

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

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

Computer Basics Class Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM	Line Dancing Class with "Dance Lady" Mondays, 12:00PM - 2:00PM Fee: \$5 per class.	Materials are provided.	covers all supplies. Registration is required as space is limited.
Hooks and Needles Tuesdays, 1:00PM - 2:00PM	Crafternoon First Wednesday, 2:00PM-3:00PM.	Book Club First Thursday, 1:30PM	Cook the Book Club Third Thursday, 6:00 PM
		Painting Class First Thursday, 6:00PM Fee is \$10 and	

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.	10:30am-1pm. A group that meets to talk about stock market investments. Meets second Mondays.	Seaside Quilt Show Group , 1-5pm, meets first Monday	Books are ALWAYS Better Book Club 6:30pm-7:45pm, 3rd Friday
TGIF Seaside Piecemakers 9am-1pm .A quilting group that meets second & fourth Fridays.	International Plastic Modelers 6-7:45pm. A group who meet to show and speak about plastic models. Meets second Tuesdays.	Wednesday Art Group , 1:30-4pm. Meets second Wednesday	Space Coast Modern Quilting Guild (SCMQG) 9am-12pm, 3rd Wednesday
Non-Fiction book club , 3-5pm, meets fourth Tuesday	Suntree Library book club . Meets fourth Wednesdays.	Space Coast Poets , 5:30-7:30pm. Meets 3rd Tuesday	American Numismatic Association (ANA) Coin Talk with Bob 6-7:45 PM, 4th Tuesday
Brevard Investment Education Group		Seams Unique Fiber Artists (SUFA) 10am-3pm, meets 3rd Monday	

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

NOVEMBER 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!
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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	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 Sit And Get Fit Tuesday's 6:00 PM	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 Sit And Get Fit Thursday's 6:00 PM	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
TUESDAY Art & Painting 9:00-12:00 Morning Stretch & Exercise 9:00-10:30 *SHINE Counselor 9:45-11:45	WEDNESDAY Bone Builders 9:00-10:00 TOPS 9:30 -11:00 Writing Workshop 9:30-11:30 Video Exercise 11:30-12:30		

NOVEMBER 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
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 Nabine (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
Wil 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 (1st & 3rd Tues)
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

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 - 11:30am-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

NOVEMBER 2023 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT - Job & Volunteer Fair Friday, November 3rd, from 9am - 12pm

Are you looking for a part-time, full time or volunteer position? Join the many companies around Brevard County that are looking for help. You will be able to speak with local organizations seeking capable seniors looking for various opportunities. Presented by One Senior Place, and CareerSource Brevard. No RSVP required. Contact One Senior Place at 321-751-6771 for more information.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday November 1st, from 11 - 1pm, REPEATS Thursday November 30th, 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.

Veteran Surviving Family Educational Seminar: Preparing for the Final Chapter, presented by MOAACC, hosted by VITAS Healthcare, Wednesday November 1st, from 2 - 4pm. This event is to provide education to Veterans and their families on the resources available to the surviving spouse and family when the Veteran passes on. RSVP to 321-751-6771.

Estate Planning Seminar, Thursday November 2nd, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771.

FREE Liver Scans, Monday November 6th and Wednesday November 15th, 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.

FREE Memory Testing, Tuesday's November 7th, and 21st, from 10 - 2pm. 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.

What is Lewy Body Dementia? Lunch and Learn Seminar, Wednesday November 8th, from 12:30 - 2pm. Presented by Brevard Parkinson's Alliance. Special Guests: Dr. Lourdes Benes, Movement Disorder Specialist with Neurology One, Sue Boudier, Executive Director of Central Florida Lewy Body. Lunch provided by Market Street Residence. Space is limited, must rsvp to 321-751-6771.

Medicaid and Long Term Care Alternatives to Medicaid, Thursday November 9th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Topics discussed, How to pay for long-term care (home health care, assisted living facility, 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

November 9th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "Quartet", and enjoy movie treats! MUST RSVP to 321-751-6771.

Tis the Season for Managing Stress! Senior Health Friday with Nurse Lisa, Friday November 10th, from 10 - 11am. Presented by Carolyn Sant Angelo, Insight Institute, and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Melbourne MedPsych. RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday November 10th, 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.

Salad in a Jar Party, Sunday November 12th, 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.

Fall Decoupage Pumpkins, Monday November 13th, from 10 - 12pm. Judi Ismail, with Cape Canaveral Pen Women will present. In the workshop you will learn to make, a fabric covered and decorated decoupage pumpkin to display for fall. Bring a pair of scissors and a creative spirit. Sponsored by Barb Asinari, with Oceans Realty Florida. Limited space must rsvp to 321-751-6771.

Medication 101 - Ask the Doctor Lunch & Learn Series, Tuesday November 14th, 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 November 14th, 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.

Top 10 Tips For Aging Well, Thursday November 16th, from 12 - 1pm. Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better! For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday November 17th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and 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.

Medicaid Planning Seminar, Tuesday November 21st, at 10am. Elder Law Attorney William A. Johnson, PA. will present. Limited seating must RSVP to 321-751-6771

Apple Messages app, let's communicate! MAC User Group, Tuesday November 21st, from 5:30 - 7pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

AARP Smart Driver Course, Monday November 27th, 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.

Open Q & A About Estate Planning and Elder Law, Tuesday November 28th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask a seasoned attorney questions you may have about Wills, Trusts, Powers of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate Designations. RSVP to 321-751-6771.

Diagnosing Dementia: A Multistep Process, Tuesday November 28th, 1pm. As we age, our memory can start to fade. However, diagnosing dementia can be a complex process as there is no single test to identify it. Join Merritt Island Medical Research as we delve into the topic of diagnosing dementia and the various assessments used in the process. RSVP to 321-751-6771.

Make & Take Hand Dyed Silk Scarf, Thursday November 30th, from 10 - 12pm. Kathy Murphy-Childs, with Cape Canaveral Pen Women will present. In this two-hour workshop you will learn the basics of using quick set silk dyes and dye a beautiful 11x60 inch silk scarf for yourself or to give as a gift. Sponsored by Rhodes Law, PA. Limited space must rsvp to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday November 9th, 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 November 15th, 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 November 15th, 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.

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 – November 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 – November 13th, 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 RSVPs also receive Take-Home Lunch.

Recapping and putting together the elements of Your Aging Plan. As we run up to Holiday Season 2023, let's be sure we cover the 7 basic areas of "Your Aging Plan" – (1) Legal; (2) Financial; (3)

Living Safely at Home; (4) Living Options Beyond Your Current Home; (5) Medical & Wellness; (6) Medicare Coverage and (7) Transportation. Renowned Elder Law Attorney Amy B. Van Fossen, of the Law Office of Amy B. Van Fossen, shares her experience on how to successfully put your Aging Plan together.

Renters of Palm Bay FL Housing Workshop, Saturday – November 16, 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, Nov. 7th, 9:00pm - 3:00pm

Call for Information – (407) 680-0534

Join ClinCloud Clinical Trials on November 7 at the Senior Resource Center of Brevard for a free Memory Screen! Call to set an appointment: 407-680-0534.

Title: CarePlus/Omni - Cornucopia of Health Options

Date: Tuesday, Nov. 14th, 11:00am - 1:00pm

Call for Information – (321) 473-7770

Is your mailbox flooded with information about the Medicare updates for 2024? Get some clarity - and expert advice - at this informative morning event!

Title: "Holiday Local Market Shopping" Event

Date: Thursday, Nov. 16th, 10:30pm - 2:30pm

Call for Information – (321) 473-7770

Feel that chill in the air? That means it is time to turn our thoughts toward HOLIDAY FUN! Local vendors will be coming together to provide a safe, fun, convenient Senior-focused shopping experience here in Melbourne!W

Title: "We Thank our Veterans" Event

Date: Thursday, Nov. 21st, 10:30pm - 2:30pm

Call for Information – (321) 473-7770

Learn about Veteran-Focused Services from our Resident and Directory Businesses. Enjoy give-a-ways and refreshments. Explore a "WWII Trunk" from the Veteran's Memorial Museum.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Nov 1	Tue	Durable Power of Attorney	Life Enrichment	Importance of Dental Evaluation	What Assisted Living Can Mean
Nov 2	Wed	Reverse Mortgages - Now Time?	Hometown News	Top 3 Public Benefits Questions	Real Estate for Seniors
Nov 3	Thu	Real Estate for Seniors	What Elder Law Attorney Can Do	The Parts of Medicare	How a Public Adjuster Helps
Nov 4	Fri	Care Management	Great Employment for Seniors	Chefs for Seniors	Capital Update
Nov 6	Mon	Controlling Cost of RX	Trusts	All About Home Health Care	Senior Info in Senior Scene
Nov 7	Tue	Smorgasbord of Legal Matters	Medicare - Questions & Answers	How SRES helps Real Estate	Technology & Home Care
Nov 8	Wed	Cosmetic Dentistry	Safe & Secure at Home	Power of Attorney/Super Powers	Checking out Zon Beachside
Nov 9	Thu	How Assisted Living Helps Thrive	Senior Travel Safe & Fun	Hometown News/AARP	How Reverse Mortgages Work
Nov 10	Fri	Get Your Ducks in a Row - Pt 1	Get Your Ducks in a Row - Pt 2	What is Holistic Health?	Capital Update
Nov 13	Mon	The Parts of Medicare	3 Reasons for Reverse Mortgage	The Vial of Life	Periodontal Disease
Nov 14	Tue	Helping Seniors Directory	How a Public Adjuster Helps	Discounted Prescriptions	Senior Mental Health
Nov 15	Wed	2 Assisted Living Questions	Senior Real Estate-Need to Know	Golden Providers - B2B	Your Legal Documents Checklist
Nov 16	Thu	Al Dia Today	Probate - What it is/What it Does	Medicare Questions & Answers	Finding Good Help at Home
Nov 17	Fri	Real Estate for Seniors	The "Talk" About Assisted Living	Debt Relief for Seniors	Capital Update
Nov 20	Mon	Put Kids on the Bank Account?	Chefs for Seniors	5 Steps to Stay Safety at Home	Things to Know: Elder Law
Nov 21	Tue	The Dirty "D" Word - Dementia	Helping Seniors Travel Club	Making Healthcare Work	Care Management
Nov 22	Wed	In Home Care Giving	Helping Seniors 12 Years Later	Stay Home Safe or Downsize?	The Parts of Medicare
Nov 23	Thu	Senior Info in Senior Scene	When is Assist Living Appropriate?	Reverse Mortgages - Now Time?	New to FL? Elder Law
Nov 24	Fri	Too Many Teeth Extracted?	Order RX at Lower Prices	How Assisted Living Benefits	Capital Update
Nov 27	Mon	Info Needs for Seniors	Printing & Direct Mail Options	Is Assisted Living Right for You?	Helping Seniors Travel Club
Nov 28	Tue	Medicare - Questions & Answers	Live Beyond Current Home	Elder Law Services	Al Dia Today
Nov 29	Wed	3 Reasons for Reverse Mortgage	Avoiding Probate	How Medical Office Team Helps	Making Plans for Retirement
Nov 30	Thu	Guardianship	How Assisted Living Helps Thrive	Real Estate for Seniors	Two Assisted Living Questions



Date	Day	Program	Topic	Special Guest
Nov 1	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Nov 8	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Nov 15	Wed	Helping Seniors Radio	Focus on Senior Living	Teri Brant
Nov 22	Wed	Helping Seniors Radio	Focus on Your Aging Plan	Amy Van Fossen, Esq.
Nov 29	Wed	Helping Seniors Radio	Focus on Your Help at Home	Traci Graf