

DECEMBER 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 martinandersenseniorcenter.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

Helping SENIORS TRAVEL CLUB

Let's Go Sailing!

MSC Seashore - June 9th-16th 2024 - 4th Annual Foundation Cruise from Port Canaveral with your friends from Brevard County!

Very Special All Included Affordable Pricing
 Call Chris or Betty at 321-978-5211 for Details.
 HelpingSeniorsTravelClub.com
2024 Foundation Cruise Helping Seniors of Brevard

Helping SENIORS of Brevard

Need Help?
 321-473-7770

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

DECEMBER 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 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 gpbasc.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

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

DECEMBER 2023 ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday December 4th and Wednesday December 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.

FREE Memory Testing, Tuesday's December 5th and 19th, from 11 - 3. 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.

Annual Physician Visit - Ask the Doctor Lunch & Learn Series, Tuesday December 5th, 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 December 5th, 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.

Benefits of Pre-Planning Your Cremation Seminar, by National Cremation, Wednesday December 6th, from 11 - 1pm, REPEATS Thursday December 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.

Growing Old Without Going Broke, Thursday December 7th, 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. One size does not fit all. RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa, Holiday Cookie Decorating Contest, Friday December 8th, from 10 - 11am. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Supplies sponsored by Senior Partner Care Services, National Cremation Society, and Lacey Lyons and Rezanka. Guest judge, Chef Arthur Cox from Sonata East at Viera. Refreshments provided. RSVP to 321-751-6771.

How to Minimize Taxes on Trusts and Probate Estates, Thursday December 14th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar discusses the importance to plan ahead to help your heirs avoid giving away their inheritance to the government. There are opportunities after death during the trust administration or probate process to minimize or eliminate those pesky taxes. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday December 14th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "The Family Stone", and enjoy movie treats! MUST RSVP to 321-751-6771.

Hearing Loss [=Brain Stress?], Lunch and Learn Seminar, Friday December 15th, 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 impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday December 19th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate and homestead. This presentation will also include a discussion on the importance of having your advance directive documents such as the durable power of attorney, health care surrogate and living will in place in the event of incapacity. Limited seating must RSVP to 321-751-6771.

Alternative Techniques for PAIN, Thursday December 21st, at 12pm. Presented by Dr. Terry Shepherd, Aquatic Health and Rehab and Laser Center. For more information and to RSVP call 321-253-6324.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday December 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. Facilitated by VITAS Healthcare.

Parkinson's Support Group, Wednesday December 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.

Alzheimer's & Dementia Support Group, Wednesday December 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.

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.

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:

Chassity Inglis
Digital Marketing & Events Assistant
Chassity@oneseniorplace.com
One Senior Place, 8085 Spyglass Hill Road,
Viera, FL 32940 (321) 751-6771

500+ Pickup Points in Brevard County.

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

SENIOR SCENE[®]
Magazine

