

JULY 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!

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

MONDAY

Andersen Quilters 9:00-12:00
Bone Builders 9:00-10:00
Busy Fingers Crafts 9:00-11:00
Intermediate Tap 10:30-12:00
Party Bridge 12:15-4:00
Belly Dance 12:30-1:30
Spanish Class 1:00-2:00

TUESDAY

Art & Painting 9:00-12:00
Morning Stretch & Exercise 9:00-10:30
***SHINE Counselor** 9:45-11:45

Choral Group 10:00-12:00
Grief Counseling 2nd&4th Tues 10:00-12:00
Canasta 10:00-2:00
Basic Line Dancing 10:30-11:30
Line Dancing 12:00-1:30
Gentle Yoga 2:00-3:00
Tai Chi 2:00-3:00

WEDNESDAY

Bone Builders 9:00-10:00
TOPS 9:30-11:00
Writing Workshop 9:30-11:30
Video Exercise 11:30-12:30

Spanish Conversational Class 12:30-2:30
Book Club (3rd Wed) 12:00-1:00 (bring your lunch)

THURSDAY

Water Colors (Begin/Inter) 9:00-12:00
Pinocle 10:00-3:00
Gentle Yoga 10:30-11:30
Morning Stretch & Exercise 9:00-10:30
***SHINE Counselor** 9:45-11:45
Open Game 10:00-12:00
Intermediate Tap 10:30-12:00
Sewing Circle (4th Thurs) 10:30-1:00

Karaoke 11:00-3:00
Chair Stretch & Balance (2nd&4th) 2:00-2:50

FRIDAY

Art & Painting 9:00-12:00
Bone Builders 9:00-10:00
Party Bridge 12:15-4:00
Video Exercise 11:30-12:30
Spanish Class-Beginner Plus 1:00-2:00
Ballroom Dancing Class 2:00-3:00

SATURDAY

Dance 2nd&4th Sat 7:00-10:00pm

500+ Pickup Points in Brevard County.

(Get Your Copy of Senior Scene Before It Gets Gone!)

SENIOR SCENE
Magazine



Helping
SENIORS
TRAVEL CLUB

The 3rd Annual Helping Seniors Foundation Cruise
Sailing Oct 12th & Oct 15th from Port Canaveral on MSC Seaside.



Helping
SENIORS
of Brevard
Need Help?
321-473-7770

(321) 473-7770
Brevard County Senior Information Helpline
Helping Seniors of Brevard

JULY 2023 SENIOR CALENDAR (continued)

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

Monday:
11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp
1:00 pm: Bunco
Monday & Wednesday:
9:30 am: Zumba Gold: Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for Non-Members. 1st Class is FREE so come try it out... you won't be disappointed!

Tuesday:
12:30 pm: Craft Time
Tuesday & Thursday:
9:30 am-10:30 am Strength and Balance! Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2
10:45 am-11:15 am: Indoor Power Stepping A quick 30-minute "in-place" full body workout that builds cardio and endurance.

Cost of class is \$1 for Freedom 7 members and \$2 for non-members. FIRST CLASS IS ALWAYS FREE!!
Wednesday:
11:00 am-11:45 am: Chair Yoga (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT!... without even leaving your seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member

12:30 pm: Games with Friends
1:00 pm: Scrabble
2 pm: Book Club- Monthly Book Club Every 3rd Wed of the month at 2pm.
Thursday:
10:45-11:15 am-Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

MONDAY-THURSDAY
Billiards 9AM-3PM \$2/\$3 NBSC (321)268-2333
MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 1PM-3PM Carol 322-268-8087 Sharon (321)383-7927
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945
TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel

(321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595
Party Bridge- 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200
Darling Damsels Bridge-1PM-3:30PM \$2/\$3 Kathy (321) 268 4827
Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321)848-4689
Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945
WEDNESDAY
Bridge Lessons by Appt \$10 Rick (863)640-5798

Zumba Gold 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796
ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306
Line Dance Class-Beginners 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135
Singles Club Planning Mtg (1st Thurs) 4pm Call Jean for location (321) 352-2359
Tai-Chi - Thursday 1PM-2PM \$3/\$5 Ada

321-848-4689
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945
Zumba Gold Tone/Chair-Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999
Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333
No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534
Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbsc.org

MONDAY PROGRAMS
Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm
Bocce 9-11am
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 12:15-3:30pm
Cornhole 11:30am-12:30pm
Golden Tones 10am-noon (On break until Sept)
Ping Pong 1-3:30pm
Poker: Straight 10am-2pm; Noon-3:30pm
Sensible Weight Loss with Friends 9-10am
Shuffleboard (Indoor) 1-3pm
Travel Office open 9am-2pm
Vets-to-Vets Cafe 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm
TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm

Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm
WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm

Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am
FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am
Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon
SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 bcscwp.org

Chef for Seniors Cooking Class
 11 AM, \$6/\$8 fee, July 20: Smoothies, Sept. 21: Fall Flavors, Nov. 16: Holidays. Join Chef Jillian for a Cooking Class for Seniors. Call 321-255-4494 to reserve
MONDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Bones & Balance - 10:00-11:00 am
Duplicate Bridge - 12:30-4:00 pm
Jazzercise Lo - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Friendly Poker - 1:00-4:00 pm
QiGong-Tai-Chi - 8:30-9:30 am
Mah Jongg - American - 12:00-3:30pm

Pinochle - 12:15-4:00 pm
Shuffleboard League - 6:30 pm (April 12 to May 31)
TUESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Chair Yoga - 3:00-4:00 pm
Rogue Bridge 12:15-4:00 pm
Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker- 1:00-4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm
WEDNESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
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

Helping Seniors Info Series

Helping Seniors Info Series

Friday - July 7, 10:00am-11:00am
- Zon Beachside (1894 S Patrick Dr - Indian Harbour Beach). This 55-minute event is free - as are the coffee & snacks.

Monday - July 31st, 10:30am-11:30am - Buena Vida Estates (2129 W. New Haven Avenue - Melbourne). This 55-minute event is free - as are the coffee & snacks - and those with

RSVP's also receive Take-Home Lunch.

Join Helping Seniors July's Senior Information Series Presentation "Your Health & Wellness Checklist" with Guest Panelists Tami Leeburg, AAPRN (Practitioners in Motion); JIlat Patel OTR/L, CFPS, DRP (Coastal Occupational Therapy) and Nancy Colwell, Licensed Insurance Agent (Humana/CarePlus)

Renters of Palm Bay FL Housing Workshop

Saturday - July 15, 9:00am-12:00n - Brevard Hispanic Center (4670 Babcock St NE - Ste 5 - Palm Bay). CALLING ALL SENIORS OF THE CITY OF PALM BAY!!! If you are renting your home we have important information that you need to know. Helping Seniors of Brevard and Christian Housing Ministry, Inc have joined forces to help you protect your rights as a renter.

Call about our next workshop and schedule a free one on one counseling session TODAY! There is No

Charge for this Workshop for Qualified Renters. Space is very limited and open to Residents of Palm Bay FL.

Helping Seniors Resource Center Events

1344 S Apollo Dr - Ste 2-C - Melbourne

Wednesday - July 12, 300pm-4:30pm - Fall & Balance Assessment: Know Your Risk, Presented by Coastal Occupational Therapy

Thursday - July 20, 300pm-4:30pm - Drive Safe Brevard: Empowering Independence, Presented by Coastal Occupational Therapy

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jul 3	Mon	Top 3 Public Benefits Questions	Is Assisted Living Right for You?	Controlling Cost of RX Medicines	Chefs for Seniors
Jul 4	Tue	How a Public Adjuster Helps	Medicare (Questions & Answers)	Probate - What it is/How it Works	What Assisted Living Can Mean
Jul 5	Wed	Reverse Mortgage-Now the Time?	Living Beyond Your Current Home	Senior Travel - Safe & Fun	New to Florida? Elder Law
Jul 6	Thu	Technology & Home Care	Periodontal Disease	Golden Providers - B2B	Care Management
Jul 7	Fri	Parts of Medicare	Life Enrichment	Al Dia Today Newspaper	Capital Update
Jul 10	Mon	Senior Info in Senior Scene	Safe & Secure at Home	Your Legal Documents Checklist	Helping Seniors Directory
Jul 11	Tue	Discounted Prescriptions	Durable Power of Attorney	3 Reasons for Reverse Mortgage	The Dirty "D" Word - Dementia
Jul 12	Wed	Helping Seniors Travel Club	Printing & Direct Mail Options	Checking out Zon Beachside	Stay Safely at Home
Jul 13	Thu	How Assisted Living Helps Thrive	Real Estate Transactions	Great Employment for Seniors	Cosmetic Dentistry
Jul 14	Fri	What Elder Law Attorney Can Do	Helping Seniors 12 Years Later	When to Call Adult Abuse	Capital Update
Jul 17	Mon	Finding Good Help at Home	Two Assisted Living Questions	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2
Jul 19	Tue	Hometown News/AARP	Trusts	How to Cruise Successfully	Senior Info in Senior Scene
Jul 20	Wed	Senior Real Estate Things to Know	Senior Mental Health	Avoiding Probate	Medicare (Questions & Answers)
Jul 21	Thu	Importance of Dental Evaluation	How Reverse Mortgages Work	Ordering RX at Lower Prices	Power of Attorney - Super Powers
Jul 22	Fri	Chefs for Seniors	Care Management	Vial of Life	Capital Update
Jul 24	Mon	Will Medicare Pay for Ambulance?	Housing for Homeless	Parts of Medicare	Value of Professional Printing
Jul 25	Tue	5 Steps to Stay Safe at Home	Too Many Teeth Extracted?	How SRES Helps Real Estate	Reverse Mortgage-Now the Time?
Jul 26	Wed	Life Enrichment	Smorgasboard of Legal Matters	How a Public Adjuster Helps	Put Kids on Bank Account?
Jul 28	Thu	Real Estate Transactions	The "Talk" About Assisted Living	Technology & Home Care	All About Home Health Care
Jul 28	Fri	Things to Know Elder Law	Senior Travel Safe & Fun	In Home Care Giving	Capital Update
Jul 31	Mon	Getting RX at Best Prices	Elder Law Services	Helping Seniors Travel Club	Real Estate for Seniors



Date	Day	Program	Topic	Special Guest
Jul 5	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Jul 12	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Jul 19	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
Jul 26	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton
				William A. Johnson P.A. Sheldon & Furtado, PLLC Reverse Mortgage Funding Seniors Helping Seniors



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