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The culinary team at Indian River Colony Club is headed by a Culinary Institute of America (CIA) Certified Executive Chef.

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Letter from the Publisher



Happy New Year to all of our Senior Scene readers, looking forward to a fantastic 2024. While just "normal" sounds good, let's strive for fantastic. Hope you all had a safe and joyous Holiday season. We have so much to be thankful for. It's easy to forget how lucky we are, when we have our family and friends around us and live in such a beautiful area. Maybe you took the time and effort to share with someone less fortunate this Holiday season. And it's still not too late!

Over the next months you will be hearing about the 2024 car raffle and Foundation cruise that are fund-raisers for Helping Seniors of Brevard. You will find information for these events in our pages and in the center section Newsletter.

I want to thank all of the staff, contractors and volunteers that have helped to make 2023 such a wonderful year for Senior Scene Magazine here in Brevard County. We especially thank all of our readers and supporters for welcoming us into your community. Finally, we want to thank all those local artists and authors that have contributed so much for our readers' enjoyment. And let's not forget our loyal advertisers, who make all this possible. Please support them any opportunity you get.

So let's make those resolutions and enjoy the New Year (or maybe just one or the other).

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TINSELTOWN TALKS

Joyce Bulifant's Ups And Downs Of Marriage And Career

By Nick Thomas

For those who keep track of Hollywood nuptials, the title of Joyce Bulifant's 2017 autobiography may not represent a marital world record, but it's certainly an attention grabber. The actress, who co-starred in TV series such as "Flo" and "Mary Tyler Moore," recounted her life and career in "My Four Hollywood Husbands."

Bulifant describes how alcohol influenced her four hubbies: "Hawaii Five-O" star James ("Danno") MacArthur; TV/film producer, director, and screenwriter William Asher; "Days of Our Lives" actor Edward Mallory; and her last husband actor

Roger Perry who died in 2018.

"It was never my intention to marry famous Hollywood men, it just happened that way," said Bulifant from Los Angeles. "I was 14 when I first met Jimmy (MacArthur) while we were at boarding

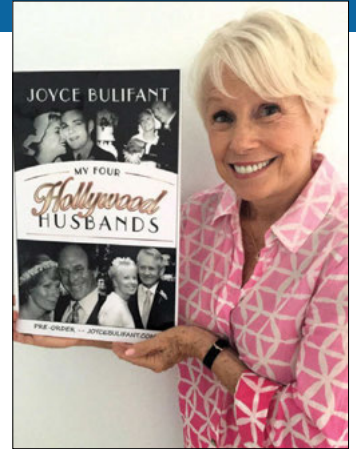
school together and we started dating a couple of years later."

She remembers her spouses as unhappy men especially MacArthur in their decade-long marriage.

"When he wasn't working, he would drink more and it became a terrible situation," she said. "I thought if I just loved them enough they wouldn't need to drink and would become happy, but it just didn't work that way."

She remained happily married to her last husband Roger Perry although he too experienced some early rough patches. "He wanted to get better, so that's why this marriage worked," she said.

Joyce Bulifant's Ups And Downs... continued on page 45



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The 14th and 15th British Colonies

By South Brevard Historical Society

America, using the date of the Declaration of Independence as her birth, will be 242 years old this July 4th. At that time 13 of the 15 colonies in North America proclaimed independence from Great Britain. Yes, there were two colonies (really territories) that chose not to join the other 13. Coincidentally East and West Florida were the youngest (see map, State Library of Florida, Florida Map Collection, Historic Era 18th Century 0032). The East territory extended west from St. Augustine to the Apalachicola River (approximately 60 miles west of present day Tallahassee). The West territory started at the Apalachicola River and extended 377 miles to Lake Pontchartrain. Great Britain established these territories as a result of the 1763 Treaty of Paris that ended the Seven Years War (May 1756 – Feb. 1763). However, New Orleans remained a territory of France.

The people who lived in the Florida territories at the time were loyal to King George III and Great Britain. Historian Caroline Mays Brevard said that this was since Florida “had been so well treated that she had not the same causes for complaint against the mother country that the older colonies had.” In the beginning of the war, Florida became a refuge to many English sympathizers from Georgia and South Carolina.

(A History of Florida, by Caroline Mays Brevard and Henry Eastman Bennett; American Book Company, 1904)

Locally, the last naval battle of the Revolutionary War was fought and won by the Americans off the coast of Florida on March 10, 1783; just south of Cape Canaveral. A Florida Historical Marker commemorating the event is located at the entrance of the Canaveral Port Authority (445 Challenger Rd., Cape Canaveral) and is worth a stop if you are at the port.

Florida was under British rule through the Revolutionary War and afterwards until Great Britain ceded both Florida territories to Spain in the 1783 Treaty of Paris. Spain was to retain the territories for a relatively short term this time as the ratification of the Adams–Onís Treaty in 1821, formally ceded all of its Florida territory to the United States. In 1822, the US Congress organized the Florida Territory. Florida was admitted as the 27th state of the United States in 1845.

We invite you to explore our website (<http://www.southbrevardhistory.org>) for further information about the program, Brevard’s history and local events. §

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Space Coast Birding and Wildlife Festival



Have you ever looked at a bird soaring overhead or heard a bird singing in your yard and wondered, what exactly is that? Well, the Space Coast Birding and Wildlife Festival is coming to Cape Canaveral January 24th - 28th, and it is an excellent way to learn about birds, wildlife and conservation.

This Festival, in its 25th year, happens to be one of the largest and most popular in the birding world. You can sign up for a walk, drive, or boat trip with some of the nation's top birding experts to see, hear and learn about our feathered friends and other Florida wildlife on one of our amazing field trips. The Festival's trips are held in all types of terrain and habitat from local yards to wildlife preserves, many not normally open to the general public. There is even an offshore trip to visit ocean dwelling birds known as Pelagics.

Birding is a fast growing, popular and fairly inexpensive

hobby with added benefits of a little fresh air, exercise, and a break from screen time. Florida is a wonderful place to go birding with over 300 species of birds that spend all or part of their lives in the state. Amateur birder, Linda remarks "it was difficult to catch the shy birds at my feeder or in the neighborhood to be certain I knew what I was seeing so, I signed up for a couple of the SCBWF trips and keynote speaking events and found it to be a real

eye opening experience. I am excited to return to the festival this January. I plan on catching up with my new birding friends, and want to check out the awesome photography events, a new camera just may be my next purchase."

Great festival guides have shown our attendees hundreds of species. The Expo

Space Coast... cont'd on page 43

ESTATE PLANNING BOOKLET



By Attorney

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Reflections on Home

By Joe Steckler, President, Helping Seniors of Brevard County

In my lifetime I have witnessed many wonderful things and met many memorable people. Growing up in a small Kentucky town I remember hitching posts for horses, and the Civil War veterans who sat on the courthouse benches, smoking pipes and telling stories. We watched Saturday matinee cowboy shows and argued who would be the winner in the space wars. Little did I realize that what I witnessed then would become a daily way of life now.

Times have changed in so many respects, especially the way we care for seniors. As a young man, the elderly I knew were cared for in the family unit. There were very few assisted living facilities, and the facilities that did exist were mainly for those with dementia problems. Over time this has all changed but has this change been for the better?

I ask this question because the cost of living, along with the increased cost of elder care, is placing new financial burdens on the state and family. Assisted living facilities today are quite elegant. Competing for Taj Mahal status has resulted in higher prices for families who want the best for their loved ones.

Many years ago, when my mother and father could no longer care for my grandmother, it was necessary to place her in a facility. We had two facilities in town, one whose large halls enabled several people to walk abreast and was the utmost in modernity. My parents chose the older facility

because the love and care there far outdistanced the newer one.

Families who need assistance frequently ask me for a recommendation. There are several important considerations:

1. Visit facilities at various times to see for yourself the level of care.
2. Ask patients if the soup is hot when served and other such questions.
3. Do patients appear happy or just contented?

If you have placed a loved one, the above factors still apply as well as additional questions. Is the patient turned to prevent bed sore? How interested is the staff in their patients? I think you get the picture – monitoring care is an ongoing process.

Downsizing and moving to a smaller living facility require major family decisions. I am 90 years old, the point in my life when I need to downsize. The problem is that I have waited far too long. Consider my words and think about downsizing to make life as easy as possible for both you and your family. If you have elderly loved ones, remember that all these decisions need to be made with friendly discussion,

Reflections on Home continued on pg 35

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What is Probate?

By Attorney Truman Scarborough

This will be the first in a series of articles on the probate process.

When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign the deceased person's name on checks, deeds, etc. A Power of Attorney does not help, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees.

The process where property is transferred from the decedent to the beneficiaries is called "Probate". There are different kinds of probate depending on the size of the estate and whether there is a Will.

When there is a Will it is called "Testate Administration". The Will by itself does not transfer property to the heirs. The Will has no authority until admitted to probate by the court. If there is no Will, it is called "Intestate Administration", which will be discussed in a later article.

Probate can be further defined as Summary or Formal. "Summary Administration" is available when the assets total less than \$75,000 in value and there are no creditors, or when the decedent died more than two years ago. Summary Administration will be examined further in a subsequent

article. When Summary Administration is not available, "Formal Administration" will be required.

In Formal Administration, the court creates a legal entity (like a corporation) called the "Probate Estate" to take the decedent's place and hold the decedent's assets. The person named in the Will to administer the estate, the Personal Representative (executor), is issued "Letters of Administration" by the Probate Court. This allows the Personal Representative to access and manage the assets.

Some of the problems that can delay opening probate include: 1] The original Will cannot be located. 2] The Will was signed in another state and was not self-proving, requiring the Florida Probate Court to issue a commission for someone in that state to take the oath of the witnesses. 3] An autopsy is required before a death certificate can be issued. 4] A Floridian died in another state and the death certificate incorrectly showed him/her as a resident of that state 5] The person named as Personal Representative in the will is not qualified to serve.

Once appointed by the court the Personal Representative's initial responsibilities include: 1] Sending

What is Probate? continued on pg 44

A New Home for 2024. Happy New Year!

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Get Da Z's To Prevent Disease (Medical Marijuana Helps You Sleep)

By Paul Weisman, MD

Sleep is a vital component of health that is needed to obtain your Highest Quality of Life. It's third on the list of needs: Oxygen, Water, Sleep. A significant number of seniors are now using alternative sleep aides. At the top of the list is medical marijuana.

Poor sleep has been associated with many disease states such as Diabetes, High Blood Pressure, Cancer, Strokes, Auto-immune Disease, Hormone Imbalance, Erectile Dysfunction and Dementia.

Good sleep hygiene is needed to maximize sleep effectiveness to prevent disease. Ideally, you should go to sleep and wake up at the same time every day. The room should be dark and cool.

Many items can negatively impact your sleep:

Caffeinated products should be discontinued by noon.

Alcohol is toxic and causes you to awaken about 3 am and may have negative health effects on your brain, liver, stomach, and other organ systems.

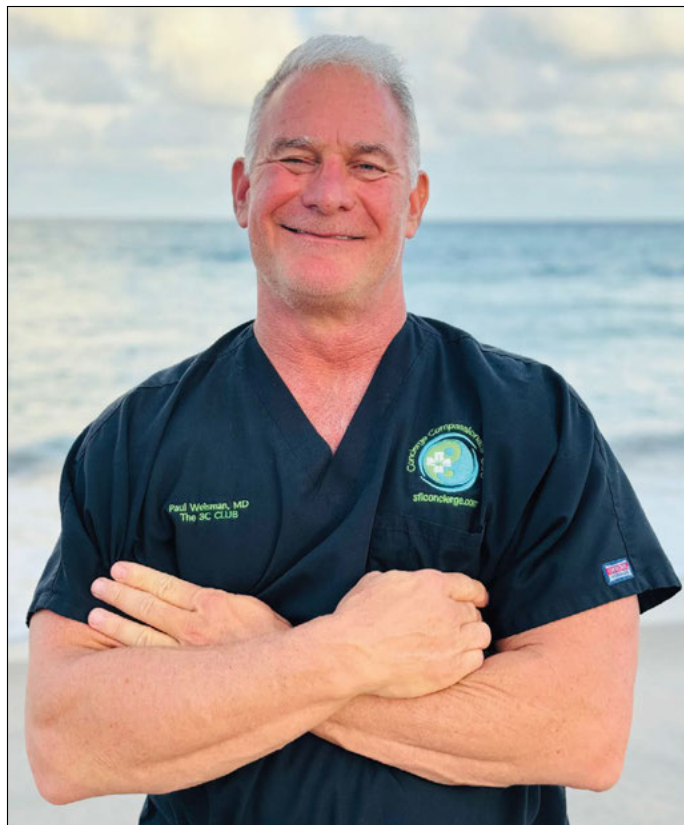
Blue Light from Cellphones, computers, and tablets may stimulate your brain (I call it digital crack cocaine for the brain) and interferes with the ability to fall asleep and stay asleep. Do not use any of these devices within one hour of bedtime. TV is acceptable as an alternative, but reading a book is best.

Sleep Apnea reduces the quality of one's sleep and the quality of one's sleep is determined by whomever has the worst sleep in the bedroom. If you or your partner snore, it is suggested that that person get a sleep test (your primary doctor can order a home sleep test).

Medical Marijuana may be helpful in obtaining better sleep. Some people have trouble falling asleep, some staying asleep, and some have both issues. Each route of medical marijuana has its own advantages. Inhalation has an onset of seconds to 15 minutes but only lasts 1-2 hours. Sublingual takes 15-30 minutes for onset and lasts 4-6 hours. Edibles are digested and onset is 1-2 hours and have a duration of 6-8 hours.

A combination of routes may be used depending on what challenges and medical conditions a patient is experiencing. This is nature's route to a good night's sleep, in lieu of sleeping pills.

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For more information regarding a medical marijuana card certification with qualifying conditions in the state of Florida, call 321-288-3873 or visit www.ZCMMJ.com to schedule an appointment. (S)





Do's and Don'ts of Laptop Charging

By James Bowman, Data Rescue Computer Services

Properly managing your laptop's battery and charging habits can help extend its overall lifespan and maintain optimal performance. Here are some do's and don'ts of laptop charging:

Do's:

- 1. Use the Right Charger:** Always use the charger provided by the laptop manufacturer or a compatible third-party charger. Using an incorrect charger can affect the battery and the laptop's performance.
- 2. Keep Your Laptop Cool:** Excessive heat can be detrimental to a laptop battery. Make sure your laptop has proper ventilation, and avoid using it on soft surfaces that can block airflow.
- 3. Partial Discharge and Charge:** Lithium-ion batteries, commonly used in laptops, prefer partial discharge and charge cycles. It's good practice to avoid fully discharging the battery regularly; instead, keep it within the 20-80% range.
- 4. Unplug When Fully Charged:** Once your laptop is fully charged, unplug it from the power source. Leaving it continuously plugged in can potentially stress the battery over time.

- 5. Use Battery Saver Settings:** Most laptops have power management or battery saver settings. Enable these settings to optimize power usage and extend battery life when on battery power.
- 6. Store at 40% Charge:** If you plan to store your laptop for an extended period, charge the battery to around 40% before storing it. Avoid storing it fully charged or fully depleted.

Don'ts:

- 1. Avoid Frequent Full Discharges:** While occasional full discharges are recommended for battery calibration, frequent deep discharges can reduce the overall lifespan of a lithium-ion battery.
- 2. Don't Overcharge:** Modern laptops are designed to prevent overcharging, but it's still a good practice to unplug the charger once the battery is fully charged to avoid unnecessary stress on the battery.
- 3. Don't Let the Battery Drain Completely:** Allowing the battery to completely drain regularly can lead to premature aging. Try to keep the battery level above 20% whenever possible.
- 4. Avoid Extreme Temperatures:** High temperatures can

Do's and Don'ts of Laptop Charging cont'd on page 51

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Finding the Proper Financial Guidance

Max ValaVanis, CFP®

Everyone knows someone who's tried to plan their retirement themselves. Diving into the world of personal finance is like trying to assemble IKEA furniture without the instructions—confusing and occasionally frustrating. For this reason, many people look towards financial advisors to decipher their needs and goals. While some may be capable building their financial coffee table by themselves, others may need motivation and guidance from a true professional. No worries. You could simply Google “financial advisors near me” and find your perfect pairing... right? For some this may be true, but unlikely. Truthfully, many can pass an entry exam hosted by the Financial Industry Regulatory Authority (FINRA) and label themselves as a financial advisor. No college education or work history is needed. So, who can you trust?

The pinnacle of the financial advising industry is the fiduciary. A licensed professional who is legally obligated to prioritize your needs over theirs. This means he/she must ignore their paycheck and strictly recommend what is best for you! I know, it's perplexing to think a financial advisor is not compelled by this simple concept. If you are interested in finding a professional who is bound by this seemingly low bar, the easiest way is to find a Certified Financial Planner™ (CFP®).

Not only are Certified Financial Planners™ obligated to recommend financial strategies that are in the sole interest of the client, but they must first prove their financial competency at a high level. The rigorous coursework to become a CFP® includes retirement, estate planning, insurance, investment, employee benefits, and tax classes. Once the advisor completes these courses and displays their considerable knowledge in these fields, they must pass the 6-hour CFP® exam. While this might sound like gibberish, it truly means that Certified Financial Planners™ have an elevated understanding of a plethora of financial concepts and are legally bound to implement them in the sole interest of you, the client.

I know it can be difficult to trust someone with your nest egg. If you are reading this article, there is a good chance you are in retirement or nearing the finish line. If you are not confident in creating your own financial guide in – as I like to call it – The Eternal Saturday phase of your life, find an advisor who can confidently do so for you. A Certified Financial Planner™ is a trusted pathway towards a sound financial future. CFPs® can provide the knowledge and the trusted fiduciary responsibility that most retirees seek.

Finding the Proper Financial Guidance cont'd on page 49

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We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account at www.ssa.gov/myaccount. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online.

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You can find more information about the 2024 COLA at www.ssa.gov/cola. ⓘ



Age-Related Vision Loss

Arvind M. Dhople, Ph.D., Professor Emeritus, Florida Tech

January 04, 2024, marks the World Braille Day – birth of Louis Braille (1809-1852), inventor of the reading and writing system used by millions of blind and partially sighted people.

Age is a leading risk factor for many eye diseases, including diabetic retinopathy, glaucoma, and age-related macular degeneration. In 2022, there were approximately 34 million adults aged 50 years and older who were blind and 210 million with moderate to severe vision impairment. As our populations continue to age rapidly, eye health will become increasingly relevant.

Although people of all ages with vision impairment and blindness face challenges, older people are more likely to have difficulties with mobility, to be disabled, and to have higher risk of falls and fractures. These limitations not only impede access to health services but also impair wellbeing, quality of life, and autonomy. Driving exemplifies the link between vision impairment and wellbeing because the ability to drive not only permits access to basic needs, health-care services, and support networks, but also provides an important sense of independence that older people are often denied.

Being stripped of the right to drive is especially burdensome for older people living in rural areas because it

exacerbates existing access barriers and takes a toll on mental health, with the report showing that 54% of older people in these areas say that they would feel lonelier if no longer able to drive. Vision impairment has also shown to decrease employment rates and productivity across ages. For older workers, who already face impediments employment due to health issues, caring responsibilities, and structural ageism, the inability to participate in the workforce is detrimental.

Compounding these challenges, treatment and rehabilitative services for eye care are plagued with access barriers due to poor integration within primary health-care services and inefficient referral pathways. In many low-income communities, eye-care services are restricted to secondary or tertiary hospitals and, as these are disproportionately located in urban settings, many older people living in rural areas receive delayed diagnoses and treatment. Moreover, eye-care diagnosis and treatment, such as cataract surgery or refractive error assessment, are largely not covered by health insurance in these communities.

However, low uptake of eye-health services is not entirely attributable to these access barriers. Eye-health literacy

Age-Related Vision Loss cont'd on page 46

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Solomons Castle - Tuesday, January 16th, - \$125 - this is going to be an exciting day as we visit the metal castle of Howard Solomon, his architect, countless metal sculptures, more than 80 interpretive stained-glass windows plus his latest works. Sculptor, painter, author, builder of dreams, your host. Here is where Howard shares his unique view of the world. Lunch is included, minimum of 35 and deadline to sign up is January 7th.

Moulin Rouge, the Broadway Spectacular - March 2, 2024 - \$178 - Truth, Beauty, Freedom, Love - Moulin Rouge is more than a musical, it is a state of mind! Enjoy an afternoon at moulin Rouge, let your senses take you away. Lunch is included and balcony seating. Minimum of 35 needed for this trip, sign up by January 5th.

Strawberry Festival, March 8th - \$119 Includes

roundtrip motorcoach, gate entry, reserved lower seating for The Commodores and Strawberry Shortcake. Tickets on sale now.

Sail with Jean on Avalon through Burgundy and Provence - May 28th - June 4th, 2024 - We are off to the South of France for a few days before joining our river cruise from Avignon sailing north to Chalon-Sur-Saone. From there you will have your choice of heading home, to Paris or where ever your heart desires!

Greek Island Hopper - September 7th-16th, 2024 - join Jean as we head off to Greece. we will be staying in Athens, Mykonos and Santorini. Double occupancy \$2999 pp and single is \$4009, this includes intra country air, international air will be added once available in late 2023. Deposit is \$500 per person!

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2024 Festival theme is Sandhill Cranes

Omg - Our Holiday Visit! What Should I Do About My Parents?

By Lisa Conway



ask ONE SENIOR PLACE

Lisa Conway

Not all holiday surprises are good ones. Often, adult children who do not live near their parents come home for a holiday visit and are concerned by what they see. Many talk to their parents on the phone weekly (or even daily) and assume that since they sound okay, they must BE okay. But when they finally see Mom and Dad in person during a holiday visit, other things become apparent. Perhaps their parents have lost weight, the home environment or pets may be neglected -- or the parents are more frail or forgetful than they were just a year earlier.

As a Care Manager for One Senior Place, I get many phone calls at this time of year from the adult children of seniors who are desperate to learn about the different options for their parents. I often suggest coming in to talk with me as a family. We have a thorough discussion to find out what their "ideal" situation might look like -- and if it is attainable (and sustainable). Sometimes we need to look at other options.

Do the elders need help getting to doctor's appointments or meal preparation? Help getting dressed or showering? Medication management? Would they benefit from a weekly or monthly visit by a nurse? Importantly, is staying in their home alone a safe option?

Our discussion includes:

- the current situation
- whether health status is stable or declining
- the assistance needed by the senior
- communication/guidance for family
- what benefits they may be eligible for
- financial means to meet the situation
- Advance Directives (up to date?) /estate plan?

The holidays can be both joyful and eye-opening. If you would like to schedule a free consultation at One Senior Place in Viera (or your loved one's home), call me at 321-751-6771. ☎

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging. Lisa Conway is a Registered Nurse, Certified Dementia Practitioner and a Certified Care Manager for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.'

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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

January 2024



**Making Your
Aging Plan
in 2024.**

**Don't Be
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Let's Get Your
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**Inside: Making Your Aging Plan.
The Helping Seniors Health & Wellness Series.
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President's Message

A Word from Joe Steckler,
Our President & Founder



2023 was a very special year in many respects. The car raffle was a record for us as we raised \$155,000. This amount enabled us to establish a small operational reserve, which is a milestone event for any small nonprofit.

We also created our Helping Seniors Endowment and have \$45,000 in it. While this may not seem a huge amount, the fact that we have an endowment with money in it is significant. We are now writing the operating instrument for its use but funds most likely will not be distributed from it until we reach \$100,000. Annual disbursements from the fund will not exceed what we are able to place in it yearly since we want it to grow.

We officially opened the Senior Resource Center, and all offices are occupied. Already we have conducted several events to promote the Center occupants and highlight their abilities to assist seniors. I encourage you to visit the Center and become familiar with its capability to assist Brevard seniors and those who care for them.

On a personal note, I was nominated for Florida Today's Volunteer Senior Citizen Award and was one of three finalists. While I did not receive the award the promotional publicity really benefited Helping Seniors. My last personal comment is that on December 20, I was 90 years old.

Other than the fact that I am still in the wheelchair with my knee problems, I manage to do most of what needs to be done with the help of Terry and some great friends, especially my Poker Group buddies. One of the biggest problems we have as we age, in my opinion, is maintaining our strength. As you get older do everything you can to maintain your strength as it will serve you well.

Thank you for your help to Helping Seniors. Without it we would not have had the many successes which we did. Each of you are special to me and our organization and are mentioned in my daily prayers. Many thanks and best wishes for a successful 2024.



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About Joe. :-)

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Recently honored by Florida Today as one of three Citizen of the Year finalists in their Volunteer Recognition Awards, Joe Steckler himself hit a new milestone - turning 90 years old on December 20th - and he is still working hard to help seniors in Brevard! As Florida Today noted,

“Joe Steckler, founder and president of Helping Seniors of Brevard — a nonprofit that connects seniors with information and services around the county — started working with the elderly population about 33 years ago. He was a naval officer, and his last assignment was as the commanding officer of a naval retirement home. After a couple of years there, he came to Brevard, where he quickly began working with seniors, helping those with Alzheimer's, dementia and everyday needs that come with getting older. He plans to continue his work as long as he can.”

Joe, who got Brevard Alzheimer's Foundation rolling - they still call them “Joe's Clubs” to this day - keeps good things happening for Seniors through the Helping Seniors nonprofit, now in our 13th year of service!

To recognize his amazing contributions (still daily!) on behalf of Seniors in Brevard, Helping Seniors honored Joe by dedicating our expansive Senior Resource Center, appropriately enough, “Joe's Senior Resource Center,” by unanimous Board vote on December 21, 2023. Come check out the Center and its host of senior friendly businesses, located in the Apollo Professional Tower at 1344 S. Apollo Boulevard, Suite 2-C, in Melbourne.

Let's continue side-by-side with Joe in the good work of Helping Seniors!



Food for Thought

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

A very Happy New Year to all. This is the time of year when many decide to make new year's resolutions, but sadly many of us won't stick to our resolutions past January.

Perhaps it is because people make too many resolutions, or resolutions are not realistic. Some even give up making new year's resolutions all together.

There is one resolution though, that I urge all our readers to consider and stick to, and that is the resolution to get and stay informed and educated and to develop your personal aging plan, and Helping Seniors of Brevard is here to help you do just that.

Helping Seniors of Brevard provides information, education, advocacy, and resources with a mission to improve the quality of life of seniors in Brevard, and we do this in a variety of ways from Helping Seniors Radio, Helping Seniors TV, our newsletter available every month in Senior Scene Magazine, and our many live senior education programs presented through the year.

Our large network of professionals and subject matter experts in their field can assist you with issues important to seniors, help you find the help you need, and help you as you develop your personal aging plan.

So, friends, I invite you to join me in making a resolution for 2024 to get and stay informed and educated as Helping Seniors helps guide you to “Get Your Ducks in a Row.”

Helping Seniors is here to serve you, call us anytime at **321-473-7770** or go to our website at www.helpingseniorsofbrevard.org.



Let's Get Your Ducks in a Row.

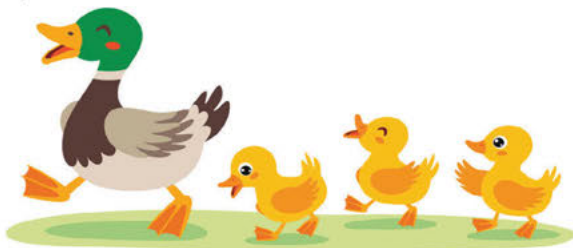
Making Your Aging Plan in 2024



Helping Seniors Founder & President Joe Steckler knows a thing or two about aging - he just celebrated his 90th Birthday! - and he has always talked about the importance of developing your OWN "Aging Plan." We in Florida understand a "Hurricane Plan" - we don't want a hurricane, but we do want to be prepared should one head our way. Similarly, an "Aging Plan" is a "roadmap" to help us avoid, if possible, and be prepared, if necessary, for the "storms" life might throw at us on our journey.

For sometime now, we have adopted a fun "barnyard" euphemism for this that we call "Getting Your Ducks in a Row" - and we, at Helping Seniors, have tasked ourselves with helping you to do that simply and effectively.

As we begin 2024, filled with our New Year's Resolutions, let's tackle our "sub-themes" and then preview our steps along the way this year so we can accomplish our Aging Plan outlines in this year!



Step One: Let's Resolve to "Get Our Ducks in a Row."

As they like to say, the longest journey begins with a single step and so let's begin the New Year with the idea in mind that we can (and will) organize along the 7 key areas we will study this year in our Helping Seniors News editions published each month center-section in Senior Scene® Magazine.

So, in February 2024, we'll begin with building block #1 - "Your Wellness" and focus on that as Chapter 1 of your "Aging Plan." From there, we'll move forward with Your Legal Plan, Your Financial Plan, Your Living Safely at Home Plan, Your

Living Beyond Your Current Home Options, as well as Your Transportation/Organization Options and, then, rounding out our 7 Steps to Your Aging Plan - our Medicare Options.

Along the way, we'll hear from experts who can best guide us in thinking through the points we are advised to consider. That brings us to corollary #1 that we learned last year:

Corollary #1: Don't Try This On Your Own!

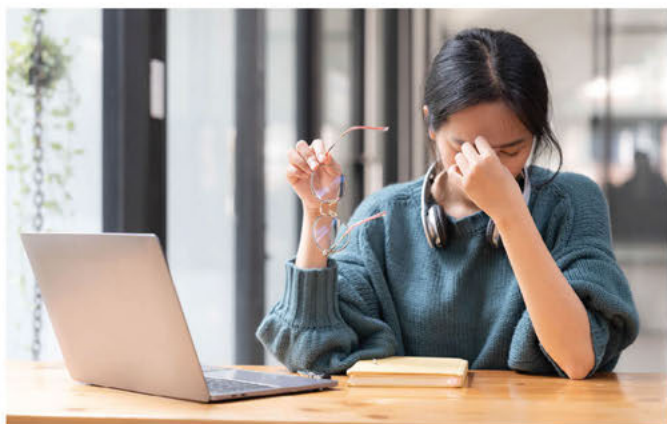


In this day of easy access to internet, we often tempted to DIY (Do-It-Yourself) through an online search. (We all know, by the way, that EVERYTHING we read on the internet is true - right?) Often, an exhaustive world wide web search leaves us tired from the travel and likely more confused than when we began the journey.

We are also bombarded with so many commercials that we see on TV offering that "easy" solution simply by calling 1-800-Something-or-Other, all promoted by someone we loved seeing in our favorite TV shows back in the day. Here, we end up calling a well-meaning call center - perhaps located in Iowa or Omaha - who, quite likely, does their own internet web search to provide "research", same as you might do on your own computer. (Except you, at least are local, and they are not!)

In our Helping Seniors world, where we are 100% local to Brevard County and a non-profit who has no particular viewpoint to "sell", we hear from callers when these self-helps go wrong. It sure looks like Satellite Beach and Palm Bay are close together when, sitting in the midwest call center, you are finding local help via an online map - but what might look convenient on a computer screen, may not be the case when we take into account actual roads, stoplights and traffic patterns here-to-there.

Not only that, both the internet and 800# solutions may not be geared specifically for Florida laws and situations - and something you might come up with could end up being very harmful at the exact moment you need that to work flawlessly. Ask any good Elder Law Attorney - they can tell you how much it costs to get them involved after-the-fact- when a critical document fails to perform, sometimes for the simplest of reasons (a signature was missing, not notarized, etc.), at a moment where a do-over is simply not possible.



Don't Try This on Your Own!

As Nancy Deardorff, Helping Seniors Operations Director, with 33 years Registered Nurse experience likes to say - "How do you know what you don't know?" And, by definition, since Aging is pretty-much "on-the-job" training, most of us don't even understand all the right questions to ask, let alone the optimal solutions.

We have heard it put this way by one of our top local Elder Law Attorneys: "The average person deals with some of these events once or twice in a lifetime. We are working with 30-40 of these same occurrences each week."

There is so much excellent 100% local expertise available to you - we are Blessed to live in a county that is 25% 65+ - so many great local resources for Seniors do exist, but you do have to know how to find the right help at the right time and for the right situation you are working to solve.

This is exactly, by the way, why Joe Steckler formed the Helping Seniors non-profit in 2011 to assist Seniors and their families to securely navigate the vicissitudes that can often occur as the years go along. And that brings us directly to this year's corollary:

Corollary #2: Don't be an Ostrich!



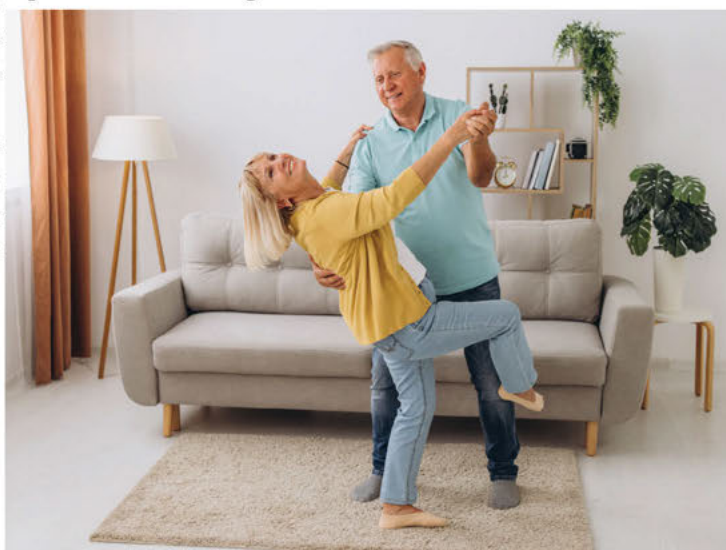
We aren't completely sure how the "Ostrich Head in the Sand" thing began, but we do understand the concept that putting something off and/or ignoring it will not make it go away, and so this becomes our Corollary for 2024. Let's agree together to Get Our Ducks in a Row and confront some of these possible challenges head-on. It's a great way to getting ahead of the Aging Curve. Let's purpose ourselves to "Be Prepared."

Navigating Aging can seem, at times like navigating Class IV rapids. ("Larger waves, narrow passages, and multiple obstacles to avoid requiring precise maneuvering to avoid upset. These rapids tend to be longer, steeper, and more "technical" which translates to turns, spins, and lateral moves across the current." - American Whitewater Association).

With that as our metaphor, we can see why (a) having an expert guide (see Corollary #1 "Don't Try This on Your Own") and (b) planning your route and scouting the rapids ahead (Corollary #2 "Don't be an Ostrich") fit our narrative so well.

Drawing on tales from expert Elder Law Attorneys, they share the sad story of families who walk in after a loved one has had a stroke and became suddenly incapacitated, all with out "paperwork" - leaving the family with the only option of the expensive and time-consuming (because of court oversight) route of "Guardianship." Each attorney has lamented the fact that a few hundred dollars of legal fees to properly plan ahead, could have easily negated the cost - many thousands of dollars - let alone the time and hassle of working through the court system after the fact.

A further advantage of joining the "Don't be an Ostrich" club is that you get the advantage of putting things on your timeline and your budget - not when a situation arises that must be dealt with here and now and when inexpensive and more optimal solutions might be available.



The Moral of the Story

Let's Do our Planning and then Go Dancing! (or whatever your favorite past-time is!) As our happy couple above demonstrates - getting our Aging Plan together leaves us free to feel happy and secure that we have thought through good steps for the best rest of our lives. Call us at (321) 473-7770 and let's get this started today - great 100% Local resources exist here in Brevard. Let's GO!



The Wait is Over!

*Janet Whisker
The Residences at Zon Beachside*

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Why You Should Consider a Live-In Caregiver

*Michael Folkerds
Aqua Home Care*

Seniors typically think of three options when they need help with everyday activities: nursing homes, assisted living, or hourly caregivers in the home. There is a fourth option that most don't know about, called a live-in caregiver.

A live-in caregiver is great for two main reasons, continuity of care and cost.

Continuity of Care: The biggest complaint about in-home care is having a new caregiver all the time. Many companies don't have reliable caregivers or are trying to limit overtime pay resulting in new caregivers showing up often. On a 24/7 hourly case, it's common to have 4-10 different caregivers in a week. Every case is different, but typically live-in caregivers work seven days a week and take a long weekend off every few months. When time off is requested, another live-in caregiver fills in.

Cost: The current daily cost of a live-in caregiver is \$368 per day, or \$15.33 per hour. This price is significantly lower than the hourly rate of \$30 for shift caregivers or \$720 per day.

Having a live-in caregiver requires quiet nights and an extra bedroom/bathroom for the caregiver. Typically, a caregiver waking up 1-2 times at night to help the client is doable. If the client were to require more frequent assistance during the night, it could become physically challenging for the caregiver, and two 12-hour shifts may be necessary.

Who are these caregivers that are okay living in your home? Most live-in caregivers are middle-aged, female, have homes and grown families, and have been a caregiver for 20+ years.

In conclusion, a live-in caregiver can offer a cost-effective and personalized solution to the challenge of providing continuous care for a loved one. The benefits of continuity of care and a lower daily price make this option an attractive choice for many families.



New Year's Medicare Resolutions

*Vicki Moore
Moore Insurance Solutions*

New Year's resolutions often revolve around personal goals, health, and well-being. Here are some potential resolutions related to Medicare:

Review and Understand Your Coverage:

Understand what is covered and any changes that may have occurred. You may have special election periods to make changes even if you missed annual enrollment. A licensed professional can help you.

Stay Informed about Changes:

The government often makes adjustments. Be aware of changes so you can make informed decisions.

Health and Wellness Goals:

Schedule check-ups, screenings, and vaccinations that are covered by Medicare to maintain your health. If you are new to Medicare, have changed plans, or switched doctors, make an initial screening appointment with your new primary care doctor. This allows you to get in quickly as a current patient when it may be imperative to see them.

Medication Management:

Regularly review your medications with your healthcare provider to ensure they are still necessary and explore cost-saving options.

Explore Telehealth Options:

See if your plan covers virtual appointments. This can be a convenient way to access healthcare services, especially for routine check-ups.

Budget for Healthcare Costs:

Create a budget that includes premiums, copayments, and deductibles to help you plan for medical expenses and avoid financial surprises.

Maintain a Healthy Lifestyle: Incorporate regular exercise, a balanced diet, and stress management into your resolutions.

The key is to set realistic and achievable goals. If you have concerns or questions about your Medicare coverage, please call me at 321-272-0218. I am a licensed Medicare agent/broker.



When is This Madness Going to Stop?

*Kevin Kilday, PhD, CRPS-F
Aware Recovery Care*

One in five of today's grandparents provide childcare regularly to their grandchildren. The reasons are numerous - parents' alcohol and drug addictions, physical abuse, incarceration, divorce, financial difficulties, military deployment, and death.

I am only going to focus on addictions due to the epidemic levels of this disorder. Over 40% of children being cared for by a grandparent are there because of at least one parent's addiction.

Family challenges: At a time in life when grandparents are looking forward to enjoying more leisure time, they find themselves feeding babies or planning afternoons around soccer practice.

Financial challenges: Raising a second family also involves unanticipated costs. Grandparents are tapping into retirement savings, going back to work, or staying in the workforce longer just to make ends meet.

Emotional challenges: It can be emotionally difficult to go from being a grandparent who spoils the kids to becoming the disciplinarian. At the same time, it can often be emotionally difficult to help with the relationship with the children's birth parents.

Legal challenges: Attaining legal custody is complex, lengthy, and costly. Without a proper legal arrangement, routine tasks such as enrolling kids in school or obtaining medical care can be difficult.

Health challenges: The full-time caregiver role challenges the physical, mental, and emotional health of grandparents resulting in higher rates of diabetes, heart disease, and depression.

When grandparents are asked if they regret taking on the caregiver role, the answer is "No." They know that they are making a difference. They are providing love, stability, and a home to their pride and joy "their grandchildren, their family."

www.awarerecoverycare.com



How to Find a Good Doctor

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

You've just moved to this area. Or maybe you're not happy with the doctor or dentist that you have. Here are my tips for finding a new doctor.

1. Get referrals from people that you know and trust. However, only a dental professional knows the work's quality.
2. Check with someone in a parallel industry for a referral. For example, an anesthesiologist knows a good surgeon.
3. Check online reviews. However, be aware that there are online review programs that screen out bad reviews.
4. Arrive at the doctor's office with a prepared list of questions and ask them. You can assess whether the doctor's values match your own.
5. See if the office staff is calm and supportive. Staff often take on the persona of the doctor. Good staff come from good doctors.
6. Is the doctor listening to you? A doctor who interrupts may be too rushed to appreciate where you are coming from or what you need. If the doctor listens without judgment, it may be a key to whether you will get along. A doctor who appreciates you and then shows why he or she disagrees is far better than one who attacks you or belittles your viewpoint.
7. Do the doctor's recommendations make sense to you? Medicine and dentistry are not so complex that you can't understand the basics. There are pros and cons to every procedure and every recommendation. A good doctor can explain the positives and negatives and give a relative recommendation rather than an absolute recommendation so that you can proceed knowing the risks and rewards.

There is no single doctor that is ideal for every person. You can use these seven tips to narrow down who may be best for you.

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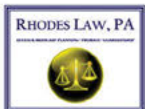
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

My mother-in-law is making our home a place to avoid. She has always been a controlling woman, but when she was widowed I said yes when she asked to come live with us.

She makes us all nervous, and treats us like children. We cannot entertain and our children simply go to the homes of their friends.

We have tried to explain to her our concerns, but there is no change in her behavior.

Recently we are all fighting and arguing and I am sure it is directly the result of having her with us. Any suggestions?

– Linda

DEAR LINDA,

Yes, do! You did your best in time of crisis, but changes must be made as soon as possible, for your family's health and future.

You and her son must tell her together that other living arrangements must be made. Ask her what she would like to do? Do you have other relatives willing to take in a paying guest? Are there small apartments close to you? You have not said whether she is financially able to relocate, however there are many alternate arrangements available, in all price ranges.

Sometimes older people are anxious to leave themselves, but do not know how to resolve the problem. Keep focused and good luck.

– Audrey

DEAR LINDA,

The reason you most likely have not had success in talking about your concerns is because personalities do not change. If your mother-in-law has always been this way, she is always going to BE this way. I agree with Mom, other arrangements must be made. But it is your husband's mother, not yours!

He needs to step up to the plate and be the lead in the discussion and arrangements for his mother. You can support him in the background. If there are brothers and sisters-in-law, they need to be part of the problem solving. Be supportive of the discussions, but do not take the lead. In this way you will not be blamed or be the brunt of family anger if things go wrong. As you know family dynamics can be terribly tricky.

If she can take care of herself, a small apartment is an option. If not assisted living is also available. To start your husband needs to look in the telephone book under apartments and assisted living and begin calling and visit.

– Kimberley

Reflections on Home continued from page 12

consideration of the physical capability of all parties involved, and the end result of any change.

Talking about it is one thing, doing it another. Where you live, what you do, and your level of activity will all end one day. Enjoy what you have, what you do, and where you live to the best of your ability. The love you leave for your family and friends trumps all. ☺

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsOfBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

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Books as Brain Food

By Matilda Charles


Now here's a "novel" way to increase our brain function. It doesn't involve getting more exercise or eating certain foods. It doesn't include doing puzzles. We only need to grab a book and start flipping pages.

Emory University did a study that showed how there are "quantifiable changes" in brain activity when participants read a book. Granted, it was a bit more regimented than just grabbing your favorite author's latest bestseller.

In the study, participants were given a baseline brain scan each day for a few days. Then they were given the thriller "Pompeii" by Robert Harris with instructions to read 30 pages a night. Each morning they were given another brain scan. After the book was finished (about nine days), they were given more scans to see how the brain reacted. Researchers were able to track which portions of the book the participants were reading and correlate them to the brain scan images.

Here's what they learned: During reading, and for days afterward, there were significant activity increases in the parts of the brain associated with story comprehension, as well as processing language.

According to the study, the reading has to be fiction to get these brain connectivity changes, something with a narrative that describes events unfolding, and a story we can identify with.

Here's my thinking: While researchers don't know yet how long these brain changes last after reading a novel, it's at least five days. Perhaps we should spend some time in 2024 re-reading the novels that had an impact on us, as well as new narrative fiction and a few of the old classics. The reference librarian is sure to be a good source for book suggestions. 

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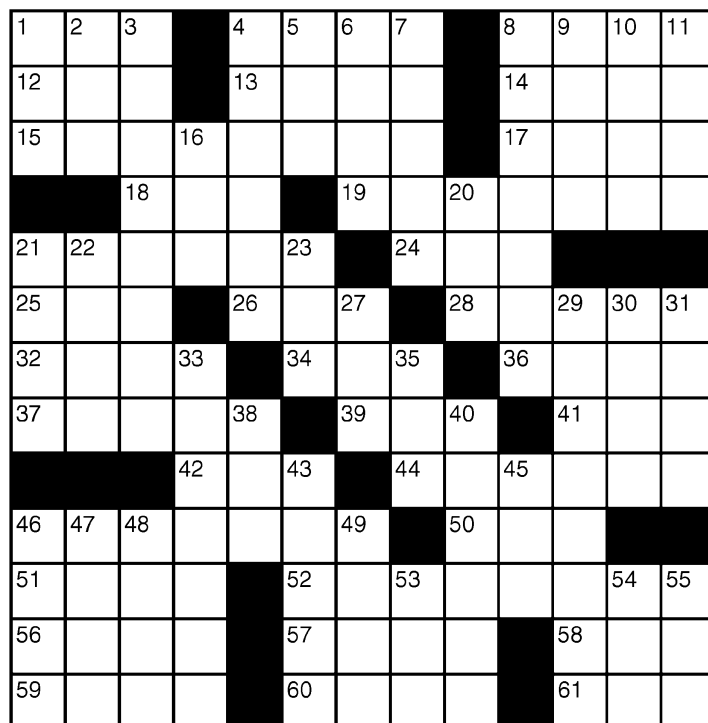
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13 Give temporarily
14 Big-screen format
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18 Irrate
19 Breaks away
21 Stockholm's land
24 JFK's veep
25 Fleur-de-
26 Cutting tool
28 Parlor pieces
32 Now, on a memo
34 Luau bowlful
36 Karate level
37 Prison-related
39 Atty.'s title
41 Mauna —
42 Soda
44 Steering device on a ship
46 Leaping antelopes
50 Hosp. hook-ups
51 Donald Duck's nephew
52 Like a good golf score
56 Greek mountain
57 Cannes milk
58 Blackbird
59 Favorites
60 PC programs
61 Ewe's mate

DOWN

- 1 Energy
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7 '50s Ford
8 "Great work!"
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10 Top of the head
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PAW'S CORNER

By Sam Mazzotta

Jumping Puppy Is Embarrassing His Owner

DEAR PAW'S CORNER: Every time someone comes to visit or says hello at the park, my puppy, Jake, jumps up and tries to lick their face. It's embarrassing, and I don't know how to stop it. Can you help?

— Sean in Providence, Rhode Island

DEAR SEAN: Jumping up is a common problem for dog owners (for dogs, not so much; they love it). So much so that it's one of the first things a trainer addresses with an owner.

What you'll need to do is to improve Jake's overall response to commands as well as train him not to jump on people. Here's how you do it, step by step:

- Train the "sit," "stay" and "come here" commands every day, at home and at the park. Teach him to walk on the leash calmly at your side.
- Work with a companion who will ring the doorbell from outside, while you command Jake to sit after the bell sounds.
- Put Jake on a leash. Answer the door to the companion; when Jake tries to jump up, tug the leash once and command him to sit.

Remember to use positive reinforcement during training -- lots of praise, with a treat when he follows a command correctly. Avoid negative enforcement like scolding, yelling or hauling on the leash.

Jake will not be perfectly behaved for some time; you should keep his leash attached at home when you expect visitors. If he gets overexcited when a visitor arrives and he won't sit, take him to his crate or another room until he calms down.

Even after he masters the training and is better behaved at home and on the leash, you'll need to train him regularly so that he doesn't slip back into his jumping-up habit.

Readers, what other training tips do you have? Pass them along at ask@pawscorner.com.

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bsyoinfo@gmail.com

Website
www.bsyoinfo.com

Brevard Symphony Youth Orchestra

BSYO 40th Anniversary Fundraiser Cruise June 9-16, 2024

Give your Family a memorable Christmas Present of a family vacation in June on the 40th Anniversary Celebration Cruise



Special Summer Concert Cruise

A Great Way for BSYO Students to Perform on a Cruise Ship.

The BSYO will offer a 7-Day cruise from Port Canaveral to Mexico to celebrate our 40th Anniversary on June 9-16, 2024

Start planning your family vacation with grandparents, children and grandchildren. Benefits include:

- Our Travel advisors specializes in fundraiser cruises and negotiates strongly on BSYO behalf for additional perks.
- Guaranteed price with special amenities just for BSYO cruisers. MSC will guarantee lowest pricing for all BSYO supporters.
- Special meeting rooms/seminars for BSYO members/guests on sea days.
- Great family-centered cruise program with activities for every age.
- The MSC Seashore sails out of the Port of Canaveral. Easy to get to with great port side service.
- Grandparents – good opportunity to be with your children and your grandchildren.
- MSC will provide BSYO fun-raising funds for every BSYO passenger- invite your friends and neighbors to join you for a great time on a fantastic 7-day cruise and raise money for the BSYO!
- A great way to celebrate graduation & summer with family and friends.

Prices starting as low as \$963.00pp including:

Cabin-taxes-port charges, beverage package, wi-fi, gratuities, travel insurance.



To Confirm your Reservation CONTACT:

Chris Morse & Betty Powers

The Travel Center / Senior Travel
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Helping Seniors Info Series

Helping Seniors Resource Center Events (1344 S Apollo Dr - Ste 2-C - Melbourne)

Title: Food Truck Tuesday

Date: Tuesday, December 2nd, 11:00am - 1:00pm

Call for Information – (321) 473-7770

Call your friends and make it a lunch date! This month it is "Taco Tuesday" with Comer Fuego! Food Truck Tuesday at the Senior Resource Center of Brevard! Get a great lunch - your purchase benefits the work of Helping Seniors - and visit with the great team members at the Center and at OMNI Healthcare!

Title: CarePlus/Omni - Start Strong "Health & Wellness" Series

Date: Thursday, December 25th, 11:00am - 12:30pm

Call for Information – (321) 473-7770

January is a time to "Start Strong" for the New Year and our programs reflect keeping sharp top-of-mind. A great presentation from our friends at CarePlus Health Plans - "Aging Happily" as we as a conversation with Deidra Shubert, Director of Education and Outreach at Merritt Island Medical Research, who also was part of Brevard Alzheimer's Foundation for many years, and shares on Advances in

Memory Care. After a morning snack break, the interactive "Dementia Live!" program takes center stage with a "hands-on" simulation to help share the challenges of the Dementia journey. Programs brought to you by Care Plus Health Plans, Omni Health Care and Helping Seniors of Brevard. For more information, call 321-477-7770.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop Saturday – January 20th, 9:00am-12:00nn

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

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

Breakfast with the Attorney - Frank Scaglione, Esq., presents on the Florida Eviction Prevention Series from the Florida Bar.

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.

Breakfast & Brain Health-Thursday – January 25th 9:00am
Dottie's Restaurant - 5275 Babcock St - Palm Bay FL

Presented by Helping Seniors partners ClinCloud - Breakfast & Brain Health at Dottie's Restaurant with Amanda Fletcher, MD Cognitive Behavioral Neurologist, ClinCloud Research. No cost, RSVP required 407-680-0534

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Jan 1	Mon	Life Enrichment	Opening/Closing a New Year	Dental Implant Always Best?
Jan 2	Tue	All About Home Care	Controlling Cost of Prescriptions	What Assisted Living Can Mean
Jan 3	Wed	The Parts of Medicare	Living Beyond Your Current Home	Your Legal Documents Checklist
Jan 4	Thu	New to Florida? Elder Law Here	Real Estate for Seniors	Helping Seniors Directory
Jan 5	Fri	Care Management	Reverse Mortgage - Now is Time?	Senior Travel Safe & Fun
Jan 8	Mon	Senior Info in Senior Scene	Senior Mental Health	3 Reasons for Reverse Mortgage
Jan 9	Tue	How Assisted Living Helps Thrive	Medicare - Questions & Answers	Stay Safe Home or Downsize?
Jan 10	Wed	A Beautiful Smile	Assisted Living & Memory Care	Opening/Closing a New Year
Jan 11	Thu	Great Employment for Seniors	Avoiding Probate	Discounted Prescriptions
Jan 12	Fri	Top 3 Public Benefits Questions	Safe & Secure at Home	Put Kids on House Title?
Jan 15	Mon	Get Your Ducks in a Row - Pt 1	Get Your Ducks in a Row - Pt 2	Care Management
Jan 16	Tue	Helping Seniors Travel Club	Technology & Home Care	Helping Seniors 12 Years Later
Jan 17	Wed	Senior Real Estate	The Vial of Life	The Dirty "D" Word - Dementia
Jan 18	Thu	Reverse Mortgage - Now is Time?	Housing Foundation of America	What Elder Law Attorney Can Do
Jan 19	Fri	Long Term Care Planning	Two Assisted Living Questions	The Parts of Medicare
Jan 22	Mon	Ordering RX at Lower Prices	Golden Providers B2B	Chefs for Seniors
Jan 23	Tue	Finding Good Help at Home	Value of Second Opinion	When is Assisted Living Right?
Jan 24	Wed	Helping Seniors 12 Years Later	Is Assisted Living Right for You?	Getting RX at Best Prices
Jan 25	Thu	Smorgasboard of Legal Matters	Probate - What it is/How it Works	The "Talk" About Assisted Living
Jan 26	Fri	5 Steps to Safely Staying Home	3 Reasons for Reverse Mortgage	Medicare - Questions & Answers
Jan 29	Mon	In Home Care Giving	How Assisted Living Benefits	Debt Relief for Seniors
Jan 30	Tue	Real Estate for Seniors	Trusts	Cosmetic Dentistry
Jan 31	Wed	Checking Out Zon Beachside	The Parts of Medicare	Durable Power of Attorney



Date	Day	Program	Special Guest
Jan 3	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Jan 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Jan 17	Wed	Helping Seniors on Legal Matters	Amy Van Fosson, Esq.
Jan 24	Wed	Helping Seniors on Help at Home	Jennifer Barton
Jan 31	Wed	Helping Seniors on Hospice/Grief	Elana Pitcher

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Something New For One Or Two

Recipes especially created for 1 or 2 diners

Another year, a new beginning for each and every one of us. Some of us have made some good resolutions about our health and how we are going to eat better this year. So I thought that this would be a good time to use some healthy recipes. At least we can start off on the right foot.

QUICK CHICKEN VEGETABLE SOUP

- 1 can Ro-Tel milder diced tomatoes and green chilies
- 1 cup grated carrots
- ¼ cup chopped green pepper
- ½ cup chopped onion
- 1 can chicken broth, (lower sodium)
- ¼ t. poultry seasoning
- ½ t. salt
- ½ t. pepper
- 1 cup chopped left over chicken or turkey

In a saucepan, combine the tomatoes, vegetables and chicken broth with the seasonings. Bring to a boil and simmer for 10 minutes, add the chicken or turkey and heat thoroughly. Serves 2.

ZUCCHINI AND SQUASH SALAD

- 1 small zucchini, cut into julienne strips
- 1 small summer squash, cut into julienne strips
- 3 T. seasoned rice wine vinegar
- 2 T. canola oil
- 1 T. finely minced red onion
- 1 T. chopped red pepper
- 1 t. minced garlic
- ¼ t. tarragon, crushed

Place the squash and zucchini in a serving bowl. Combine the vinegar, oil, onion, red pepper, garlic, tarragon and a dash of salt and coarse ground pepper. Pour over the vegetables and chill overnight, stirring occasionally. Drain the vegetables and serve on lettuce leaves.

LEMON-PINEAPPLE DESSERT PARFAITS

- 1 flat can crushed pineapple in juice
- 1 carton lemon yogurt, low fat
- ½ cup skim milk 4 or 5 ice cubes
- 3 t. Splenda or sugar

Place the un-drained pineapple, yogurt and milk in the container of a blender, blend until smooth. Add the ice cubes and blend until well chopped, add sugar until smooth. Pour into tall parfait glasses and chill for an hour before serving. Garnish with fresh mint leaves. Serves 2.

Brevard Symphony Orchestra Performs

Symphonic Dances

Saturday, January 20, 2024
2:00PM & 7:30PM

King Center for the Performing Arts

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in honor of Carolyn Baney

Presenting guest dancers from United Ballet Theatre

Tickets start at \$22 for matinee and \$30 for evening. To learn more about our program and to buy tickets, visit brevardsymphony.com/event/symphonicdances.

Individual tickets are available through the King Center Box Office at kingcenter.com and (321) 242-2219.

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Cocoa Beach Army JROTC Raider Teams Conquer State

Brevard has a very special and engaged JROTC program in 14 High Schools. Like the sports teams at those schools, JROTC teams compete against each other in military related events during the school year. In the fall, the biggest is Raider Challenge, modeled after the US Army and Army College ROTC Ranger Challenge. It is a grueling five segment event including a 3 mile run, weight carrying fitness test, rope Bridge, barrier obstacle course and carrying equipment fitness challenge.

The Veterans Memorial Center hosted, and the Cape Canaveral Chapter of the Military Officer Association of America Good Deeds Foundation supported, three Raider events this fall at Veterans Memorial Park. Eventually five schools earned the right, at the 28 October District Meet, to send teams to the Florida State Championship Raider Challenge Meet in Tampa. That event was held on 02 December.



For the first time in memory, one JROTC program won the overall Male AND the Overall Female State Championship. The Florida Raider Championship divided the 54 schools that earned a spot into tiers. Those 54 had outpaced 164

total Florida JROTC programs to get there. Cocoa Beach beat ALL teams, regardless of Tier with one of the smallest school populations in the completion.

Congratulations to the Cocoa Beach Army JROTC teams: Males led by Billy Day and Noel Danker and Female led by Reagan Fish and Ali Jo Tuggle. Next Semester the veteran community will join the Cocoa Beach family in a ceremony to recognize this amazing achievement. The CBHS Raider Teams were led and coached by LTC Jim DesJardins, USA, Ret and. 1SG Keven Staddie, USA, Ret their JROTC Instructors. Congratulations!! 🇺🇸

KEY LIME PIE FESTIVAL

January 19-21, 2024
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IN CONCERT**
January 19th
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"God Bless The USA"

SQUAWK!
The Amazing Bird Show

**Gator Boys
Alligator Show**

Weekly SUDOKU

by Linda Thistle

	5		6	8			4	
1			3			7		
		2			1			5
6			4				8	
	9	8		3				4
	7				8	2	9	
	1			7	6		3	
		7	2			9		
4				5				1

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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The Million Veteran Research Program

The Department of Veterans Affairs has now taken the DNA from 1 million veterans in their Million Veteran Program. The MVP research project is the first anywhere to study the health and genetic data of the veterans for the purpose of learning more and providing better care to current and future generations.

So far the projects they've researched include diabetes, PTSD, kidney disease, cancer, Gulf War illness and more.

Joining the program is easy: Fill out the consent forms and give permission for the program to get into your health records, provide a blood sample (mail it in or have it drawn at an MVP facility), and complete all the surveys that cover lifestyle, health and exposures. Then you're in.

To be considered:

The information you provide will be kept indefinitely.

No information from the research will be placed in your health record, which means that if the blood screening or anything else turns up an illness, you won't be told. The

research is for the benefit of current and future generations, not individuals.

To learn more about the program, see www.mvp.va.gov/pwa. You'll be able to read the 300-plus scientific publications and sign up for the research updates.

Be sure to scroll down the FAQ for answers to a lot of questions before you consider signing up. Look for the links that access a map showing all the MVP clinic locations. You'll only need to go in one time, unless in the future you agree to join other avenues of research, in which case additional consent would be needed. Take a long look at the drop-down section titled "Confidentiality, Privacy, and Security" to see how your DNA and health information will be secured and who else will be allowed access.

You can also call MVP with questions at 866-441-6075 or send an email to AskMVP@va.gov. If you don't have (or don't want to use) the internet to join the project or sign the consent forms, you can still arrange an in-person meeting to give your permission. © (c) 2023 King Features Synd., Inc.



Space Coast Alliance for Tech & Innovation

Launch on January 25th!
8:00 – 10:00 am

Watch Elaine fire up her Dragster
at Larsen Motorsports
at 2495 Palm Bay Rd NE, Palm Bay



Speakers of the Launch Meeting (Jan. 25):



Natalie B. Colvin,
NASA KSC
Office of Small
Business Programs



Elaine Larsen,
Founder & Owner,
Larsen Motorsports &
2-time World Jet Dragster Champion

Save the SCATI dates in 2024:
February 22, March 28, April 25, May 23, June 27, July 2,
September 26, October 24 and November 21




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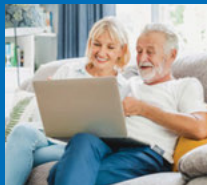
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King Crossword Answers

Solution Time: 21 minutes

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I	M	A		L	E	N	D		I	M	A	X
P	A	R	F	A	I	T	S		C	I	T	E
		M	A	D		S	E	C	E	D	E	S
S	W	E	D	E	N		L	B	J			
L	I	S		S	A	W		S	O	F	A	S
A	S	A	P		P	O	I		B	E	L	T
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H	U	E	Y				U	N	D	E	R	P
O	S	S	A				L	A	I	T		A
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Sudoku Answers

7	5	3	6	8	2	1	4	9
1	6	9	3	4	5	7	2	8
8	4	2	7	9	1	3	6	5
6	3	1	4	2	9	5	8	7
2	9	8	5	3	7	6	1	4
5	7	4	1	6	8	2	9	3
9	1	5	8	7	6	4	3	2
3	8	7	2	1	4	9	5	6
4	2	6	9	5	3	8	7	1

Beachside Health Fair

Ask The Doctor Lunch & Learn

Wednesday, January 31 - 11 am - 1 pm

Gleason Park Community Center

1233 Yatch Club Blvd, Indian Harbour Beach



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Start with Listening

Rev. Jeff Wood, First Presbyterian Church of Sebastian

In this time full of a year gone by and a year out ahead, we find ourselves too typically in a swirl of time. We have fast cars, fast food, and fast internet connections. We have cell phones, drive-through pharmacies, and one-hour cleaners. (We used to have one-hour photos but now with digital cameras we get our photos right away.) And on those cell phones or computers we can do instant messaging.

And yet in so many ways, for all the more we are doing, the less we seem to be. For all the fuller our schedules, the emptier our lives. I'd like to suggest that this is not a logistical matter but a spiritual one. This isn't about multi-tasking; it is about a roundedness of the soul. This isn't about a better day-timer, it is about better thinking ... about us and God.

"God promised you perfect peace and rest, but you refused to listen." (Isaiah 28:12) With God there is perfect peace and what do we have? Hectic pace. Why? Because we have not listened, as creatures of time and space, to the one beyond time and space who made time and space. With God there is perfect restfulness and what do we have? Great restlessness. Why? Because we have not listened well to God.

Start this year with listening. §

Rev. Jeff Wood, First Presbyterian Sebastian, 1405 Louisiana Ave, Sebastian, FL 32958 (772-589-5656). welovefirst.org and facebook.com/welovefirstsebastian
All services streamed Worship 10 am.

Space Coast Birding and Wildlife Festival

continued from page 11

Center offers an amazing array of birding related products, optics, fascinating bird trips worldwide and direct access to Florida conservationists. Many attendees find amateur and professional level binoculars, scopes and cameras. Come check out our Launch Your Optics Experience! The Festival Expo Center is free to the public. With a festival registration fee you receive access to all the presentations offered.

So if you are looking to add some new bird species to your birding life list or just want to know what is singing in your yard, come visit the Space Coast Birding and Wildlife Festival held January 24-28, 2024, at the Radisson Resort at the Port in Cape Canaveral, FL or visit our website www.scbwa.net for lots more information. §

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VIETNAM VETERANS OF AMERICA SPACE COAST CHAPTER 1096 INAUGURAL FUNDRAISING GOLF TOURNAMENT

This Vietnam Veterans event invites golfers from all areas of Brevard and surrounding areas to participate in our Inaugural Golf Tournament.

Players will enjoy a first-class experience playing on a beautiful and challenging course at Harbor City Golf Course, located at 2750 Lake Washington Road, Melbourne, Florida. Entry includes green and cart fees, practice balls, breakfast, lunch and an award ceremony following the tournament.

Maximum 120 golfers. Winning team - \$400 + plaque, Second place - \$300 + plaque. Longest Drive and Closest To The Pin \$50.00 each.

Cut off date January 31, 2024

See website (www.birdease.com/vva1096golf) to register

Membership with VVA

With over 85,000 members, VVA provides a community of fellowship with other people who share your experience, needs and hopes for the future. Join our chapter for fellowship, volunteer opportunities and community service.

Membership is open to U.S. Military veterans who served on active duty in Vietnam between November 1, 1955 and May 7, 1975 or in any duty location between August 6, 1964 and May 7, 1975.

Membership with the AVVA

Anyone can be a member of AVVA. Members include family, friends and supporters of Vietnam Veterans including veterans from before and after the Vietnam era.

For more information on membership in the VVA and/or AVVA or the golf tournament please call 321-326-3247




What Is Probate... continued from page 13

an Inventory of assets to the court and beneficiaries, 2] Obtaining a Tax Identification Number (EIN) from the IRS, (once a person dies we can no longer use his/her social security number), 3] Opening an estate account using the EIN, 4] Publishing Notice to Creditors in the newspaper and

mailing the Notice to known creditors.

Throughout the process of collecting assets, paying bills, and finally making distribution to the beneficiaries, the Probate Court must be shown that everything is proceeding as required by Florida Statutes and Florida Probate Rules. The word "Probate" essentially means "to prove." Is the Will valid? Is the Personal Representative qualified? Who are the rightful heirs? Have debts, taxes, and estate expenses been paid? You may know that there are not any problems, but the court does not.

In the next article we will continue the discussion by further examining a Personal Representative's responsibilities to the court, the beneficiaries, the decedent's creditors, and the IRS. 

For further information on estate planning you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida.



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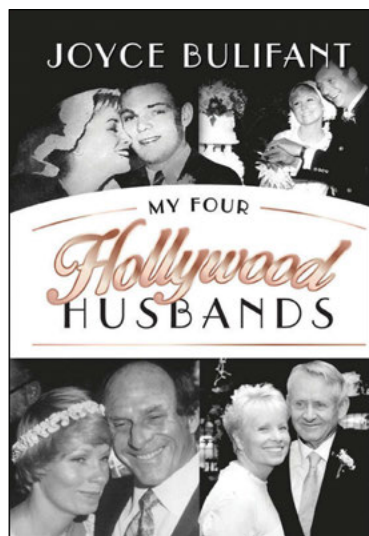
The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

Career-wise, Bulifant has been successful on stage as well as in film and television, and was a frequent game show panelist in the 70s and 80s. She even appeared briefly in the classic 1980 comedy "Airplane!" as the mother of the sick little girl with the intravenous drip.

"I didn't want to do that dadgum movie, I thought it was so silly," she recalled. "I was married to William Asher at the time and he told me 'You're an actress – you act!' Now it's been called one of the 100 funniest movies ever made."

But one major TV role did slip past.



"I was all signed, sealed, and delivered to play Mrs. Brady on 'The Brady Bunch,'" she recalled. "One Friday, I was showing the director and producer (and writer, Sherwood Schwartz) my wardrobe but they were acting very strange. When I asked what was wrong they sat me down and said the executives at ABC in New York wanted Florence Henderson for the role."

Schwartz called that evening confirming the bad news. "That's the way it goes in this business," said Bulifant. "Florence was a wonderful actress and a lovely lady."

Concentrating on TV work, Bulifant only appeared in about a dozen films. Her first main feature role was in the 1967 Disney musical "The Happiest Millionaire," memorable for her "Bye-Yum Pum Pum" song with Lesley Ann Warren. It would be the last live-action feature produced by Disney, who died a year before the film's release.

Bulifant's radiant cheerful on-screen personality and distinctive youthful voice made her a favorite comedic actress with audiences. Despite some missed career opportunities and the marital challenges, she has always remained optimistic.

"When you're in the entertainment business, you have to deal with disappointment and rejection so if you don't feel strong and confident about yourself it can be very disheartening," she says. "That's true for anyone with self-doubt which is why my book resonates with people from all walks of life. So I'm very pleased when I hear from people it has helped." §

Nick Thomas teaches at Auburn University at Montgomery, Alabama, and has written features, columns, and interviews for numerous newspapers and magazines. See www.getnickt.org.

2024 Space Coast

Seashell Festival

44th Annual Presented By: Astronaut Trail Shell Club

Saturday January 20 9:30 am- 4 pm	Sunday January 21 9:30 am- 4 pm
--	--

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Age-Related Vision Loss *continued from pg 20*

remains low, leading to low adherence to interventions and overall poor health outcomes. The 2021 World Health Organization (WHO) report on vision shows that older people are often unaware that vision problems are treatable and therefore do not report impairments, driven in part by assumptions that these are a normal part of aging. Given that 50% of sight loss is preventable, early detection is crucial to ensure timely interventions. To care for our aging populations,

eye care must be moved to the forefront of health-care and policy planning. The growing burden of vision impairment must be addressed by integrating eye care and by facilitating access to interventions for older people (e.g., voice assistant technology).

On a broader level, the future of eye health, and the care of older people more generally, requires perceptions of aging to be reframed. The under-reporting of eye conditions in older populations reflects the widespread confounding of age as a risk factor for various conditions and the inevitability of these conditions with age. The dismissal of functional decline as an unavoidable by-product of aging is rooted in societal ageism, which equates aging with impairment. This dangerous notion leads older people to accept declining health in silence. We must shed these misperceptions and recognize that, although aging is inevitable, age-related impairment, including loss of vision, is not. 

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Helping
SENIORS
TRAVEL CLUB

THE 4TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

June 9-16 2024 - 7-Night Cruise Round Trip Port Canaveral

Great Family Cruising!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Seashore! Make Summer 2024 special on our 7-night sailing to the Ocean Cay Marine Preserve, Costa Maya, Cozumel and more!



4th Annual Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Private Cocktail Party * Admin Fee
- * Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa
- * Great Dancing

Balcony - As low as \$1,320 pp including Gratuities
Outside - As low as \$1213 pp including Gratuities
Inside - As low as \$963 pp including Gratuities
 (based on double-occupancy)

Contact:

Helping Seniors of Brevard Travel Club
Chris Morse 818-430-1480 Cell



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937PO. Box FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.

Perennial Hardy Hibiscus Has Big Flowers, Big Impact

By Eddie Smith, MSU Extension Service

I believe plants with big flowers have a bold presence that adds interest and value to any landscape. While they may have a shorter flowering period compared to those with small flowers, do not underestimate the impact they can have. One of my favorite plants with large flowers is the perennial hardy hibiscus.

With its enormous blooms, the perennial hardy hibiscus adds a pop of color and value wherever you grow it. Some of the blooms can be as large as 12 inches across, which is why it is often referred to as the dinnerplate hibiscus. This bushy plant can grow from 2 to 5 feet tall, depending on the selection. It has foliage that ranges from light to medium green, while some varieties feature burgundy and dark-purple leaves.

During the winter, the plant growth usually dies back to ground level. I prune off all the dead branches in early spring, then I wait with anticipation for my perennial hardy hibiscus to start showing some new growth. Traditionally, mine sprouts in mid to late April, well after many of my other perennial plants.


There are many varieties of perennial hardy hibiscus to choose from, but I particularly love the Summerific series.

Some of the most beautiful include Valentine's Crush, French Vanilla and Spinderella. Each has its own unique look, from deep red blooms to frilly petals to bright pink and white coloration.



If you're looking for a way to add some elegance and sophistication to your garden, the Summerific French Vanilla hibiscus is an excellent option. This variety features creamy white flowers with red centers and soft, green foliage.

On the other hand, if you want to make a statement and turn heads, the Summerific Spinderella hibiscus is a must-have. With its unique, frilly petals and bright pink and white coloration, this hibiscus is sure to be the talk of the town.

I love the perennial hardy hibiscus I have growing in my landscape. Regardless of which variety you choose, it will be versatile, easy to grow, and will add color to your landscape for many years to come. 

BREVARD'S ONLY LOCALLY OWNED & OPERATED MOVIE THEATER

**CHECK OUT
OUR DEALS**

**\$5.00 Tuesdays &
Free Popcorn Wednesdays!**

1800 W. Hibiscus Blvd
Melbourne, FL 32901
321-953-3388
www.oaks10.com



Oaks Stadium 10

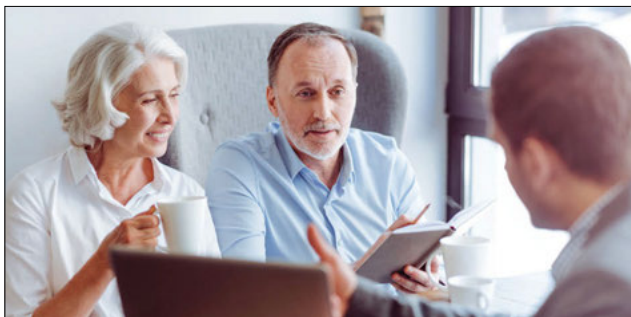


@premeireoaks10

Finding the Proper Financial Guidance *continued from pg 17*

In our office at ValaVanis Financial, we pride ourselves on our expert knowledge of Financial Planning. Having two Certified Financial Planners™ in our family firm, we understand the commitment and responsibility needed to proudly serve our clients. If you seek a financial guide who is committed to putting you first and possesses the knowledge to do so, please give us a call at (321) 956-7072 for a no-obligation first appointment at either our Melbourne or Rockledge office. We look forward to seeing you soon. §

Max ValaVanis, CFP® is a co-owner of Valavanis Financial in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning for Retirees while protecting principal. Max can be reached at 321-956-7072.



Beachside Health Fair

Ask The Doctor Lunch & Learn

Wednesday, January 31 - 11 am - 1 pm

Gleason Park Community Center

1233 Yatch Club Blvd, Indian Harbour Beach



**FREE GIVEAWAYS
& RAFFLE PRIZES!**

**DOZENS OF FREE
HEALTH
SCREENINGS
& LECTURES!**



Free Admission

Lunch at 11:30

Door Prizes

Giveaways

Sponsored by:

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medicare solutions



Trivia *test* by Fifi Rodriguez

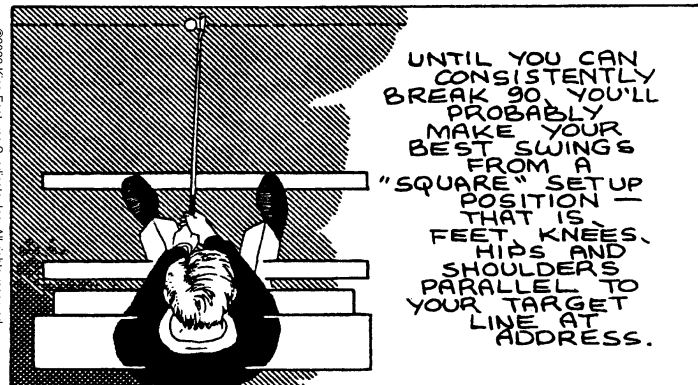
1. MOVIES: Which movie features the line, "Where we're going, we don't need roads"?
2. HISTORY: Which serious disease was declared eradicated in 1980?
3. GENERAL KNOWLEDGE: What color is the "black box" that is used to record data on airplanes?
4. GAMES: How much does getting out of jail cost in the board game Monopoly?

5. LITERATURE: What kind of animal is the novel "Black Beauty" about?
6. U.S. PRESIDENTS: Who was the youngest president?
7. TELEVISION: Who played the Penguin in the original "Batman" TV series?
8. GEOGRAPHY: What is the northernmost point of the United States?
9. ASTRONOMY: Which is the only planet in our solar system that spins clockwise?
10. FOOD & DRINK: Which fast-food restaurant chain claims that "We have the meats"?

Answers

1. "Back to the Future."
2. Smallpox.
3. Orange.
4. \$50.
5. A horse.
6. Theodore Roosevelt (42).
7. Burgess Meredith.
8. Point Barrow, Alaska.
9. Venus.
10. Arby's.

Play Better Golf with JACK NICKLAUS



JANUARY COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,
visit the BCA website at www.ArtsBrevard.org.

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

Due to potential cancellations, we strongly encourage you to check with presenting organizations regarding the status of their event

JANUARY EVENTS

Jan 2-7: It Takes a Village Historic Cruise, Cocoa Village Marina

Jan 3-30: Beautiful Florida Art Exhibit, Studios of Cocoa Beach, studiosofcocoa-beach.org, 321-613-3480

Jan 5: First Friday Reception, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Jan 5: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

Jan 5-7: Hot Pink: Totally "Rad" 80's Show! Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

Jan 5-21: Agnes of God, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Jan 6: Beautiful Florida Art Exhibit Opening Reception, Studios of Cocoa Beach, studiosofcocoa-beach.org, 321-613-3480

Jan 6: The Best of Country Music, Space Coast Symphony Orchestra, Scott Center Auditorium at Holy Trinity, Melbourne, spacecoastsymphony.org, 855-252-7276

Jan 12: Jese Cook: The Libre Tour, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 12 - Feb 18: Beautiful: The Carol King Musical, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

Jan 13: Tesla, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 16 - 17: The Cher Show: A New Musical, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 18: Jo Koy World Tour, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 19: Friday Fest, Downtown Cocoa Beach, CocoaBeachMainStreet.org

Jan 19 - Feb 11: The Sound of Music, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

Jan 20 - 21: Cocoa Beach Kite & Beach Fest, The Beach at Coconuts on the Beach, Downtown Cocoa Beach, cocoa-beachmainstreet.org, 321-693-3159

Jan 20: Sebastian River Art Club's Members' Annual Judged Show: Sebastian River Art Club, sebastianriverart-club.com, 772-321-9333

Jan 20 - 21: Symphonic Dances Concert, Brevard Symphony Orchestra, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 23: The Shanghai Circus, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 24 - 27: 2024 Space Coast Birding Festival, Radisson Resort at the Port, Cape Canaveral, scbwa.net,

Jan 25: Lou Gramm - Voice of the Original Foreigner, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 26: Jerry Seinfeld Live, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 26 - Feb 11: Oklahoma, Historic Cocoa Village Playhouse, CocoaVillage-Playhouse.com, 321-636-5050

Jan 26: Melbourne Chamber Music Society: Frautschi, Manasse, Nakamatsu, St. Mark's United Methodist Church, Indialantic, melbournechamber-musicsociety.com, 321-213-5100

Jan 27: Kansas: 50th Anniversary Tour, King Center, Melbourne, KingCenter.com, 321-242-2219

Jan 31: Charlotte's Web - Youth Theater, King Center, Melbourne, KingCenter.com, 321-242-2219

ONGOING EVENTS

American Police Hall of Fame, Titusville, APHF.org, 321-264-0911

American Space Museum & Walk of Fame, Titusville, SpaceWalkofFame.org, 321-264-0434

Breakers Art Gallery, Satellite Beach, BreakersArtGallery.com, 321-779-6059

Brevard Museum and Sciences Center, Cocoa, Brevard-Museum.com, 321-632-1830

Brevard Zoo, Melbourne, BrevardZoo.org, 321-254-WILD

Carolyn Seiler & Friends Gallery, Cocoa Village, CarolynSeiler.com, 321-637-0444

DrumLuv Dance Center, Palm Bay, DrumLuvDance.com

Eau Gallery, Eau Gallie Arts District, EauGallery.com, 321-253-5553

Eau Gallie Arts District Main Street, EGADLife.com, 321-622-4223

Field Manor, Merritt Island, FieldManor.org, 321-848-0365,

Fifth Avenue Art Gallery, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

Florida Historical Society, Cocoa Village, MyFloridaHistory.org, 321-690-1971

Florida Surf Museum, inside Ron Jon's Watersports, Cocoa Beach, FloridaSurfMuseum.org

Gleason Performing Arts Center, Florida Institute of Technology, Melbourne, FIT.edu/Gleason

Green Gables, Melbourne, GreenGables.org, 321-306-8635

Harry T. & Harriette V. Moore Cultural Complex, Mims, HarryHarrietteMoore.org, 321-264-6595

Lawndale Historic Museum, Rockledge, FriendsOfLawndale.org, 321-632-5650

Museum of Dinosaurs and Ancient Cultures, Cocoa Beach, MuseumofDinosaurs.org, 321-783-7300

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

Pritchard House, Titusville, nbdb.com/godo/PritchardHouse, 321-607-0203

Rossetter House Museum & Gardens, Eau Gallie Arts District, RossetterHouseMuseum.org, 321-254-9855

Seaside Gallery & Gifts, Indialantic, TrishStorey.com, 321-213-2427

Simpkins Center, Eastern Florida State College, Cocoa, easternflorida.edu, 321-433-5200

Strawbridge Art League Gallery, Le Galerie, Downtown Melbourne, StrawbridgeArtLeague.org, 321-952-3070

Studios of Cocoa Beach, Downtown Cocoa Beach, StudiosofCocoaBeach.org, 321-613-3480

The Downtown Art Gallery, Downtown Titusville, TheDowntownGallery.net, 321-268-0122

Upside Gallery, Downtown Melbourne, upsidegallerymelbourne@gmail.com, 321-414-5100

Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941

CLUBS & ORGANIZATIONS

Jan. 5: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Coaster's Tap House, 5675 N. Atlantic Ave., Suite 122, Cocoa Beach on Friday, Jan. 5 at 12 p. m. All are welcome to join the group. For additional details, please call (502) 299-8949.

Jan. 18: The Single, Separated, Widowed and Divorced (SSWD) group will meet for a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, Jan. 18 at 12 p. m. Please bring a dish to share. All are welcome to attend. For additional details, please call (502) 299-8949.

The Brevard Antiques and Collectibles Club. The first Friday of the month at the Suntime / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors - not dealers therefore we do not give appraisals.

The Space Coast Weavers & Fiber Artists meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library, 1950 North Courtenay Parkway. Meetings are free and open to the public.

The Italian American Club's hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public. Teams of six (four players and two substitutes) are needed to join the league. Six teams are presently in league play and games are rotated at three locations. Games are played on Tuesday mornings at 9:00 am at three different locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit IAC321.com.

Scottish Country Dancing, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntime (8300 Holiday Springs Road in Suntime/ Melbourne). FREE (there is no charge for the lessons or the dance evenings). No dancing on December 25th or on January 1st. Call Catie at 321-427-3587 for more information.

English Country Dancing, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.



Veterans Memorial Center (VMC)
on Merritt Island behind Merritt Square Mall.
Contact VMC or Donn Weaver
(321-453-1776)

CALENDAR OF EVENTS

Contact VMC for any additions or other information.
<https://veteransmemorialcenter.org/other-veterans-events/>

27 Jan - Historic Preservation and Heritage Tourism Seminar VMC Gray Hall 0800-1600. Sponsored by Museums of Brevard (MOB) Contact Dean Schaaf VMC President and MOB officer on 321-453-1776 ext 5.

27 Jan - JROTC County Wide Run and Shoot Competition in Veterans Memorial Park 0700-1230.

29 Jan - Guest Lecture Series at VMC Gray Hall - 1300-1430: Gary Powers Jr, son of the late, famed U-2 Pilot shot down over the Soviet Union at the height of the Cold War.

30 Jan - VMC Library Discussion Series 1800-1930 by Norm Desmarais on the fate of the first British Settlement in America - Roanoke, Part history and part mystery. Refreshments served.

04 Feb - Hearts to the Troops 5K Fundraiser sponsored by OASIS 0700-1000 at VMC Park. Packing Valentine boxes of goodies for deployed troops afterwards for mailing overseas. Sponsorships and information available at 321-243-7753 or via cofounder@oasisofcfl.org. OASIS supports troops deployed in harms way all year round with a number of packing events with the goodies and postage purchased through grants and via such Fundraisers.

04 Feb - Anniversary to Remember the Immortal Four Chaplains of WWII 1400-1530 in the VMC Plaza. They went down with their transport ship helping troops in 1943 after a German Torpedo attack in then icy Atlantic. Sponsored by VMC with support from the Marine Corps League of Brevard County.

Do's and Dont's... cont'd from page 16

accelerate battery degradation. Avoid exposing your laptop to extreme heat or cold, and don't leave it in a hot car.

5. Don't Remove the Battery (If Sealed): If your laptop has a sealed (non-removable) battery, avoid attempting to remove it. Doing so can void the warranty and may damage the laptop.
6. Don't Ignore Software Updates: Keep your laptop's operating system and firmware up to date. Sometimes, updates include optimizations for power management and battery efficiency.

Following these do's and don'ts can help you maintain a healthy laptop battery and ensure that it performs optimally over an extended period. Keep in mind that each laptop model may have specific recommendations from the manufacturer, so it's a good idea to check the user manual or official documentation for your particular device. ☺

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

Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101

Sound Traveler Concert

Monday, January 8 at 6 PM.

Turtle Talk with the Sea Turtle Preservation Society

Monday, January 29 at 2:30 PM

You may register online at www.seaturtlepreservationsociety.org or sign in on the day of event.

Anja Concert

Monday, January 22 at 6 PM.

Personal Finance Seminar

3rd Fridays from 11am-12pm

Mala Necklace Workshop,

1st Monday, 6:00-7:30pm. Instructor fee is \$5 and materials fee is \$30 (\$35/class).

Mala Necklace Workshop

Second Monday, 6:00-7:30pm. Instructor fee is \$5 and materials fee is \$30 (\$35/class).

Purly Girls Knitting Club

Tuesdays 10am to 1pm

FIT Over 50 with Polly

Tuesdays from 9-9:55am, \$5/class.

Community Support Day

Wednesdays from 9am-3pm

Hosting three great organizations to provide free help for our community: Second Harvest, for SNAP food assistance, 9am - 3pm; United Way for Health Insurance Marketplace, 10am - 3pm; Brevard County Libraries' Community Support

Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance. Available every other Wednesday.

Body Talk Yoga

Wednesdays from 2-3pm Please bring a yoga mat. \$5/class.

Intro to Stamping and Card Making

First Thursdays, 1-2pm Just \$1 and includes your supplies.

Card Making with Donna Herring

First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at herring.donna@gmail.com

Zumba Gold

Fridays 9:30-10:30am Cost is \$5 per class.

Yoga with Pam

Fridays from 2-3pm. This class is suitable for all bodies. \$5/class.

Book Club

Fourth Friday, 10:45-11:45am

Music Lovers Unite

Third Saturday, 12:30pm-1:30pm

Tech Help

Fridays from 12pm-1pm

Bring your own device and get one-on-one tech help from your librarian.

Catherine Schweinsberg Rood Central Library & Reference 308 FORREST AVE, COCOA 321-633-1792

Cocoa Beach Public Library 550 N. BREVARD AVE, COCOA BEACH 321-868-1104

Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

Franklin DeGroodt Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

DeGroodt library is open 7 days a week and 2 nights, offering a range of services such as free resume and assistance faxing, free scanning,

distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.

SNAP food stamp assistance program on Friday's from 9-2pm in the small conference room.

Master Gardener's Free Clinic held on the patio Friday's from 9-11am.

Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

**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 Hooks and Needles Tuesdays, 1:00PM – 2:00PM	Line Dancing Class with "Dance Lady" Mondays, 12:00PM – 2:00PM Fee: \$5 per class. Crafternoon First Wednesday, 2:00PM-3:00PM.	Materials are provided. Book Club First Thursday, 1:30PM Painting Class First Thursday, 6:00PM Fee is \$10 and	covers all supplies. Registration is required as space is limited. Cook the Book Club Third Thursday, 6:00 PM
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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. TGIF Seaside Piecemakers 9am-1pm .A quilting group that meets second & fourth Fridays. Non-Fiction book club , 3-5pm, meets fourth Tuesday	Brevard Investment Education Group 10:30am-1pm. A group that meets to talk about stock market investments. Meets second Mondays. International Plastic Modelers 6-7:45pm. A group who meet to show and speak about plastic models. Meets second Tuesdays. Suntree Library book club. Meets	fourth Wednesdays. Seaside Quilt Show Group , 1-5pm, meets first Monday Wednesday Art Group , 1:30-4pm. Meets second Wednesday Space Coast Poets , 5:30-7:30pm. Meets 3rd Tuesday Seams Unique Fiber Artists (SUFA)	10am-3pm, meets 3rd Monday Books are ALWAYS Better Book Club 6:30pm-7:45pm, 3rd Friday Space Coast Modern Quilting Guild (SCMQG) 9am-12pm, 3rd Wednesday American Numismatic Association (ANA) Coin Talk with Bob 6-7:45 PM, 4th Tuesday
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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

JANUARY 2024 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 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	New Horizons Concert Band 9am - 11am New Horizons Jazz Band 12pm-2pm 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
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JANUARY 2024 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

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:
10:00 am: Crafty Ladies (seasonal)
11:00 am: Euchre

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

10:40 am: Happy Feet

Wednesday:
9:30 am: Zumba Gold
10:45 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

11:00 am: Pinochle
11:45 am: Posing to the Oldies (seasonal)

Thursday:
10:40 Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

MONDAY-THURSDAY
Billiards 9AM-3PM \$2/\$3 NBSC (321)268-2333

MONDAY
No. Brevard Line Dance 10AM-12:30PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel

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

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

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

JANUARY 2024 ONE SENIOR PLACE EVENTS

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

FREE Memory Testing, Tuesdays January 2nd, and 16th, from 10am – 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.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday January 3rd, at 11am, REPEATS Thursday January 25th, at 2pm. Join us for a FREE informational seminar to learn more about the benefits of pre-planning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP to 321-751-6771.

BINGO!, Tuesday January 9th, 2pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Do You Need to Revisit Your Estate Planning in 2024?, Thursday January 11th, at 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what estate planning documents everyone should have, what they mean, and how they can provide you some piece of mind. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday January 11th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "The Holiday", and enjoy movie treats! MUST RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa, The Mind Diet, Friday January 12th, at 10am. Presented by Karem Sapp, Clincloud, and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Sonata East at Viera. RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday January 12th, at 2pm. 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.

Medicaid Planning Seminar, Tuesday January 16th, at 10am. Attorney William A. Johnson will discuss new planning opportunities that are available under the new Medicaid laws. Limited seating, must RSVP to 321-751-6771.

Apple Messages app, Let's Communicate! MAC User Group, Tuesday January 16th, at 5:30pm. 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.

FREE Liver Scans, Wednesday January 17th, from 10 – 2pm. ClinCloud is offering FREE Fibros-cans, 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.

Estate & Medicaid Planning - Get Your Plan in Order!, Wednesday January 17th, at 10am. This seminar will discuss the basics of estate and Medicaid planning. Presented by Ruth C. Rhodes, Esq. and Jackie McManus. Limited seating, must RSVP to 321-751-6771.

Top 10 Tips For Aging Well, Thursday January 18th, at 12pm. 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 January 19th, at 11am. 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.

AARP Smart Driver Course, Monday January 22nd, from 9am – 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.

Guardianship - Start to Finish, Tuesday January 23rd, at 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will discuss what is required to have a guardian appointed, the roles of a guardian of a person, someone's property, or both, as well as when to choose a professional vs family or friends. RSVP to 321-751-6771.

Dream Interpretation, Wednesday January 24th, at 10am. Stay tuned for details. This is a seminar you shouldn't dream of missing! RSVP to 321-751-6771.

Estate Planning Seminar, Thursday January 25th, at 10am. Presented by Attorney William A. Johnson, P.A. This seminar will discuss the basic principles of estate planning and the importance of having your advance directives documents in place in the event of incapacity. Limited seating, must RSVP to 321-751-6771.

Coffee & Conversation: Chat With a Memory Health Expert, Tuesday January 30th, at 10am. Join us for open conversation with Deidra Shubert, a memory health expert, from Merritt Island Medical Research. Limited seating, must RSVP to 321-751-6771.

Trust Planning for Asset Protection, Wednesday January 31st, at 10am. Attorney Stephen Lacey brings a wealth of knowledge and experience in estate planning, elder law, real estate law, and tax law. Whether you are approaching retirement or already enjoying your golden years, this seminar offers valuable insights to empower you in making informed decisions for the protection and preservation of your assets. Limited seating, must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays January 11th and 25th, at 10am. 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 January 17th, at 10am. 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 January 17th, at 2pm. 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 9am – 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 at 1pm. 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:

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

321.339.0551
8085 Spyglass Hill Road
Viera, Florida 32940
Monday–Friday 8:30 am–5 pm

Visit OneSeniorPlace.com



Here's why One Senior Place is



“Square One” For Seniors!



Need help or advice? Call today for your free consultation!



FREE MEMORY SCREENING

ClinCloud is offering complimentary memory screenings for seniors. If you screen and are 50 to 90 years of age, you may qualify for a new Alzheimer's disease research study and receive:

- no-cost study-related care
- compensation for time and travel

Call ClinCloud today for details!



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