

SEPTEMBER 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.

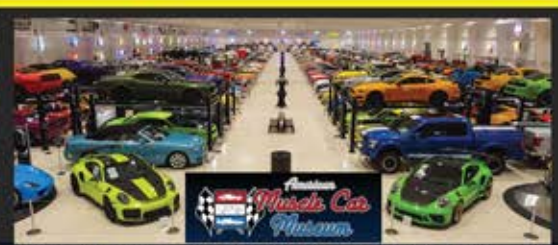
(Get Your Copy of Senior Scene Before It Gets Gone!)



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 **Boniface-Hiers Automotive Group** Dealerships.



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

SEPTEMBER 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 332-268-8087 Sharon (321)383-7927
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945
TUESDAY
Pinocle 10AM-2PM \$2/\$3 Rachel

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

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

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

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbpc.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 Café 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
Pinocle 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
Pinocle - 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
Pinocle - 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

SEPTEMBER 2023 ONE SENIOR PLACE EVENTS

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

FREE Memory Testing, Tuesday's September 5th, and 19th, 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 September 6th, from 11 - 1pm, REPEATS Thursday September 28th, 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. RSVP to 321-751-6771.

Probate and Real Estate Seminar, Wednesday September 6th, 2 - 3pm. Presented by Attorney Stephen J. Lacey, with Lacey, Lyons, Rezanka and Barbara Asinari with Oceans Realty. Attorney Lacey will speak about the Florida probate process and what it means for property left in a decedent's estate. This presentation is in partnership with Barbara Asinari from Oceans Realty Florida, who will be available to answer real estate related questions. RSVP to 321-751-6771.

Diabetic Education, Lunch & Learn Seminar, Thursday September 7th, from 11:30 - 1pm. This presentation is hosted by Florida Health Care Plans. Guest speaker is Kathy MacNeil, RN and Certified Diabetes Care & Educational Specialist with Florida Health Care Plans. She has over 25 years' experience in diabetes education. Must RSVP to 321-751-6771.

New Treatment Options for Parkinson's Disease, Senior Health Friday with Nurse Lisa, Friday September 8th, from 10 - 11am. Presented by Stephen Morio with Insightec, Barbara Fradkin, BSW, CCM with Brevard Parkinson's Alliance, Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

Emergencies Happen... The question is, how much will it cost you? Monday's September 11th, REPEATS September 25th, from 12 - 1:30pm. Join MASA MTS for a FREE Lunch & informational seminar to learn why over 2 million members have trusted us since 1974 to provide peace of mind when it comes to surprise medical costs. RSVP to 855-359-4899.

The Mind Diet - Ask the Doctor Lunch & Learn Series, Tuesday September 12th, 11:30 - 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

BINGO! Tuesday September 12th, 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 Bullet Proof Your Estate Plan from a Contest or Challenge, Thursday September 14th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expense for your family. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday September 14th, at 2pm. Hosted by Rhodes Law, PA. Join us

as we watch this classic "My Big Fat Greek Wedding", and enjoy movie treats! MUST RSVP to 321-751-6771.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday September 15th, from 11 - 1pm. Brought to you by Personal Hearing Solutions and Clinical Education Specialist from Widex. This presentation will center on the causes of Tinnitus, "Ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Get your Medicare questions answered!, Monday September 18th, from 2 - 4pm, REPEATS Tuesday September 26th, 2 - 4pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 (TTY: 711). Not affiliated with or endorsed by the government or the federal Medicare program.

Veterans Benefits Seminar, Tuesday September 19th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

How to Prepare Your Digital Legacy, MAC User Group Meeting, Tuesday September 19th, from 5:30 - 7pm. This class will include steps we all need to take for a seamless transition to...insert your preferred ultimate destination here. Apple has provided some tools for this so we will go into detail about that and other issues like passwords, contacts and emails. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

FREE Liver Scans, Wednesday September 20th, 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. Call 321-751-6771 to schedule your half hour appointment.

Hurricane Planning for Your Life, Understanding Your Advanced Directives, Wednesday September 20th, at 10am. What documents are important to have? What if I have no family to help make my decisions? Why do I need an elder law attorney to do this? Presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

Therapeutic Laser, Thursday September 21st, from 12 - 1pm. Presented by Aquatic Health & Rehab. Presenting ways to decrease pain, help heal fractures, increase circulation; helping to heal wounds, treatment for peripheral, idiopathic, and diabetic neuropathy. For more information and to RSVP, call 321-253-6324.

Senior Single Mingle, hosted by One Senior Place & Senior Partner Care Services, Thursday September 21st, from 5:30 - 7pm. One Senior Place is hosting our first Senior Single Mingle! Come out and make some new friends! Bring a SINGLE Senior friend, win a prize! RSVP to 321-751-6771.

Meditation, Clear the Chatter the Mind Matters, Friday September 22nd, from 12 - 1pm. Certified Instructor, Lisa Gladu-Molina, CPT, with Aquatic Health & Rehab, will teach you the Five Reasons to meditate. Space is limited, call 321-253-6324 to reserve your seat.

Alternative Wellness Practices, Friday September 22nd, 2 - 3:30pm. Join April Boykin, MSW, LCSW with Counseling Resource Services to learn techniques to improve your overall wellness and quality of life. These techniques include breath work, acupressure, mindfulness and much more. RSVP to 321-751-6771.

Guardianship - Start to Finish, Tuesday September 26th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Whether you are a guardian of an incapacitated person, have been asked to be a guard-

ian, or know someone acting as a guardian, this seminar will be informational. RSVP to 321-751-6771.

PWR! Up for PD, Wednesday September 27th, from 1 - 2pm. Presented by Aquatic Health & Rehab. Parkinson's Wellness Recovery (PWR!) is an exercise program developed specifically for persons with Parkinson's Disease that aims to slow disease progression, improve symptoms, restore function, and increase longevity and quality of life. For more information and to RSVP, call 321-253-6324.

Medicaid Planning Seminar, Thursday September 28th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday September 29th, 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.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays September 14th and 28th, 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 September 20th, 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 September 20th, 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 September 27th, 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

Friday - September 4th - 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 - September 25th, 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 Information Series Presentation "Your Transportation Checklist" with Guest Panelists Mark Allen (Stellar Transportation); Shelby Villatoro (Space Coast TPO); Jennifer Keyser (Aging Matters)

Renters of Palm Bay FL Housing Workshop

Saturday - September 23, 9:00am-12:00n

Memaw's BBQ (Banquet Room) - 4916 Babcock St - Palm Bay FL

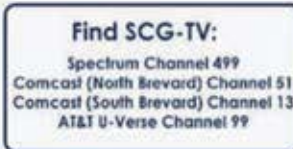
CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!

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.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Sep 1	Fri	Top 3 Public Benefits Questions	How to Cruise Successfully	Durable Power of Attorney	Capital Update
Sep 4	Mon	Periodontal Disease	Life Enrichment	Reverse Mortgages - Now?	What Assisted Living Can Mean
Sep 5	Tue	Is Assisted Living Right for You?	Controlling the Cost of RX	Your Legal Documents Checklist	Chefs for Seniors
Sep 6	Wed	Medicare - Questions & Answers	Probate - What it is/How it Works	How Public Adjuster Helps	Helping Seniors Travel Club
Sep 7	Thu	Debt Relief for Seniors	Great Employment for Seniors	The Parts of Medicare	Real Estate Transactions Seniors
Sep 8	Fri	Living Beyond Your Current Home	Care Management	Senior Info in Senior Scene	Capital Update
Sep 11	Mon	How Assisted Living Helps Thrive	Safe & Secure at Home	Checking out Zon Beachside	Discounted Prescriptions
Sep 12	Tue	3 Reasons for Reverse Mortgage	Helping Seniors 12 Years Later	Cosmetic Dentistry	The Dirty "D" Word - Dementia
Sep 13	Wed	Pain Relief through Supplements	Put Kids on the Bank Account?	Stay Safe at Home or Downsize?	Technology & Home Care
Sep 14	Thu	A Smorgasbord of Legal Matters	When to Call Adult Abuse Line	About Golden Providers	Power of Attorney/Super Powers
Sep 15	Fri	Get Your Ducks in a Row (Part 1)	Get Your Ducks in a Row (Part 2)	Senior Travel Safe & Fun	Capital Update
Sep 18	Mon	Chefs for Seniors	Things to Know About Elder Law	Value of Professional Printing	The Vial of Life
Sep 19	Tue	Communications & Helping Seniors	Helping Seniors Directory	Avoiding Probate	Reverse Mortgages - Now?
Sep 20	Wed	Two Assisted Living Questions	Importance Comprehensive Eval	Holistic Approach to Pain Relief	The Parts of Medicare
Sep 21	Thu	Trusts	Senior Mental Health	Helping Seniors 12 Years Later	Care Management
Sep 22	Fri	Ordering RX at Lower Prices	Know Senior Real Estate	New to FL? Things to Know!	Capital Update
Sep 25	Mon	What Elder Law Attorney Can Do	Helping Seniors Travel Club	5 Steps to Stay Safe at Home	All About Home Health Care
Sep 26	Tue	How Public Adjuster Helps	The Talk About Assisted Living	Getting RX at Best Prices	Elder Law Services
Sep 27	Wed	The Parts of Medicare	Benefits of Holistic Approach	Living Beyond Your Current Home	Life Enrichment
Sep 28	Thu	Guardianship	3 Reasons for Reverse Mortgage	Medicare - Questions & Answers	Too Many Teeth Extracted?
Sep 29	Fri	Real Estate Transactions Seniors	Senior Info in Senior Scene	Finding Good Help at Home	Capital Update



Date	Day	Program	Topic	Special Guest
Sep 6	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Sep 13	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Sep 20	Wed	Helping Seniors Radio	Focus on Your Home	Barbara McIntyre
Sep 27	Wed	Helping Seniors Radio	Transportation Options	Jennifer Barton



SENIOR SCENE is on Facebook!

Get updates & info @ facebook.com/Seniorscene