

MARCH 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

The 8th Annual
 Helping Seniors Car Raffle



Choose Your ADVENTURE

Winner Chooses Their Car!

Helping Seniors of Brevard




For the Exploring Adventure...
 2024 Jeep Compass Sport



For the Hauling Adventure...
 2024 Chevrolet Colorado



For the Stylish Adventure...
 2024 Mitsubishi Outlander



For the Elegant Adventure...
 2024 Mazda3 Sedan



For the Racing Adventure ...
 2024 Dodge Hornet



For the Upscale Adventure ...
 2024 Kia Sportage



1 ticket for \$25 or 5 tickets for \$100 Donation.
HelpingSeniorsCarRaffle.com

Online | Phone 321-473-7770 | At Joe's Senior Resource Center & All Boniface-Hiers Auto Dealerships
 1pm-4pm - Sunday Oct 27th 2024 - Grand Drawing at American Muscle Car Museum



**500+ Pickup Points
 in Brevard County.**

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

SENIOR SCENE®
 Magazine



MARCH 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 nbssc.com

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782

Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945

Mexican Train Dominoes 1PM-3PM \$2/\$3 Joanne (321)267-5923

Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237

Poker 10AM-2PM \$2/\$3 321-591-5156

Bunco 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927

Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

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

(321)537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999

Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776

Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410)598-3755

Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595

Party Bridge 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200

Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827

Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689

Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945

WEDNESDAY
Bridge Lessons by Appt \$10 Rick (863)640-5798

Zumba Gold 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945

Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945

Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796

ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306

Line Dance Class-Beginners 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195

Line Dance Class 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195

Line Dance Class 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944

THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM

Varies (#of cards played) Cat (321) 231-1135

Singles Club Planning Mtg (1st Thurs) 4pm Call Jean for location (321) 352-2359

Tai-Chi - Thursday 1PM-2PM \$3/\$5 Ada

321-848-4689
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

Zumba Gold Tone/Chair- Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945

FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679

Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430

Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999

Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333

No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534

Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195

SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

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

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;
10:30-11:30am (Dr's permission req'd)

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

Poker: Straight 10am-2pm; Noon-3:30pm

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

Vets-to-Vets Cafe 3:30-5:00pm (4th Mondays)

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

Hand & Foot 11:30am-3:30pm

Fitness Fun 9:15-10:15am

Mah Jongg (Asian) 12:30-3:30pm
(1st & 3rd Tues)

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm

(On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

Bingo 11:30am-3:30pm Doors open at 9am.

Food available to purchase

Bone Builders 9:15-10:15am;

10:30-11:30am (Dr's permission req'd)

Bridge 9:30am-12pm

Darts 4:30-6pm (2nd & 4th Weds)

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

Mah Jongg (American) 12:30-3:30pm

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

Bingo 6:00-10:00pm Doors open at 4pm.

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct

(Last Saturday of month)

Tour our facility any weekday 8:30am to

4pm. Our Center is run 100% by volunteers.

Consider becoming a member and

volunteering.

The Center is available to rent for

seminars, adult birthdays, baby showers,

anniversaries, weddings, etc.

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

MONDAY PROGRAMS

Billiards 8:30 am-4:30 pm

Bones & Balance - 10:00-11:00 am

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

Hand & Foot - 9:00 am-12:00 noon

Friendly Poker - 1:00-4:00 pm

QiGong-Tai-Chi - 8:30-9:30 am

Mah Jongg - American - 12:00-3:30pm

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Billiards 8:30 am-4:30 pm

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

Dealers Choice Poker - 11:30 am - 4:00 pm

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

Mah Jongg - Chinese - 1:00-4:00 pm

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

American Mah Jongg - 9:00 - 12:00 noon

Strength & Flexibility - 9:30-10:30 am

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

Bunco - 12:30 - 4:00 pm - 1st & 3rd

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

Pinochle - 12:15-4:00 pm

Dealers Choice Poker - 11:30 am - 4:00 pm

Hula Dance Instruction - 3:00-4:00 pm

Senior Law - 4th Friday 2:00-4:00 pm

SATURDAY PROGRAMS

Billiards - 8:30 am - 12:30 pm

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm



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

MARCH 2024 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT

Senior Living Options Day & Chef Competition

Friday, March 1, 2024 from 11am - 1pm

Being held at the Space Coast Health
Foundation Center for Collaboration

1100 Rockledge Blvd. (Hwy 1),
Rockledge, FL 32955

FREE Event, Vendors, Giveaways, Door Prizes,
Food & Dessert Samples!

Qi Gong, Friday March 1st, at 8:30am. Breathing and moving to help support quality of life! Instruction provided by Beth Cooper. This class will be entirely standing. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

FREE Liver Scans, Monday March 4th, and Wednesday March 20th, from 10am - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Call 321-751-6771 to schedule your half hour appointment.

FREE Memory Testing, Tuesdays March 5th and 19th, from 10am - 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday March 6th, from 11am, REPEATS Thursday March 28th, 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.

Ask The Doctor Lunch & Learn Series, Brain Health & Memory Screening, Thursday March 7th, at 11:30am. Amanda Fletcher, MD with ClinCloud will discuss the importance of brain health and memory screening. Seating is limited, RSVP required, call 321-751-6771.

Senior Health Friday with Nurse Lisa, Aging in Place: Care Management Makes it Possible, Friday March 8th, at 10am. Presented by Lisa Conway, RN, CCM, Karen Rowland, LPB, and Lynde Nail, LPN with Senior Partner Care Services. Refreshments sponsored by One Senior Place & Senior Partner Care Services. RSVP to 321-751-6771.

BINGO!, Tuesday March 12th, 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.

Coffee & Conversation: Chat With a Memory Health Expert, Wednesday March 13th, 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.

How to Minimize Taxes on Trusts or Probate Estates, Thursday March 14th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. This informative seminar discusses the importance of planning ahead to help your heirs avoid giving away their inheritance to the government. RSVP to 321-751-6771.

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

Chair Yoga Class, Friday March 15th, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. There is possibility of floor based exercises. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

St. Patrick's Day Trivia, Friday March 15th, at 10am. Test your knowledge during a St. Patrick's Day themed trivia game. MUST RSVP to 321-751-6771.

Medicaid Planning, Tuesday March 19th, at 10am. Elder law attorney William A. Johnson will discuss new planning opportunities that are available under the new Medicaid laws. RSVP to 321-751-6771.

MacMad User Group, Tuesday March 19th, 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 March 20th, 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.

Alternative Techniques for Pain, Thursday March 21st, at 12pm. Presented by Aquatic Health & Rehab. For more information and to RSVP, call 321-253-6324.

Cupcake Decorating Workshop, Friday March 22nd, at 10am. Join us for a fun filled morning as we make Easter baskets you can EAT! Seating limited. MUST RSVP to 321-751-6771.

AARP Smart Driver Course, Monday March 25th, 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.

Who Will Inherit My Estate? Protecting Heirs, Tuesday March 26th, 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.

Estate Planning Seminar, Thursday March 28th, 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.

Quit YOUR Way, Free Tools to Quit Program, Friday March 29th, 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.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays March 14th and 28th, 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 March 20th, 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 March 20th, 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

Loss, Grief & Bereavement Support Group, Thursdays March 14th and 28th, 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 March 20th, 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 March 20th, 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.

THE CLUB ACTIVITIES - Membership \$10 a year - 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 Info Series

Helping Seniors Resource Center Events

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

Food Truck Tuesday

Date: Tuesday, March 5th, 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!

Title: ClinCloud Memory Screening Pilot Program

Date: Tuesday, March 12th, 9:00pm - 3:00pm

Call for Information - (407) 680-0534

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

CarePlus/Omni - No (Broken!) Bones About It "Wellness" Series

Date: Thursday, March 28th, 11:00am - 12:30pm

Call for Information - (321) 473-7770

March is a great time to Spring Forward SAFELY and so let's make sure we understand "How to Live Healthy to 100" - special presentation from

our friends at CarePlus Health Plans - plus learn from Jital Patel, OTR/L, CFPS of Coastal Occupational Therapy as she talks about ways to move safely - following their company's theme of #KeepMoving! Enjoy a snack break and then participate in a free Balance/Falls Prevention screening with the Medical Professionals of Coastal Occupational Therapy. 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 - March 16th, 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 2024 Celebration of Cars - Saturday - March 9th 2024

10:00am - 3:00pm - Antique Auto Club of Cape Canaveral "Celebration of Cars" American Muscle Car Museum - 3500 Sarno Road - Melbourne FL 32934

The Mega Senior Expo - Wednesday - March 13th 2024

10:00am - 1:00pm - Platinum Expos presents "The Mega Seniors Expo" Melbourne Auditorium - 625 East Hibiscus Blvd - Melbourne FL 32901

CALENDAR HIGHLIGHTS



Weekdays

on



Find SCG-TV:

Spectrum Channel 499
Comcast (North Brevard) Channel 51
Comcast (South Brevard) Channel 13
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm
Mar 1	Fri	Printing & Direct Mail Options	Elder Law Services	All About Home Health Care
Mar 4	Mon	Controlling Cost of RX Medications	About Golden Providers	What Assisted Living Can Mean
Mar 5	Tue	About Senior Mental Health	Medicare - Questions & Answers	Put Your Kids on House Title?
Mar 6	Wed	Real Estate for Buyers & Sellers	Senior Expos & Events	Debt Relief for Seniors
Mar 7	Thu	Making Plans for Retirement	Periodontal Disease	Helping Seniors Travel Club
Mar 8	Fri	Durable Power of Attorney	Life Enrichment	Real Estate for Seniors
Mar 11	Mon	Safe & Secure at Home	Two Assisted Living Questions	Probate - What it is/How it Works
Mar 12	Tue	Senior Travel Safe & Fun	Chefs for Seniors	Cosmetic Dentistry
Mar 13	Wed	How Assisted Living Helps Us Thrive	Avoiding Probate	Discounted Prescriptions
Mar 14	Thu	Trusts	The Dirty "D" Word Dementia	How SRES Helps Real Estate
Mar 15	Fri	The Parts of Medicare	Technology and Home Care	In Home Care Giving
Mar 18	Mon	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	The Vial of Life
Mar 19	Tue	Helping Seniors Directory	Power of Attorney & Super Powers	Is Assisted Living Right For You?
Mar 20	Wed	Importance of Evaluation	Helping Seniors Travel Club	The Value of Professional Printing
Mar 21	Thu	Smorgasboard of Legal Matters	Senior Real Estate (Thinks to Know)	Your Legal Documents Checklist
Mar 22	Fri	Real Estate for Seniors	Ordering RX at Lower Prices	Golden Providers - Biz to Biz
Mar 25	Mon	When is Assisted Living Appropriate	Top 3 Public Benefits Questions	Getting RX at Best Prices
Mar 26	Tue	Senior Expos & Events	Finding Good Help at Home	The Parts of Medicare
Mar 27	Wed	All About Home Health Care	Too Many Teeth Being Extracted?	Stay Home Safe or Downsize?
Mar 28	Thu	The "Talk" About Assisted Living	What Elder Law Attorney Can Do	Medicare Questions & Answers
Mar 29	Wed	Things to Know on Elder Law	Checking Out Zon Beachside	Chefs for Seniors



90.3 FM
WEJF



12pm - 1pm
Wednesdays

Listen on 90.3 WEJF-FM Radio
or online WEJF.net

Date	Day	Program	Special Guest
Mar 6	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Mar 13	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Mar 20	Wed	Helping Seniors on Senior Living	Rece Garson (Asst Living Locators)
Mar 27	Wed	Helping Seniors on Help at Home	Jennifer Barton

William A. Johnson P.A.
Sheldon & Furtado, PLLC
Jital Patel (Coastal Occup Therapy)
Seniors Helping Seniors