

# MAY 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

## SO MANY GREAT FLAVORS!



2PM-5PM - SATURDAY MAY 18<sup>TH</sup> 2024

JOE'S SENIOR RESOURCE CENTER

A SATURDAY AFTERNOON FLAVOR ADVENTURE!

SUPPORTING THE WORK OF HELPING SENIORS

### You Are Invited!



IT'S NOT LUNCH ... IT'S NOT DINNER.  
IT'S A "SIP & STROLL" AFTERNOON  
ADVENTURE FLAVOR TASTING  
PRESENTED BY TOP CULINARY EXPERTS  
TO SUPPORT WORK OF HELPING SENIORS!

## GET YOUR TICKETS TODAY!

Find Your Way to the Senior Resource Center of Brevard  
Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL

## CALL (321) 473-7770 FOR TIX/INFO

Helping Seniors in the Community!

HelpingSeniorsofBrevard.org



# MAY 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-12:30 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 gpbosc.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  
**Bridge** 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

# Helping Seniors Info Series

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

### "Choose Your Ultimate Flavor Adventure" Fundraiser

**Date: Saturday, May 18th, 2:00pm - 5:00pm**  
**Call for Tickets & Information - (321) 473-7770**

Join us for a delightful Saturday Afternoon! It's Not Lunch ... It's Not Dinner. It's a "Sip & Stroll" Afternoon Adventure Flavor Tasting presented by top culinary experts to support work of Helping Seniors!

**YOU ARE INVITED!** Our Culinary Masters, led by Chef Jillian Zebris, of Chefs for Seniors, are turning up the flavor and inviting you to sample 6 special creations that deliver the Ultimate Flavor Adventure!

What You Get: 6 great Tastings and 6 great Tea Samplings; Live Music & Entertainment; A Lovely Business Casual Afternoon; and your very own Collector's Edition Chef's Apron to take home! Tickets: \$85/ticket or \$150/couple Call (321) 473-7770 or visit [HelpingSeniorsOfBrevard.org](http://HelpingSeniorsOfBrevard.org) for Info & Tickets

### Food Truck Tuesday

**Date: Tuesday, May 7th, 11:00am - 1:00pm**  
**Call for Information - (321) 473-7770**

Call your friends and make it a lunch date! 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!

### Knowledge College for Aging - Your Aging Plan

**Date: Thursday, May 16th, 10:00am - 11:00am**  
**Call for Information - (321) 473-7770**

April sees the launch of our "Get Your Ducks in a Row" Knowledge College for Aging certificate program. It is a FREE monthly series, 10am-11 am on the 2nd Tuesday of the month at Joe's Senior Resource Center, designed to help you learn the 7 key Chapters in your own aging plan. Kerry Fink, Helping Seniors Executive Director, moderates the series with the help of subject matter experts. He is join by Lori Peery, Dame Ramsey Endorsed Local Provider, of the Peery Agency who shares on Long-Term Insurance planning.

This month - gain a 35,000-foot overview of the components that make up your Aging Plan so you are ready for the road ahead! Join us for Coffee/Snack and a complimentary take-home lunch for those who are RSVP'd.

### Helping Seniors Wellness Series - Decompress from Stress

**Date: Thursday, May 23rd, 11:00am - 12:30pm**  
**Call for Information & RSVP - (321) 473-7770**

Seems like we live in a busy and complex world! Let's hear from our panel of Senior providers who share ideas and way so to live with a more calm and balanced approach to life's daily chaos. Great speakers with good information to share, including from Kristine Quattorne, of CarePlus Health Plans, on "Healthy Sleep" Programs - and great refreshments - brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard.

### Helping Seniors / How to Use AI to Save Hours a Day

**Date: Friday, May 24th, 11:00am - 3:00pm**  
**Call for Registration & Information - (321) 473-7770**

Jen Hardy, of the Fabulous Over 50 Podcast and Hardy House Media, leads this special business-oriented "How to Use AI to Save

Hours a Day" MasterClass with the goal of helping use free or low-cost AI technology to help us in writing, posting, and sharing information with others online in our businesses, non-profits, and organizational outreach and marketing efforts. Don't miss the class from the American Writing Awards 2024 Podcast of the Year and GoodPods #1 Podcast (on Aging & Retirement) producer and host Jen Hardy.

### More Helping Seniors Events:

#### Renters of Palm Bay FL Housing Workshop

**Saturday - May 18th, 9:00am - 2:00pm**

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 Appearance-Friendly's Car, Truck & Bike Show - Thursday - May 9th 2024 5:00pm-8:00pm - Friendly's Car Truck & Bike Show

Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach FL 32937

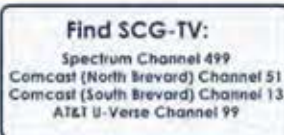
#### Dunkin' Car Show - Saturday - May 18th 2024 8:00am-12:00pm - Dunkin' Car Show

Dunkin' Beachside - 1220 N Highway A1A - Indian Harbour Beach FL 32903

#### Golden Providers Network Meeting - Tuesday - May 21st 2024 11:00am-12:30pm - Golden Providers Business-to-Business Meeting

(for those who Serve Seniors with Excellence - GoldenProviders.org) Hibiscus Court - 540 E Hibiscus Blvd - Melbourne FL 32901

## CALENDAR HIGHLIGHTS



Date - Day	8:00am	8:30am	5:00pm	5:30pm
May 1 Wed	AI Dia Today	Printing and Direct Mail Options	Top 3 Public Benefits Questions	Is Assisted Living Right for You?
May 2 Thu	Controlling Cost of RX Medications	Chefs for Seniors	About Golden Providers	Assisted Living Options Hibiscus
May 3 Fri	Medicare Questions & Answers	Hometown News / AARP	The Parts of Medicare	Capital Update
May 6 Mon	How Assisted Living Benefits	Real Estate for Seniors	Senior Expos and Events	Debt Relief for Seniors
May 7 Tue	The Dirty "D" Word - Dementia	Senior Info in Senior Scene	How Seniors Helping Seniors Helps	New to Florida? Elder Law Updates
May 8 Wed	Your Legal Options Checklist	Periodontal Disease	Care Management	Value of Professional Printing
May 9 Thu	The Helping Seniors Directory	How to Cruise Successfully	Probate - What it is/What it Does	Discounted Prescriptions
May 10 Fri	Two Assisted Living Questions	Safe & Secure at Home	Reverse Mortgages - Now is Time?	Capital Update
May 13 Mon	The Parts of Medicare	When to Call Adult Abuse Line	Senior Mental Health	Value of a Second Opinion
May 14 Tue	A Smorgasbord of Legal Matters	Ordering RX at Lowest Prices	Checking Out Zon Beechside	Technology and Home Care
May 15 Wed	Making Plans for Retirement	3 Reasons for Reverse Mortgage	The "Talk" About Assisted Living	Chefs for Seniors
May 16 Thu	Golden Providers Biz-to-Biz	Get Your Ducks in a Row - Part 1	Senior Travel - Safe & Fun	How SRES Helps Real Estate
May 17 Fri	Durable Power of Attorney	Get Your Ducks in a Row - Part 2	Put Kids on House Title?	Capital Update
May 20 Mon	Helping Seniors Travel Club	5 Steps to Staying Safely at Home	Avoiding Probate	Information Needs for Seniors
May 21 Tue	A Beautiful Smile	How Assisted Living Helps Thrive	In Home Care Giving	The Parts of Medicare
May 22 Wed	Care Management	All About Home Health Care	Getting RX at Best Prices	Hometown News / AARP
May 23 Thu	Senior Real Estate (Things to Know)	Trusts	Great Employment for Seniors	AI Dia Today
May 24 Fri	The Vial of Life	Life Enrichment	Power of Attorney/Super Powers	Capital Update
May 27 Mon	Finding Good Help at Home	The Parts of Medicare	Printing and Direct Mail Options	Medicare Questions & Answers
May 28 Tue	Discount Prescriptions	What an Elder Law Attorney Can Do	What Assisted Living Can Mean	About Golden Providers
May 29 Wed	Value of Professional Printing	Information Sources for Seniors	Is Assisted Living Right for You?	The Helping Seniors Directory
May 30 Thu	Elder Law Services	Senior Expos and Events	Stay Home or Downsize?	When is Assisted Living Appropriate
May 31 Fri	Chefs for Seniors	Guardianship	Why Dental Implant not always Best	Capital Update



Date	Day	Program	Special Guest
May 1	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
May 8	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
May 15	Wed	Helping Seniors on Senior Living	Janibell Coger
May 22	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping)
May 29	Wed	Helping Seniors on Senior Living	Carlos Cuesta (Synergy HomeCare)
			William A. Johnson P.A.
			Sheldon & Furtado, PLLC
			Hibiscus Court Assisted Living
			Yvonne Minus (City of Melbourne)
			Denise Bergman (Senior Care Auth)
			VA Aid & Attendance Benefits
			Dental Health & Related
			Assisted Living Benefits
			Good People for our Seniors
			Best Senior Living Ideas



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

## MAY 2024 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**Benefits of Pre-Planning your Cremation Seminar**, by National Cremation, Wednesday May 1st, from 11am, REPEATS Thursday May 23rd, 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.

**Chair Yoga**, Friday May 3rd, 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 May 6th, and Wednesday May 15th, 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 May 7th and 21st, from 10am - 2pm. Flourish Research - Merritt Island 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.

**Coffee & Conversation: Chat With a Memory Health Expert**, Wednesday May 8th, 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.

**Ask The Fire Chief**, Friday May 8th, at 1pm. Featuring Neil Frey, Brevard County District Fire Chief. Call 321-751-6771 to RSVP.

**Medicaid & Long-Term Care Alternatives to Medicaid**, Thursday May 9th, 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 May 9th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Fools Rush In", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa, Listening to Unconscious Signals**, Friday May 10th, at 10am. Presented by Nina Dockery, Ed.D and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Sonata East at Viera. RSVP to 321-751-6771.

**Ask The Doctor Lunch & Learn Series, SI Joint Dysfunction & Treatment**, Tuesday May 14th, at 11:30am. Join Nicholas Giordano, MD. Institute as he discusses new treatment options for joint pain. Lunch provided by Glenbrooke Senior Living. Seating is limited, RSVP required, call 321-751-6771.

**BINGO!**, Tuesday May 14th, 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.

**Estate & Medicaid Planning - Get Your Plan in Order!**, Wednesday May 15th, 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.

**Osteoarthritis**, Thursday May 16th, at 12pm. Presented by Aquatic Health & Rehab. This presentation will discuss the causes, symptoms, and treatment of osteoarthritis. For more information and to RSVP, call 321-253-6324.

**Qi Gong**, Friday May 17th, at 8:30am. Class will be led by Beth Cooper. This is a fully-standing meditation class. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

**Skin Cancer With Nurse Lisa**, Friday May 17th, at 1pm. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Call 321-751-6771 to RSVP.

**AARP Smart Driver Course**, Monday May 20th, 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.

**Estate Planning**, Tuesday May 21st, at 10am. Elder law attorney William A. Johnson will discuss basic principles of estate planning. RSVP to 321-751-6771.

**MacMad User Group**, Tuesday May 21st, 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.

**Understanding Guardianship: The Process**, Wednesday May 22nd, 10am. Are you or a loved one facing the challenges of aging and the potential need for guardianship? Don't miss this free event where a knowledgeable attorney will demystify the guardianship process, empowering you with the tools to navigate this critical stage and ensure the well-being of your cherished elders. Come equipped with your questions and leave with the confidence to make informed decisions about guardianship. Presented by Lacey, Lyons, & Rezanka. RSVP to 321-751-6771.

**Quit YOUR Way, Free Tools to Quit Program**, Friday May 24th, from 12pm. 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.

**Q & A About Estate Planning**, Tuesday May 28th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask the attorney questions you may have about wills, trusts, powers of attorney, preneed guardians, living wills, and healthcare surrogate designations. RSVP to 321-751-6771.

**Retain Your Brain: How to Age Proof Your Most Valuable Asset**, Wednesday May 29th, at 2pm. Presented by Jim DeLaura, RJFS. For more information or to RSVP call 321-751-6771.

**Medicaid Planning Seminar**, Thursday May 30th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss new planning opportunities that are available under the new Medicaid laws, including legal & financial strategies that can help preserve your assets from nursing home costs even after you or a loved one has entered a nursing home. Limited seating must RSVP to 321-751-6771.

**Storm Ready: Mastering Hurricane Preparedness**, Thursday May 30th, at 1pm. Hurricane season is approaching. Join us as we discuss the essentials to ensure you, your family, and your property is prepared. For more information or to RSVP call 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays May 9th and 23rd, 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. Facilitated by VITAS Healthcare.

**NEW LOCATION - Parkinson's Support Group has MOVED**. Their new Location is Christ Episcopal Church. 190 Interlachen Rd, Melbourne FL 32940. For more information or to RSVP e-mail Brevard Parkinsons22@gmail.com or call 321-345-1031.

**Alzheimer's & Dementia Support Group**, Wednesday May 15th, 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.

### 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.

**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:

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8085 Spyglass Hill Road  
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Monday – Friday 8:30 am – 5 pm  
321.339.0551

**HEALTHY,  
WEALTHY  
& WISE!**



**One Senior Place Presents... seminars and events for seniors only!**

Designed to help you live longer, stronger, smarter, happier, healthier and wealthier.

**EVENTS HELD REGULARLY**

- Monthly "Ask the Doctor" Lunch & Learn
- Active Senior Club every Monday
- Monthly BINGO!
- Book Club Every Thursday
- Alzheimer's, Parkinson's, Caregiver, and Grief Support Groups
- Monthly Movie Matinee
- "Senior Health Fridays" with Nurse Lisa
- Weekly Legal, Financial and Insurance Seminars

**UPCOMING EVENTS!**

**Listening to Unconscious Signals** Friday, May 10, 10:00am

**Show & Share: Public Speaking Enhances Memory** Monday, May 13, 1:00pm

**Ask The Fire Chief** Friday, May 17, 11:00am

**Retain Your Brain: How To Age Proof Your Most Valuable Asset** Wednesday, May 29, 2:00pm

**Storm Ready: Mastering Hurricane Preparedness** Thursday, May 30, 1:00pm

**Men's Day** Coming Soon!

**Every Day Is Veterans Day** Coming soon!

Stop by and pick up a calendar of events or visit us at [OneSeniorPlace.com](http://OneSeniorPlace.com) today!