

AUGUST 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

Grief Counseling 2nd&4th Tues 10:00-12:00

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

THURSDAY

Water Colors (Begin/Inter) 9:00-12:00
Gentle Yoga 10:30-11:30
Morning Stretch & Exercise 9:00-10:30
***SHINE Counselor** 9:45-11:45
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



The 2023 Dodge Challenger



The 2023 Chevrolet Camaro



6p-9p - Saturday - Oct 7th 2023 - Grand Drawing Celebration

2023 Dodge v Chevy Challenge.
The Final Showdown

The 7th Annual Helping Seniors Car Raffle

You choose the winning car! Dodge v Chevy - or pick a Kia Sportage, Mazda Miata, or Mitsubishi Outlander.



The 2023 Kia Sportage



The 2023 Mazda Miata



The 2023 Mitsubishi Outlander

1 ticket for \$25 or 5 tickets for \$100 Donation.

HelpingSeniorsCarRaffle.com

Tickets Online or by calling 321-473-7770

Get tickets at all **BonFace-Hiers Automotive Group** Dealerships.

Car Raffle
The 7th Annual for Helping Seniors

Base model provided. Upgrade at winner's cost/discretion. Prizes not to present to who. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.

AUGUST 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-12:30PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945
TUESDAY
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) 12:30-3:30pm
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

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 - 11:30 am - 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 - 8:30-9:30 am

Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm
THURSDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
American Mah Jongg - 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
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 - 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 - 11:30 am-4:00 pm
Hula Dance Instruction - 3:00-4:00 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



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

AUGUST 2023 ONE SENIOR PLACE EVENTS

See the complete calendar of events at
www.OneSeniorPlace.com

FREE Memory Testing, Tuesday's August 1st, and 15th, 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 August 2nd, from 11 - 1pm, REPEATS Thursday August 24th, 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.

Salad in a Jar Party, Sunday August 6th, at 2pm. Presented by Aquatic Health & Rehab. You will need the following: 5 mason jars with lids, 1 bag/box of greens, and 2 to 3 salad toppings/fixings. For more information and to RSVP, call 321-253-6324.

FREE Liver Scans, Monday August 7th, and Wednesday August 16th, from 10 - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

Understanding Clinical Trials - Ask the Doctor Lunch & Learn Series, Tuesday August 8th, 11:30 - 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Learn about access to unique and cutting edge treatment. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday August 8th, 2 - 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Growing Old without Going Broke, Thursday August 10th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday August 10th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "it's

Complicated", and enjoy movie treats! MUST RSVP to 321-751-6771.

All things Long Term Care Insurance, Senior Health Friday with Nurse Lisa, Friday August 11th, from 10 - 11am. Presented by Nurse Lisa and Roger Klaffka, Attorney at Law with Estate Planning & Elder Law Center of Brevard. Refreshments sponsored by Viera Insurance Professionals. RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday August 15th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Help Group, MAC User Group Meeting, Tuesday August 15th, from 5:30 - 7pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

Migraines, Thursday August 17th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, Treatment and Nutrition. For more information and to RSVP, call 321-253-6324.

Hearing Loss [=Brain Stress], Lunch and Learn Seminar, Friday August 18th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist 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.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday August 22nd, 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.

Medicaid Planning Seminar, Thursday August 24th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Making Sense of Memory Loss - What's Normal Aging and What's Not?, MIMR Seminar, Friday August 25th, 11 - 12pm. Join Merritt Island Medical Research for a presentation on how to distinguish between normal aging and the warning signs of possible cognitive impairment. RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday August 25th, from 2 - 3:30pm. 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.

Celebrating the Sweet Stuff, Ice Cream Social, Wednesday August 30th, 1 - 3pm. Join VITAS Healthcare for an ice cream social and discuss how to celebrate sweet memories after the loss of a loved one.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays August 10th and 24th, 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 August 16th, 10 - 11am. Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease. RSVP to 321-751-6771.

Alzheimer's & Dementia Support Group, Wednesday August 16th, from 2 - 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP call 321-751-6771.

Veterans Resources Q & A, Wednesday August 23rd, 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

Ask the Realtor, Oceans Realty Florida, Every Monday from 9 - 12pm, and Thursday from 1 - 3pm. Barbara Asinari, Realtor with Oceans Realty is available to answer your real estate questions, whether you're buying or selling, NO OBLIGATION. For more information or to make an appointment call 321-751-6771.

Book Club - Legacy Club, Thursday afternoons from 1 - 2pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

THE CLUB ACTIVITIES - Membership \$1 weekly - New members are welcome!

The Club each Monday 9-1pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

CONTACT INFORMATION:

Audrey Chow-Jones,
Client Relations Manager
Audrey@oneseniorplace.com
One Senior Place, 8085 Spyglass Hill Road
Viera, FL 32940 (321) 751-6771



Helping Seniors Info Series

Helping Seniors Info Series

Friday - August 4, 10:00am-11:00am-
Zon Beachside (1894 S Patrick Dr -
Indian Harbour Beach) This 55-minute
event is free - as are the coffee
and snacks.

Monday - August 28th,
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 Senior Informa-
tion Series Presentation "Your Organi-
zational Checklist" with Guest Panelists
Christina Knowles (Make Space Now)
and Stefani Bush.

Renters of Palm Bay FL Housing Workshop

Saturday - August 19, 9:00am-12:00n-

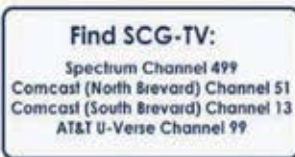
Brevard Hispanic Center (4670 Babcock St NE - Ste
5 - Palm Bay)

CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!!
If you are renting your home we have important infor-
mation 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.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Aug 1	Tue	Life Enrichment	Periodontal Disease	Senior Travel - Safe & Fun	Probate - What it is/How it Works
Aug 2	Wed	Reverse Mortgage - What It is?	What Assisted Living Can Mean	The Parts of Medicare	Great Employment for Seniors
Aug 3	Thu	Your Legal Documents Checklist	Care Management	Real Estate Transactions: Seniors	How Public Adjuster Helps
Aug 4	Fri	Medicare - Questions & Answers	Debt Relief for Seniors	Chefs for Seniors	Capital Update
Aug 7	Mon	Helping Seniors Directory	Getting RX at Best Prices	Technology & Home Care	How Assisted Living Helps Thrive
Aug 8	Tue	Is Assisted Living Right for You?	Golden Providers B2B	Finding Good Help at Home	A Smorgasboard of Legal Matters
Aug 9	Wed	How to Cruise Successfully	Durable Power of Attorney	Al Dia Today Newspaper	3 Reasons to Consider Reverse
Aug 10	Thu	Printing & Direct Mail Options	Senior Info in Senior Scene	Checking out Zon Beachside	Cosmetic Dentistry
Aug 11	Fri	Safe & Secure at Home	Living Beyond Your Current Home	Put Kids on the Bank Account?	Capital Update
Aug 14	Mon	Helping Seniors 12 Years Later	Two Assisted Living Questions	What is Holistic Health	Medicare Questions & Answers
Aug 15	Tue	Avoiding Probate	How Public Adjuster Helps	Order RX at Lower Prices	Value of Professional Printing
Aug 16	Wed	Real Estate Transactions: Seniors	Chefs for Seniors	Power of Attorney/Super Powers	Helping Seniors 12 Years Later
Aug 17	Thu	About Comprehensive Evaluation	Trusts	Senior Mental Health	Helping Seniors Travel Club
Aug 18	Fri	The Parts of Medicare	Reverse Mortgage - What is It?	5 Steps to Stay Safe at Home	Capital Update
Aug 21	Mon	Top 3 Public Benefits Questions	Great Employment for Seniors	Too Many Teeth Being Extracted?	Golden Providers B2B
Aug 22	Tue	Pain Relief Through Supplements	What Elder Law Attorney Can Do	Senior Info in Senior Scene	Elder Law Services
Aug 23	Wed	Al Dia Today Newspaper	Finding Good Help at Home	What Assisted Living Can Mean	Life Enrichment
Aug 24	Thu	Things to Know about Elder Law	All About Home Health Care	Printing & Direct Mail Options	Care Management
Aug 25	Fri	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	How Public Adjuster Helps	Capital Update
Aug 28	Mon	Chefs for Seniors	Helping Seniors Directory	3 Reason to Consider Reverse	New to Florida? FL Elder Law.
Aug 29	Tue	Medicare Questions and Answer	How Medical Office Team Helps	What Assisted Living Can Mean	Technology & Home Care
Aug 30	Wed	Discounted Prescriptions	How to Cruise Successfully	Understanding Medicare Options	The Parts of Medicare
Aug 31	Thu	Two Assisted Living Questions	How Assisted Living Helps Thrive	Real Estate Transactions: Seniors	Guardianship



Date	Day	Program	Topic	Special Guest
Aug 2	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Aug 9	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Aug 16	Wed	Helping Seniors Radio	Focus on Health at Home	Traci Graf (Avid Home Care)
Aug 23	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton
Aug 30	Wed	Helping Seniors Radio	Hurricane Preparedness	Wendy Schieke, Esq.

Stride with Pride!

Wednesday, August 16th,
3:30 - 4:30 pm

"Step into Confidence,
Stand Tall Together"

Come to the Senior
Resource Center of Brevard
and have your posture
checked by our team of
Occupational Therapy
Professionals from Coastal
Occupational Therapy!
Receive one on one guid-
ance and feedback on your
stance - whether you stand
unassisted or you use a
cane or walker - and learn
how to make adjustments
to stand tall and step into
confidence at any age!



**SENIOR SCENE
is on
Facebook!**

Get updates & info
@ [facebook.com/
Seniorscene](https://www.facebook.com/Seniorscene)