

FEBRUARY 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!

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

500+ Pickup Points in Brevard County.

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

SENIOR SCENE[®]
 Magazine



Let's Go Sailing!

MSC Seashore - June 9th-16th 2024 from Port Canaveral.

Very Special All Included Affordable Pricing
 Call Chris or Betty at 321-978-5211 for Details.

Call (321) 473-7770 for Info
 HelpingSeniorsTravelClub.com

FEBRUARY 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:
10:40Mat 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 Ferrel 321-267-0195
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbsc.org

MONDAY PROGRAMS
Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm
Bocce 9-11am
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 12:15-3:30pm
Cornhole 11:30am-12:30pm
Golden Tones 10am-noon (On break until Sept)
Ping Pong 1-3:30pm
Poker: Straight 10am-2pm; Noon-3:30pm
Sensible Weight Loss with Friends 9- 10am
Shuffleboard (Indoor) 1-3pm
Travel Office open 9am-2pm
Vets-to-Vets Cafe 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm
TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm

Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm
WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm

Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:30-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am
FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am
Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon
SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers. Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 bcscwp.org

MONDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Bones & Balance - 10:00-11:00 am
Duplicate Bridge - 12:30-4:00 pm
Jazzercise Lo - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Friendly Poker - 1:00-4:00 pm
QiGong-Tai-Chi - 8:30-9:30 am
Mah Jongg - American - 12:00-3:30pm
Pinochle - 12:15-4:00 pm
TUESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Chair Yoga - 3:00-4:00 pm
Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker- 11:30 am-4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm
WEDNESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Duplicate Bridge - 12:30-4:00 pm
Euchre - 6:00-9:00 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi-8:30-9:30 am
Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
American Mah Jongg- 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco -12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm
FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle - 12:15-4:00 pm
Dealers Choice Poker- 11:30 am-4:00 pm
Hula Dance Instruction - 3:00-4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm
SATURDAY PROGRAMS
Billiards- 8:30 am - 12:30 pm
Shuffleboard Open Practice - 9:00 am - noon
Duplicate Bridge - 12:30 - 4:00 pm
Rubber Bridge - 12:30 - 3:30 pm



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

FEBRUARY 2024 ONE SENIOR PLACE EVENTS

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

Chair Yoga, Friday February 2nd, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

FREE Liver Scans, Monday February 5th, and Wednesday February 21st, from 10am - 2pm. Clin-Cloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Call 321-751-6771 to schedule your half hour appointment.

Hand Dyed Silk Scarf Workshop, Tuesday February 6th, at 10am. Kathy Murphy-Childs, with Cape Canaveral Pen Women will present. In this two-hour workshop you will learn the basics of using quick set silk dyes and dye a beautiful 11x60 in silk scarf for yourself or to give as a gift. Sponsored by Barbara Asinari with Oceans Realty Florida. MUST call to RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays February 6th and 20th, from 10 - 2pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday February 7th, from 11am, REPEATS Thursday February 22nd, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP to 321-751-6771.

Growing Old Without Going Broke, Thursday February 8th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Topics discussed, how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. One size does not fit all. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday February 8th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "While You Were Sleeping", and enjoy movie treats! MUST RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa, Tips to Maintain a Healthy Heart!, Friday February 9th, at 10am. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

Ask The Doctor Lunch & Learn Series, Tuesday February 13th, at 11:30am. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday February 13th, at 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.

Galentines Tea, Wednesday February 14th, at 10am. Join us with your favorite gals for a special

Valentine's Day tea. MUST RSVP to 321-751-6771.

Coffee & Conversation: Chat With a Memory Health Expert, Thursday February 15th, at 10am. Join us for an open Q & A with Deidra Shubert, a memory and brain health specialist, from Merritt Island Medical Research. Limited seating, must RSVP to 321-751-6771.

5 Movements to Better Mobility, Friday February 16th, at 8:30am. Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

Hearing Loss [= Brain Stress?], Lunch and Learn Seminar, Friday February 16th, at 11am. This presentation brought to you by Personal Hearing Solutions. During this presentation you will learn how living with hearing loss negatively impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

Veterans Benefits, Tuesday February 20th, at 10am. Elder law attorney William A. Johnson will take a comprehensive look at how to qualify for the VA Aid & Attendance Program with an emphasis on asset protection and preservation. RSVP to 321-751-6771.

MacMad User Group, Tuesday February 20th, 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.

Estate & Medicaid Planning - Get Your Plan in Order!, Wednesday February 21st, at 10am. This seminar will discuss the basics of estate and Medicaid planning. Presented by Ruth C. Rhodes, Esq. and Jackie McManus. RSVP to 321-751-6771.

Low Back Pain: Causes, Prevention, Treatment, Thursday February 22nd, at 12pm. Presented by Aquatic Health & Rehab. This presentation will discuss the causes, prevention, and treatment of low back pain. For more information and to RSVP, call 321-253-6324.

What's Cooking?, Friday February 23rd, at 10am. Join us for a cooking demonstration and tasting from local Senior Living Community chefs. Featuring Palm Cottages Chef, Thomas Gurley. Seating limited. MUST RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday February 23rd, from 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.

AARP Smart Driver Course, Monday February 26th, at 9am. 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.

Essential Legal Documents That Provide Peace of Mind, Tuesday February 27th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what estate planning documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

Top 10 Things to Know About Your Florida Property, Wednesday February 28th, 10am. Join Attorney Robyn Hattaway for a dynamic session where we'll delve into critical topics such as homestead rights, title issues, and Condo/HOA issues. Whether you're in a Condo or a single family home, this seminar is your key to unlocking a deeper understanding of the legal framework that shapes your Florida property ownership rights and responsibilities. RSVP to 321-751-6771.

Estate Planning Seminar, Thursday February 29th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate and homestead. This presentation will also include a discussion on the importance of having your advance directive documents such as the durable power of attorney, health care surrogate and living will in place in the event of incapacity. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays February 8th and 22nd, 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 February 21st, 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 February 21st, 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.W

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

Helping Seniors Resource Center Events

(1344 S Apollo Dr - Ste 2-C - Melbourne)

Food Truck Tuesday

Date: Tuesday, February 6th, 11:00am -

1:00pm Call for Information - (321) 473-7770

Call your friends and make it a lunch date!

This month it is "Sweets and Meats"! Food Truck Tuesday at Joe's 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! Look for the Food Truck in the Parking Lot and then join us on the 2nd Floor at lunch!

CarePlus/Omni - Heart Smart "Health & Wellness" Series

Date: Thursday, February 22nd, 11:00am -

12:30pm Call for Information - (321) 473-7770

February is Heart Health Month, so let's keep it all moving in the healthy direction! A great presentation from our friends at CarePlus Health Plans - "Battling Dangerous Belly Fat" plus learn from Tami Leeberg, AARPN, of Practitioners in Motion, on Heart Health. Enjoy a snack break and then participate in a free Blood Pressure screening with the Medical Professionals of Practitioners in Motion. Programs brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard. For more information, call 321-477-7770.

"Choose Your Adventure" - Open House & Classic Car Cruise-In

Date: Saturday, Feb 22nd, 8:00am - 11:00am

Call for Information - (321) 473-7770,

Get this fun Saturday morning on your Calendar! It's a fun Open House & Classic Car Cruise-in at Joe's Senior Resource Center! Check out great Classic Cars, find great food options from the Food Trucks on site, and get your first peek at the 2024 8th Annual Helping Seniors Car Raffle "Choose Your Adventure"! And, there'll be complimentary fun, food, and entertainment on the 2nd Floor of the Omni Healthcare Professional Tower as Helping Seniors hosts an Open House at the Senior Resource Center

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Feb 1	Thu	Controlling Cost of RX	The Parts of Medicare	Stay Home Safe or Downsize?
Feb 2	Fri	New to Florida? Elder Law Update	In Home Care Giving	Put Kids on the Bank Account?
Feb 5	Mon	Trusts	All About Home Care	Discounted Prescriptions
Feb 6	Tue	Living Beyond Your Current Home	How a Public Adjuster Helps	What Assited Living Can Mean
Feb 7	Wed	Medicare - Questions & Answers	Avoiding Probate	Finding Good Help at Home
Feb 8	Thu	About Golden Providers	Care Management	Cosmetic Dentistry
Feb 9	Fri	Medicaid Planning - Part 1	Medicaid Planning - Part 2	Two Assisted Living Questions
Feb 12	Mon	Checking Out Zon Beachside	Printing & Direct Mail Options	Real Estate for Seniors
Feb 13	Tue	The Parts of Medicare	Ordering RX at Lower Prices	What Elder Law Attorney Can Do
Feb 14	Wed	Making Plans for Retirement	3 Top Public Benefits Questions	Aging & Legal
Feb 15	Thu	Chefs for Seniors	Periodontal Disease	Senior Mental Health
Feb 16	Fri	Assisted Living Helps Us Thrive	SRES - Things to Know	How to Cruise Successfully
Feb 19	Mon	Senior Info in Senior Scene	Safe & Secure at Home	The Vial of Life
Feb 20	Tue	Helping Seniors - 12 Years Later	Probate - What it is/How it Works	Real Estate for Seniors
Feb 21	Wed	The Dirty "D" Word - Dementia	Golden Providers B2B	Getting RX at Best Prices
Feb 22	Thu	Value of Professional Printing	Great Employment for Seniors	Your Legal Documents Checklist
Feb 23	Fri	Importance of Evaluation	Life Enrichment	Medicare - Questions & Answers
Feb 26	Mon	Smorgasboard of Legal Matters	The Talk about Assisted Living	The Parts of Medicare
Feb 27	Tue	How SRES Helps Real Estate	Elder Law Services	How a Public Adjuster Helps
Feb 28	Wed	Care Management	Assisted Living Right For You?	Real Estate Transactions Seniors
Feb 29	Thu	Durable Power of Attorney	Too Many Teeth Being Extracted?	Cosmetic Dentistry



Date	Day	Program	Special Guest
Feb 7	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Feb 14	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Feb 21	Wed	Helping Seniors on the Radio	Kerry Fink
Feb 28	Wed	Helping Seniors on Help at Home	Jennifer Barton

where you can meet many of the folks who are part of the resource team that is all about Helping Seniors. For more information, call 321-477-7770.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop Saturday - February 17th, 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.

Helping Seniors "Choose Your Adventure" Car Raffle Appearances

The 15th Annual Higher Power Car Show 900am-200pm - Trinity Wellsprings Church - 638 S Patrick Dr, Satellite Beach, FL

The 2nd Annual European Car Show

900am-200pm - American Muscle Car Museum - 3500 Sarno Road, Melbourne FL