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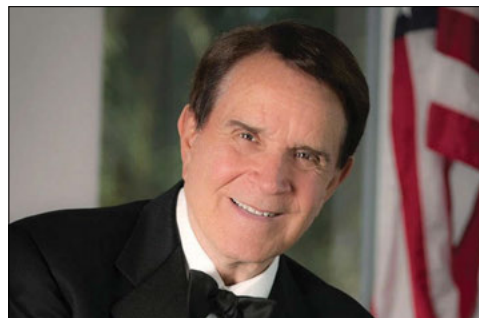
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# Letter from the Publisher



**H**old on! We are already in April, heading full speed ahead into another great summer. So watch our Calendars and pick your favorite events to enjoy. I hear so many of our readers comment on how many events and activities are available in our area.

We have lived through hurricanes and a national recession, now a pandemic. Can you believe that it's been more than 3 years since we first started a lock-down? Hopefully most of our readers have received all their vaccine boosters by now and can feel much safer. Is normal really here!

As we return to normal, we ask that you patronize our local businesses and especially those that support Senior Scene Magazine. These advertisers are what make publication possible, providing all the information and entertainment you have enjoyed for over 19 years. For your loyalty, we thank you.

Did you know that April is National Volunteer Month? If you don't already volunteer, there is surely a worthwhile organization that can use your time and talent. You can find many such groups listed in one of our two calendar sections.

Take care, stay safe and see you next month. Good times ahead.

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# Big News From Rich Little *By Nick Thomas*

For those of us who lived through the 70s and 80s, the comedic impressionist Rich Little was everywhere on television. While he guest-starred in many classic TV shows, Little will always be remembered for his hilarious appearances on the Dean Martin Celebrity Roast TV series in the 1970s and early 80s.

"I look back on those Dean Martin Roasts – and I did 24 (about half) of them – with much affection," said Little from Las Vegas where he has been a long-time resident. "Aside from Ruth Buzzi, I'm the only regular from the show who is still alive. I'm blessed to still be working."

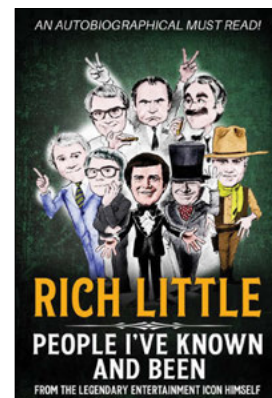
Turning 85 later this year, Little has been delighting audiences with his visual and vocal celebrity impressions for the past 7 years during his residency at the Laugh Factory comedy club on the third-floor showroom of the Las Vegas Tropicana hotel. He recently extended his autobiographical one-man show into the new year and will

continue performing "Rich Little Live" four evenings a week.

"Originally, I planned to be there only a couple of weeks, but it just took off," he said. "I'm doing shows at 6:30 pm Sundays through Wednesdays now."

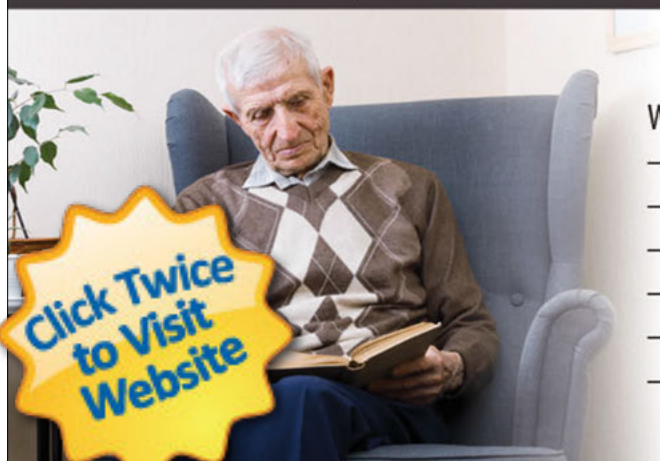
Little also recently updated his 2016 semi-autobiographical book, "Little by Little: People I've Known and Been" (see [www.therichlittle.com](http://www.therichlittle.com)).

"I added new chapters, including one on Don Rickles who passed away a few years ago, made some corrections, and gave it a new cover," he explained. "I also mention a lot of other people I didn't talk about the first time around. It's not really a biography, but rather a collection of the funny things that



*Big News From Rich Little continued on page 21*

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# Who Invented The Bermuda Triangle?

By Diane Barile

How did the disappearance of an ordinary training run become a common myth? The loss of those five TBM Avenger bombers in 1945 still baffles people today nearly eighty years later.

A Naval Board of Inquiry in Jacksonville reviewed all logs and personnel of Flight 19 out of Ft. Lauderdale Naval Air Station. But there was no absolute determination neither of the exact cause nor the reason for the failure of the simple mission. The most they could conclude was that human and navigation errors led to running out of fuel with a subsequent loss at sea. Following the Board investigation, the story of Flight 19 was filed with other stories of the late World War II and other post war tragedies. That was just for a while.

An Associated Press story in the Miami Herald by E. V. W. Jones raised question of the mysterious flight "that never returned" (1950). Between 1945 and 1949, there had been other suspicious marine accidents. The yacht, Connemara IV, was found adrift minus the crew. A flight from Hollingshead to Bermuda lost 311 passengers and crew. None of these accidents were connected by any phenomena related to Flight 19.

However, a litany of magazine articles expanded explanations any air or sea excursions into the subtropical Atlantic.

Fate magazine in 1952 recounted the unexplained fate of the 1945 aircraft. American Legion magazine followed the theme in 1964. The term Bermuda Triangle was first coined the same year in Argosy magazine with Vincent Gaddis describing a pattern of strange events in the sea from near Bermuda, the east coast of Florida and into the Caribbean.

A cascade of proposed reasons for the demise of Flight 19 took three courses; natural, human and paranormal. Features of the surroundings of the flight path were posed.

Turbulence from an approaching cold front from Georgia may have spawned a water spout or down draft. Perhaps there was confusion in the declination of north. In this area true north and magnetic north are the same. Some thought there was even an underwater volcano.

Human error had been evident the day of the flight. Was there a navigation error by the student pilots or some interaction with the Gulf Stream? Indeed some attention

*Who Invented the Bermuda Triangle cont'd on page 43*

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## COVER STORY

# Sandy Sawin

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I always start with the eyes... which tells me who they are... and what they are feeling. I love

painting the textures of their skin, fur, and feathers...using color and shadows to breathe life into them with each deliberate stroke of my brush.

Sandy exhibits her artwork throughout Brevard County as a participant of the Brevard Cultural Alliance Exhibit program.

Sandy has been a member of

Brevard Cultural Alliance for a many years and sold several pieces of her artwork while participating in the BCA exhibit program.

If you wish to participate in the exhibit program or looking for that very special piece of artwork for your home contact Lynne Brezina at [lynne.brezina@artsbrevard.org](mailto:lynne.brezina@artsbrevard.org). 



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# Why We Need a Senior Resource Center

By Joe Steckler, President, Helping Seniors of Brevard County

**A**s you read my column today, think about the title. Why do we need a Senior Resource Center? For years, every news source has commented about our lack of affordable housing, transportation, and financial assistance for rent payments, moving costs, and other needs identified in a United Way workshop in 1992. These needs still exist.

■ **Affordable housing.** I recently read about a huge (affordable??) housing project in Rockledge. Current plans call for the construction of 148 one-bedroom/one-bath apartments averaging 800 sq. ft., 120 two-bedroom/two-bath apartments averaging 1,360 sq. ft., and 24 three-bedroom/two-bath apartments averaging 1,460 sq. ft. Monthly rental costs will range from \$1,800 for the one-bedroom to \$2,400 a month for the three-bedroom model. I see these as models for incoming traffic and not models of the type needed for affordable housing.

■ **Transportation.** For as long as I have lived in Brevard, we have needed a better transportation system. We do have some service, but it is not elder friendly, often taking long waits to reach a destination.

■ **Financial assistance.** There will always be a need for charitable assistance for the poor. And, like it or not,

there will always be a need to assist people despite all the excellent planning tools we have available. Some people, even though they may want to save for retirement, do not have the money necessary to live and plan for retirement at the same time. Imagine a family of four trying to live in a 1,350 sq. ft. apartment paying \$2,000 a month when they earn a minimum wage. It cannot be done.

Somehow we must honestly develop affordable housing, a usable transportation system, and a way to act as brokers for those who need monthly financial assistance to live. I personally do not want to be unfairly taxed to solve these problems, but I am in favor of using the funds available to meet some of these needs.

In our new Senior Resource Center, there will be space to develop a volunteer transportation system to get people to medical and other important destinations. Offices will be devoted to teaching computer skills to those not familiar with working the Internet. There will be a committee to develop affordable housing, a way to provide information on financial assistance, and a Brevard County Aging Plan. Homelessness will also be an ongoing topic for discussion,

Senior Resource Center... cont'd on pg 21


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# Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

This is the second in a series of articles on the ways title to property can be held. We will now look at joint ownership which is commonly used to allow another person to access an account and/or avoid probate.

Probate can be avoided with joint ownership only when there are survivorship rights. This provides that if one owner dies his/her interest in the property goes to the surviving owner(s). There are survivorship rights when property is held as Joint Tenants and when a husband and wife hold property as Tenancy by the Entirety. There are no survivorship rights when property is held as Tenants in Common, which is useful with a business so your interest to go to your family and not your business partner. Except for married couples, when there is no designation on how title is held, it will be as Tenants in Common. If one of the Joint Tenant owners conveys his/her interest to a third party the asset is no longer held as Joint Tenants and now is held as Tenants in Common.

For a married couple to hold property as Tenancy by the Entirety, the husband and wife must acquire identical

interests in property at the same time by one instrument that provides for joint ownership and control. With real estate all that is required is a deed to both spouses. But with financial institutions the spouses need to indicate on the forms that they want their accounts to be established as Tenancy by the Entirety. A divorce converts a Tenancy by the Entirety to Tenants in Common.

There are several issues to consider with joint ownership arrangements:

## CREDITOR PROTECTION:

Tenancy by the Entirety provides protection from creditors. A judgment against one spouse does not encumber property owned as Tenancy by the Entirety. This is not the case when property is held jointly with anyone else. Here a judgment creditor could acquire one of the owner's interest in the property leaving the other owner sharing ownership with a judgment creditor.

## LOSS OF CONTROL:

FIRST, with bank accounts, if you can withdraw from an

*Does It Matter How You Hold Title... cont'd on pg 35*



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**A**pril is designated as Defeat Diabetes Month by the Defeat Diabetes Foundation (DDF). It's a time when DDF shines the spotlight on Type 2 diabetes and the many lifestyle changes that people can make to minimize their chances of contracting the disease. Below, we're answering some of your important questions about both Type 1 and Type 2 diabetes.

**Q My husband was just diagnosed with Type 2 diabetes. His doctor said he needs to "eat better," but didn't really explain what he meant by this. Any suggestions?**

**A** The American Diabetes Association (ADA) has something called the Diabetes Plate Method geared toward people with both Type 1 & Type 2 diabetes. Its simple, delicious recipes can help manage blood sugar. Below, we'll share some highlights from the plan:

- 1) Have reasonable portions. In the US, we tend to have overly large portions – try to keep this in check.
- 2) Fill half your plate with non-starchy vegetables.
- 3) Fill one quarter of your plate with lean protein foods.

Examples include fish, chicken, lean beef and eggs. There are also plant-based options such as beans, lentils and hummus.

4) Set aside one quarter of your plate with healthy carbohydrates. Examples include brown rice, quinoa, acorn squash and popcorn.

5) Enjoy a low-calorie beverage. Water is the best choice because it doesn't have any calories or carbohydrates and doesn't impact blood sugar in any way.

**Q How do you know if you're diabetic?**

**A** Get a blood test, it's the only way to measure your blood glucose (sugar) levels. And be sure to get what's called a fasting blood sugar test where you don't eat anything for several hours before the test. Typically, mornings are the best time for the test.

**Q My granddaughter was just diagnosed with Type 1 diabetes and my wife was diagnosed with type 2 – what is the difference?**

*VNA continued on page 43*

*"Andrea, she goes above and beyond. If you give her a score of 1 to 10, she's a 10 ½!"*

~Queen H.,  
VNA Home Health patient

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# How Important Is It To Keep Your Computer Updated?

By James Bowman, Data Doctors of Melbourne

It is very important to keep your computer updated. Updates typically include security patches, bug fixes, and improvements to the software, which help ensure that your computer is running smoothly and securely.

Updates often include security patches to fix vulnerabilities that can be exploited by hackers or malware. If you fail to update your computer regularly,

your system may become vulnerable to attacks that can compromise your personal data or damage your system.

In addition to security updates, software updates can improve the performance of your computer by fixing bugs and optimizing the software. This can help prevent crashes and freezes, and make your computer more efficient and user-friendly.

In summary, regularly updating your computer can help keep it running smoothly, protect your personal information, and prevent potential security breaches.

One area updates can help in is Phishing:

Phishing is a type of online scam in which cybercriminals attempt to trick users into divulging sensitive information such as passwords, credit card numbers, or bank account details. This is typically done by sending emails or messages that appear to be from a legitimate source, such as a bank or online retailer, but are actually fraudulent.

Updates can help in the fight against phishing by including security patches that address known vulnerabilities in the software. These vulnerabilities can be exploited by phishing attacks to install malware on your computer or steal your personal information. By updating your software, you can ensure that your system has the latest security measures in place to protect against phishing attacks.

In addition, many web browsers and email clients include anti-phishing features that can help detect and block phishing attempts. These features are often updated along with the software itself, so keeping your software up-to-date can help ensure that you have access to the latest and most effective anti-phishing tools.

Overall, keeping your computer updated is an important step in protecting yourself against phishing attacks and other online threats. It is recommended that you regularly check for updates and install them as soon as they become available.

Here are some very simple rules to follow when it comes to emails.

- Do not open any attachments from an unknown sender.
- Do not respond to suspicious emails or click on any links.

*Keep Your Computer Updated continued on next page*

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# A Unique Investment for the Common Investor

By Max Valavanis, CFP®

When helping retirees plan their finances, I am constantly faced with a dilemma. How can I help a client earn a great return without jeopardizing their risk tolerance. Many senior citizens need to grow their investments but cannot risk another 2008.... As any CERTIFIED FINANCIAL PLANNER™ can attest, clients in this position are far too common. Unfortunately, many advisors fail to see the potential pitfalls in placing too much faith in the financial markets. Don't forget, the stock market was an uncommon place to invest until the last 40 years! With the advent of mutual funds, variable annuities, and retail brokerage accounts, consumers have almost unrestricted access to the stock market. This can be great for some and, of course, a sheer disaster for others.

There is a relatively new retail financial product for those who wish to invest in the stock market but are afraid of losing money. In 1995, an insurance-based investment hit the retail market, albeit at a slow pace. In that year, sales were a paltry \$200 million nationwide. By 2020, sales topped a staggering \$88 billion. This represents more than a 4400% increase in 25 years. Why such a demand? The answer is simple: the opportunity for safety and growth on the same dollar.

The product is called a "Fixed Indexed Annuity" or "FIA." As with all annuities, the growth is not taxed until withdrawn, and the assets bypass probate at death. But that is not why nationwide sales are skyrocketing. In a FIA, the investor is offered the opportunity to index upwards with the market. Interest is added to the principal annually, and the resulting balance creates the new guaranteed minimum going into the following year. In the event of a down market, the principal is

protected. Yes, it's true; the account can grow in a favorable market and does not lose money in an adverse market. Heads: You Win! Tails: You Don't Lose!

The most ingenious feature of the FIA is a unique one. Unlike all other investments, profit-taking is automatically done for you. Every year it is paid as interest and locked in permanently. In other investments, your profits are still at risk of being lost in the following year. We have all seen this in the markets; a good year can be eliminated by a subsequent lousy year, and so on. With an FIA, this risk has been removed altogether. This feature is called the "annual reset."

In the worst-performing years of an FIA, the gain for the year will be zero, which is infinitely better than losing a fortune. With only the upside and none of the downside risk, this may be an exciting product for nervous investors. These appealing features are afforded to the investor while he or she is still living. As with other market-based annuities, the owner must die to get such protection.

As with any investment, the devil is in the details. FIAs are issued only by insurance companies, and they all have particular contract provisions and surrender fees. With over 300 different designs, no two FIAs are alike, so the particulars need to be understood before any purchase is made. If you like the idea of a safety net underneath your nest egg and still want better returns than the bank or other low-rate products, this may be an option for you. §

*Max Valavanis, CFP® is a co-owner of Valavanis Financial in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning for Retirees while protecting principal. Max can be reached at 321-956-7072.*

## Keep Your Computer Updated

continued from page 16

- Verify the sender's identity before replying to an email.
- Be aware of phishing emails, which are designed to steal your personal information.
- Report any suspicious emails to your IT department or security team.
- Use caution when providing personal information such as bank account numbers or Social Security numbers.
- Use a secure email provider.
- Install reputable anti-virus software and update it regularly.
- Be careful of emails that ask for your password or other sensitive information. §

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## Slam The Scam: How To Spot Government Imposters

**D**o you know how to spot a government imposter scam? Knowing how to identify potential scammers will help safeguard your personal information.

There are common elements to many of these scams. Scammers often exploit fears and threaten you with arrest or legal action. Scammers also pose as Social Security or other government employees and claim there's a problem with your Social Security number (SSN) or your benefits. They may even claim your SSN is linked to a crime.

When you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at [oig.ssa.gov/scam-awareness/report-the-scam](https://oig.ssa.gov/scam-awareness/report-the-scam).

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov, Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

Scammers continue to evolve and find new ways to steal your money and personal information. Please stay vigilant and help raise awareness about Social Security-related scams and other government imposter scams. For more information on scams, please visit [www.ssa.gov/scam](https://www.ssa.gov/scam).

Tell your friends and family about government imposter scams. Let them know they don't have to be embarrassed to report if they shared personal financial information or suffered a financial loss. The important thing is to report the scam right away.

Together, we can "Slam the Scam!" ⓘ



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# Turner's Tips to Making a Home Dementia Friendly!

By Dr. Kimberly Turner, CFP®, WMCP®, CRS®, LHC®, REI®, SRES®

**1** Making a home safe and secure is very important for someone with dementia.

Remove excess furniture to create clear pathways and reduce tripping hazards.

Install handrails or grab bars in areas where the person may need extra support, such as in the bathroom or near stairs.

Use non-slip mats or rugs to prevent slips and falls.

Secure loose cords or wires to prevent tripping.

Install smoke detectors and carbon monoxide detectors and check them regularly to ensure they are working properly.

Lock up any hazardous materials, such as cleaning products or sharp objects, to prevent accidental injuries.

Consider using childproof locks or latches on cabinets or drawers that contain dangerous items.

**2** Removing nonessential items is an important modification for making a home more dementia-friendly. Too much clutter can create visual confusion and make it harder for individuals with dementia to find the items they need.

To make it easier for individuals with dementia to

find frequently-used items, it's recommended to keep surfaces clear and organized. This can include decluttering countertops, removing excess furniture, and keeping floors clear of obstacles.

It's also helpful to create designated spaces for different items, such as a designated spot for keys, glasses, or other frequently-used items. Using labels or picture cues can also help individuals with dementia to locate items more easily.

By removing clutter and creating organized spaces, individuals with dementia can maintain their independence and reduce frustration and stress when performing everyday tasks.

**3** Leaving doors open and/or adding simple signs is an effective way to help individuals with dementia navigate their home more easily.

When the doors are left open, it makes it easier for individuals with dementia to see where they are and where they need to go. Closed doors can create confusion and anxiety, especially if the individual cannot remember which room the door leads to.

Turner's Tips... cont'd on pg 22

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have happened with me and the celebrities I've known through the years."

Originally from Canada, Little credits Mel Tormé for helping him crack the U.S. entertainment scene when the singer secured him a spot on "The Judy Garland Show" in early 1964. Garland's spontaneous joy at Little's impressions of Jimmy Stewart, James Mason, and others was contagious and the rookie comedian was soon crowned the premier Hollywood impressionist. This year, he will also receive a special honor from his native home.

"I will be receiving the Order of Canada that recognizes Canadians who have made significant contributions to our nation throughout their lives," said Little proudly. "I guess they found out I was still living and decided to give it to me! I have dual citizenship with Canada and America and became a U.S. citizen about 10 years ago."

In addition to his entertainment impressions, Little is known for poking fun at presidents, particularly Reagan and Nixon. He added Biden to his current routine, but doesn't do Trump or Obama. While his impressions have never been mean-spirited, he's aware that contemporary political humor can be divisive.

"People are more sensitive now and everything has to be politically correct, so it's a little tougher to imitate politicians these days compared to 30 or 40 years ago," he says.

Nevertheless, as he heads into a new year with his updated book, recognition from his home country, and headlining at a major Las Vegas hotel, the demand for his live shows confirms that Rich Little continues to impress. §

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).

# UPCOMING TRIPS

**Key West Holiday trip - Dec 3rd-6th, 2023** - join us for our 17th annual trip to Key West for the holidays. Trip includes breakfast daily, 2 lunches, 2 dinners and sunset sail with live band and drinks. This trip sells out every year, nonrefundable deposit of \$100 due by June 1st, final payment due by October 1st.

**Men are from Mars, Women are from Venus Live - NEW DATE Saturday, May 20th, 2023 - \$138** - This live comedy show is more than meets the eye. Meet someone who has resisted Men Are from Mars, Women Are from Venus and its message for years, but then meets the author, John Gray – now his experience leads him to share with others how he sees the relationships of men and women. This hysterical 90-minute show will have couples elbowing each other

all evening as they see themselves on stage. Presented via different vignettes, topics will cover everything from dating to marriage to the bedroom! minimum of 35 needed for trip final by February 15th.

**Join Jean on the American Queen Empress July 23rd - July 31st, 2023.** Start with an overnight in Vancouver, Washington then sails to Astoria, Oregon; Stevenson Washington; The Dalles, Oregon; Richland, Washington and Clarkston, Washington. Private balcony – starting at \$4500pp

**Celebrity Apex - October 16th-23rd sailing from Athens to Haifa, Israel;** overnight in Jerusalem; overnight in Alexandria, Egypt; and Ephesus, Turkey - infinite balcony staterooms starting at \$3234pp based on double occupancy and includes pre paid gratuities, wi-fi, classic drink package and all port charges and tax.



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## Senior Resource Center... cont'd from page 12

for the elimination of homelessness will only come about with a change in mindset of those who choose this lifestyle.

I sincerely doubt we will ever solve all these problems. However, I do think we can do a better job of addressing them. All that I propose will cost money. It will require the support of five Brevard County Commissioners, the County Manager, and State Senators and Representatives. A little help on the federal level would be most helpful. A one-cent tax would solve many of the problems I have cited if we could get the funds in the hands of those who would use them for the

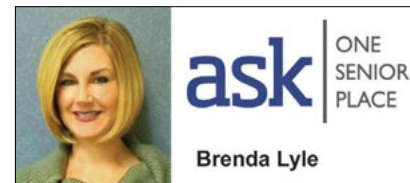
purpose intended.

What I am saying is that there is a better way to run the railroad. I think we have long been afraid to approach those who control our tax dollars and ask for a better explanation of their use. There are state funds designated for the use of building affordable housing. We call ourselves constituents, but are we? We can do a better job and it is time those we call our elected leaders do a better job. §

Contact *Helping Seniors* at 321-473-7770, at [www.HelpingSeniorsOfBrevard.org](http://www.HelpingSeniorsOfBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937.

# Is Medical Marijuana Covered by Medicare?

By Brenda Lyle



**T**he short answer is no. Although medical marijuana is legal in Florida, it is still illegal according to the Federal Government and has not been cleared by the Food and Drug Administration. Your primary care doctor likely cannot prescribe it and the costs will NOT be covered by your Medicare prescription drug coverage.


Cannabis has been used medicinally since ancient times. In 2016, Florida voters approved the Florida Medical Marijuana Legalization Initiative (Amendment 2). Shortly after, the state Department of Health established the Office of Medical Marijuana to regulate its prescribing and dispensing. Medical marijuana is authorized for patients diagnosed with ALS, Cancer, Crohn's Disease, Epilepsy, Glaucoma, HIV/AIDS, MS, Parkinson's, PTSD, Chronic Nonmalignant Pain and terminal conditions (< two years).

Medical marijuana is highly regulated. Qualified physicians listed with Florida's Medical Marijuana Use Registry complete special training to prescribe it. Only these physicians can determine a patient's eligibility to receive a Medical Marijuana Use Registry Identification Card. Dispensaries require the card, along with a prescription from the qualified physician.

The prescription controls the type, quantity and frequency of the medical marijuana. As with any drug, patients should work closely with their doctor to achieve

optimum results. Patients who require assistance with administration may register a caregiver --who must also get a Registry ID card.

The flower bud trichomes of female cannabis plants hold the medicinal power, producing a resin with cannabinoids. Currently, there are 517 dispensaries in Florida, with names like Surterra, Curaleaf and Trulieve. These Florida dispensaries sell medical marijuana in all its legal forms, including flower buds, vapes, oils, tinctures, edibles and drops.

While Medicare won't cover medical marijuana under their part "D" prescription drug coverage, it will cover some FDA approved, cannabinoid-based drugs (check with your part D provider to see what drugs they cover). To learn more about medical marijuana, RSVP online for the April 14 event at One Senior Place in Viera, or call 321-751-6771. 

*One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to AskOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging. Brenda Lyle is a Certified Care Manager and Certified Dementia Practitioner with One Senior Place, Greater Orlando.*

## Turner's Tips On Making a Home Dementia Friendly *cont'd from page 12*

Adding simple signs or pictures with an arrow pointing to essential rooms can also be helpful. This can include signs for the bathroom, kitchen, bedroom, or other frequently-used areas. The signs should be simple and easy to understand, with a single word or a picture to help the individual remember the purpose of the room.

It's important to keep in mind that if there are rooms that shouldn't be entered, such as a storage room or a room with dangerous equipment, those doors should be kept closed and locked. This can prevent the individual with dementia from accidentally entering the room and potentially harming themselves.

**4** Using bold and contrasting colors is a great way to make it easier for individuals with dementia to see and identify useful objects. Using colors that contrast with each other can help highlight important items, such as a white toilet seat on a dark bathroom floor or a red medication bottle on a white countertop.

However, it's important to keep patterns to a minimum and avoid using too many clashing patterns in decor. Too many patterns can create visual confusion and make it harder for individuals with dementia to distinguish between different objects. This can cause frustration and anxiety, which can further impair their cognitive function.

By using bold and contrasting colors while keeping patterns to a minimum, individuals with dementia can better navigate their surroundings, reducing the risk of confusion and agitation.

**5** Adding orienting items like an easy-to-understand clock and calendar can be very helpful for individuals with dementia.

Having an easy-to-read clock that clearly states the time, time of day, day, and date can help the individual feel more oriented to their environment and the passing of time. This

*Turner's Tips... cont'd on pg 46*





# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

April 2023

## Your Aging Plan: About Your Nest Egg.

### Your Financial Checklist.

Tips to Help  
You Handle  
Financial Stress.

Can I Afford a  
Retirement Community?

Staying Safe  
at Home.



Coming May 2023







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The 2023 Mazda Miata



The 2023 Mitsubishi Outlander



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## Let's Go Sailing!

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## President's Message

A Word from Joe Steckler,  
Our President & Founder



I hope most of you know of the gift of rent-free office space by Dr. Craig Deligdish in the Apollo Professional Tower. The space will be used to develop a Senior Resource Center containing services for seniors and those who care for them. If you want to inquire about available space, call 321-473-7770.

We recently mailed out our annual fund request. While Helping Seniors is a nonprofit, financial donations are necessary to pay bills so that senior friendly services and information about them are always available. The newsletter you are reading is in each issue of Senior Scene Magazine, available at 500 locations throughout Brevard. This is an extremely cost-effective way for us to disseminate information about senior services and how to access them.

We have kicked off our 7th Annual Car Raffle with the drawing being held at the American Muscle Car Museum on October 7, 2023. The ticket mailing will be done soon but right now tickets are available at all Boniface Hiers dealerships, can be ordered online at [www.HelpingSeniorsCarRaffle.com](http://www.HelpingSeniorsCarRaffle.com), or by calling 321-473-7770.

If you do enjoy our newsletter contained in Senior Scene Magazine, read it on the Internet, or have it delivered monthly to your incoming e-mail, I ask that you consider a donation to Helping Seniors. Managing a nonprofit organization takes people and it takes money pay them. We do not waste money and try our very best to obtain equipment through donations.

To that end, we want to start a computer training program in the new center and will need at least four lap top computers, preferably of the same type—so if you have a computer connection we would like to know it.

If you have a comment or question, please call 321-473-7770 and tell Nancy. She likes good phone calls and can help you with any senior issue type question. Until next month I wish each and all a good and successful 2023.



**Need Help?**  
321-473-7770







# Helping Seniors Of Brevard



## Senior Resource Center

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

We are beyond excited!

With the help of our friends at OMNI Healthcare and great appreciation for Dr. Deligdish and his OMNI Healthcare team, we are in the middle of getting things organized for our Helping Seniors Resource Center at the Apollo Professional Tower in Melbourne. It's a 5,600 sq ft space that will allow us a number of new and innovative ways to serve the growing number of seniors here in Brevard County.

In addition to being the new headquarters for our (321) 473-7770 Helping Seniors Infoline and our new home for media efforts on radio, TV, digital and print, we are establishing our "Senior Housing Task Force" center at this location and continuing to further our training efforts for volunteers who will be helping us as we work to make things better for seniors in our area.

You may have read last month that we were awarded a grant by the Palm Bay CDBG and City Council to expand our efforts in the battle to eradicate senior homelessness. In addition, Brevard County has also awarded Helping Seniors a grant to help directly assist seniors who are experiencing housing insecurity following the Coronavirus challenges.

We are ramping up on all levels to connect seniors with the help that can make a difference in this area - along with all the areas we are quite familiar with - legal, medical, transportation, etc.

Don't forget, by the way, that our Senior Resource Education Series, last Monday of each month, continues April 24<sup>th</sup> at 10:30 AM at Buena Vida Estates, 2129 W. New Haven Avenue in Melbourne, for "Your Financial Checklist" with Financial Advisor and Edward Jones Limited Partner, Liz Oros. Call (321) 473-7770 to RSVP today.

## Aging in Place at Home

I do not think I am alone when I say that most of us, when thinking about growing older, want to be able to age in place at home. Home means a lot of things. Home is where our "stuff" is, home is familiar, it's comfortable, and it is where memories have been made.

If you want to age in place at home, this takes some planning. As we age things can change such as finances, physical and cognitive ability, and support systems. If you are planning to age in place at home, what are things to consider and what should be part of your aging plan?

- For instance, do you drive?
- Do you have a plan for when you can no longer drive?
- How do you get to your medical appointments, grocery, banking, and social events?
- What is your financial situation, can you afford to pay for services such as lawn and yard care, home repair and maintenance such as a new roof, which can be very costly?
- What is your plan to take care of house cleaning if you are unable, will you need to bring in a housecleaning service?
- Can you cook for yourself, or will you need someone to help you with meal preparation?
- What if you need home health care, can you afford this?

There are many things to consider when planning to age in place at home. Helping Seniors encourages you to make your personal aging plan to "Get Your Ducks in a Row" so that you can age with dignity and be prepared. Call Helping Seniors of Brevard at 321-473-7770.





## Tips to Help You Handle Financial Stress

*Corina Savelle*  
Total Long-Term Care Consultant Services

It's natural to feel as though your money doesn't go as far as it used to. At the end of June 2022, consumer prices were 9.1% higher than a year earlier, the largest increase in 40 years. Inflation has slowed a bit, but you may still be worried about money. It's important to know that you're not alone — and these tips might help you manage that stress.

**Pay essential bills first.** If budgeting doesn't come easily for you, then paying your most important bills first (before making any discretionary purchases) can help you stay on track and spend less on nonessentials.

**Rework your budget.** Revising your budget regularly can ease your anxiety over the unknown. You'll have a better picture of your finances at any given time, even as circumstances change.

**Reevaluate your debt.** If you're carrying high-interest credit card debt, one option is transferring the balance to a 0% APR credit card. The new card will charge you a fee — 3% to 5% of the amount you transfer — but can give you a year or longer to repay your balance before you have to pay interest again.

**Ask for help.** Venting about your financial frustrations and getting support from others should help reduce your stress. If you're struggling with money management, seek advice from a financially stable family member or friend. Or, get help from a fee-only financial planner or educate yourself with books and podcasts by financial experts.

**Have the right insurance.** When things don't go as planned, having the right insurance coverage can alleviate financial stress. Certain risks are too large and unpredictable to cover from your savings. The less financial cushion you have, the more insurance you need. Worried about paying insurance premiums? You may be able to adjust your policy to make it fit your budget. Reach out for help if you have health or life insurance questions. For more information contact Total Long-Term Care Consultant Services at (321) 752-0995.



## Staying Safe at Home

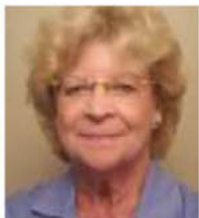
*Jennifer Barton*  
Seniors Helping Seniors of Brevard

Over the last eleven years we have cared for almost 1,600 seniors. We have been in each home to assess not only their needs but safety as well. Here are a few lessons we've learned over the years:

1. Clear the aisles, secure the throw rugs, and get rid of rolling chairs. Every in-home fall we have known stems from something that has been in the house for years but suddenly became an obstacle. Also consider an emergency device like Electronic Caregiver. Immediate response to a fall is crucial.
2. Secure your belongings to prevent theft. Store good jewelry, financial paperwork, and small valuables out of sight. We don't mind cameras in the common areas. Family members can make sure a loved one is all right, and it protects our caregivers as well.
3. Scams are everywhere. Make sure the power of attorney has access to and monitors bank accounts. We are always on the lookout when in clients' homes and try to educate our senior clients on how to spot a scam, no matter what form it takes.
4. Hire through a company. With a licensed company, you know that caregivers have had a federal background check. Many of us do more thorough checks as well. We are governed by the Agency for Healthcare Administration. You can look up agencies at [apps.ahca.myflorida.com](https://apps.ahca.myflorida.com) to see the type of license, how long they have been in business, and any complaints against them. With a company you also have a back-up in case your caregiver is sick. If the caregiver is not a good match, you can ask for someone else.

If you would like an in-home assessment, we would love to be able to help address any safety concerns you might have. Please call 321-722-2999.





## Can I Afford a Retirement Community?

*Janet Whisker, Director of Community Transitions at Zon Beachside*

A concern for many seniors is what are my options when choosing a retirement community. The question of affordability is a two-part equation. The first part is can I afford the retirement community I would desire to live in. The second part is if the cost of the retirement community is worth it compared to my current living situation. We will consider both sides of this equation below.

### What Can I Afford?

Pricing for retirement communities varies widely based on many factors. Many times, seniors ask what the price is to live in a community and initially without considering the entire picture they feel it is too high. You have to dig deeper to really see if that is true.

The first step is to do a true budget of what it currently costs you to reside in your home. You need to consider everything including appliance replacements, roof replacements, insurance, property taxes, etc. Many times, seniors consider the basic necessities but forget about all the other costs that will happen at some point. If you're not a plumber, electrician, and air conditioning repair expert then you need to consider those costs are a reality when owning a home and should be included in your overall costs.

Also consider your home value. If you own a home, by moving into a retirement community you can unlock your trapped equity and use the interest earned to pay for the community. Consider \$300,000 in equity will result in close to \$1,000 in interest each month. So each senior will be able to unlock equity and/or eliminate a current mortgage/rent payment by moving into a retirement community.

At The Residences, we've created an Affordability Calculator which walks you through all the different expenses so you can have a clear

picture of what the costs are at your home versus a retirement community. Most times seniors are shocked when they consider all the different expenses that go into maintaining their home.

### Is the Cost Worth it?

Once you determine if you can afford a retirement community then you ask is it worth it. For many seniors, when they make a true expense comparison between their current living expenses and what a retirement community costs, they are surprised there is not a significant difference. There are many benefits that result when moving into a community like The Residences.

The elimination of stress is probably the greatest driver for most seniors. Imagine anytime you have an issue in your apartment home, you have maintenance onsite to take care of the issue and you are not responsible for the repair or replacement expense. One simple call to our 24/7 Concierge will take care of your issue.

Other benefits that you probably do not have currently include the peace of mind of having an emergency pendant, housekeeping cleaning your home weekly, a full social calendar, daily beach walks, transportation to appointments, and the ability to host your family and friends for dinner without any stress. As Mastercard says in their ads, the benefits are priceless!

What we hear most often from seniors and their families, is "Why didn't I move in sooner. This is like a cruise ship on land."

As with all major life decisions, being an educated consumer is always best so we love to talk with seniors about benefits and costs so you have all the facts to make your best decision. Call to talk further at (321) 777-8840.







## 5 “Must Have” Items for Every Financial Checklist

*Beth Courtney*  
Cornerstone Financial Group

While we most definitely do not live in a “one size fits all” world – especially when it comes to finances – there are a handful of elements critical to every successful financial plan. Are these on *your* list?

1. Establish your “B” word (no, not the one you were thinking: **Budget!**)
  - a. I can see your eyes rolling now, but give it a chance!
  - b. In our practice, we actually prefer to call it a different “B” word: **BOSS!** It may take a while to develop the habit, but once you do, **YOU** will be “bossing your money around” (who’s the boss right now?)
2. Build an **Emergency Fund**
  - a. Per financial guru Dave Ramsey’s sage advice, it is highly recommended to keep three to six months’ worth of expenses in an easily accessible savings account; especially if you’re still working, this will give you time to find alternate solutions in the event of illness, injury, or job loss
  - b. Yes, your bank’s interest rates are terrible! While rates are expected to rise, that is of little solace today. Consider Googling “High Yield Savings Accounts” to find a safe bank that pays a more competitive rate than your local bank; you can easily transfer funds electronically between your online and local accounts
3. **Diversify** your investments
  - a. If invested in the stock and/or bond markets, the closer you get to retirement age, the less risk you will want to take, at least for accounts you will need to access in the near term (few years)

- b. It is important to assess your “normal” risk tolerance (not just your appetite for risk when markets are growing – or distaste for risk in falling markets)
  - c. You may find that it makes sense to allocate funds to at least a few “buckets”, such as conservative, moderate, and perhaps even a principal-protected option
4. Save taxes through **Tax-Efficient** strategies
  - a. Reading great books and working with a financial or accounting professional could help you explore and understand creative opportunities to save taxes now, and/or avoid taxes in the future
  - b. This could include steps that may cost a bit now (such as paying for Roth conversions), to avoid paying even more later when taxes are expected to be higher
5. Take advantage of **Technology**
  - a. There are many apps you can download on your phone to save a fair amount of money on everyday items such as gas, food, and household goods
  - b. This is especially timely given our current outrageous inflation rate

Our community offers a wealth of professionals and resources to help you make great financial decisions. The most important step is to begin working a plan that best meets your unique needs!

*Beth Courtney is a Financial Advisor and the founder/owner of Financial Cornerstone Group, a holistic Financial Advisory practice with offices in Rockledge, Satellite Beach and Palm Bay.*



To donate or for information and resources call us:

**Helping Seniors** is here to serve you, call us anytime at **321-473-7770** or go to our website at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org)





## Aging in Place: Growing Older at Home

You may share the often-heard wish — "I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place."

### How to plan ahead to age in place

First, think about what kind of help you might want in the near future. Maybe you live alone, so there is no one living in your home who can help you. Maybe you don't need help right now, but you live with someone who does. Look at any illnesses that you might have. Talk with your doctor about how these health problems could make it hard to get around or take care of yourself in the future. If you're a caregiver for an older adult, learn how you can get them the support they need to stay at home.

### What support can help me age at home?

You can get almost any type of help you want in your home — often for a cost. Personal care. Household chores. Meals. Money management. Health care. [*Helping Seniors Information Helpline at (321) 473-7770 is a great place to start when looking for resources in these areas.*]

### Common concerns about aging in place

If staying in your home is important to you, you may still have other concerns:

1. Getting around — at home and in town. Are you having trouble walking? Perhaps a walker, electric chair, or scooter would help. Do you need someone to go with you to the doctor or shopping?
2. Finding activities and friends. Are you bored staying at home? Senior centers offer a variety of activities. You might see friends there and meet new people too. Is it hard for you to leave your home? Maybe you would enjoy visits from someone.
3. Safety concerns. Are you worried about

crime in your neighborhood, physical abuse, or losing money in a scam? Are you afraid of becoming sick with no one around to help? You might want to pay a monthly fee for an emergency alert system. You just push a special button that you wear, and emergency medical personnel are called.

4. Housing concerns. Would a few changes make your home easier and safer to live in? Think about things like a ramp at the front door, grab bars in the tub or shower, nonskid floors, more comfortable handles on doors or faucets, and better insulation. Sound expensive? You might be able to get help paying for these changes.
5. Getting help during the day. Do you need care but live with someone who can't stay with you during the day? For example, maybe they work. Adult day care outside the home is sometimes available for older people who need help caring for themselves.

### Be prepared for a medical emergency

If you were to suddenly become sick and unable to speak for yourself, you probably would want someone who knows you well to decide on your medical care. To make sure this happens, think about giving someone you trust permission to discuss your health care with your doctor and make necessary decisions. Learn about health care advance directives.

### How much will it cost to age in place?

It's possible that paying for a few services out of pocket could cost less than moving into an independent living, assisted living, or long-term care facility. And you will have your wish of still living on your own. Resources like [Benefits.gov](https://www.benefits.gov) and [BenefitsCheckUp®](https://www.benefitscheckup.gov) can help you find out about possible benefits. Are you eligible for benefits from the U.S. Department of Veterans Affairs (VA)? The VA sometimes provides medical care in your home. To learn more, visit [www.va.gov](https://www.va.gov)

*Adapted from the full NIH article, available by calling Helping Seniors of Brevard at (321) 473-7770 or at [nia.nih.gov/health/aging-place-growing-older-home](https://nia.nih.gov/health/aging-place-growing-older-home).*





## Senior Homelessness

*Traci Graf, RN  
AVID Home Care*

Homelessness in Brevard is on the rise, especially among a group of people I never imagined—senior citizens.

One of the county's biggest senior resources, Helping Seniors of Brevard, states that the problem is simple to explain, but much harder to solve. Calls to their helpline have nearly doubled in the past year, many of them about housing.

The average social security payment in January 2022 was \$1,614 a month. With rents costing \$1,500 or more for a one-bedroom, that leaves \$114 a month for everything else. People cannot live off that amount of money and, unlike younger people, seniors lack the ability to work one or even two jobs to make extra money.

There is no section 8 housing available in Brevard and waiting lists for other rental assistance programs are 2-3 years long. Helping Seniors report more and more calls from elderly people who have already become homeless. Some are living in their car, motels, or couch surfing with friends. Many are living in the woods or on the street.

Take a few minutes and watch a senior citizen, a neighbor, a grandparent, even a stranger. Then imagine them living in the woods, minimal belongings, no place to shower or use a bathroom, no protection from the elements. It's hard to see homeless people of any age, but older people struggle so much more. Physical difficulties, medical problems, not having enough to eat or drink, and being a target for crime are all challenges and more.

I usually like to end my articles with a "what can I do" type of paragraph, but I am unable to find a way to do that with this subject. There are multiple programs trying to help and new housing going up all the time, but if we think \$1,500 a month rent for someone making around \$1,600-\$2,000 a month is affordable, we are heading in the wrong direction.



## Bad Breath

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

About 200 million people in the U.S. use mouthwash, a \$3 billion industry. Is it any wonder why we concentrate so much on bad breath?

Bacteria in the mouth primarily cause bad breath. The bacteria survive very well in the following areas:

- Around and below the gum line in periodontal disease
- On the surface of oral tissues in a "dry mouth"
- Foods such as garlic and onions
- Smoking
- Medical conditions such as sinus and gastrointestinal problems

If your mouth stinks, let's look at how to unstink it. Here are the simplest ways:

**Brush and floss your teeth.** Look in the mirror and see where your brush is going. Don't depend on "feel." And yes, use a good electric toothbrush, not a cheap one. Plan on spending at least \$60 for one. Mine costs about \$150, and it's well worth it. For flossing, I use "Floss pics." I keep them in the car and by my desk. That way, I can floss at a red light or when I'm taking a break from writing these tips. Remember that you're cleaning the teeth with the floss, not just snapping out food particles.

**Rinse your mouth.** Just eating or drinking significantly reduces the smelly compounds that accumulate in a dry mouth condition. Mouthwashes can improve that. Once garlic gets into your mouth, it gets into your bloodstream too. There's not much you can do about that. But onion and garlic residues can be neutralized to some degree by mouthwashes.

**Get your teeth cleaned,** and make sure you don't have periodontal disease. If all of that doesn't work, it's time to see your physician to look at other causes.





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321-341-8444



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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

I was widowed at a very young age. We did not have any family so I was really left alone. I finished my graduate degrees and started on my exciting career. My job became my entire life, I loved it, exciting lunches with coworkers, world travel and many evening business meetings.

Then it came – a merger and I were too close to retirement to survive – it was all over.

Sometimes I missed the conventional, suburban housewife life style, so I always promised myself I would do it when I retired.

Well, I do not find it much fun, I am bored to death, and these women are as dull as last week's newspapers. I seem to be having the same problems as the men who were also forced out. What should I do?

– Wendy in Walterboro

## DEAR WENDY,

It is unfortunate to have an opportunity to reach a goal only to find it is not anything you thought it would be. Your experience shows the risk we all take by getting so involved in work that it becomes our own identity. When we retire our whole identity goes away, including our friends, travel,

luncheons, etc. Successful retirement requires years and years of planning, financially and socially. Retirement is a life change! Since you did not plan your social activities for retirement you should develop activities, volunteer in your community. Hospitals and non-profit organizations have wonderful volunteer programs. A woman I know loved art so when she retired she started to volunteer at the local museum. She is busier now than when she was working. Others I know have started their own successful small businesses in retirement.

– Kimberley

## DEAR WENDY,

Your fun is not over - it is just going to be a different kind. The non-profits will be ringing bells to welcome you. Your skills are needed in so many different places.

I think your move to the suburban housewife lifestyle was probably too abrupt, and too drastic - try it on a part time basis.

If you cannot find an interesting non-profit consider part time consulting possibilities in your own field.

There are a lot of interesting things happening out there - you just have to go out and find them!

– Audrey



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## Does It Matter How You Hold Title To Property? cont'd from page 13

account without the other person's signature, he/she can withdraw without yours.

SECOND, with real estate the problem is reversed. The other owner must sign a deed or a mortgage with you and therefore has control over what you do with the property.

### PARTIAL LOSS OF STEPPED-UP TAX BASIS:

For capital gains taxes, the profit from a sale of appreciated property is calculated by subtracting the basis (purchase price and other costs) from the sales price. When property is received at an owner's death, the basis is stepped-up to the date of death value, reducing capital gains taxes. If there was only one owner there would be a stepped-up basis on the entire value of the property. With jointly own property the stepped-up basis is only on the one-half received from the deceased owner.

For example, if jointly owned property had a basis of \$100,000 each owner's basis would be \$50,000. If the property has a value of \$200,000 when one owner dies, the surviving owner's basis becomes \$150,000. There is a stepped-up basis from \$50,000 to \$100,000 on the half received from the deceased owner plus the \$50,000 basis on the half initially owned by the surviving owner. (S)

# Ways to Train Your Brain

By Matilda Charles

**"S**hrinkflation." That's a word that's been in the news lately, and one that we need to pay attention to.

We know prices are increasing on our groceries. We see it every time we look at the price tags on the shelves when we shop, and certainly at the checkout. But shrinkflation is a different thing and can be harder to spot. Shrinkflation is sneaky price increases.

In shrinkflation, the prices don't go up, but what we get comes down. This is impacting most things across grocery stores, including dairy, shampoo, meats, frozen foods, toilet paper, pet food, pastries, candy bars, laundry detergent, sliced cheese, tea bags ... well, everything.

Example: The price of a can of beans stays the same, but we get fewer ounces. Example: The price of a loaf of bread stays the same, but it's smaller. Same with cereal, which you'll have noticed when the box sizes changed.

In my case, one particular item (frozen meatballs) at my local store dropped from 64 meatballs to 56 ... fewer for the same money.

Keep an eye on the unit pricing on the tag on the grocery store shelf. Yes, it's in tiny print (which is one reason to carry a small magnifying glass at all times), but the numbers will tell you the unit price per fluid ounce, pound or count. Over time you'll be able to see if you're getting less for your money.

Look at generics to save money (and, in many cases, get a better product) or just change brands. Buy more than one if the price is good, but watch the expiration dates.

Lastly, consider signing up for a store's loyalty card if you get cash benefits for doing so, and sign up for the emailed weekly sales flyer to shop from.

By shopping carefully, we can beat them at their own game. © (c) 2023 King Features Synd., Inc.

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# King Crossword

## ACROSS

- 1 Pirate's chart  
4 "Shark Tank" network  
7 Clench  
11 Misfortunes  
13 Monk's title  
14 Jeans maker Strauss  
15 Grabbed  
16 Sailor  
17 Opposite of "sans"  
18 Lukewarm  
20 Soft shoes, for short  
22 Egg yolk  
24 Give  
28 Limo alternative  
32 Orange variety  
33 Online auction site  
34 "Kapow!"  
36 Traditional tales  
37 Winter woes  
39 Lauded  
41 Balloon filler  
43 Little rascal  
44 Beseech  
46 Speak one's mind  
50 Big swig  
53 Profit  
55 Alike (Fr.)  
56 Sheltered  
57 — Jima  
58 Activist Parks  
59 Twinkler in the sky  
60 Venomous viper  
61 Campaigned

## DOWN

- 12 Swimmer without a suit  
19 Medico  
21 Biz bigwig  
23 Prattle  
25 New Mexico resort  
26 Shrek, for one  
27 Garden intruder  
28 Georgia or Cal  
29 Bassoon's kin  
30 Humpty's perch  
31 Knock  
35 Hosp. scan  
38 California's Big —  
40 I love (Lat.)  
42 Craze  
45 Evergreen trees  
47 Mr. Stravinsky  
48 "Apollo 13" org.  
49 Panache  
50 Tank filler  
51 Last (Abbr.)  
52 Meadow  
54 Spinning toy

1	2	3			4	5	6		7	8	9	10
11			12		13				14			
15					16				17			
18				19		20		21				
			22		23		24			25	26	27
28	29	30				31		32				
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		



# PAW'S CORNER

By Sam Mazzotta

## Clicker Training Can Help Your Dog Love to Learn

**DEAR PAW'S CORNER:** What is the value of training dogs using a clicker? I have tried using a clicker to train my dog Atlas, but he didn't listen very well. When should I click at him -- when he's misbehaving? Or when he's doing something right? And how can he tell?

— John H., Springfield, Massachusetts

**DEAR JOHN:** Clicker training, or "mark and reward" training, can seem almost magical in terms of how quickly and enthusiastically a dog learns. But that magic only happens when it's being done correctly.

Basically, you press the clicker device when your dog does precisely the thing that you are trying to train him to do. And you follow up immediately (like, within a second) with a reward -- usually a little bit of a treat. So, here's how it is done:

- Decide on one behavior that you want your dog to learn in your training session. Start with a basic behavior, like "sit," "come here," "lie down" or "give paw."

- Give Atlas the command. If he doesn't follow the command, don't click.

- As soon as he follows the command, click once and give him a little treat.

- Repeat the process again and again until he follows the command immediately.

By associating the clicker noise with a command and a reward, Atlas will quickly build a positive association with the command. This works for many types of training, from basic obedience to agility to job-specific commands. But you start with just one command at a time.

Also, consider working with a trainer, either one on one or in a group training setting. You'll pick up many training skills quickly. It's worth the investment.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com). (c) 2023 King Features Synd., Inc.

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# Embodied Spirits Thoughtfully Enjoy

Rev. Jeff Wood, First Presbyterian Church of Sebastian

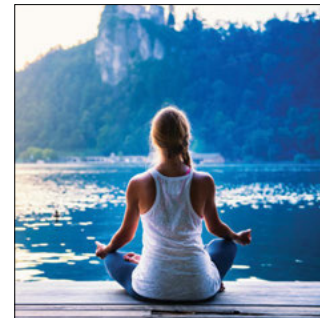
said last month that enjoying God's gifts runs into enjoying God himself. And, as a wife is most praised by her husband's delight in her, so God is most praised by our delight in him.

Delighting big-time in God's good gifts sounds like it could get pretty self-indulgent. Here's a caveat – we're not talking about enjoying bullying, or cheap sex, or unchecked greed that hurts others, or eating candy until you have diabetes. We're talking about sinking our teeth into the highest, deepest, most enduring pleasures and these will always be regulated by caring for our, and others' and the planet's, well being. So some thought is involved in this

answer of what we enjoy deeply. That's part of what it means to be a church, I believe. We think together about such things.

Speaking of thought, we're talking with enjoying about something with more than thought. Not without thought but also more than thought.

There is a humongous difference between knowing the molecular structure of honey and tasting honey on your



tongue. Enjoyment is thought and taste, cerebral and sensual. In this Christian faith of ours, we are not talking about disembodied souls but embodied spirits. God made the flesh. God became flesh. We enjoy life and God truthfully and sensually. Head and heart. Soul and body. Thoughts and affections. Regard and exclamation. ☺

*Pastor Jeff Wood, First Presbyterian, 1405 Louisiana Ave, Sebastian, FL 32958 (772)589-5656]*

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## CALENDAR HIGHLIGHTS



**Find SCG-TV:**  
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Comcast (South Brevard) Channel 13  
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm
Apr 3	Mon	Safe & Secure at Home	Cosmetic Dentistry	New to Florida? Know Elder Law
Apr 4	Tue	Periodontal Disease	How to Cruise Successfully	What Assisted Living Can Mean
Apr 5	Wed	Elder Law Services	Life Enrichment	Reverse Mortgages - Now is Time?
Apr 6	Thu	Medicaid Planning - Part 1	Medicaid Planning - Part 2	Living Beyond Your Current Home
Apr 7	Fri	All About Home Health Care	Chefs for Seniors	How Public Adjuster Helps
Apr 10	Mon	Medicare - Questions & Answers	Great Employment for Seniors	Real Estate for Seniors
Apr 11	Tue	What Elder Law Attorney Can Do	Senior Mental Health	Periodontal Disease
Apr 12	Wed	How Assisted Living Helps Thrive	Care Management	Checking Out Zon Beachside
Apr 13	Thu	3 Reasons for Reverse Mortgage	Put Your Kids on House Title?	Helping Seniors Travel Club
Apr 14	Fri	Living Beyond Your Current Home	Parts of Medicare	Aging & Legal
Apr 17	Mon	Guardianship	Senior Info in Senior Scene	Technology & Home Care
Apr 18	Tue	Helping Seniors Directory	New to Florida? Elder Law	Medicare - Questions & Answers
Apr 19	Wed	Senior Travel Safe & Fun	"The Talk" About Assisted Living	The Dirty "D" Word - Dementia
Apr 20	Thu	Why Comprehensive Evaluation	Two Assisted Living Questions	5 Tips to Stay Home Safe
Apr 21	Fri	Golden Providers Biz-to-Biz	How Reverse Mortgages Work	Trusts
Apr 24	Mon	Safe & Secure at Home	Finding Good Help at Home	Avoiding Probate
Apr 25	Tue	Your Legal Documents Checklist	Understanding Medicare Options	Chefs for Seniors
Apr 26	Wed	When is Assisted Living Right?	Why Public Adjuster Helps Claims	How Assisted Living Benefits
Apr 27	Thu	Let's Talk Medical	Things to Know Elder Law	Too Many Teeth Extracted?
Apr 28	Fri	Reverse Mortgage Funding	Helping Seniors Travel Club	Top 3 Public Benefits Questions



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Date	Day	Program	Topic	Special Guest
Apr 5	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Apr 12	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Apr 19	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
Apr 26	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton



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# Something New For One Or Two

Recipes especially created for 1 or 2 diners

*I don't know about you but I am so looking forward to Spring and warm weather. So here are some nice light recipes for the coming days. Since the citrus is plentiful and very good right now and since we have an abundance of wonderful fresh seafood from the Gulf here are some of my favorite recipes.*

## COOL SPRING SOUP

2 large navel oranges  
2 ruby red grapefruit  
¼ c. water  
1 cup sugar  
½ cup red currant jelly  
2 T. dry sherry  
sour cream

Use a zester to julienne the rind of the orange and grapefruit and set aside. Peel and section the fruit; cutting the grapefruit sections in half if they are large. Cook the water, sugar, currant jelly and sherry for about 15 minutes to make a syrup. Cool and pour over the fruit sections, stir well and chill for several hours. Ladle the soup into tall cups and top with sour cream and garnish with fruit zest. Serves 2 or 3.

## SNAPPER WITH TOMATO & AVOCADO SAUCE

2 6 oz. fresh snapper filets  
3 T. olive oil

½ t. each salt and pepper  
1 T. fresh lime juice  
1.8 t. dried oregano  
½ t. McCormick's Key West seasoning  
s small avocado peeled and cut into chunks  
8 to 10 grape tomatoes cut in half  
1 t. minced garlic  
1 T. rice wine vinegar  
2 t. lime juice  
1 green onion finely minced

Marinate the snapper in the olive oil, lime juice and oregano for about an hour. Drain and sprinkle with salt and pepper and the Key West seasoning and broil until just firm. Mix the avocado, tomatoes, garlic, vinegar, lime juice and serve as a salsa with the snapper. Serves 2.

## CITRUS COOKIES

½ cup powdered sugar  
1 ½ sticks of butter or margarine  
1 cup of flour, sifted  
½ cup cornstarch  
½ t. salt

1 t. each of orange, lemon and lime zest  
¼ t. lemon extract  
¼ t. orange extract  
¼ t. lime extract (if you can find it)  
¼ cup of toasted, chopped pecans

Cream margarine, sugar, zests and extracts together, then blend in flour, cornstarch and salt. Add the nuts and roll into logs using wax paper or plastic wrap. Chill until firm and slice into ¼ inch slices. Place about 2 inches apart on an un-greased baking sheets and bake for 12 to 15 minutes at 375 degrees. They will be slightly brown on the edges. These are wonderful with a dish of frozen yogurt or your favorite ice cream.

For other recipes for one or two, you can send for our cookbook "Something New for One or Two" to Pickle Pepper Press, P.O. Box 66214, Mobile, AL 36660. The book is \$10.50 with mailing. Alabama residents add .81 cents tax.



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# District JROTC Championship Drill Meet Very Special

**O**n 04 March, seven Brevard Army JROTC Drill Programs fielded teams for the District Championship at Veterans Memorial Park. Two earlier5 meets had more schools and cadets, but scores earned then did not allow others to attend the District Meet.

Following through on a pledge made early this school year, the Good Deeds Foundation of MOAACC provided funds for every trophy at 8 meets from September to March for the 15 JROTC High Schools competing in Raider Challenges, Air Rifle and Drill meets. That total passed \$3400 and included a new, GDF perpetual trophy to recognize the annual winner of Drill competition named after MOAACC member Lloyd Stafford, a Texas AM graduate who provided his Aggie Sabre as part of the trophy. GDF member Doug Bisset created the new trophy which was presented, along with dozens of others, at the final Drill Meet for JROTC of the 2022-23 School Year. The meet was supported also by the VMC.

Cocoa Beach JrSr Army JROTC Drill Team won that trophy for 2023. They and most of the six other JROTC programs (Cocoa, Rockledge, Heritage , Viera, Astronaut and Merritt Island) placed seven separate teams that won first place in categories ranging from Color Guard to Platoon Armed Drill to individual demonstration . Those seven are headed for State Competition in late March. Congratulations to all the 120 JROTC cadets who competed when most of their HS classmates were at home in bed on a beautiful Saturday Morning.

Of special note was the Drill Team from Cocoa Army JROTC. Three nights before the meet, one of their own, Cadet Kiara Terwilliger was killed at her home in Cocoa. The team decided to compete for her and did quite well. A moment of Silence was held in memory of Ms. Terwilliger as the Cocoa Team and supporters released balloons into the air.

Parents, cadets and instructors heartily thanked MOAACC and VMC for support at all 8 meets held at the VMC Park. It was quire a school year for so many JROTC cadets and teams. (S)



## Weekly SUDOKU

by Linda Thistle

8				2				1
		9			8	2		
	1		4				6	
	6				3	4		
3			1				7	
		2		7		6		3
		7	5				9	
	4			6				5
5					9	8		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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## Honor Flights 2023

**B**y the time you read this, the first Honor Flights of the year will be taking place.

Honor Flights are free trips to Washington, D.C., for veterans, a day of visiting the memorials and monuments dedicated to their service. The trips leave from one of 124 hubs around the country, with all details managed by a crew of volunteers. In 2022, there were 21,800 veterans who made the Honor Flights and 18,709 guardians with them. Since starting in 2005, Honor Flights have escorted over a quarter of a million veterans on these trips.

Because of the ages of elderly veterans, flights are currently restricted to veterans from the World War II, Korean War and Vietnam War eras.

For those not near a hub, or for those in the five states without hubs, there is the Lone Eagle program ([loneeagle.honorflight.org](http://loneeagle.honorflight.org)). Any veteran is eligible, but priority is given to veterans from the World War II, Korean War and Vietnam eras. Each veteran needs to have a guardian along on the

trip. Children or grandchildren are eligible, but they must be 18 years or older.

For veterans who are seriously ill (and who have less than one year to live), there is the TLC program. TLC in this case is taken to mean Their Last Chance -- veterans who might not have time in the future to make a regular Honor Flight. Each TLC veteran needs to have one guardian, a trained caregiver who will manage all the required medical care for that veteran. The costs are picked up by a donor. For specific info, contact Bobbie Bradley at 937-521-2400 ext 104.

To see the 2023 schedule and learn more about Honor Flights, go to [www.honorflight.org](http://www.honorflight.org).

Will you open your wallet to send a few dollars to Honor Flights to help more veterans make the trip? They're a nonprofit with a four-star Charity Navigator rating. You can donate online at the website or send a check to Honor Flight, Box L-4016, Columbus, OH 43260-4016. (S)

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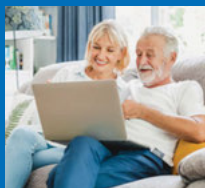
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See ad on pg. 43

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## King Crossword Answers

Solution Time: 21 minutes

M	A	P			A	B	C		G	R	I	P
I	L	L	S		F	R	A		L	E	V	I
T	O	O	K		T	A	R		A	V	E	C
T	E	P	I	D		M	O	C	S			
				N	O	G		B	E	S	T	O
T	O	W	N	C	A	R		O	S	A	G	E
E	B	A	Y		B	A	M		L	O	R	E
C	O	L	D	S		P	R	A	I	S	E	D
H	E	L	I	U	M		I	M	P			
				P	R	A	Y		O	P	I	N
G	U	L	P		N	E	T		E	G	A	L
A	L	E	E		I	W	O		R	O	S	A
S	T	A	R		A	S	P			R	A	N

## Sudoku Answers

8	7	6	3	2	5	9	4	1
4	3	9	6	1	8	2	5	7
2	1	5	4	9	7	3	6	8
7	6	8	2	5	3	4	1	9
3	9	4	1	8	6	5	7	2
1	5	2	9	7	4	6	8	3
6	8	7	5	3	2	1	9	4
9	4	3	8	6	1	7	2	5
5	2	1	7	4	9	8	3	6

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remained on Lieutenant Taylor's state of mind.

Discussions raged. Kusche in his book (1975) dubbed the flight information and subsequent stories inconsequential and inadequate. Ric Whyte thought the error was navigational and the planes just drifted off course.

Imagination bred notions of aliens from a parallel universe. Irregular rock patterns in Bimini lead to the proposition of a road to the powerful undersea lost city of Atlantis. Edgar Cayce, well known psychic, announced the crewmen would return in 1968. The story took on new dimensions when the American Legion called the simple training flight the "Lost Patrol". Even Naval Aviation News looked into the details of the tragedy in 1973.

One might place the public perception of Flight 19 as extraterrestrial on Steven Spielberg. In his movie, Close Encounters of the Third Kind, the crewmen returned, but only on film. Could be Edgar Cayce foresaw the 1977 movie.

Adventurers believed that if found, the aircraft themselves would settle all the mystery. In 1989 a private company, Project 19, Inc., set off from Cape Canaveral with a sidebar scanner, but detected nothing.

Common knowledge of the Devil's Triangle overtook the stories. Even today most people can tell you about the dangers of the Bermuda Triangle. ABC television and the History Channel have featured the mystery. Some lost Avengers have been recovered, but none with the identification tags of Flight 19.

Is there really a geographic boogeyman lurking in Atlantic waters? There are no official boundaries for such a place. The U. S. Bureau of Geographic Place Names does not identify or map such a location.

Since 1992 the international insurance company, Lloyds of London, ignores the designation of the Bermuda Triangle in setting rates for covering planes, ships or boats in the region. Lloyds determined that accidents do occur in the Western Atlantic, but the percentage is small given heavy traffic. The Triangle is no different than other common seaways. Documents review that losses are insignificant compared to other places worldwide.

So, is there a maritime danger zone? If so, where is it – only in the minds of people who heard the stories?

Next month an analysis of records may introduce a reasonable answer. §

## VNA – Diabetes cont'd from pg 15

**A** Type 1 diabetes is when the pancreas does not make any insulin or very little (insulin is a hormone that regulates the movement of sugar into your cells). Type 1 diabetes usually first appears in children and is not preventable. There is also currently no cure for Type 1 diabetes, and a person with Type 1 diabetes will need insulin shots (or a pump) every day for the rest of their life. With Type 2 diabetes, the pancreas does not make enough insulin, and cells respond poorly to insulin, which is called insulin resistance. There is also no cure, however, for most people, Type 2 diabetes is preventable by living a healthy lifestyle that includes plenty of exercise and a healthy diet. But once a person has Type 2 diabetes, they can also manage it well through a healthy lifestyle and diet.

**Q** My son was just diagnosed with Type 1 diabetes – and he loves his sweets. Will he be able to enjoy them at all anymore?

**A** Yes. A great place to find yummy, diabetes-friendly

dessert suggestions (with recipes) for both Type 1 and Type 2 diabetics is by visiting the American Diabetes Association (ADA) website: <http://diabetes.org>. Some of their delectable sweets include Almond 4-ingredient peanut butter cookies, Almond Joy hot cocoa and "Helado" de banana y chocolate. §

*This information is for educational purposes. Please consult your physician for any medical issues. For more information about VNA services, call 321-752-7550 or visit [www.vnatc.com](http://www.vnatc.com).*

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## SENIOR SCENE MONTHLY TRAVEL TIPS

# New Survey Reveals the Trends of Women Travelers Over 50



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A study by a top travel vendor conducted a new survey showcasing women travelers over the age of 50 in a recent panel during the three-day Women's Travel Fest, showcasing their travel behaviors, trends and more. The survey, called "The Influence and Affluence of the Solo Female Traveler Over 50," was conducted with over 1,000 experienced female travelers.

The most popular destinations for these women are Europe, the U.K., Scandinavia and Eastern Europe, at 65

percent. North America is attracting 30 percent of these women, while the Asia Pacific region, which includes New Zealand and Australia, attracts a more adventurous 26 percent.

73% of the women stated they are interested in taking a solo cruise. Many of the river cruise lines are expanding their cabin allocations to include solo cabins or reduce their 200% charge down to 150%. Since there are more single women than men over the age of 65, all the worldwide cruise

lines are making an effort to accommodate women on their cruises.

It's what these women are interested in doing while traveling that has changed from the past, though. A strong percentage are most interested in adventure travel and hiking experiences, while 32 percent are interested in sustainable or wildlife travel. 23 percent are traveling for wellness experiences, such as yoga retreats or relaxing resort stays. However the majority of women said they like the advantages of cruising because it includes more items they are interested in.

That is why the Helping Seniors of Brevard Foundation cruises is so successful. Chris Morse, Director of Helping Seniors Travel Club stated that "since our clients come mainly from the Brevard County area, we have the ability to attract those single women looking for other single women and men to share time with. They meet, eat together, go to the entertainment venues together and after the cruise, can make lunch reservations on land and develop a friendly relationship.

Solo Travel and Group travel is a consideration among this group, and solo women travelers over 50 predominantly search for women-only or solo trips for women with guides that offer experiences to meet or work with other local women, at 65 percent.

Please contact Betty Powers at 818-618-1211 for more Women Solo Trips Worldwide. ☎

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# Blood Pressure, Dementia and Alzheimer's Disease

Arvind M. Dhople, Ph.D., Professor Emeritus, Florida Tech

**D**ementia is a major health concern for which prevention and treatment strategies remain elusive. Lowering high blood pressure with specific antihypertensive medications (AHMs) could reduce the burden of disease. When mild cognitive impairment subjects are followed longitudinally, they tend to convert to clinically probable Alzheimer's disease at a rate of 10-15% per year. This is in contrast to normal elder subjects who will develop Alzheimer's disease at a rate of 1-2% per year.

According to a recent study, thorough examination of long-term data from four countries (United States, France, Iceland and the Netherlands), treating high blood pressure with medication not only improves older adults' cardiovascular health, but also can reduce their risk of dementia and Alzheimer's disease. This comprehensive look extends the previous preliminary data of SPRINT (Systolic blood Pressure Intervention Trial) that showed lowering blood pressure levels reduce the risk for a combination of dementia and mild cognitive impairment. In this current SPRINT study, the scientists teamed up to analyze data from six comprehensive, community-based health studies

conducted between 1987 and 2008 in those four countries. They examined all five major types of blood pressure medications – ACE inhibitors, angiotensin II receptor blockers, beta-blockers, calcium channel blockers and diuretics – and found that the type of medication did not make a difference.

Participant data was divided into two groups – 15,537 people with high blood pressure and 15,553 people with normal blood pressure. In all, 1,741 diagnoses of Alzheimer's disease and 3,728 cases of other dementias developed over time. People who controlled their blood pressure with medicine were found to have the same risk for developing dementia as individuals with normal blood pressure who did not require medication.

This team of scientists cross-referenced data from six large, longitudinal studies that tracked the health of all the people in the study (over age 55) across over 20 years of follow-up. They found that treating high blood pressure – no matter with which type of antihypertensive

*Blood Pressure, Dementia... cont'd on page 49*

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
## Turner's Tips On Making a Home Dementia Friendly *cont'd from page 22*

can also help them keep track of appointments or events.

It's important to place the clock in a visible and accessible location, such as on the bedside table or in the room where the individual spends most of their time. A digital clock with large, clear numbers and an easy-to-read display can be particularly helpful.

A large print calendar can also be helpful for keeping track of days and important events. This can help the individual maintain a sense of routine and structure, which can be comforting for those with dementia. The calendar should be placed in a visible location and should have large, clear numbers and an easy-to-read layout.

**6** Adding photos or keepsakes that evoke positive memories is a great way to make a home more dementia-friendly. Placing photos of loved ones, familiar places, or memorable events in a prominent place in the home can help individuals with dementia connect with their past and feel more comfortable in their surroundings. This can also provide a sense of continuity and help to maintain their sense of identity. It's important to choose items that have positive associations for the individual, as negative memories or emotions can cause distress.

Overall, creating a dementia-friendly home involves making thoughtful and intentional modifications that prioritize safety, independence, and comfort. 

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# Yawning – Contagious Or Empathy?

**A**lthough yawning is a commonly witnessed human behavior, yet it has not been taught in much detail in medical school. It is characterized by opening up of mouth which is accompanied by a long inspiration, with a brief interruption of ventilation and followed by a short expiration.

While a whole assortment of creatures, including hippos, pigs, snakes, chimpanzees and sharks, have been known to yawn, fewer species have been proven to “catch” yawns off one another in the way that humans (and even dogs) are prone to do.

For a long time, scientists believed that all yawning was a precursor to sleep, but recent research has suggested that the act bears no relation to dipping energy levels. Instead, catching yawns on a regular basis seems to indicate more about your personality than your sleepiness. Here are some of the leading theories to answer the age-old questions: why is yawning so contagious?

Catching yawns may be an unconscious sign that you’re attuned to other people’s emotions, in the same way you might automatically smile or frown at someone when they do the same to you. According to the researchers from the University of Connecticut in 2010 they found that most children did not begin so-called “contagious yawning” until they were around four years old – generally the age when empathy skills begin to develop.

A 2015 report found that peoples with certain

psychopathic traits may be less likely to catch a yawn from others. After taking a standard psychological personality test, 136 college students were shown 10-second video clips of different facial movements including yawning. The test showed that the less empathy a person had, the less likely he or she was to catch a yawn. What the scientists from that report from the Baylor University found tells them there is a neurological connection – some overlap – between psychopathy and contagious yawning.

A 2010 study demonstrated that the number of times small parrots yawn contagiously increases when the temperature increases. In the study, 10 birds were exposed to four 10-minute periods of changing temperatures, and their yawning was found to positively correlate with ambient temperatures during the trial. This behavior might serve as a warning sign to others of potential threats.

Studies show that the younger you are, the more likely you are to catch yawns off your co-workers. In one study of 328 people who were shown a three-minute video of people yawning, 82% of people under 25 contagiously yawned, while just 60% of people ages 25 to 49 contagiously yawned. Only 41% of people over age 50 were contagious yawners.

The scientists in the study speculate that people may generally become less susceptible to contagious yawning as they age, possibly because they pay less attention to the behavior in others. §

## Old Is When.....

Old is when...A sexy babe catches your fancy, and your pacemaker opens the garage door.

Old is when...Going bra-less pulls all the wrinkles out of your face.

Old is when...You are cautioned to slow down by the doctor

instead of by the police.

Old is when...“Getting a little action” means you don’t need to take any fiber today.

Old is when...“Getting lucky” means you find your car in the parking lot. §



1. GEOGRAPHY: Which river flows through the European capitals of Vienna and Budapest?
2. SCIENCE: At what temperature are Fahrenheit and Celsius equal?
3. TELEVISION: The comedy series “Frasier” is a spinoff of which sitcom?

4. LITERATURE: Which novel features a character named Katniss Everdeen?
5. FOOD & DRINK: What kind of beans are used in falafel?
6. ANIMAL KINGDOM: What is a beaver’s home called?
7. THEATER: Which musical features a character named Tracy Turnblad?
8. MOVIES: Which actress plays the young Wendy Darling in the movie “Hook”?
9. HISTORY: Who invented the game of lacrosse?
10. SCIENCE: What percentage of the world’s population has brown eyes?

### Answers

1. The Danube River.
2. 40.
3. “Cheers.”
4. “The Hunger Games.”
5. Chickpeas or fava beans.
6. A lodge, or a den.
7. “Hairpray.”
8. Gwyneth Paltrow.
9. Iroquois tribes in the eastern United States and Canada.
10. 70%-80%.

# Azalea Blooms Give An Early-Spring Show

By Dr. Eddie Smith

**A**zaleas are starting to produce their beautiful flowers in my landscape, and it is a welcome sight after a few months of cool weather.

I hope you did the right thing and did not do any pruning to your azaleas yet. You should only prune azaleas after they have finished blooming in the late winter or early spring. If you went ahead and pruned to remove freeze damage, you pruned off potential blooms.

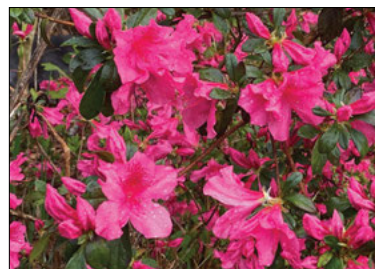
Did you know there are evergreen and deciduous azaleas? I have a mixture of both in my yard. Evergreen azaleas are more popular for use in the home landscape, but deciduous azaleas are great plants for woodland landscapes. Over the years, azalea breeding programs have developed some awesome new cultivars. Encore Azaleas are among the most popular varieties on the market now.

Unlike traditional azaleas, Encore Azaleas bloom multiple times throughout the year. They do well in U.S. Department of Agriculture zones 6-10. Encore Azaleas will grow in full sun, but I have seen the best-looking examples growing in part sun to part shade.

One of my favorite Encore Azaleas is Autumn Bonfire, known scientifically as *Rhododendron Robleza*. This is a fast-growing dwarf azalea with beautiful red, semidouble blooms

that appear in spring, summer and fall. With its foliage that stays a dark evergreen year-round, this azalea is excellent for borders and mass plantings. Autumn Bonfire can grow up to 3 feet tall and 3.5 feet wide, so keep that in mind when deciding where to plant this shrub in your landscape.

In general, most azaleas are hardy plants with few disease and pest issues. Azalea caterpillars can quickly eat the leaves from plants, but new leaves will sprout. If you see caterpillars on your azaleas, the best method of control is to remove them by hand. If you'd rather not handle them, there are several pesticides that can be sprayed to control caterpillars. Ⓢ



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drug – reduced dementia by 12% and the risk of developing Alzheimer's disease by 16%.

The investigators were pleased to work with a deeper data pool, allowing them to look at specific medication types used to keep blood pressure at same levels. The study also gave them much longer-term follow-up data, which were helpful to observe the gradual onset of dementia and Alzheimer's symptoms. The large group of people studied also factored in additional health conditions common to older adults, giving them a clearer picture of the multiple issues that come with aging that are typically seen by general physicians.

Together with the SPRINT trial, this latest data adds to the evidence base that treating and reducing high blood pressure can also help reduce the risk of dementia. The

researchers hope their findings add urgency to the need for better hypertension awareness among the rapidly growing global population of older adults, many of whom are at risk for developing high blood pressure or already have it but are not managing it properly. §



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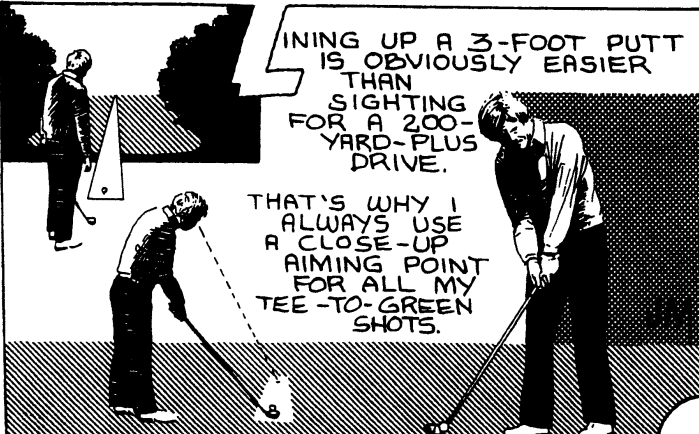
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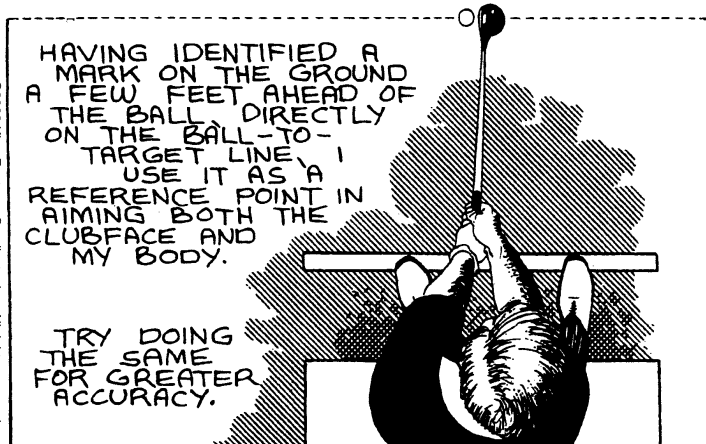
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# APRIL COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,  
visit the BCA website at [www.ArtsBrevard.org](http://www.ArtsBrevard.org).

**FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS**

*Due to potential cancellations, we strongly encourage you to check with presenting organizations regarding the status of their event*

## APRIL EVENTS

**Apr 1: Easter Egg Hunt**, Green Gables, Melbourne, [GreenGables.org](http://GreenGables.org), 321-794-8901

**Apr 1: R N R - Richard Elliot and Rick Braun**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 2: R.E.S.P.E.C.T.: The Ultimate Tribute to Aretha Franklin**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 2: The Golden Steppers: Come Dance with Us**, Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Apr 5: Jimmie Vaughan & The Tilt-a-Whirl Band**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 7: Opening Reception: Retrospective Solo Exhibition by tom Busby**, Fifth Avenue Art Gallery, Eau Gallie Arts District, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com), 321-259-8261

**Apr 7: First Friday Reception**, Eau Gallie, Eau Gallie Arts District, [EauGallery.com](http://EauGallery.com), 321-253-5553

**Apr 7: Friday Fest, City of Cape Canaveral**, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**Apr 7-30: Into the Woods**, Titusville Playhouse, 321-268-1125, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com)

**Apr 8: Fly-in / Drive-in Breakfast**, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://WarbirdAirMuseum.com), 321-268-1941

**Apr 8: Historic Cocoa Village Book Festival**, Visit Cocoa Village, [VisitCocoaVillage.com](http://VisitCocoaVillage.com), 321-631-9075

**Apr 8: Opening Reception, Studios of Cocoa Beach**, Downtown Cocoa Beach, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org), 321-613-3480

**Apr 10 & 11: Fiddler on the Roof**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 12 & 13: Music That Moves**

**You Concert**, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, [MMBand.org](http://MMBand.org)

**Apr 14: Modigliani String Quartet**, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, 321-213-5100, [MelbourneChamberMusicSociety.com](http://MelbourneChamberMusicSociety.com)

**Apr 14: Spring Sprang Sprung Dance**, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, [MMBand.org](http://MMBand.org)

**Apr 15: Viera Nature Festival**, Clubhouse Park, Viera, [VieraCommunityInstitute.com](http://VieraCommunityInstitute.com)

**Apr 15: American Dream Concert**, Brevard Symphony Orchestra at the King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 15: Tommy Castro & The Painkillers**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 15: Founders Day**, Field Manor, Merritt Island, 321-848-0365, [FieldManor.org](http://FieldManor.org)

**Apr 16: Drummer Fred Goodnight: Jazz Concert**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, [SpaceCoastJazzSociety.org](http://SpaceCoastJazzSociety.org)

**Apr 18: Postmodern Jukebox**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 21: Friday Fest**, Downtown Cocoa Beach, [CocoaBeachMainStreet.org](http://CocoaBeachMainStreet.org)

**Apr 21 - May 7: Legally Blonde**, Henegar Center, Downtown Melbourne, 321-723-8698, [Henegar.org](http://Henegar.org)

**Apr 22: Sebastian River Art Club Art Show**, Riverview Park, Sebastian, [SebastianRiverArtClub.com](http://SebastianRiverArtClub.com), 772-643-5504

**Apr 22: Aaron & Friends Concert**, Space Coast Symphony Orchestra, Eastminster Presbyterian Church, Indialantic, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org), 855-252-7276

**Apr 22 & 23: 38th Annual Melbourne Art Festival**, Wickham Park, Melbourne, [MelbourneArts.org](http://MelbourneArts.org), 321-722-1964

**Apr 22 & 23: The Palm Opry - Featuring the Songs of Johnny Cash**

**The Tangiers**, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-3278759

**Apr 23: Central Florida Winds: Spring Mix Concert**, Suntree United Methodist Church, Melbourne, 321-405-2359, [CFWinds.org](http://CFWinds.org)

**Apr 25: The Magic School Bus (youth theatre)**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 26: Leonid & Friends: The Music of Chicago**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 27: The Time Machine (youth theatre)**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 27: Gary Hoey**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**Apr 28-30: Central Brevard Art Association Art Show and Sale**, Catherine Schweinsberg Rood Central Library, Cocoa, [CBAAartists.com](http://CBAAartists.com), 321-632-2922

**Apr 28 - May 14: Disney's Mary Poppins**, Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Apr 28 - May 14: You Can't Take it with You**, Surfside Playhouse, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**Apr 29: The Flavor Experience**, Downtown Melbourne, Melbourne Main Street, [DowntownMelbourne.com](http://DowntownMelbourne.com), 321-724-1741

**Apr 30: Space Coast Ballet Celebration of Dance**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

## ONGOING EVENTS

**American Police Hall of Fame**, Titusville, [APHF.org](http://APHF.org), 321-264-0911

**American Space Museum & Walk of Fame**, Titusville, [SpaceWalkoffame.org](http://SpaceWalkoffame.org), 321-264-0434

**Breakers Art Gallery**, Satellite Beach, [BreakersArtGallery.com](http://BreakersArtGallery.com), 321-779-6059

**Brevard Museum and Sciences Center**, Cocoa, [Brevard-Museum.com](http://Brevard-Museum.com), 321-632-1830

**Brevard Zoo**, Melbourne,

[BrevardZoo.org](http://BrevardZoo.org), 321-254-WILD

**Carolyn Seiler & Friends Gallery**, Cocoa Village, [CarolynSeiler.com](http://CarolynSeiler.com), 321-637-0444

**DrumLuv Dance Center**, Palm Bay, [DrumLuvDance.com](http://DrumLuvDance.com)

**Eau Gallery**, Eau Gallie Arts District, [EauGallery.com](http://EauGallery.com), 321-253-5553

**Eau Gallie Arts District** Main Street, [EGADLife.com](http://EGADLife.com), 321-622-4223

**Field Manor**, Merritt Island, [FieldManor.org](http://FieldManor.org), 321-848-0365,

**Fifth Avenue Art Gallery**, Eau Gallie Arts District, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com), 321-259-8261

**Florida Historical Society**, Cocoa Village, [MyFloridaHistory.org](http://MyFloridaHistory.org), 321-690-1971

**Florida Surf Museum**, inside Ron Jon's Watersports, Cocoa Beach, [FloridaSurfMuseum.org](http://FloridaSurfMuseum.org)

**Gleason Performing Arts Center**, Florida Institute of Technology, Melbourne, [FIT.edu/Gleason](http://FIT.edu/Gleason)

**Green Gables**, Melbourne, [GreenGables.org](http://GreenGables.org), 321-794-8901

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, [HarryHarrietteMoore.org](http://HarryHarrietteMoore.org), 321-264-6595

**Museum of Dinosaurs and Ancient Cultures**, Cocoa Beach, [MuseumofDinosaurs.org](http://MuseumofDinosaurs.org), 321-783-7300

**North Brevard Art League**, Titusville, [NorthBrevardArtLeague.com](http://NorthBrevardArtLeague.com)

**Pritchard House**, Titusville, [nbdbd.com/godo/PritchardHouse](http://nbdbd.com/godo/PritchardHouse), 321-607-0203

**Rossetter House Museum & Gardens**, Eau Gallie Arts District, [RossetterHouseMuseum.org](http://RossetterHouseMuseum.org), 321-254-9855

**Seaside Gallery & Gifts**, Indialantic, [TrishStorey.com](http://TrishStorey.com), 321-213-2427

**Simpkins Center**, Eastern Florida State College, Cocoa, [easternflorida.edu](http://easternflorida.edu), 321-433-5200

**Strawbridge Art League Gallery**, Le Galerie, Downtown Melbourne, [StrawbridgeArtLeague.org](http://StrawbridgeArtLeague.org), 321-952-3070

**Studios of Cocoa Beach**, Downtown Cocoa Beach, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org), 321-613-3480

**The Downtown Art Gallery**, Downtown Titusville, [TheDowntownGallery.net](http://TheDowntownGallery.net), 321-268-0122

**Upside Gallery**, Downtown Melbourne, [upsidegallerymelbourne@gmail.com](mailto:upsidegallerymelbourne@gmail.com), 321-414-5100

**Valiant Air Command Warbird Museum**, Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://WarbirdAirMuseum.com), 321-268-1941

## CLUBS & ORGANIZATIONS

**The Space Coast Weavers & Fiber Artists** meets monthly at 10:00 a.m.



on the 4th Saturday at the Merritt Island Public Library, 1950 North Courtenay Parkway. Meetings are free and open to the public.

**Apr. 14: The Single, Separated, Widowed and Divorced (SSWD) group** will meet for lunch at La Catrina Mexican Restaurant, 315 W. Cocoa Beach Cswy., Cocoa Beach on Friday, April 14 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

**Apr. 20: The Single, Separated, Widowed and Divorced (SSWD) group** will meet for a potluck lunch at the Angel Room, Church of Our

Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, April 20 at 12 p.m. All are welcome to join the group. Please bring a dish to share. For additional details, please call (502) 299-8949.

**The Brevard Antiques and Collectibles Club**. The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors – not dealers therefore

we do not give appraisals.

**Apr. 18: The NASA Alumni League (NAL)**: Tuesday, April 18th. At the VIC, KSC, in the Debus Conference Center. Register in advance Apr 1-11. Speaker is Jennifer Kunz, KSC Associate Director, who will update us on what's happening at Kennedy Space Center. Check-in starts at 11:00am, with lunch at 11:30. Costs are \$23 for members and family, \$25 for invited guests. Contact Cheryl Thornton, cherylT@cfi.rr.com, (321) 626-7119. Reservations priority: members & guests (3 max). For more information/reservations, pre-pay by PayPal and print the event car pass,

see our web site at [www.nalfl.com](http://www.nalfl.com). Confirmed reservations may also be paid for at the door.

**The Cocoa-Rockledge Garden Club** is again having its fund-raising card party and luncheon on Friday, April 21, from 10 a.m. to 3 p.m. at the Cocoa-Rockledge Garden Club, 1493 S. Fiske Blvd., Rockledge. The \$20 donation will be utilized for civic concerns. Crafts, basket raffles, a 50/50 raffle, plant sale, and door prizes will be featured. Ticket information: Phyllis, 321-693-0499. General information: Cathy, 321-795-0635/Shirl Phillips, 321-631-3988.



**Veterans Memorial Center (VMC)**  
on Merritt Island behind Merritt Square Mall.  
Contact VMC or Donn Weaver  
(321-453-1776)

## CALENDAR OF EVENTS

Contact VMC for any additions or other information.  
<https://veteransmemorialcenter.org/other-veterans-events/>

**01 Apr – American Legion AUX 344** annual Easter Egg Hunt at Veterans Memorial Park 1300-1500

**01 Apr – Military Family Appreciation Dinner** to Celebrate the Month of the Military Child and Fun Fest sponsored by AVET at Cocoa Beach Country Club 1700-2000. email: [info@avet-project.org](mailto:info@avet-project.org)

**14 Apr – ShrimpFest** at Port Canaveral by Propeller Club Great food, raffles, auction, prizes, sponsors, etc. Fundraiser. Details in early April.

**16 Apr – Tough Ruck Boston 26.2 For The Fallen.** Steve Celeste a Brevard County GWOT veteran will be among 1000 doing a Tough Ruck March during the

Boston Marathon to raise money for the children and families of the fallen. Donation and information through: <https://runsignup.com/steveceleste>.

**21 Apr – Greggie and the Jets** Elton John Tribute Rockin the Sunset Concert for a Cause: We Honor Veterans of St. Francis Reflections 1900-2100 Space Coast Main Stadium in Viera. Tickets through: [ReflectionsLSC.org/Eltonjohn](https://ReflectionsLSC.org/Eltonjohn). Or Text "EltonJohn" to 41444.

**29 Apr – Brevard Parkinson's Alliance 5K** to raise funds to beat Parkinson's. 0700-1200 Veterans Memorial Park, Center and Plaza. 0800 5 K Run with Running Zone and 1000 1K Walk. Stroll for those with Parkinson's. Register on line

at [secure.runningzone.com](http://secure.runningzone.com).

**29 Apr – 2nd Annual NVHS Charity Golf Tournament.**

Details in late March. Call NVHS on 321-208-7562 for more info.

**01-07 May – Florida's 35th Annual Vietnam and All Veterans Reunion** at Wickham Park, Melbourne. Traveling Wall, both, food and drinks, entertainment, displays, and more. Contact VVB Quartermaster Faye Nelson for more information. Schedule, Sunday 01 May – Escort and Assemble Wall; 02 May 1500-1700 Wreath Laying and Ceremony first come first served. Register via email to [vvbquartermaster@gmail.com](mailto:vvbquartermaster@gmail.com). After 11 April ; Reunion 04-08 May all day.

**REVIEW BREVARD.FL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES. CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.**

### Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101

**Music Monday: Women in Jazz** performance and lecture Monday, April 17 from 6pm-7pm

**Paint & Zen with S. J. Lentz** Tuesdays beginning April 18 from 1:30pm-3:30pm

**Acrylic Painting** Tuesdays April 4 and 11 from 1:30-3:30pm Instructor fee is \$5 and materials fee is \$10 (\$15/class). Pre-registration is required

**Purly Girls Knitting Club** Tuesdays 10am to 1pm

**FIT Over 50 with Polly** Tuesdays from 9-9:55am, \$5/class.

**Community Support Day** Wednesdays from 9am-3pm Hosting three great organizations to provide free help for our community: Second Harvest, for SNAP food assistance, 9am – 3pm; United Way for Health Insurance Marketplace, 10am – 3pm; Brevard County Libraries' Community Support Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance. Available

every other Wednesday.

**Body Connect Yoga** Wednesdays from 2-3pm Please bring a yoga mat. \$5/class.

**Intro to Stamping and Card Making** First Thursdays, 1-2pm Just \$1 and includes your supplies.

**Card Making with Donna Herring** First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at [herring.donna@gmail.com](mailto:herring.donna@gmail.com)

**Zumba Gold** Fridays 9:30-10:30am Cost is \$5 per class.

**Yoga with Pam**

Fridays from 2-3pm. This class is suitable for all bodies. \$5/class.

**Tech Help** Fridays from 12-1pm Bring your own device and get one-on-one tech help from your librarian.

**Book Club** Fourth Friday, 10:45-11:45am

**Music Lovers Unite** Third Saturday, 12:30pm-1:30pm

### Catherine Schweinsberg Rood Central Library & Reference 308 FORREST AVE, COCOA 321-633-1792

### Cocoa Beach Public Library 550 N. BREVARD AVE, COCOA BEACH 321-868-1104

### Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

**REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES.  
CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.**

**Franklin DeGroodt Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317**

**DeGroodt library is open 7 days a week and 2 nights, offering a range of services** such as free resume and assistance faxing, free scanning,

distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.

**SNAP food stamp assistance program** on Friday's from 9-2pm in the small conference room.

**Master Gardener's Free Clinic** held on the patio Friday's from 9-11am.

**Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369**

**Mims/Scottsmoor Public Library 3615 LIONEL RD, MIMS 321-264-5080**

**Book Sale and Bake Sale**

April 3-7

**Computer Basics Class**

Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM

**Hooks and Needles**

Tuesdays, 1:00PM - 2:00PM

**Line Dancing Class with "Dance Lady"**

Mondays, 12:00PM - 2:00PM Fee: \$5 per class.

**Crafternoon**

First Wednesday, 2:00PM-3:00PM. Materials

are provided. **"cancelled for April"**

**Book Club**

First Thursday, 1:30PM

**Painting Class**

First Thursday, 6:00PM Fee is \$10 and covers

all supplies. Registration is required as space is limited. **"cancelled for April"**

**Cook the Book Club**

Third Thursday, 6:00 PM

**Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519**

**Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004**

**South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066**

**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

**Sit-n-Stitch** 1-3pm .An embroiderer, knitting, crochet group that meets first & third Wednesdays.

**TGIF Seaside Piecemakers** 9am-1pm . A quilting group that meets second & fourth Fridays.

**Friends Book Sale** 4/20-21, 9am-5pm

**Neighbors Book group**, 2-4:30pm, meets 3rd Thursday

**Non-Fiction book club**, 3-5pm, meets fourth Tuesday

**Brevard Investment Education Group**

10:30am-1pm. A group that meets to talk about stock market investments. Meets second Mondays.

**International Plastic Modelers**

6-7:45pm. A group who meet to show and speak about plastic models. Meets second

Tuesdays.

**ANA Coin Talk with Bob** 6-7:45pm.

Speak with Bob about old coins you have. Meets fourth Tuesdays.

**Suntree Library book club.** Meets fourth Wednesdays.

**Seaside Quilt Show Group**, 1-5pm, meets first Monday

**Wednesday Art Group**, 1:30-4pm. Meets second Wednesday

**Multiple Myeloma support group**, 10:30am-12:30pm, meets 4th Monday

**Space Coast Poets**, 5:30-7:30pm. Meets 3rd Tuesday

**Neighbors Book group**, 2-4:30pm, meets 3rd Thursdays

**Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400**

**Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460**

**Lipscomb Community Center 3316 MONROE ST, MELBOURNE 321-608-7450**

**Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490**

**Woody Simpson Community Center 1590 SCHOOLHOUSE ST, MERRITT ISLAND 321-455-1379**

## APRIL 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**



# APRIL 2023 SENIOR CALENDAR (continued)

CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

**Martin Andersen Senior Center** 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersseniorcenter.com

<b>MONDAY</b> <b>Andersen Quilters</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Busy Fingers Crafts</b> 9:00-11:00 <b>Intermediate Tap</b> 10:30-12:00 <b>Party Bridge</b> 12:15-4:00 <b>Belly Dance</b> 12:30-1:30 <b>Spanish Class</b> 1:00-2:00 <b>TUESDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45	<b>Choral Group</b> 10:00-12:00 <b>Grief Counseling</b> 2nd&4th Tues 10:00-12:00 <b>Canasta</b> 10:00-2:00 <b>Basic Line Dancing</b> 10:30-11:30 <b>Line Dancing</b> 12:00-1:30 <b>Gentle Yoga</b> 2:00-3:00 <b>Tai Chi</b> 2:00-3:00 <b>WEDNESDAY</b> <b>Bone Builders</b> 9:00-10:00 <b>TOPS</b> 9:30-11:00 <b>Writing Workshop</b> 9:30-11:30 <b>Video Exercise</b> 11:30-12:30	<b>Spanish Conversational Class</b> 12:30-2:30 <b>Book Club</b> (3rd Wed) 12:00-1:00 (bring your lunch) <b>THURSDAY</b> <b>Water Colors (Begin/Inter)</b> 9:00-12:00 <b>Pinochle</b> 10:00-3:00 <b>Gentle Yoga</b> 10:30-11:30 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45 <b>Open Game</b> 10:00-12:00 <b>Intermediate Tap</b> 10:30-12:00 <b>Sewing Circle (4th Thurs)</b> 10:30-1:00	<b>Karaoke</b> 11:00-3:00 <b>Chair Stretch &amp; Balance</b> (2nd&4th) 2:00-2:50 <b>FRIDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Party Bridge</b> 12:15-4:00 <b>Video Exercise</b> 11:30-12:30 <b>Spanish Class-Beginner Plus</b> 1:00-2:00 <b>Ballroom Dancing Class</b> 2:00-3:00 <b>SATURDAY</b> <b>Dance</b> 2nd&4th Sat 7:00-10:00pm
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**North Brevard Senior Center** 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

<b>MONDAY-THURSDAY</b> <b>Billiards</b> 9AM-3PM \$2/\$3 NBSC (321)268-2333 <b>MONDAY</b> <b>No. Brevard Line Dance</b> 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872 <b>Gentle Yoga</b> 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782 <b>Golden Hearts Senior Fitness-</b> Monday 1PM-2PM \$5/\$6 Robin 321-514-5945 <b>Mexican Train Dominoes</b> 1PM-3PM \$2/\$3, Joanne (321)267-5923 <b>Hand &amp; Foot</b> 1pm-3:30pm \$2/\$3 Donna (407) 808-5237 <b>Poker</b> 10AM-2PM \$2/\$3 321-591-5156 <b>Bunco</b> 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927 <b>Zumba</b> 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945 <b>TUESDAY</b> <b>Pinochle</b> 10AM-2PM \$2/\$3 Rachel	(321) 537-5322 <b>Muscle Memory Strength Balance</b> 10:00AM-11AM Natine (321)609-0999 <b>Tap &amp; Jazz</b> 11AM-12PM \$2/\$3 Marsha (321)264-2776 <b>Connie's Card Making</b> (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755 <b>Mahjong</b> 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595 <b>Party Bridge</b> 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200 <b>Darling Damsels Bridge</b> 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827 <b>Tai Chi</b> 1PM-2:30PM \$3/\$5 Ada (321) 848-4689 <b>Zumba Toning</b> 6pm-7pm \$5/\$6 Robin 321-514-5945 <b>WEDNESDAY</b> <b>Bridge Lessons</b> by Appt \$10 Rick (863)640-5798	<b>Zumba Gold</b> 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945 <b>Golden Hearts Senior Fitness-</b> Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945 <b>Hurricane Rug Hooking</b> (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796 <b>ACBL Duplicate Bridge</b> 12PM-3:00PM \$2/\$3 Judy (901) 336 1306 <b>Line Dance Class-Beginners</b> 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195 <b>Line Dance Class</b> 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195 <b>Line Dance Class</b> 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944 <b>THURSDAY</b> <b>Bingo</b> (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135 <b>Singles Club Planning Mtg</b> (1st Thurs) 4pm Call Jean for location (321) 352-2359 <b>Tai-Chi</b> - Thursday 1PM-2PM \$3/\$5 Ada	321-848-4689 <b>Zumba</b> 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945 <b>Zumba Gold Tone/Chair-</b> Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945 <b>FRIDAY</b> <b>Euchre</b> - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679 <b>Shuffleboard</b> 10AM-12PM \$2/\$3 Bill (321)544-1430 <b>Muscle Memory Strength Balance</b> 10:00AM-11AM \$2/\$3 Natine (321)609-0999 <b>Billiards</b> 9AM-12PM \$2/\$3 NBSC (321)268-2333 <b>No Brevard Line Dance</b> 12PM-2PM \$3/\$4 Yvette 321-258-6534 <b>Line Dance Social</b> (1st and 2nd Fri) 6PM-9PM \$5 Ferrell 321-267-0195 <b>SUNDAY</b> <b>Intermed./Adv'd Line Dance Class</b> 2PM-4PM \$3/\$4 Pat (321)268-2333
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**Palm Bay Senior Center** 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbsc.org

<b>MONDAY PROGRAMS</b> <b>Billiards</b> , Morning 8:30am-noon <b>Billiards, Ladies</b> noon-3:30pm <b>Bocce</b> 9-11am <b>Bone Builders</b> 9:15-10:15am; 10:30-11:30am (Dr's permission req'd) <b>Bridge</b> 12:15-3:30pm <b>Cornhole</b> 11:30am-12:30pm <b>Golden Tones</b> 10am-noon (On break until Sept) <b>Ping Pong</b> 1-3:30pm <b>Poker</b> : Straight 10am-2pm; Noon-3:30pm <b>Sensible Weight Loss with Friends</b> 9-10am <b>Shuffleboard (Indoor)</b> 1-3pm <b>Travel Office</b> open 9am-2pm <b>Vets-to-Vets Cafe</b> 3:30-5:00pm (4th Mondays) <b>Woodshop</b> 8am-12pm <b>TUESDAY PROGRAMS</b> <b>Billiards, Morning</b> 8:30am-12pm <b>Billiards, PM</b> 12-4pm <b>Hand &amp; Foot</b> 11:30am-3:30pm	<b>Fitness Fun</b> 9:15-10:15am <b>Mah Jongg (Asian)</b> 12:30-3:30pm (1st & 3rd Tues) <b>Ping Pong</b> 1-3:30pm <b>Poker, Straight</b> 10am-2pm <b>Poker, Straight</b> 6-9:30pm <b>Sassy Senior Cheerleaders</b> 4-6pm (On break until Sept) <b>Travel Office</b> open 9am-2pm <b>Wood Shop</b> 8am-noon <b>Wii Bowling</b> 10:30am-12:30pm <b>WEDNESDAY PROGRAMS</b> <b>Bargain Thrift Corner</b> 9am-12pm <b>Billiards, Open Play</b> noon-4pm <b>Bingo</b> 11:30am-3:30pm Doors open at 9am. Food available to purchase <b>Bone Builders</b> 9:15-10:15am; 10:30-11:30am (Dr's permission req'd) <b>Bridge</b> 9:30am-12pm <b>Darts</b> 4:30-6pm (2nd & 4th Weds) <b>Golf</b> (Crane Creek on 192) 9:20am	<b>Travel Office</b> open 9am-2pm <b>Woodshop</b> 8am-12pm <b>THURSDAY PROGRAMS</b> <b>Art Class</b> 9:30-11:30am <b>Bargain Thrift Corner</b> 9am-12pm <b>Billiards</b> , Morning 8:30am-noon <b>Billiards, PM</b> noon-4pm <b>Euchre</b> 12:30-3:30pm <b>Mah Jongg (American)</b> 12:30-3:30pm <b>Movie Night</b> 6:30-9:30pm <b>Ping Pong</b> 1-3:30pm <b>Pinochle</b> 11-3pm <b>Scrabble</b> 9:30am-noon <b>Travel Office</b> open 9am-2pm <b>Woodshop</b> 8am-noon <b>Yoga, Chair</b> 10:30-11:30am <b>FRIDAY PROGRAMS</b> <b>Bargain Thrift Corner</b> 3-6pm <b>Billiards, Open Play</b> 12-4:00pm <b>Bingo</b> 6:00-10:00pm Doors open at 4pm.	Food available to purchase <b>Bocce</b> 9-11am <b>Bridge</b> 12:15-3:30pm <b>Crafts</b> 9:30-11:30am <b>Knotty Habit</b> 9:30-11:30am <b>Poker, Straight</b> 12-3:30pm <b>Travel Office</b> open 9am-2pm <b>Wood Shop</b> 8am-noon <b>SATURDAY PROGRAMS</b> <b>Saturday Night Dance</b> 6:30-9:30pm Jan-Oct (Last Saturday of month) <b>Tour our facility</b> any weekday 8:30am to 4pm. Our Center is run 100% by volunteers. <b>Consider becoming a member and volunteering.</b> <b>The Center is available to rent</b> for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.
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**Wickham Park Senior Center** 2785 LEISURE WAY, MELBOURNE 321-255-4494 bscwp.org

<b>MONDAY PROGRAMS</b> <b>Billiards</b> 8:30 am-4:30 pm <b>Bones &amp; Balance</b> - 10:00-11:00 am <b>Duplicate Bridge</b> - 12:30-4:00 pm <b>Jazzercise Lo</b> - 8:30-9:30 am <b>Hand &amp; Foot</b> - 9:00 am-12:00 noon	<b>Friendly Poker</b> - 1:00-4:00 pm <b>QiGong-Tai-Chi</b> - 8:30-9:30 am <b>Mah Jongg - American</b> - 12:00-3:30pm <b>Pinochle</b> - 12:15-4:00 pm <b>Shuffleboard League</b> - 6:30 pm (April 12 to May 31)	<b>TUESDAY PROGRAMS</b> <b>Billiards</b> - 8:30 am-4:30 pm <b>Chair Yoga</b> - 3:00-4:00 pm <b>Rogue Bridge</b> 12:15-4:00 pm <b>Bingo</b> - 11:15 am - 2:00 pm - Doors open at 10:00 am	<b>Dealers Choice Poker</b> - 1:00-4:00 pm <b>Line Dancing for Fun &amp; Exercise</b> - 4:15-5:30 pm
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SENIOR CAL cont'd on next pg



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

## APRIL 2023 ONE SENIOR PLACE EVENTS

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

**Tower Garden 101**, Sunday April 2nd, at 2pm. Presented by Tom Shepherd, with 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.

**FREE Liver Scans**, Monday April 3rd, and Wednesday April 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 April 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.

**Benefits of Pre-Planning your Cremation Seminar**, by National Cremation, Wednesday April 5th, from 11 – 1pm, REPEATS Thursday April 27th, from 2 – 4pm. 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.

**Peripheral Arterial Disease**, Lunch & Learn, Monday April 10th, 11 – 1pm. Please join Vascular Interventional & Physicians for an informative presentation to discuss recommended preventative and non-invasive interventions to stop of delay the progression of disease. Complimentary lunch must RSVP to 321-751-6771.

**Lifestyles of a Healthy Brain**, Ask the Doctor Lunch & Learn Series, Tuesday April 11th, 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 April 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.

**How to Minimize Taxes on Trusts or Probate Estates**, Thursday April 13th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. It is important to plan ahead to help your heirs avoid giving away their inheritance to the government. Learn more at our informative seminar. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law**, PA, Thursday April 13th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Ticket to Paradise", and enjoy movie treats! MUST RSVP to 321-751-6771.

**The Benefits of Medical Marijuana**, Senior Health Friday with Nurse Lisa, Friday April 14th, from 10 – 11am. Presented by Nurse Lisa and Aliza Gammon, Ed. D, Brevard Green MD,

Cassidy Welch, Trulieve Lead Community Educator. RSVP to 321-751-6771.

**Quit YOUR Way, Free Tools to Quit Program**, Friday April 14th, from 12 – 1:30pm. Programs cover all forms of tobacco. FREE: Nicotine replacement patches, gum or lozenges \*if medically appropriate and 18 years of age or older. Participant workbook & materials. Presented by Tobacco Free Florida, MUST register by calling 407-716-6392.

**Collage Workshop Event**, Monday April 17th, from 1 – 3pm. Join us for an afternoon of crafting as we team up with Debby Wyche of the Cape Canaveral Pen Women, to create a one of a kind collage. Come learn this easy fun art form. There is no wrong way to do it! Sponsored by Barbara Asinari, Realtor with Oceans Realty Florida. Limited seating must RSVP to 321-751-6771.

**Special Needs Trust Seminar**, Tuesday April 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 April 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.

**The Law Academy presents Guardianship 101**, Wednesday April 19th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

**Veterans Education Seminar**, Wednesday April 19th, from 1 – 3pm. Disabled American Veterans (DAV) representative will discuss Dependency and Indemnity Compensation. Military Officers Association of American Cape Canaveral (MOAACC) representative will present a legislative update on Veteran Issues. Hosted by Michael Tucker, Veteran Liaison with VITAS Healthcare. Call to 321-751-6771 for more information and to RSVP.

**Nutrition and Pain Management**, Thursday April 20th, 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.

**Hearing Loss (= Brain Stress), Lunch and Learn Seminar**, Friday April 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 affects 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 April 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. This class is taught by certified volunteer instructor Ernie Edwards, call 719-648-1052 to secure your seat.

**What You Need to Know During the Second Half of Life**, Tuesday April 25th, 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.

**Take the Stress Out of Medicare**, Wednesday April 26th, 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.

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

**Understanding Depression & Techniques for Coping**, Friday April 28th, 2 – 3:30pm. Join April Boykin, MSW, LCSW with Counseling Resource Services to learn more about depression, including the difference between feeling down and depression, as well as techniques for how to cope with the symptoms. RSVP to 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays April 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 Support Group**, Wednesday April 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 April 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 Resources Q & A**, Wednesday April 26th, from 11 – 12pm. This group is for Veterans and families to. 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 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](mailto:Audrey@oneseniorplace.com)  
 One Senior Place, 8085 Spyglass Hill Road  
 Viera, FL 32940 (321) 751-6771

## APRIL 2023 SENIOR CALENDAR (continued)

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

### WEDNESDAY PROGRAMS

**Billiards** - 8:30 am-4:30 pm  
**Duplicate Bridge** - 12:30-4:00 pm  
**Euchre** - 6:00-9:00 pm  
**Jazzercise Lo** - 8:30-9:30 am  
**Tai Chi** - 8:30-9:15 am  
**Mah Jongg - Chinese** - 1:00-4:00 pm  
**Rummikub** - 1:00-4:00 pm  
**Water Color Instruction** - 9:45am – 12:30 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  
**Oil Painting Class** - 3rd Thursday  
**Bunco** - 12:30 - 4:00 pm - 1st & 3rd  
**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** - 8:45 am - 12:00 noon  
**Bingo** - 11:15 am - 2:00 pm - Doors open

at 10:00 am  
**Pinochle** - 12:15-4:00 pm  
**Dealers Choice Poker** - 1:00- 4:00 pm  
**Senior Law** - 4th Friday 2:00-4:00 pm

### SATURDAY PROGRAMS

**Billiards** - 8:30 am – 12:30 pm  
**Shuffleboard Open Practice** - 9:00 am – noon  
**Duplicate Bridge** - 12:30 – 4:00 pm  
**Rubber Bridge** - 12:30 – 3:30 pm

**Monday - April 24th**  
**10:30am-11:30am**  
**Helping Seniors Info Series**

"Your Financial Checklist" with Expert Speaker Liz Oroz, Financial Advisor and Limited Partner with Edward Jones. 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 financial decisions.



321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit [OneSeniorPlace.com](http://OneSeniorPlace.com) for  
up to date event information.



## Need answers? A One Senior Place FREE CONSULTATION can help.

- My health is declining, but I want to stay in my own home. What are my options?
- My loved one is starting to show signs of memory loss. What should I do?
- We're thinking about moving to a senior living community. How do we decide?
- I'm thinking of retiring soon. What do I need to know or do beforehand?
- My will is about 10 years old. How do I know if it is still enforceable?



**Ask OSP, The Experts in Aging!** For over 17 years, One Senior Place has helped thousands of seniors and family caregivers with questions like these. Our knowledgeable, experienced nurses and care managers are ready to provide you with sound advice for successful aging. Call today to schedule a FREE 30-minute consultation with an Aging Services Expert.

**Read our latest Ask OSP column every Thursday** in Florida Today newspaper's "Health" section or find them all on [www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)



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