

# JANUARY 2023 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 Step-ping** 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 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

**Monday - January 30th**  
**10:30am-11:30am**

In this **Join Helping Seniors** for the January Community Information Series Presentation **"New Year for Your Aging Plan - Don't Try This on Your Own"** with Guest Speaker Kara Anderson, of Simplifying Senior Living.

We're visiting a new location for our January meeting: **Buena Vida Estates: 2129 W. New Haven Ave in Melbourne** and, as always, the event is free - as are coffee & snacks - and those with RSVP's also receive **Take Home Lunch!**

**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

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

**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





**One Senior Place**  
8085 Spyglass Hill Road,  
Viera, FL 32940  
321-751-6771

## JANUARY 2023 ONE SENIOR PLACE EVENTS

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

- **FREE Memory Testing**, Tuesdays January 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.
- **Benefits of Pre-Planning your Cremation Seminar**, by National Cremation, Wednesday January 4th, from 11 - 1pm, REPEATS Thursday January 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. Seating limited MUST RSVP to 321-751-6771.
- **Tower Garden Workshop**, Sunday January 8th, from 2 - 3pm. Presented by Aquatic Health & Rehab. Learn all about how to grow organically your own vegetables and fruit. For more information and to RSVP, call 321-253-6324.
- **Understanding My Biomarkers, Ask the Doctor Lunch & Learn Series**, Tuesday January 10th, 11:30 - 1pm. Presented by Rosemary Laird, Board-Certified Geriatrician, Head of Research Staff, ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.
- **BINGO!**, Tuesday January 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.
- **Do you need to revisit your Estate Planning in 2023?**, Thursday January 12th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.
- **Movie Matinee with Rhodes Law, PA**, Thursday January 12th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "Mermaids", and enjoy movie treats! MUST RSVP to 321-751-6771.
- **Navigating Long Term Care Insurance, Senior Health Friday with Nurse Lisa**, Friday January 13th, from 10 - 11am. Join Nurse Lisa as she and Attorney Cassidy Conti, with Elder Law Center of Brevard, explain how to understand policies and knowing what questions to ask. RSVP to 321-751-6771.

- **Estate Planning Seminar**, Tuesday January 17th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.
- **MAC User Group Meeting**, Tuesday January 17th, 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.
- **The Law Academy presents Estate Planning 101**, Wednesday January 18th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.
- **FREE Liver Scans**, Wednesday January 18th, from 10 - 2pm. ClinCloud is offering FREE Fibrosans 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.
- **Top 10 Tips for Aging Well**, Thursday January 19th, from 12 - 1pm. Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better! For more information and to RSVP, call 321-253-6324.
- **Ring in the New Year, Tinnitus/Ringing in the Ears, Lunch and Learn Seminar**, Friday January 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 January 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. This class is taught by certified volunteer instructor Ernie Edwards, call 719-648-1052 to secure your seat.
- **Guardianship - Start to Finish**, Tuesday January 24th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Whether you are a guardian of an incapacitated person, have been asked to be a guardian, or know someone acting as a guardian, this seminar will be informational. RSVP to 321-751-6771.
- **Medicaid Planning Seminar**, Thursday January 26th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.
- **The Importance of Sleep and How to Get More of it**, Friday January 27th, 2 - 3:30pm. Please join April Boykin, MSW, LCSW to learn more about the importance of sleep and techniques to help you get more of it. RSVP to 321-751-6771.
- **Prostate Health Alternative to Surgery, Lunch & Learn**, Monday January 30th, 11 - 1pm. Please join Vascular Interventional & Physicians for an informative lunch & learn presentation to hear about a safe, minimally-invasive procedure called prostate artery embolization (PAE) that can help you find relief from the symptoms of an enlarged prostate. RSVP to 321-751-6771.

### SUPPORT GROUPS

- **Loss, Grief & Bereavement Support Group**, Thursdays January 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 January 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.
- **Alzheimer's & Dementia Support Group**, Wednesday January 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. RSVP call 321-751-6771.
- **Veterans Support Group**, Wednesday January 25th, 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!

**\*NEW DAY\* The Club each Monday 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

## JANUARY 2023 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