

OCTOBER 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 **Boniface-Hiers** Dealerships.
 AUTOMOTIVE GROUP

Car Raffle
 The 7th Annual for Helping Seniors



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

OCTOBER 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 nbpsc.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 Vanes (#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 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
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 bscwp.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

Helping Seniors 7th Annual Car Raffle Fundraiser

6pm-9pm – Saturday – October 7th 2023
American Muscle Car Museum (3500 Sarno Road – Melbourne). Get your tickets – each ticket is “Admit One” to the Museum that evening and is also you might just drive home in your new car! Call (321) 473-7770 for tickets/info and/or online at HelpingSeniorsCarRaffle.com

Helping Seniors Info Series

Friday – October 3rd - 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 – October 30th, 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 Medicare Checklist” with speaker Vicki Moore (Medicare Licensed Agent @ Moore Insurance Solutions)

Renters of Palm Bay FL Housing Workshop

Saturday – October 21, 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.

Helping Seniors Resource Center Events

1344 S Apollo Dr - Ste 2-C, Melbourne

Title: ClinCloud Memory Screening Pilot Program

Date: Tuesday, October 3rd, 9:00pm - 3:00pm
Call for Information – (321) 473-7770

Title: A Bunko Bonanza for Charity!

Date: Friday, October 20th, 5:30pm - 8:30pm
Call Coastal Occupational Therapy for Information – (321) 361-8040

Title: CarePlus/Omni Healthcare Fall Festival

Date: Tuesday, October 25th, 11:00am - 12:00pm
Call for Information – (321) 473-7770

BACK TO WORK 50+ Job & Resource Fair

Tuesday – October 17, 10:00am-1:00pm
Space Coast Health Foundation – 1100 Rockledge Blvd – Rockledge
This large-scale event will be sponsored by the generous support of the AARP Foundation and is designed to connect senior job seekers throughout the county to viable employment opportunities. We would also like to have key community-based organizations attend to share information regarding their programs and services.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Oct 2	Mon	Chefs for Seniors	How a Public Adjuster Helps	What Assisted Living Can Mean	Probate - How it Works
Oct 3	Tue	Medicare - Questions & Answers	Living Beyond Your Current Home	Reverse Mortgage - Now Time?	What Elder Law Attorney Can Do
Oct 4	Wed	Senior Travel Safe & Fun	Great Employment for Seniors	The Parts of Medicare	Periodontal Disease
Oct 5	Thu	Real Estate for Seniors	Care Management	Life Enrichment	Top 3 Public Benefits Questions
Oct 6	Fri	Your Legal Documents Checklist	All About Home Care	Controlling Cost of RX	Capital Update
Oct 9	Mon	Cosmetic Dentistry	New to Florida? Elder Law Info.	Helping Seniors Travel Club	Technology & Home Care
Oct 10	Tue	How Assisted Living Helps Thrive	Checking Out Zon Beachside	Put Kids on Bank Account?	Senior Mental Health
Oct 11	Wed	The Durable Power of Attorney	Senior Info in Senior Scene	Golden Providers: Biz-2-Biz	Discounted Prescriptions
Oct 12	Thu	Helping Seniors Service Directory	The Parts of Medicare	Safe & Secure at Home	How to Cruise Successfully
Oct 13	Fri	3 Reasons for Reverse Mortgage	Housing Foundation of America	Staying Safely Home or Downsize	Capital Update
Oct 16	Mon	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Comprehensive Evaluation	2 Assisted Living Questions
Oct 17	Tue	Helping Seniors 12 Years Later	Finding Good Help at Home	Avoiding Probate	The Parts of Medicare
Oct 18	Wed	Senior Real Estate-Things to Know	5 Steps for Staying Safe at Home	Chefs for Seniors	How a Public Adjuster Helps
Oct 19	Thu	The Dirty "D" Word - Dementia	Trusts	Medicare - Questions & Answers	The Vial of Life
Oct 20	Fri	Order RX at Lowest Prices	How Reverse Mortgages Work	Power of Attorney/Super Powers	Capital Update
Oct 23	Mon	What is Holistic Health	Elder Law Services	All About Home Health Services	Get Prescriptions at Best Prices
Oct 24	Tue	About Golden Providers	Helping Seniors Travel Club	Life Enrichment	Great Employment for Seniors
Oct 25	Wed	Smorgasbord of Legal Matters	Too Many Teeth Being Extracted?	Care Management	Reverse Mortgage - Now is Time?
Oct 26	Thu	Technology & Home Care	The "Talk" About Assisted Living	Real Estate for Seniors	Living Beyond Your Current Home
Oct 27	Fri	The Parts of Medicare	Things to Know Elder Law	Helping Seniors Service Directory	Capital Update
Oct 30	Mon	How a Public Adjuster Helps	Medicare - Questions & Answers	What Elder Law Attorney Can Do	Senior Travel Safe & Fun
Oct 31	Tue	Stay Home Safe or Downsize?	Chefs for Seniors	How Assisted Living Benefits	Guardianship



Date	Day	Program	Topic	Special Guest
Oct 4	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Oct 11	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Oct 18	Wed	Helping Seniors Radio	Focus on Movement	Jital Patel & Susan Houts
Oct 25	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton



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

OCTOBER 2023 ONE SENIOR PLACE EVENTS

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

Tower Garden 101, Sunday October 1st, 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 October 2nd, and Wednesday October 18th, 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.

Emergencies Happen... The question is, how much will it cost you? Monday's October 2nd, and October 16th, from 11 - 12:30am. Join MASA MFS 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.

FREE Memory Testing, Tuesday's October 3rd, and 17th, 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.

Hypertension Education Lunch & Learn Seminar, Tuesday October 3rd, from 11:30 - 1pm. Get to know your blood pressure... This presentation is hosted by Florida Health Care Plans. Guest speaker is Dr. George Del Rio with Florida Health Care Plans will present. Must RSVP to 321-751-6771.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday October 4th, from 11 - 1pm, REPEATS Thursday October 26th, 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.

Get your Medicare questions answered!, Thursday October 5th, from 10 - 12pm, REPEATS Monday October 9th, 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.

Oxygen For Caregivers - Ask the Doctor Lunch & Learn Series, Tuesday October 10th, 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 October 10th, 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.

My Loved One Has Been Diagnosed with Dementia... Now What?, Thursday October 12th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Join us in a discussion on this matter including what documents to have in place and how to pay for long-term care expenses. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday October 12th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "My Big Fat Greek Wedding 2", and enjoy movie treats! MUST RSVP to 321-751-6771.

Back or Leg Pain? Senior Health Friday with Nurse Lisa, Friday October 13th, from 10 - 11am. Presented by Dr. Nicholas Giordano, Central Florida Spine & Pain, and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by PRN Home Care Inc. RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday October 13th, 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.

Special Needs Trust Seminar, Tuesday October 17th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

What's New in Mac OS Sonoma, MAC User Group, Tuesday October 17th, from 5:30 - 7pm. We will highlight some of the major differences in the new operating system just released by Apple. If you have questions about anything Mac/Apple, this class is for you. RSVP to 321-751-6771. Presented by MAC Mad, hosted by Jim DeLaura, RJFS.

Basic Estate Planning: Remember you matter!, Wednesday October 18th, at 10am. Rhodes Law, PA. will present an overview of the tools necessary to make your choices matter. We cannot know when an emergency will strike, but we can prepare for it with proper Estate Planning techniques and documents. Attendees will learn what they should have to make their choices matter, and a few pitfalls to avoid. RSVP to 321-751-6771.

Nutrition and Pain Management, Thursday October 19th, 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.

Understanding Depression & Techniques for Coping, Friday October 20th, 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.

AARP Smart Driver Course, Monday October 23rd, 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 (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

Who will inherit my estate? Protecting Heirs, Tuesday October 24th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

FDA Approved Drugs for Alzheimer's, Wednesday October 25th, from 10 - 11:30am. For the first time in over 20 years, there are now two new FDA-approved drugs for Alzheimer's disease. Join Merritt Island Medical Research as we discuss previous, recent, and future FDA-approved drugs that slow the progression of Alzheimer's. RSVP to 321-751-6771.

PWR! Up for PD, Wednesday October 25th, 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 October 26th, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

Hearing Loss (= Brain Stress), Lunch and Learn Seminar, Friday October 27th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and 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.

Blood Drive, Tuesday October 31st, from 9 - 2pm. On Halloween, we'll be looking for new blood at One Senior Place. Hop on the One Blood bus, roll up your sleeve and get a free glow-in-the-dark tee shirt. You're just our type! Questions? Call 321-751-6771.

Protecting Your Property: How an Attorney can help you, Tuesday October 31st, 10 - 11am. Hurricane season is here! When faced with complex or denied property insurance claims, it is wise to seek the assistance of a property insurance claim attorney. Attorney Ethan Babb, with Lacey Lyons Rezanka will discuss what a Property Insurance Claim Attorney does and why you should know one. RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays October 12th and 26th, 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 October 18th, 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 October 18th, 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 October 25th, 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:

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EVENTS HELD REGULARLY

- Active Senior Club every Monday
- Monthly BINGO!
- Monthly Book Club
- Monthly Alzheimer's, Parkinson's, Caregiver, and Grief Support Groups
- Monthly Movie Matinee
- Monthly "Ask the Doctor" Lunch & Learns
- Senior Health Fridays with Nurse Lisa
- Weekly Legal, Financial and Insurance Seminars

UPCOMING EVENTS!

Medicare 101: What You Need to Know NOW For AEP 2023-2024! Wednesday, October 11, 10:00am

Depression and Techniques for Coping Friday, October 20, 2:00-3:30pm

FDA Approved Drugs for Alzheimer's Wednesday, October 25, 10:00am

Senior Job and Volunteer Fair Friday November 3, 9:00am – 12 noon

A Taste of Senior Living Chef's Competition – coming soon

Every Day Is Veterans Day – coming soon

Stop by and pick up a calendar of events or visit us at OneSeniorPlace.com today!