

# FEBRUARY 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](http://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 [martinandersenseniorcenter.com](http://martinandersenseniorcenter.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](http://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

**Golden Hearts Senior Fitness-** Monday 1PM-2PM \$5/\$6 Robin 321-514-5945

**Mexican Train Dominoes** 1PM-3PM \$2/\$3, Joanne (321)267-5923

**Hand & Foot** 1pm-3:30pm \$2/\$3 Donna (407) 808-5237

**Poker** 10AM-2PM \$2/\$3 321-591-5156

**Bunco** 1PM-3PM Carol 332-268-8087 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 Gold** 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945

**Golden Hearts Senior Fitness-** Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945

**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** 4:00PM-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

**Tai-Chi** - Thursday 1PM-2PM \$3/\$5 Ada 321-848-4689

**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

**Zumba Gold Tone/Chair-** Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945

**FRIDAY**  
**Euchre** - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679

**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

**No Brevard Line Dance** 12PM-2PM \$3/\$4 Yvette 321-258-6534

**Line Dance Social** (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195

**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 [gpbcs.org](http://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

**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

**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

**Monday - February 27th**  
**10:30am-11:30am**

**Helping Seniors Info Series**  
"Your Legal Checklist" with Expert Speaker Bill Johnson, Esq., Board Certified Elder Law Attorney with the Law Firm of William A. Johnson, PA. Don't miss the valuable time to determine best steps to ensure you have a good plan so that things move the way you would like them to move in your health and financial decisions.

February meeting: **Buena Vida Estates: 2129 W. New Haven Ave in Melbourne.** Event is free - those with RSVP also receive a Take Home Lunch. Call (321) 473-7770 to RSVP.

**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.

*SENIOR CAL cont'd on next pg*



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

## FEBRUARY 2023 ONE SENIOR PLACE EVENTS

### SPECIAL EVENT

#### Senior Living Options Day & Chef Competition Friday, February 10th, 2023 from 11am - 1pm

Being held at the Space Coast Health Foundation Center for Collaboration, 1100 Rockledge Blvd. (Hwy 1), Rockledge, FL 32955. FREE Event, Vendors, Giveaways, Door Prizes, Food & Dessert Samples! For more information and to RSVP, call 321-751-6771

#### Benefits of Pre-Planning your Cremation Seminar,

by National Cremation, Wednesday February 1st, from 11 - 1pm, REPEATS Thursday February 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. Seating limited MUST RSVP to 321-751-6771.

**Heart Health**, Senior Health Friday with Nurse Lisa, Friday February 3rd, from 10 - 11am. Join Nurse Lisa and Debbie Whitnall, RN Cardiopulmonary Rehab Specialist, as they explain anatomy, risk factors, treatment, and prevention for those with and without heart disease. RSVP to 321-751-6771.

#### Salad in a Jar, Sunday February 5th, from 2 - 3pm.

Presented by Aquatic Health & Rehab. Learn how to set up your workweek lunch in a healthy way, as well as learning about nutrition. For more information and to RSVP, call 321-253-6324.

**FREE Liver Scans**, Monday February 6th, and Wednesday February 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.

**Veterans Benefits Seminar**, Tuesday February 7th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

**FREE Memory Testing**, Tuesdays February 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.

**Growing Old without Going Broke**, Thursday February 9th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. How to pay for long-term care (home health care, assisted living facility or nursing home) 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 February 9th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "When Harry Met Sally...", and enjoy movie

treats! MUST RSVP to 321-751-6771.

**Identifying Risks for Alzheimer's**, Ask the Doctor Lunch & Learn Series, Tuesday February 14th, 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 February 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.

**The Law Academy presents Family Law 101**, Wednesday February 15th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

**Low Back Pain**, Thursday February 16th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, Prevention and Treatment. For more information and to RSVP, call 321-253-6324.

**Hearing Loss (= Brain Stress?)**, Lunch and Learn Seminar, Friday February 17th, 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 affects our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

**Varicocele Embolization**, Lunch & Learn, Monday February 20th, 11 - 1pm. Please join Vascular Interventional & Physicians for an informative lunch & learn presentation. Varicocele embolization is a non-invasive, non-surgical option that can be performed in an outpatient setting. A painless procedure that uses tiny coils to effectively treat the condition. RSVP to 321-751-6771.

**Personal Finance 101: Six Steps to Financial Success**, Tuesday February 21st, from 2 - 4pm. Join special guest speaker, James DeLaura, Financial Advisor with Raymond James. Come and learn about a six-step plan to help you achieve financial success. Seating limited MUST RSVP to 321-751-6771.

**MAC User Group Meeting**, Tuesday February 21st, 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.

**Take the Stress Out of Medicare**, Wednesday February 22nd, from 10am - 11:30am. With multiple plan types & many coverage options available, how do you know which is right for you? Get the answers you need to make an educated decision. Presented by Viera Insurance Professionals. RSVP to 321-751-6771.

**Estate Planning Seminar**, Thursday February 23rd, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

**Wreath Workshop with Cape Canaveral Pen Women**, Friday February 24th, from 1 - 3pm. Join Marion Coste as she helps us create a one of a kind wreath to enjoy for St. Patrick's Day. This is a FREE event. All materials sponsored by Rhodes Law, PA. Space is limited, MUST RSVP, call 321-751-6771 to reserve your seat.

**AARP Smart Driver Course**, Monday February 27th, 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.

**Essential Legal Documents That Provide Peace of Mind**, Tuesday February 28th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays February 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.

**Parkinson's Support Group**, Wednesday February 15th, 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 February 15th, 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.

### 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 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

## FEBRUARY 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

**WSPC Building Closed** - No Programs inside the Building  
**Shuffleboard Open Practice** - 9:00 am - 12:00 noon