elder Law Center of Brevard. RSVP to 321-751-6771.

**Medicaid and Long Term Care Alternatives to Medicaid, Thursday November 10th, 10 - 11:30am.** Presented

by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care 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 November 10th, at 2pm.** Hosted by Rhodes Law, PA. Join us as we watch this classic "Mrs. Doubtfire", and enjoy movie treats! MUST RSVP to 321-751-6771.

**I've Fallen and I Can't Get Up, safety at home, Senior Health Friday with Nurse Lisa, Friday November 11th, from 10 - 11am.** Join us as Nurse Lisa and David Michaels, owner of Personal Living Alert, will talk about "safety at home". RSVP to 321-751-6771.

**Medicaid Planning Seminar, Tuesday November 15th, at 10am.** Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

**Social Security 101: Maximizing Your Benefits, Tuesday November 15th, from 2 - 4pm.** Join special guest speaker, James DeLaura, Financial Advisor with Raymond James. Come and listen to ways to maximize your benefits. Seating limited MUST RSVP to 321-751-6771.

**MAC User Group Meeting, Tuesday November 15th, 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.

**FREE Liver Scans, Wednesday November 16th, 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.

**Nutrition and Pain Management, Thursday November 17th, from 12 - 1pm.** Presented by Aquatic Health & Rehab. Diet/Nutrition, Inflammation, What to Eat, What Not to Eat, Alkaline vs. Acidity. For more information and to RSVP, call 321-253-6324.

**Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday November 18th, from 11 - 1pm.** This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. This presentation will center on the cause of Tinnitus, "Ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**Peripheral Arterial Disease, Lunch & Learn, Monday November 21st, 11 - 1pm.** Please join Dr. Mittleider for an informative lunch & learn presentation to discuss recommended preventative and non-invasive interventions to stop of delay the progression of disease. RSVP to 321-751-6771.

**Open Q & A About Estate Planning and Elder Law, Tuesday November 22nd, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask a seasoned estate planning and elder law attorney questions you may have about Wills, Trusts, Powers of Attorney, Prenuptial Guardians, Living Wills, and Healthcare Surrogate Designations. RSVP to 321-751-6771.

**AARP Smart Driver Course, Monday November 28th, 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.

**Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Tuesday November 29th, 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.

**Getting Through The Holidays, Wednesday November 30th, from 2 - 3:30pm.** Join Rosalie Norman-McNaney, with VITAS Healthcare for this helpful workshop. Reserve your seat by calling 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group, Thursday November 10th, 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 November 16th, 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 November 16th, 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.

**Vet to Vet Café, Friday November 18th, October 21st, from 10 - 11am.** Join Michael Tucker, MSW, from VITAS Healthcare for fellowship, coffee, and good conversation. RSVP to 321-751-6771.

**Veterans Support Group, Wednesday November 23rd, 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

## NOVEMBER SENIOR CALENDAR (continued)

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 [bcscwp.com](http://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