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Letter from the Publisher



The month of May has special meaning for many of us. During this month we celebrate our Moms on May 12. Whether she is still here with us or not, it can be a time to share some wonderful memories. The other special day in the month of May is Memorial Day Holiday, May 27. We all know someone who has served in our military. Please remember to thank them, either in person or at one of the many celebrations around the Space Coast.

One of these events this year is the Annual All Veterans Reunion at Wickham Park May 5-12. It is an educational and emotional experience that is well worth a visit.

We want to give a special thanks to Michael Bullock for his meaningful art as a fitting tribute for Memorial Day. Too many have of us have had the knowledge of such sacrifice.

Our staff and I have had the opportunity to meet many of our loyal readers at the many health fairs and expos over the last few months. We always love hearing how much you enjoy reading our magazine cover-to-cover and enjoy all the informative articles. Have you had a chance to visit us on facebook yet? It's a great way to keep up with any special news items we have for you.

On a lighter note, for those of us who saw Star Wars in May 1977 in the theater, let's join in celebrating May 4. *May the 4th be with you.*

So with another busy month behind us, another is on the way. See you next month.

John

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TINSELTOWN TALKS

David Selby's Mom was a Big Fan

By Nick Thomas

Born and raised in West Virginia, David Selby's extensive film, television, and stage career included prominent roles in two very different TV shows in different generations: ABC's gothic soap opera "Dark Shadows" in the 60s and the prime-time soap "Falcon Crest" on CBS in the 80s.

"My mother (Sarah) loved that I was an actor," said Selby from Los Angeles, but she had no background in the entertainment world. Her upbringing in a coal mining town was a tough one, being responsible for raising her brothers and sisters.

"She managed to graduate from high school and met my father who was raised on a farm," recalled Selby. "Mom continued to work hard at various jobs including the local Montgomery Wards, in a bakeshop, and her last job was as a bookkeeper in an office supply place. But she never liked to talk about herself – at all. Her focus was always on the family. She was also a meticulous housekeeper and did not like messes."

Tidying, says Selby, is a trait he inherited and for which his family has always ribbed him for his constant dusting,

washing, and sweeping. "Sarah is among us!" he says his wife, Chip, will lovingly announce.

To honor his late mother and her influence on his life, Selby wrote "They Don't Call Me Sarah for Nothing," a short but compelling monologue he composed for Smartphone Theatre, a live stream digital performance platform presented via Zoom and created during the early pandemic months to showcase original productions. Selby's reading streamed live in March 2022 and can be viewed on YouTube (https://youtu.be/cm7mFA_VF6c).

"I would act like my mother unconsciously," he said. "The kids would say 'grandma says that' or my wife would say 'you sound like your mother.' So, I wrote 'They Don't Call Me Sarah for Nothing' because it was cathartic for me to talk about her and realize, my God, how much she meant to me."



David Selby's Mom... continued on pg 39

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The Merry Month May

By Diane Barile, Vice Chairman of the South Brevard Historical Society

A sweet ritual along the Indian River Lagoon region played out on neighborhood front porches and schoolyards. May Day, often celebrated on the first day of the month, marked midway between the spring equinox and the summer solstice. Begun as a Roman spring festival, it continued through Europe with a variety of customs. For most, the holiday heralded fertility and the planting season or time to move cattle to summer pastures.

Locally, May Day featured children's frolics and neighborhood secrets. Baskets of flowers, gathered from the woods or back yard gardens, magically appeared at your front door. The challenge for you was to deposit your gifts of May neither seen or detected by your friends.

The highlight of May Day for centuries was the May Pole, originally a straight tree trimmed of

branches, became a giant pole sunk in the ground. From

the top would float a myriad of pastel ribbon, streamers, ready for young ladies or school children.

The fest began with the arrival of the flower crowned May Queen. With one streamer in hand,

each May dancer circled the pole weaving around each other, clothing the pole in intricate color. Sometimes the whole event was part of the school's physical education program because practice could be so vigorous.

Observance of May Day was popular in the United States pre-World War II, but waned during the 1950s. From around 1900, May first became a rallying point for worker demonstrations. The Nazis in

1933 adopted the date for political propaganda. Even today, since Soviet times, Russia celebrates laborers and workers with a parade of military forces.

*O, the merry month of May,
The merry month of May
So frolic, so gay, so green,
So green, so green*

*O, and then did I unto
My true love say
"Sweet Peg, thou shall be
My summer's queen."*

The Merry Month May continued on pg 49



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COVER STORY

Michiel Bullock - Landscapes & Seascapes in Oil

was born in Kinston, North Carolina in 1949 and have lived in West Virginia, Northern Virginia, and a brief time in California and, 40 years, in Florida.

Some of my earliest memories are of my enjoyment of drawing. My grandmother used my interest in art as a ready tool to keep me occupied when our family would visit. I was fortunate in that, at the age of nine, my parents presented me with my first set of oil paints. I have been painting ever since. As a self-taught artist, I focus almost entirely on traditional representational landscapes and seascapes, with a strong leaning toward realism done exclusively in oils.

It was during the period from 1965 to 1969 that I believe my obsession for landscapes and seascapes grew. My curiosity, (and some rebelliousness), led me to believe that I had to see for myself what the rest of the country, beyond the mid-Atlantic, really looked like. Consequently, one summer... at age sixteen... and certainly without the foreknowledge or approval of my parents... I hitch hiked from Northern Virginia to San Diego, California... just to see the country. The whole trip lasted maybe ten

days. My parents, to say the least, were not pleased with my impromptu journey, but I was hooked on the adventure and the changes in scenery that I saw. It was inevitable that similar trips would follow over the next four years. Those trips gave me a firsthand view of the landscape that would supplement the photos from calendars and magazines that served, at the time, as models for paintings.



Michiel Bullock continued on pg 46

ESTATE PLANNING BOOKLET



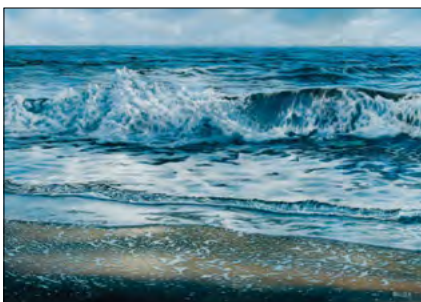
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Homelessness-What to Do About It

By Joe Steckler, President, Helping Seniors of Brevard County

What to do about homelessness? An excellent question, one that Governor DeSantis is pushing our local authorities to address. The Florida legislature has approved a measure barring homeless people from sleeping or camping on public property. The bill urges local governments to create homeless camps, with security, sanitation, and access to mental health services. Cities and counties could be sued if they do not comply with the new restrictions. WOW—now all we need is something similar for affordable housing.

I have lived in Brevard for 36 years and the homeless problem has been with us the whole time. In 1997, my staff at the Brevard Alzheimer’s Foundation found a flooded-out family living in a tent in Wickham Park. We got them a place to stay until we could locate housing for them. Fast forward to today, when a member of my poker group was taking me to a medical appointment. He pointed out a man on a bicycle with everything he owned on him and the bicycle. Daily Bread is now gone; who serves the homeless that we have in all Brevard cities?

For years we have assembled volunteers to count the number of homeless people in Brevard County over a two-day period. What have we done with the statistics? Has any action been taken to resolve the problem? The Governor’s bill is a step in the right direction and may prevent Brevard from becoming a homeless mecca like San Francisco, New York City, Chicago, and Denver.


Wouldn’t it be nice if Brevard County Housing and Human Services developed a plan to resolve the problem? There are federal grants available to help fund a place in Brevard where homeless people could be housed and trained to do a job. If the Governor signs this bill, we will all be in for a shock. County Commissioners will be forced to meet the law’s requirements. Why wait for a law to be passed when something could be done, something that should have been on the drawing board a long time ago.

The requirements posed in the law passed in the House and Senate are something the Governor wants. I highly doubt Florida cities will want to comply, but if it is the law then action must be taken. I want the bill to be passed even though my taxes will go up. At least they will be used for tangible outcomes.

It is time that the staff of the County government, who all work for us, do something to develop a plan and funding to build and manage a homeless facility. We can turn our homeless into productive citizens. That 25 million dollars of COVID money could have been used to start the ball rolling. A one penny tax could be aligned with federal and/or state money to do the same. §

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What is Probate?

By Attorney Truman Scarborough

This is the fifth in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign for the deceased person 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. An order from the Probate Court is needed to access assets in the decedent's name.

In earlier articles we discussed the difference between Formal and Summary Probate Administration. In Formal Administration the court creates a legal entity (like a corporation) called the Probate Estate and appoints a Personal Representative (executor) to manage the estate. There is a series of court filings with the Probate Court which oversees the administration. From the time pleadings are first filed with the court, it takes approximately six months to complete formal probate if everything runs smoothly. With Summary Administration there is one court order directing distribution of assets to the beneficiaries. This short procedure can be used when 1] the estate is \$75,000 or less and not indebted, or 2] the decedent died more than two years ago.

In addition to the Formal and Summary Administration, probate is also classified as either Testate or Intestate. If the decedent had a Will it is called "Testate Probate". When there is no Will, it is "Intestate Probate".

A Will designates who will inherit the probate property. When there is no Will, Florida Statutes govern who will receive the decedent's property. A surviving spouse receives the entire estate if there are no children or if all children are from the marriage of the decedent to the surviving spouse. If either the decedent or the surviving spouse has children who are not from the marriage, the surviving spouse gets one-half of the probate estate. The other one-half goes to the decedent's heirs, first to children. A deceased child's share goes down to his/her descendants (children or grandchildren). If the decedent has no surviving children, grandchildren, or great grandchildren, it is distributed to the decedent's parents. If both parents are deceased, it passes to the parents' descendants (the brothers, sisters, nieces and nephews of the deceased). If none of the above are living, it will be divided with one-half to paternal and one-half to maternal grandparents or their descendants (aunts and uncles of the deceased). Half-blood beneficiaries receive one-half as much as those who are whole blood.

Wills also designate a person to administer the estate called the Personal Representative (executor). When there is no Will, Florida Statutes set forth who is to be appointed Personal Representative. Preference is given to the surviving spouse. If there is no spouse or the spouse is unable or unwilling to serve, the court will appoint the person selected by the heirs who are

What is Probate? continued on pg 43

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SENIOR SCENE MONTHLY TRAVEL TIPS

Trips That Seniors Need to Take as Soon as You Retire *Part 1*



Senior Travel Agent Chris Morse has over 35 years travel agent experience.

You are retired or getting close! — and if you’re reading this, you probably love to travel. With the youngest baby boomers turning 59 this year, and the first group around age 77, most of us are likely retired or semi-retired. According to AARP’s 2023 Travel Trends survey, the majority of travelers over age 50 (67 percent) planned to travel in 2024, taking at least four trips throughout the year. And since 2023 has brought record-breaking travel numbers, it’s likely that even more boomers are hitting the road this year. And while older travelers were more likely to plan a domestic trip last year, about 43 percent of people ages 50 and up planned to travel both within the U.S. and abroad.

Blue Ridge Parkway

Billed as “America’s Favorite Drive,” this spectacular 469-mile route joins Shenandoah National Park in Virginia and Great Smoky Mountains National Park in North Carolina. Take as much or as little time as you want on this scenic ride, which averages between 3,000 and 4,000 feet in elevation. Delight in the extraordinary views from roadside pullover areas, or hike a few of the 80-plus trails. From campgrounds to upscale log homes, plenty of lodging is available, and you can enjoy traditional music, culture, biking, history, nature, and even golf along the way.

In Asheville, North Carolina, explore the majestic Biltmore Estate, created in 1895 by George Vanderbilt. Self-guided tours take guests through the 250-room house and garden, described as a “time travel experience.” You can spend the night at the Estate’s hotel, called The Inn, or in your own cottage. All the information you need to plan your excursion can be found on the Blue Ridge Parkway website, plus they offer a smartphone app that includes scenic and historic sites, lodging, and activities to guide you along the way.

Rocky Mountaineer

Want to leave the driving to someone else? A luxurious journey through the Canadian Rockies aboard one of Rocky Mountaineer’s comfortable, glass-domed railway cars might be your ticket. Choose from several options, like the Grand Adventure Circle Journey. This 11-night trip includes five days aboard the Rocky Mountaineer and overnight stays in Whistler, Jasper, Lake Louise, and more.

The journey begins in Vancouver with time to explore and rest. The next morning, you’ll board the Rocky Mountaineer and travel British Columbia’s Sea-to-Sky Corridor on your way to the resort town of Whistler. Up next: Wind your way through farmland and stunning canyons en route to Quesnel, then to Jasper National Park for a day of leisure.

Then, to get to Lake Louise, you’ll travel via the scenic Icefields Parkway, where you can ride an Ice Explorer to the middle of Athabasca Glacier. Upon arriving at Lake Louise, you’ll have time to explore before heading to Banff and back to Vancouver via Kamloops.

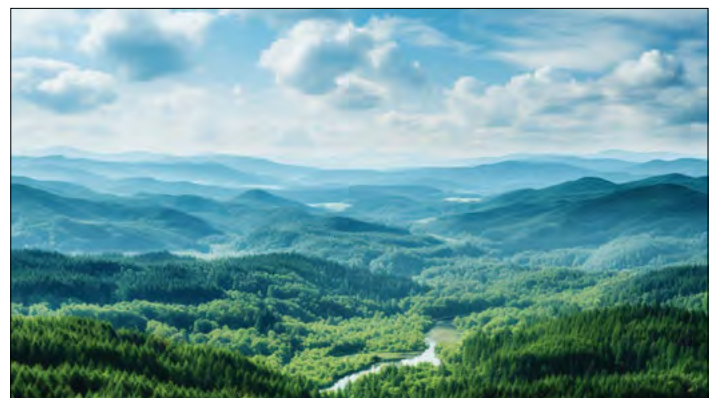
Australia

With a flight time between 16 and 21 hours from the U.S. and a huge area to see, a visit to Australia, Travel + Leisure’s 2020 Destination of the Year, doesn’t fit most vacation schedules – until you have no schedule, that is. In metropolitan Sydney, tour the iconic Opera House and then see it from another perspective on a harbor cruise. Walk across the Sydney Harbour Bridge, or climb to the apex of its steel arch if you have lots of energy and an extra \$350. Get up close and personal with Australia’s unique wildlife on Kangaroo Island’s nature reserve and see koalas, wallabies, kangaroos, fur seals, penguins, and kookaburras.

For marine wildlife, the Great Barrier Reef off the coast of Queensland in northeastern Australia is home to countless species of colorful fish, mollusks, starfish, turtles, dolphins, and sharks. Melbourne’s Great Ocean Road, at Australia’s southeastern tip, is the place to see rugged seashore, jagged cliffs, sandy beaches, and even the dense Otway rainforest. Don’t miss Brisbane, Queensland’s capital, set along its picturesque river and crossed by the Story Bridge.

Cruise the Yarra River in Melbourne for great views of the city’s landmarks and skyline. Seasons are opposite in the Southern Hemisphere, of course, so most travelers to the southern part of Australia time their visit during their summer, from November through March. 🇺🇸

Some of the travel information in this article came from Travel & Leisure Magazine. You can book any of these special trips with Senior Travel by calling Chris or Betty for reservations or information at 818-618-1211 (cell) or 321-978-5211 (office).





Brief History of Cannabis (Marijuana)

By Paul Weisman, MD



Medicinal marijuana has been used to successfully treat ailments and relieve pain for many, many centuries worldwide, in both Eastern and Western medicines. In fact, it was included in the Pharmacopeia. It was often combined with other medicines in elixirs to treat patient diseases and pain. Physicians could write a prescription that included cannabis in the United States prior to 1937. Unfortunately, in 1937, Congress passed The Marijuana Tax Act of 1937 whether this was from large, influential businesses successfully lobbying Congress to classify all derivatives of cannabis for their own financial gain, such as stopping the use of Hemp plants, that can be cultivated four times per year instead of every thirty years for trees or to “protect” U.S. citizens from illicit recreational drugs has been debated. This Act basically made Marijuana and hemp effectively illegal in the United States in 1937. And parts of the Act were found to be unconstitutional since it violated a citizen’s 5th Amendment rights of self-incrimination when they tried to pay the tax. Subsequently, the Act was overturned in 1969, and repealed in 1973.

Moreover, The Controlled Substances Act (CSA) of 1970 established a federal policy to regulate the manufacturing, distribution, import and export, and use of regulated substances:

- Schedule I: Marijuana, ecstasy, heroin, LSD, and peyote.
- Schedule II: Methamphetamine, cocaine, fentanyl, Vicodin, oxycodone, and Adderall.
- Schedule III: Anabolic steroids, testosterone, and ketamine.
- Schedule IV: Xanax, Ambien, Ativan, and Valium.
- Schedule V: Cough suppressants.

This basically stopped research here in the United States with cannabis except in a limited number of places.

In 1972, the Shafer Commission, appointed by then President Nixon, found that there was no increase in violence or danger from marijuana users and recommended that criminal prosecution for personal possession be suspended. This was not done.

Worldwide, research has been done to investigate the therapeutic uses of this naturally occurring substance, especially in Israel under the guidance of Dr. Raphael Mechoulam, the Godfather of cannabis research.

In 1996, California legalized medical cannabis, starting a new interest into the beneficial medical effects of cannabis in the United States. As of 2024 many states have followed creating Medical Marijuana and/or Adult-use Recreational Marijuana programs. Currently about two-thirds of the States

have some sort of program. Federally, Marijuana is still classified as a Schedule 1 drug.

The 2018 Farm Bill removed hemp from the Controlled Substance Act of 1970 and allowed States to determine if they would allow recreational CBD from Hemp. Currently, it is still illegal in three States. There is great debate over the production and use of synthetic Delta-8 and Delta-9 produced from hemp and many states have made these products illegal.

What will happen in 2024 in Florida? We will have to wait and see if Adult-Use makes passes at the ballot. It will take 60% yes votes.

Concierge Compassionate Care was created an innovative approach to medical marijuana with This all-inclusive medical cannabis program allows each patient to obtain the maximum benefit from their medical cannabis therapy with an emphasis on patient education and increasing the patient’s quality of life, not just getting “a card.”

The State of Florida “Qualifying Conditions” are:

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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 You Know Of Any Tools That Can Detect Deep Fake Videos?

By James Bowman, Data Rescue Computer Services

The number of AI tools that allow just about anyone to create fake videos is growing in both numbers and sophistication.

We should all be concerned about these tools, especially in an election year as foreign entities will likely be using them to launch disinformation campaigns.

Many companies are attempting to build tools for detecting deep fakes, but just like other detection efforts such as spam filters, they'll never be 100% reliable.

Many of the fake videos you'll encounter are likely to be viewed on your smartphone, which can make detection a bit more difficult.

The bad guys know this and that when you're scrolling on social media, your mind is somewhat turned off and more susceptible to taking things at face value.

They count on the fact that people tend to believe anything that supports their already-held perspectives or beliefs without ever questioning the validity.

In the current environment, we all need to become more suspicious about everything we see and learn some basic detection techniques using our own eyes.

I'm not comfortable recommending any of the fake video detection tools available to the general public just yet.

Spotting Deep Fake Videos

The bad news is that tools for creating fake videos are evolving at an astonishing pace and they are just going to get better over time.

The good news is that the current tools are far from perfect so detecting fake videos is possible if you know what to look for when viewing them.

The first detection tip is to pause the video at various points to look for the common signs of a fake video.

Since face-swapping technology is often used by these tools, the color or texture of the face and the rest of the body is often slightly different.

You can also compare a known valid picture of the person to the paused video to see if there are clear differences in the shape of their head, body, and especially the ears.

AI-generated video interlaces a compilation of what it believes a human looks like and ears are often very unique in their shape, lines, or position in real humans.

Detect Deep Fake Videos?... continued on page 17

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Outliving Your Money

Max ValaVanis, CFP®

“Do I have enough money to retire?” is an often-asked question I hear. Interestingly, this question is not easy to answer. There are many variables to consider and no advisor has a crystal ball. Retiring too early does have its measure of risk, but retiring too late can also prove to be a harebrained idea - especially if you don't love your work. So, when is the right time to retire?

Unfortunately, this question is better answered with more questions. Do you love your work? Is your career a job or is it a passion? How is your health? If you have a spouse, are they already retired? Asking yourself these questions is a good first step to making a decision. Often the best scenario is to follow your heart, take baby steps, prepare, and seek professional advice.

You can imagine reaching retirement like a mountaineer summiting a mountain. While reaching the peak is an accomplishment on its own, descending down the mountain is an entirely different feat. While working towards retirement, the goal is to accumulate assets in both retirement and investment accounts. Once you reach the precipice of retirement, the role of these accounts morphs into generating paychecks. If these accounts are designed poorly, the risk of outliving your money can loom over your retirement.

When trying to evaluate your prospects for retirement, you must step back and view the whole picture. Will retiring save you money? Once retired, your income tax bill may be slashed. You may cease contributing to investments, savings, and retirement plans. Many retirees drive less and, therefore, their automotive expenses drop. If you are retiring old enough, qualifying for Medicare can decrease your healthcare costs. If you subtract all

Detect Deep Fake Videos?...

continued from page 16

Watch the eyes as they can sometimes look in slightly opposite directions for a split second and if the subject turns their head, small anomalies in shape and color can appear.

If their face seems somewhat waxy, that's another indicator of face-swapping AI trying to blend a fake face on a real body.

If hands are in the video, there can be misshaped fingers or even an extra digit that briefly appears when they move.

Voice synchronization issues are another tip-off of a fake as well as blurriness around the jaws, lips, and neck as they speak especially if everything else is in perfect focus.

While you have the video paused, you can also try taking a screenshot and doing an image search online to see if the original video or references to a fake video are found.

If you're not familiar with image searches, Google's instructions are posted here: <https://bit.ly/3w1oQJ2>.

the expenses associated with working, your cost of living may be notably less in retirement.

As a general rule of thumb, you need 70% to 80% of your pre-retirement income in retirement. This figure is a widely agreed-upon nugget of financial planning, but should be approached cautiously. That being said, this rule is a great starting point in planning for retirement, as long as you maintain prudence and seek to maintain your standard of living. With this number, you can subtract your estimated pension and social security income. Afterward, the number you are left with is your estimated monthly deficit. This income deficit usually will be filled with retirement savings, which is the tricky part that often trips up retirees. They must invest their retirement nest egg in a manner in which their monthly deficit is satisfied AND they do not unnecessarily risk their nest egg from depletion. While this balance is often difficult, the guidance of a Certified Financial Planner™ can be invaluable. If you are standing at the gates of retirement and just don't know what to do, call me at (321) 956-7072. For readers of this magazine, I offer a no-obligation, free appointment.

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We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the U.S. Department of Veterans Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our fact sheet,

“Social Security Disability and Veterans Affairs Disability — How Do They Compare?” at www.ssa.gov/pubs/EN-64-125.pdf. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

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Challenging Landscape For Cancer And Aging

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

Of all our fears about aging, the greatest may be our fear of losing control. Cancer care is at a crossroads. Global cancer incidence is increasing, with more than 35 million new cases expected in 2050, and these increases are coming against a backdrop of health-care systems still scrambling to recover in the aftermath of the COVID-19 pandemic. Thus, at this crucial time, the future of cancer care faces both challenges and opportunities for reform.

American Cancer Society reported in early 2024 that with access to cancer care services limited because of COVID-19 control measures, cancer diagnosis and treatment have been delayed. In the UK, the recent cancer diagnosis of King Charles III has led to renewed attention on cancer care. During the COVID-19 pandemic, early cancer careening and subsequent referrals were postponed. Moreover, there were delayed and cancellations for cancer surgeries, radiotherapy, and outpatient appointments. The crisis in oncology care is not unique to the UK; for example, during the pandemic, national cancer registries from the Netherlands, Slovenia, Denmark, and Belgium reported declines in cancer diagnoses and treatments.

Despite comprising the majority of patients with cancer, older people face barriers to accessing care. Limited mobility can make it difficult for older patients, particularly those living

in remote areas, to reach hospitals and treatment centers. Broadly, training and education in geriatric oncology globally remain incommensurate to the aging patient population. Not only do older people face inequities in cancer care, but the clinical trials informing this care are largely skewed towards younger patient groups with no comorbidities, thus reducing the applicability of trial findings to the many older patients with frailty, multimorbidity, and polypharmacy.

As we prepare for population aging, we must ensure that older patients are granted ready access care. A positive outcome of the pandemic was the emergence of telehealth, and these tools should be harnessed to extend the reach of care to older people facing access barriers. Cancer care must also be tailored to meet the distinct and heterogeneous needs of older patients. Approaches such as the administration of geriatric assessments, which include measures of comorbidities, physical and cognitive functioning, frailty, and medication use, should be expanded. Screening geriatric assessments is not only important to increase the likelihood of treatment tolerability in clinical settings, but can also be used in clinical trial recruitment. In addition to understanding

Challenging Landscape... continued on page 49

UPCOMING TRIPS

Elliott Museum - Tuesday, May 21st
- \$116 - The Elliott Museum has so many things to see and do. We will start off with guided tour of the first floor Celebration of King Tut, then lunch on property, if you like a real Philly cheesesteak you will

like this! After lunch you will have free time to check out the car exhibit, or if you are a Yankees fan like me, it's all about Derek Jeter from Kalamazoo to the museum, one of the largest collections of Jeter memorabilia. Minimum of 35 needed for trip, deadline to sign up May 10th.

Key West Holiday Trip - December 1st-4th - \$817pp based on double and \$1170 for single - join us for our 18th annual trip to Key West. Sign-ups have begun, deposit of \$100 pp by June 1st and final by October 1st.

Greek Island Hopper - September 7th-16th
- 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, and international air will be added once available in late 2023. Deposit is \$500 per person!



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Sometimes I Just Have To Listen To My "Gut" Instead Of Facts. Is That Normal?

By Lisa Conway



ask ONE SENIOR PLACE
Lisa Conway

Humans are endowed with five incredible senses that teach us early lessons and help guide us through a lifetime of experiences. We learn not to touch a fire, but to appreciate its warmth. We learn the difference between a baby's happy gurgle and a cry of hunger. We can gauge the speed of an approaching car in a moment-- and detect sour milk with a mere sniff. Early humans used their sense of taste to reject bitter plants which could be poisonous. More important than appreciating the wonders of the world around us, our five senses help keep us safe. But do we have a "sixth sense?"

Even the most logical among us admit to experiencing "gut feelings," sometimes referred to as intuition or our inner voice. Inexplicably, the whispers of our subconscious mind may be offering insights that do not align with available facts. So why do we think these thoughts?

Well over 80% of the myriad signals we receive daily are non-verbal. Our brains take it all in. Whether a look was dismissive or lingering. Not just what was said, but HOW it was said. We mentally record countless variations of sensory stimuli from every experience --and file them away for future use. According to Psychology Today, "intuition... arises from the accumulation of knowledge and experiences that are processed and stored in our brain's neural networks, allowing us to access information quickly, often unconsciously."

The Berkeley Well-Being Institute points out that intuition and instinct are closely linked. "Instinct is a key component of intuition. Instincts are hard-wired behaviors developed in response to environmental stresses and dangers. Listening to your instincts is a part of listening to your intuition."

In our fast-paced world, the constant bombardment of information and distractions can drown out the gentle nudges of intuition. Our internal chatter adds to the noise, with fear, bias or wishful thinking. Mindfulness, meditation and learning

to observe the unspoken can be helpful in creating space for intuitive insights to surface.

Using your intuition doesn't mean dismissing logic entirely, but recognizing that intuition often operates beyond the boundaries of what we can rationalize. To learn more about intuition and trusting your gut, join me for Senior Health Friday with Nurse Lisa on May 10 at One Senior Place in Viera. Our topic will be "Listening to Unconscious Signals." RSVP at OneSeniorPlace.com or by calling 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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MAY 2024



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POWERED BY CONNECTION: MAY 2024

Inside this Edition:

- Creating an Age Friendly Home
- Medication Therapy Management
- Importance of Memory Screening for Seniors
- Who Needs a Chaplain?
- Stay Connected

**“Choose Your Flavor Adventure”
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Flavor Adventure!

*President's
Message*

A Word from Joe Steckler,
Our President & Founder



My wife Terry and I moved to Florida in 1988 following a 30-year career in the Navy. Most of my Navy time was on submarines, commanding two. We enjoyed our time in the Navy but never encountered the things we now see seniors experiencing. Our early perception quickly changed as we became involved in my work with the Alzheimer's programs.

In 1997, I participated in a two-day program sponsored by United Way to determine the greatest needs experienced by those living in Brevard County. Nineteen needs were identified, nine of which directly affected seniors. While the purpose of the study was to start addressing the needs identified, those nine needs still exist today. In fact, the little public funding that was available for nonprofits has been deleted, making it harder to assist those in need. Knowing that we need affordable housing for seniors and seeing nothing done here while observing such housing being built in nearby counties makes me wonder where my tax dollars are being spent.

Brevard County Housing and Human Services is funded to the tune of millions of dollars, yet I am not aware of any major tasking to build affordable housing. Staff duties should be reviewed, and new tasks assigned that would make them more proactive, for state and national money is available. This type of project is outside the scope of local nonprofits, which are busy helping people locate and apply for assistance with housing, meals, bills, and health care.

My comments today are not intended to cut jobs, rather they are a reflection on how we might better meet ongoing needs that affect people. Affordable housing is one example as there is a two to four year waiting list for housing. This is one reason we have homeless people.

I know that I am writing about complex issues, but I really do think we have to take a harder look at where we spend our money. The longer we wait the harder it will be to meet these identified needs as they continue to be with us.

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Celebrating Joe Steckler

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

It's May 2024 - and welcome to "Staying Connected" - the theme for Older Americans Month! No better example of how to do that other than our own President and Founder Joe Steckler - whom the Brevard County Board of County Commissioners recognized in their Older Americans Month Proclamation for the example he sets by remaining engaged and successful in his community.

In the Proclamation, the Board applauds his work to combat ageism and to engage with his fellow citizens throughout his county, cities, non-profit organizations, and the advocacy on behalf of seniors and their families. At age 90, Joe continues to lead and set an example worthy of all of us to follow! You go, Joe!

So many good things happening in the Month of May - including our fun fundraiser connected to our Helping Seniors "Choose Your Adventure" Car Raffle! Set aside 2 pm - 5 pm May 18th - for our first ever "Choose Your Flavor Adventure!" It's Not Lunch ... It's Not Dinner ... It's a Saturday Afternoon Flavor Adventure supporting the work of Helping Seniors and YOU ARE INVITED!

Chef Jillian Zebris (Chefs for Seniors) and her Culinary Masters 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! Info and tickets at (321) 473-7770 or online at HelpingSeniorsofBrevard.org.

Read on for great information to help you "Get Your Ducks in a Row" on your Aging Plan and we look forward to seeing you soon at Joe's Senior Resource Center!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

May is Older Americans Month. This year's theme is "Powered by Connection", and the positive impact that social connections have on our overall wellbeing.

In 2023 the US Surgeon General Advisory on the Healing Effects of Social Connection & Community, Dr. Vivek H. Murthy, the 19th and 21st Surgeon General of the United States wrote "Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity." Read more here. [Our Epidemic of Loneliness and Isolation \(hhs.gov\)](https://www.hhs.gov/loneliness-isolation)

Studies show strong social connections reduce the rate of cognitive decline and dementia by up to 70%. Studies also show seniors with social connections may also lead longer lives.

The study published Feb. 20, 2019, in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, found that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings.

What does this all mean for seniors? It means putting yourself out there, beyond your normal social circles. Volunteering, social clubs, senior centers, special interests' groups, and shared hobbies can all improve your connection to others and improve your overall health and longevity.

To Donate or for more information please call: Helping Seniors 321-473-7770 or go to our website at www.HelpingSeniorsofBrevard.org.



Creating an Age-Friendly Home

*Denise Bergman, CSA, CDP
Senior Care Authority Brevard*

Design Tips for Senior Living

As we age, our living environment plays a crucial role in maintaining independence, safety, and overall well-being. By making thoughtful design modifications, we can create an age-friendly home that caters to the unique needs and challenges of seniors. In this article, we will explore various design considerations and practical tips that can transform a house, senior living, or assisted living apartment into a safe and comfortable haven for seniors.

Prioritize Safety and Accessibility

Safety should be the top priority. Consider incorporating the following modifications:

- ❖ Install grab bars in bathrooms and near stairs to provide stability and support.
- ❖ Ensure proper lighting throughout, including hallways, stairways, and entrance areas.
- ❖ Remove tripping hazards such as loose rugs or cluttered walkways.
- ❖ Install non-slip flooring, especially in moisture-prone areas, like bathrooms and kitchens.
- ❖ Consider installing lever-style door handles that are easier to grasp than traditional doorknobs.
- ❖ Adjust the height of countertops and cabinets to avoid excessive bending or stretching.

Enhance Mobility and Ease of Navigation

To help with senior mobility challenges:

- ❖ Ensure that hallways and doorways are wide enough to accommodate walkers or wheelchairs.
- ❖ Install ramps or lifts for entryways with stairs to ensure accessibility.
- ❖ Arrange furniture to create clear pathways and minimize obstacles.
- ❖ Use contrasting colors for walls, floors, and furniture to aid depth perception and reduce the risk of falls.

- ❖ Consider using non-glare surfaces and window treatments to minimize glare and improve visibility.

Optimize Functionality and Convenience

Streamlining daily activities can enhance the comfort and convenience of senior living:

- ❖ Consider installing a walk-in shower or a seated shower bench to facilitate bathing.
- ❖ Utilize adjustable-height countertops and pull-out drawers in the kitchen for easier access to cookware and supplies.
- ❖ Install a hand-held showerhead and grab bars in the bathroom for added convenience and safety.
- ❖ Ensure that light switches and electrical outlets are easily accessible and at a convenient height.
- ❖ Implement smart home technology, such as voice-activated assistants and automated lighting, to control various functions with ease.

Comfort and Relaxation

To support emotional well-being:

- ❖ Select supportive and ergonomic furniture with features like lumbar support and high-density foam cushions. Automatic recliners and lift chairs are also available.
- ❖ Incorporate soft, non-reflective lighting to create a warm and relaxing atmosphere.
- ❖ Use window coverings that allow for natural light while maintaining privacy.
- ❖ Consider installing adjustable heating and cooling systems to ensure optimal comfort in all seasons.

Designing an age-friendly home is a transformative process that empowers seniors to maintain independence, safety, and comfort within their own living space. You can prioritize safety, accessibility, mobility, functionality, and comfort, while still creating a warm hospitable environment. With careful planning and thoughtful adjustments, homes can be transformed into havens where seniors can embrace the joy of aging. When the time comes to explore other senior living accommodations your Senior Care Authority advisor is just a phone call away at 321-341-8444.



Memories of Menten

*Danica Scuderi-Carluccio
Advocates for the Aging, Inc.*



Calling All Volunteers!

*Dr. Shelly Horn
Helping Seniors of Brevard*

The beautiful Ms. Irene Menten was born in Mainz, Germany, in 1923. Growing up in Germany in 1933 was not easy. Ms. Menten told stories of how SS guards at the Dachau camp, for instance, took four Jewish prisoners outside the gates, where they shot them. The guards claimed the victims had tried to escape. At age 16, Irene went underground and helped take people over the border to safety.

In 1941, she married Johannes Menten, who was in the Holland Military. They emigrated to the U.S. in 1954. Ms. Menten became a loving mother to her only child Louisa. Ms. Menten had a taste for high-end fabrics and made all of Louisa's clothing. Making clothing led to Ms. Menten becoming a professional model.

In 2015 she reached out to Brevard elder law attorney William Johnson. He knew she would need community support since she had outlived her family, so he contacted our team at Advocates for the Aging to care for this amazing woman!

What an honor it was to visit her home. We were always welcomed with a smile, a great story and a hot cup of tea or coffee along with homemade treats. She would say, "The secret of brewing a pot of black coffee is to add a teaspoon of cinnamon to the coffee grounds." If your week was hard or you were having a bad day you were quickly reminded of the hard life she lived.

Ms. Menten celebrated her 100th birthday at home surrounded by all her community support and her beloved kitty. Ms. Menten grew her wings on February 11, 2023, with Dignity, Respect, Love, and the smell of black cinnamon coffee in the air.

Helping Seniors is grateful to the Estate of Irene Menten for recognizing Helping Seniors of Brevard for the substantial gift that has helped us begin, in earnest, the work of establishing the Helping Seniors Foundation.



Irene Menten

As a board member of Helping Seniors of Brevard, I have been charged with establishing an organizationally based volunteer program. Our first group of recruits came on board in April. Interestingly, I discovered April 21-27 was National Volunteer Appreciation Week.

We are definitely in need of additional volunteer assistance for Helping Seniors. Opportunities to help abound in the following areas:

1. Assist with car raffle ticket sales at pre-designated times and locations (our major fundraiser).
2. Greet, orient and triage clients who visit or inquire about our services.
3. Assist in the planning and provision of monthly informative educational programs held at our new center.

We are an organization whose primary mission encompasses senior advocacy. We assist seniors in obtaining the necessary resources and referrals to meet their individual needs. We also provide information and education.

We would welcome the opportunity to have you become an integral part of our program. I hope you will reach out to volunteer, and discover as I have, that service to others not only provides purpose but personal satisfaction. Newly formed friendships and camaraderie are an added bonus!

Please call and inquire at 321-473-7770. I will gladly personally respond.



Stay Connected to Your Past and Your Present

*Lori Peery, Financial Services Advisor
The Peery Agency*

Living our best life as “older” Americans must include preserving the Legacy of our life’s story for future generations. Documenting family and generational histories to preserve them.

Staying connected and preserving our life’s story can include a film documenting the beautiful (and sometimes tragic) history of life.

SkywriterStudios - Legacy Films helps preserve and tell your story in a beautiful film documentary to be shared by connecting generations and preserving family histories that may otherwise be lost. www.skywriterstudios.com

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To people,
Things that excite you,
To passion,
To purpose

Stay connected to-

Your history,
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Stay connected by-

Loving
Serving
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Stay connected to Your Creator

Trust Him with your journey
Trust Him with your outcomes
Trust Him with your Eternity

Connection the glue of a vibrant life.



The Importance of Memory Screens

*Karem Sapp
ClinCloud Research*

Many of us worry about “senior moments” happening more often as we age. A memory screen can help differentiate between normal changes and signs of more serious cognitive impairment. This clarity can alleviate anxiety and help seniors take proactive steps to maintain their cognitive health.

Rosemary Laird, MD, Principal Investigator at ClinCloud Research in Viera, recommends a baseline screen at age 50 followed by annual screens starting at age 65. Many forms of dementia progress slowly over time. Catching changes early offers more opportunity to slow the progression of cognitive decline and improve quality of life.

“Memory screens can help seniors experiencing cognitive impairment get access to medical care and support services,” explains Dr. Laird. “For example, someone identified as at risk for dementia can be referred to specialists or possibly clinical research studies for further evaluation and diagnosis. From there, they can access a range of interventions and treatments.”

Early detection and intervention can also reduce the burden on families, caregivers, and healthcare systems. By identifying cognitive impairment early, seniors and their families can make informed decisions about future care plans, clinical trial participation, financial arrangements, and long-term living arrangements, thereby minimizing stress and uncertainty.

If you’ve decided to get a baseline memory assessment, congratulations! You are taking an important step. Check with your primary care provider to see if they offer memory screening.

You can also come see us at ClinCloud! ClinCloud Research offers no-cost memory screens every weekday in Viera. For details, visit www.clincloudresearch.com. If you agree, we can share results with your primary care provider.



Who Needs a Chaplain?

*Chaplain Ken Cornish
Faith Walk By Two*

Many people ask what a chaplain is. The simple answer is that a chaplain is someone willing to support you and walk through life events with you. Some things are difficult, such as the death of a loved one or end stage health issues. Others are joyful, such as weddings or other celebrations. Sometimes it's just dealing with life and loneliness.

It's important to know that a chaplain is not the same as a pastor. Although I am ordained and a Christian, my goal is not to evangelize or force my faith on anyone. My goal is to support you in your beliefs and help you manage whatever challenges life brings your way. I will never ask anyone to compromise their spiritual beliefs and I won't compromise mine.

Many seniors need someone to listen to them and care about their needs. I can visit shut-ins, assisted living centers, hospitals, or hospice care locations, to meet with seniors directly, or meet with family members when the need arises.

I am currently planning for grief support groups at Joe's Senior Resource Center, located at 1344 S. Apollo Boulevard, Suite 2-C in Melbourne. Individual sessions are also available by appointment.

Please reach out to me if you have any questions or would like to schedule a visit or time to talk. I can also do virtual meetings if you are not local or need to include someone remotely.

- Email me at chaplainken@faithwalkbytwo.org
- Send a request through the contact us page on <https://faithwalkbytwo.org>.
- Call me directly at 321-381-5980
- Call Joe's Senior Resource Center at 321-473-7770



Medication Therapy Management for Patients & Caregivers

*Chrisita Cornish, PhD, MBA, RPh
Faith Walk By Two*

One of the major issues that Seniors have is understanding their medications. Do you know how your food interacts with your medicines? Do you know how your meds work together? Do you get prescriptions from different doctors? Were your meds changed in the hospital? Are you cutting down on your meds because of the cost? Do you experience side effects that make you skip doses?

I have been a pharmacist for many years and helped many patients manage their medications. Some even claimed their lives were saved because of an interaction or contraindication I discussed with them. Their doctors agreed and changed or eliminated harmful combinations of medications.

I can help you to identify medication-related problems, develop a prioritized list of medication-related problems, and create a plan to resolve them.

It is a free service. Here are some frequent issues:

- Combination of blood thinners - bleeding
- Statins and grapefruit juice - muscle aches
- Combinations of stress and anxiety meds – serotonin syndrome
- Opioids and muscle relaxers – breathing and sudden death
- Antibiotics and other meds – diarrhea effects
- Antacids and other meds - change pH of stomach
- OTC meds e.g. Omeprazole - muscle aches/electrolyte imbalances

Schedule an appointment with me today!

Please include your name, best contact method, and time. **DO NOT INCLUDE ANY MEDICAL DETAILS ON EMAIL**

- Contact Us form on our website <https://faithwalkbytwo.org>
- Email drchrisita@faithwalkbytwo.org
- Call me at 321-222-6442



Sundowner's Syndrome in the End of Life

*Traci Graf, RN
AVID Home Care*

Many people in the last 3-6 months of their lives experience difficult behavior called “sundowning syndrome”, which can include visual and auditory hallucinations, communicating with relatives who have already passed, agitation, confusion, pacing or wandering, shadowing a person, or sadness and crying. Symptoms usually get worse around dusk and continue for a few hours. Many patients are acting normal by bedtime. This is a tough time for caregivers, but there are some ways to help decrease the anxiety:

- Keep a regular schedule and control the environment.
- As daylight ends many patients see shadows and misinterpret them as objects. Have well-lit areas and use nightlights.
- People can create delusions out of something they are watching or reading. Keep TV programs light, nothing complex or upsetting.
- Plan activities for the morning and allow time for breaks. Overstimulation can worsen sundowning.
- Play soothing music or sounds as the afternoon rolls into evening.
- Do not try to correct them if they are talking about past relatives; instead ask them about the person and watch as they relive memories.

There are medications for sundowner's syndrome. Melatonin is a natural supplement, and the doctor can recommend an effective dosage. Mood stabilizers can decrease mood swings. Even a mild sedative given at the proper time can assist in reducing anxiety. As with any complex patient issue, you can find what works for your loved ones. It may take some time, trials, and observation of their specific behavior issues, but with the assistance of your medical team there is help available.



You Can Always Extract the Tooth

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

You go to a dentist who says a tooth needs to be extracted. It doesn't bother you, and it isn't loose. What do you do?

A lot of that answer has to do with the orientation of the dentist who tells you that. Is the dentist aware of all the methods a tooth can be saved? Did the dentist give you options or tell you what it would take to save a tooth? Because there are always options. The fact is that most teeth with periodontal disease can be saved. And some dentists, even some periodontists, are not as comfortable saving teeth as others.

The body is always poised to heal. We have to give it the right environment to do so. Even though our practice has a reputation for dental implants, we are just as proud of our ability to save teeth.

I recently participated in an online forum reviewing a case of severe periodontitis and what we would do. Several said, “Extract all the teeth.” Another group said that they have had great success in treating the patient with no or minimal extractions. It was quite a discussion. One of those who recommended complete extraction said that he had never seen a case like that successfully treated. He is a great dentist! Others of us treat cases like that routinely.

When you receive an opinion on anything, the opinion is based on the training and biases of the professional making the opinion. That's why a second opinion is so important. Only some physicians or dentists are the right fit for you. You have to choose. When you and the doctor match, you'll know it. And that doctor will be your ally, your friend forever.

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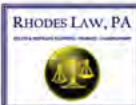
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Mom & Me *by Audrey & Kimberley*

DEAR MOM AND ME,

I have always been a working Mom. I raised my two daughters by myself; put them through college, etc. Recently I became ill, and had to stop working. My daughters have always seen me as the "strong silent type" and now I am at a complete stall.

This has not only been hard on me, but I think it is also very hard on them.

I want to make it easier for them to cope with this illness. I see the tears in their eyes when they come to visit, and I am in pain. I tried to hide all this from them, but at times I cannot. My oldest daughter seems to be adjusting better than my youngest. I can see it in their eyes. I think it is very difficult for my youngest to see me this way. What can I do to make things easier on both of them? I don't want them to see me as an "illness" but as their Mom. They are both loving, caring daughters. I just got old before my time. I got old before they had time to adjust. If you have any kind suggestions, I would welcome them.

– A Fan From Florida

DEAR FAN,

I am sorry to hear about your illness. Unfortunately we Moms think of ourselves as human machines that will never wear out.

You have been a long caring mother, now it is time for them to care for you. You have been brave, but it is now time for you to share your concerns with them. Talk to them about your illness,

how you feel, level with them; cry together and you will all feel better for it. You are a threesome just as you have always been; tell them how much you love them, and that you will always love them.

You will be helping your daughters to cope with this tragic event, and give them strength for their lifetime.

– Audrey

DEAR FAN,

My heart goes out to you and your children. While getting old and having health concerns is a normal part of life, it does not make this stage of life emotionally any easier, especially when health difficulties come earlier than expected.

Unfortunately, I do not think there is anything I can offer to take away the tears you see in your children's eyes. No one wants to see a loved one suffering, particularly a parent and most particularly a parent with whom you share a loving relationship.

Just as you could not protect them from pain when they were young, you cannot protect them now. And, it is not time to feel guilty about it either! Adult children giving back to a loving parent and helping in time of need has its own rewards. You need to give them permission to care for you and you need to give permission to yourself to be cared for by them.

– Kimberley

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Staying Safe

By Matilda Charles

I never thought this kind of thing would happen where I live: A woman was kidnapped in front of a store, in broad daylight, by a man carrying a gun.

It's hard to even type those words, so shocked am I to learn of it.

To cut to the chase, the woman is thankfully fine, although no doubt rattled and upset. After being forced to drive the kidnapper to another location, she was able to drive away safely after he fled the vehicle.

Still, it might not have turned out that way.

I can't count the thousands of times I've gone to that same store, or strolled down the main street to the ice cream shop, or come out of a restaurant ... at night ... and never been afraid. After all, the relative safety in this area is why I moved here. But there are no guarantees that things will stay the same, are there?

That woman's experience has been a life changer for me, unfortunately.

I now carry my wallet and cellphone in an inside coat pocket. If a thief wants my purse, he can have it, with no hesitation that might cause him to do bodily harm to me.

I'm now paying more attention to what's around me -- people in parking lots, people milling around -- instead of just going on my merry way oblivious to my surroundings.

If I'm headed to the car, my keys are in my hand. Once in the car, I lock the doors, something I've never felt compelled to do.

I trust my instincts if something makes me uneasy. After a recent trip to a store, I waited a minute and walked out with a couple of college students after asking if I could walk across the parking lot with them. They were pleased to escort me all the way to my car.

Stay safe out there and beware of what's going on around you. ☺

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King Crossword

ACROSS

- 1 Weighing device
- 6 Sitar tunes
- 11 Fearful
- 12 Using the Internet
- 14 Eagles' homes
- 15 Julianne and Demi
- 16 Away from SSW
- 17 Auto style
- 19 Wager
- 20 Food regimen
- 22 Cariou of Broadway
- 23 Visibility hindrance
- 24 Cancel
- 26 Journeys
- 28 Head of st.
- 30 Animal doc
- 31 "Lolita" author
- 35 Summary
- 39 Plow pullers
- 40 Felon's flight
- 42 Sitarist Shankar
- 43 Soccer's Hamm
- 44 Prom duds
- 46 Heavy weight
- 47 E-business
- 49 Boring type
- 51 New citizen, perhaps
- 52 Is anxious about
- 53 Messy places
- 54 Leaks slowly
- 11 Hourglass fillers
- 13 "Melrose Place" actor Rob
- 18 "Lion" star Patel
- 21 Yank at
- 23 Misanthrope
- 25 — choy
- 27 " — outta here!"
- 29 Library array
- 31 — plume
- 32 Wise sayings
- 33 "Scram!"
- 34 Preventive shot, in slang
- 36 40 winks
- 37 Sidesteps
- 38 Lipstick shades
- 41 Repairs
- 44 Rent
- 45 Foolproof
- 48 Hollywood trickery (Abbr.)
- 50 Ruby or Sandra

DOWN

- 1 Picturesque
- 2 Life's work
- 3 Onassis nickname
- 4 Cask sediment
- 5 '50s Ford
- 6 Peter the Great, e.g.
- 7 Shortly
- 8 Day- — paint
- 9 Car safety feature
- 10 Allergy season sound

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PAW'S CORNER

By Sam Mazzotta

Flea Onslaught Strikes Early in the Season

DEAR PAW'S CORNER: I can't believe it -- it's only March, and my cat Flicker is already scratching himself silly with fleas! He has terrible skin reactions to flea bites. How can I get rid of them?

– Jesse B., Oak Ridge, Tennessee

DEAR JESSE: Flea infestations are awful, aren't they? As the seasons change and the weather warms up, flea activity rises, and pet owners start seeing more evidence of fleas on their pets and around their homes.

Fleas aren't just annoying. They can carry diseases that are transmissible to pets and humans. Tapeworms and cat scratch disease are just two of the potential ills that a flea infestation can bring into your home.

Tackle a flea problem head-on, and don't wait -- because it will continue to get worse as the summer approaches.

Because of Flicker's allergic reaction to flea bites, he needs direct treatment to repel fleas and prevent them from latching on to his fur again. Talk to his veterinarian about

the most effective flea treatments. For example, a monthly or quarterly topical flea treatment may be a good option. Oral medication – as pills or chewables – is also very effective. The vet may also recommend medication to clear up his current skin issues.

Reduce the risk of another flea infestation by making your home difficult for fleas to exist in.

- Have your home treated for fleas by a pest control service.
- Pick up clutter from the floor and replace any plush or felted toys with new ones.
- Vacuum twice a week to pick up fleas and their eggs.
- Repair or replace damaged window and door screens.
- Remove any debris piles near your home, and shift wood piles farther away.

Send your tips, comments or questions to ask@pawscorner.com. 

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Helping SENIORS of Brevard

A non-profit organization dedicated to improving quality of life for SENIORS through provision of information, education and resources.

Need Help?
Call 321-473-7770



SENIOR looking for assistance in finding services?

Medical, Legal, Financial, Household or other Needs?

(321) 473-7770
Senior Info Help Line



Senior Resource Center
1344 S Apollo Blvd - Ste 2C
Melbourne FL 32901

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org



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 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 on-line 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

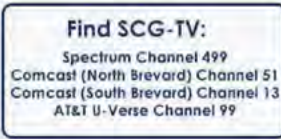
Dunkin' Car Show - Saturday - May 18th 2024 8:00am-12:00pm - Dunkin' Car Show

Dunkin' Beachside - 1220 N Highway A1A - Indialantic 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 It's 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 Beachside	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	William A. Johnson P.A.
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)

Something New For One Or Two

Recipes especially created for 1 or 2 diners

Warm weather is here again and its time for some cool meals and lazy days. We are lucky here to have an abundance of fresh seafood and fruits and vegetables. So let's make use of them for some summer fun.

SHE-CRAB SOUP

1 can of tomato bisque soup
1 can of split pea soup (no ham)
6 oz. lump crab meat
(save the rest for crab cakes)
1 soup can of half and half
1 or 2 T. dry sherry

Heat the soups and half and half, stirring until hot and smooth but not boiling. Add the sherry and crab meat and gently stir to prevent breaking up the crabmeat. Serve immediately.

CITRUS SPLASH CHICKEN SALAD

1 1/2 cups of diced cooked chicken
1/3 cup chopped celery
1 T. finely minced sweet onion
1 T. fresh lemon juice
1/2 cup sliced seedless green grapes
1/2 t. salt
1/4 cup toasted slivered almonds
1 sweet orange, sectioned

Combine all of the ingredients but the nuts and toss with a citrus vinaigrette, made from equal portions of canola oil, orange juice and white wine vinegar. Serve on crisp lettuce leaves and top with the toasted nuts. Serve with mini-croissants.

MARINATED GREEN BEANS

1/2 lb. fresh snap beans
2 ripe Roma tomatoes, chopped
2 T. chopped fresh parsley
1/2 t. cracked pepper
1/4 cup "lite" Italian dressing
1 T. chopped mixed colored peppers

String the beans, wash and cut into 4 strips and steam for 4 or 5 minutes until tender and crisp. Cool beans and mix gently with the rest of the ingredients, and refrigerate overnight. Serves 2 or 3.

STRAWBERRIES WITH TRIPLE-SEC CREAM

1 1/2 cups fresh, ripe strawberries, washed, hulled, sliced in half and chilled
1/2 cup orange flavored yogurt
1/4 t. orange extract
2 t. Triple-sec or other orange flavored liqueur.
1/2 cup "fat-free" Cool Whip
2 t. grated fresh orange peel

Place strawberries in chilled stemmed glasses. Mix the yogurt, orange peel, extract, and Triple-sec together and fold gently into the Cool Whip. Spoon over the strawberries and serve with sweet cookies.

David Selby's Mom... *continued from page 9*

Despite their loving relationship, young David found her constant working difficult to understand. Nevertheless, he recalled, "she always somehow managed to look like a million dollars! Even taking out the trash or going to the grocery store in our little community, she was always cautious about looking her best."

As he grew older and with no initial interest in acting, Selby planned to enroll in West Virginia University but needed tuition funds. "So, I went to Atlantic City in the summer and worked at a restaurant, then returned with a pocket full of money to pay for my first half-year's tuition. I lived at home so I could walk to class as a freshman, but didn't really know what I was going to do."

That's when an adviser for students whose names started with an 'S' spotted Selby standing in the enrollment line for classes. "He said, 'you look like you could be in theater' and it turned out he was a theater instructor," Selby remembered. "He talked me into it and, lo and behold, I began doing plays at the university right away."

After completing his degree, Selby moved to Illinois where he completed a Ph.D. in the arts, but not before moving to the East Coast and accepting his first TV role.

"I didn't finish my Ph.D. until after I was in New York doing 'Dark Shadows' – in fact, I copied my dissertation at the office

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where we shot the show," he recalled. His wife even took a job as an editor and then as a college English teacher so David could pursue his acting career (see www.davidselby.com).

But what did his mom really think about his acting career?

"She watched every show I did, from the plays at university and summer stock to 'Dark Shadows,' 'Falcon Crest' and everything else," he says. "Aside from my wife, my mother was my biggest fan. I loved her dearly." 

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

A Special Event: 23 March Vietnam Welcome Home Ceremony at the Cape Canaveral National Cemetery

While the county was busy with several major events on 23 March, over 200 attended The 49th Commemoration of the Vietnam War Ceremony held at the Cape Canaveral National Cemetery, which was a nationally recognized Welcome Home for Vietnam Era Veterans. Many MOAA Cape Canaveral Chapter members and Veterans Memorial Center leaders were among those attending and participating.

They included Paul Julian (VMC Vice President/MOAACC), Jim Carleton (BVC Vice Chairman), Donn Weaver (BVC Immediate Past Chairman/MOAACC), Roger Scruggs (VMC Photographer) and Tom Fitzgerald (Marine Corps League and event chairperson). VMC Member and Commander of the Space Coast Chapter of the Military Order of the Purple Heart, Carl Miller, gave a moving keynote speech. The National Anthem was sung in a stirring rendition by LTC Cynthia Watkins-Pishdad, USA, Ret of MOAACC.

After the ceremony (which ended with Taps and a Rifle Volley) the names of the 1900 Vietnam Era veterans interred since the last reading at the CCNC were read aloud. Many Vietnam veterans also received official Vietnam War Veteran



pins from the Viet Nam Niem Nho Khong Ten (Vietnam Unforgettable Memories Foundation) for their service during a war marked by national division and derision when they returned to CONUS.

The ceremony next year will be the final National Level event hosted at all VA National Cemeteries and many more locations. The year 2025, on 29 March, will mark the 50th Anniversary since the final day our forces were in Vietnam as Saigon fell to the North. Ⓢ

MEMORIAL DAY
REMEMBER AND HONOR

MEMORIAL DAY
REMEMBERING OUR HEROES

19th Annual City of Cocoa
Memorial Day Tribute
Monday, May 27, 2024
Cocoa Riverfront Park
401 River Edge Boulevard

PARADE 4 PM-4:30PM & STATIC DISPLAY 4:30 PM-6:30 PM
PARADE ROUTE IS THROUGH COCOA VILLAGE ALONG
DELANNOY AVE., HARRISON ST.,
BREVARD AVE., & MARYLAND AVE.

FORMAL STAGE PRESENTATION ~ 5 PM
Opening Remarks
MAYOR MICHAEL C. BLAKE

Guest Speakers
Colonel Steve Bond, US Army-Retired
Chandler Langevin, Navy Veteran & Coordinator for St. Francis Reflections
Lifestage Care

FOR MORE INFORMATION PLEASE CONTACT LEISURE SERVICES (321) 635-7702
TO PARTICIPATE IN THE PARADE PLEASE CONTACT DINO (321) 987-2066

Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Help for Financial Stresses

If your debts are so bad the stress of it is making you physically ill, you're not alone. And if the weight of it all is stressing you mentally, you're not alone there either. The past several years, with the economy and Covid and everything else, have made many of us wonder if there's hope.

But yes ... there is hope. The Department of Veterans Affairs has created the National Veterans Financial Resource Center (FINVET).

The purpose of FINVET is to help veterans learn to manage finances and handle the mental uncertainty of debt -- and lower the risk of suicide, which can come with the stresses of finances.

The website (www.mirecc.va.gov/visn19/finvet) has tools, videos, calculators and resources for five different money-related issues: paying for essentials, saving money, increasing your income, managing debt and protecting your money.

Depending on your situation, one of those might be more important than the other right now, but they all have value.

Protecting your money can be a big one, with scammers on the line each time you answer the phone. Dozens of scams are

identified, from payday lending to identity theft and scams aimed directly at veterans. Get familiar with all that the page has to offer so you're not caught unaware.

Managing debt sometimes takes more than just additional income. Often it requires good information with advice and tools or learning ways to improve your credit score so you qualify for lower interest rates on big purchases like vehicles.

Paying for essentials can be a serious problem as well. Check the website for the many sources of help, ranging from emergency food assistance, to the national hunger hotline, to housing counselors.

The whole FINVET website is very well done, with mountains of good information no matter your financial situation, everything in one place. Bookmark the page so you can find your way back as time goes on and your situation changes.

And don't give up. Sometimes all you need to fix a financial situation is information and a bit of support. ☺

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THE GREATER PALM BAY CHAMBER OF COMMERCE
35th Anniversary

16th Annual
MAYORS BREAKFAST
2024

Fifteen (15) Mayors from the cities and towns in Brevard County will provide an update on the development in their respective Municipalities.

Friday, May 17th | 7:30 - 11:00 a.m.
Space Coast Convention Center
301 Tucker Ln, Cocoa

RSVP Required. \$40 for Partners and \$45 for Guests or Future Partners. Includes Breakfast.

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See ad on pg. 8

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Offer Valid to
first time clients only

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See ad on pg. 35

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\$25 OFF

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\$50 OFF

Any Job over \$300

\$100 OFF

Any Job over \$600

For Labor Only.
Not valid with any other offer.

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King Crossword Answers
Solution Time: 21 minutes

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Sudoku Answers

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



Unfinished Journey

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Yehudi Menuhin was an American musical prodigy. He was born in 1916 and died in 1999. He debuted as a violinist at age 7 in San Francisco and went on a world tour at age 12 launching it from no less than Carnegie Hall. His memoirs bear the title, Unfinished Journey. Have you ever felt unfinished? Some aspect of your story just trails off, or breaks off, rather than ends?

Easter, which we recently celebrated, is recorded at the end of each of the four New Testament gospels. In the gospel of Mark, it is chapter 16. As you read this section in many, many Bibles you will find many footnotes explaining that the earliest and best manuscripts have a ragged, unfinished ending.

Why so unfinished? Maybe Mark got sick and couldn't complete his gospel off. Or he had to flee from persecution

and his writing was left incomplete. We don't know.

There is the possibility that he intended to finish the way he did. That would make sense if he wanted to convey, "Jesus wasn't in the tomb. He was resurrected. Now who knows what that means? It means something for sure. Who knows what it means for you? Every reader must find a way to complete the story taking into account Jesus rose." How will you finish off your story with Jesus? I think we will all be unfinished without him. ©

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

What Is Probate? *continued from page 13*

entitled to inherit a majority of the estate's assets.

In addition to allowing you to select who will inherit your property and administer your estate, the probate process is normally smoother with a Will. For example, with a Will you can: 1] give the Personal Representative the power to sell real estate

without first obtaining a court order, and 2] waive the necessity of having the Personal Representative post a surety bond. ©

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 Brevard Symphony Orchestra Presents

Summer Evenings Series

7:00 p.m. at Suntree United Methodist Church

Sunshine Time: To Infinity and Beyond

June 15, 2024

Join violinist Amy Xaychaleune and her band for a night of charm and enchantment as they bring Disney and popular hits to life.

Summer Travels with Confetti

July 20, 2024

The unique trio of "Confetti" will take you on a journey spanning almost 1000 years, with stops in a German Abbey during the High Middle Ages, a champagne salon during La Belle Époque in Paris, and the wilds of modern day Alaska.

Timeless Classics with the Luminoso Quartet

August 17, 2024

The Luminoso Quartet presents an evening of timeless classics from multiple genres, including Vivaldi's Four Seasons along with favorites by Joni Mitchell, Simon & Garfunkel, and the Indigo Girls!



To purchase tickets and series subscriptions, please scan the QR code or visit brevardsymphony.com/summerevenings



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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.



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Chris Morse & Betty Powers
The Travel Center / Senior Travel
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Email: travelcenterusa@gmail.com



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Michiel Bullock – Landscapes & Seascapes in Oil continued from pg 11

To this day I still use trips around the country to gather ideas from hundreds of photographs that I take during my travels, (though the hitchhiking days were left to the sixties). My most recent venture involved loading down my Harley-Davidson motorcycle and embarking on a solo cross-country trip from Florida to California, gathering reference material for future paintings along the way.

I have found a fascination, (possibly an obsession), with the way light, shadow and color come together to bring out the drama that exists in approaching storm clouds or the strength delivered to a powerful ocean wave... or the calmness found in the early morning surf. Working to capture the quiet of the first rays of daylight filtering into the deep forest, carried on the mist of the lingering morning fog. I

cannot stand in Yosemite Valley and not be awed by the sheer majesty of El Capitan, yet at once be challenged by the impossibility of trying to recreate its' beauty on canvas. To travel along the sandy coast of the southeast or the steep perilous cliffs of the Pacific coast, or the mountains and plains in between, and wrestle with simply enjoying natures' beauty, or rushing back to the studio to put it on canvas. Every day delivers a new gift of color, light and shadow to enjoy and capture with paint and canvas.

My paintings have been exhibited in numerous art shows throughout the state of Florida. I am also a member of Oil Painters of America.

Website: michielbullockfineart.com ©

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The Orlando VA Healthcare System (OVAHCS) To Host A Memorial Day Ceremony

The Orlando VA Healthcare System (OVAHCS) will host a Memorial Day Ceremony, Friday, May 24, 2024, at 11:00 a.m. in collaboration with, Central Florida Veterans Memorial Park Foundation (CFVMPF). The event will be held at the amphitheater, located at the rear entrance of the Orlando VA Medical Center in Lake Nona, Orlando, Fla.

This solemn occasion will pay tribute to the brave men and women who have selflessly served and sacrificed for the United States Armed Forces. Attendees will have the opportunity to reflect on the valor and dedication of those who have given their lives in service to our country.


Marine Corps Major General, James S. Hartsell, Executive Director for the Florida Department of Veterans' Affairs will provide the keynote address.

Everyone is welcome to attend. In addition to our keynote speaker, community participants from the OVAHCS, executive leaders, Central Florida Veterans Memorial Park Foundation, the Orange County Mayor's Veterans Advisory Board, and others will be assisting with the facilitation of the ceremony.

"Hosting a Memorial Day ceremony is not just about honoring the fallen. It's about preserving their legacy, honoring their sacrifice, and reminding ourselves of the debt of gratitude we owe to those who gave their all for our freedom," said OVAHCS Director/CEO, Timothy J. Cooke.

Parking for the event will be made available in the east and west parking garages, and in any available parking spots located in the south parking lot near the emergency room. Attendees are asked to refrain from parking in the Community Living Center and Domiciliary parking lots. In addition, Golf cart shuttles will be operating to assist with transporting attendees to and from the ground floor of both the east and west parking garages.

Media representatives interested in attending are encouraged to contact the Office of Public Affairs by emailing vhaorpublicaffairs@va.gov or by calling 407-840-6967.

For more information please visit: VA Orlando Health Care | Veterans Affairs, subscribe to receive email updates by clicking here, like us on Facebook at: @OVAHCS, follow us on Instagram at: @OVAHCS or on Twitter at: @OVAHCS. 

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Enjoy Color Contrast Of Variegated Plants

By Eddie Smith, MSU Extension Service

If you have not picked up on it yet, I love variegated plants. Let me dive a bit deeper into why I'm so passionate about them. But do you know what really excites me about variegated plants? It's not just about how they look, although that's definitely a big part of it. It's about how they make me feel. They bring a sense of joy and wonder, whether they're in a bustling city apartment or a cozy backyard garden.

The white parts of variegated leaves aren't just there for show. They indicate a lack of chlorophyll, the green pigment that helps plants make food through photosynthesis. It's like these plants are revealing a little secret about themselves, adding another layer of intrigue to their already captivating charm.

Among my cherished favorites is the variegated wax ivy, distinguished by leaves boasting a captivating color scheme that sets it apart from the surrounding greenery. The foliage flaunts a blend of vibrant green and creamy white, a breathtaking contrast that commands attention. What makes this plant truly remarkable is its irregular variegation, with each leaf boasting a personalized, glossy appearance.

And the best part? Variegated wax ivy isn't just beautiful,

it's also easy to care for. The plant tolerates a wide range of conditions, from bright, indirect light to low light, and it doesn't mind if you forget to water it every now and then, although it certainly appreciates a drink when you remember.



Another gem that holds a special place in my heart is the variegated brake fern. Adorned with leaves in a beautiful blend of green and white, this fern captivates with exquisite contrast. Whether the variegated pattern on the leaves is symmetrical or asymmetrical, it adds an intriguing dimension to the plant's visual allure.

But what sets the variegated brake fern apart is its

Enjoy Color Contrast... continued on page 49

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the complexities of treating older patients, practitioners must also be flexible in defining treatment efficacy; while extending lifespan might be the desired treatment outcome for a younger patient, an older patient with cancer might instead prioritize maintaining quality of life and independence. Finally, the continuum of care must extend beyond the acute setting to supporting older cancer survivors.

Therefore, the personalized and patient-centered approach required for treating older patients with cancer must also be applied to managing cancer survivors. To prepare for the demographic transition, we must bolster geriatric oncology to support older patients throughout the cancer care continuum. As we pick up the pieces to restore health care, let us seize this opportunity to reshape cancer care to safeguard the health and welling of our aging populations. (S)

Enjoy Color Contrast... *continued from pg 48*

versatility. If you're looking to spruce up a shady indoors corner or add flair to your outdoor garden, this fern has got you covered. Its delicate fronds are elegant, whether cascading gracefully from a hanging basket or nestled among other plants in a shady border.

And here's the best part: caring for variegated brake fern is a breeze. It's pretty low maintenance, tolerating light conditions from bright indirect light to partial shade. It's not too fussy about watering, so you don't have to keep up with a strict watering schedule.

So next time you're out shopping for plants, keep an eye out for some of the many different variegated plants available. Who knows, but you might just fall in love with them, too. (S)

The Merry Month May *continued from pg 10*

The sweetness and mysteries of May Day are not now found close by. However, each day this month is a May day. So, you can still surprise a neighbor or friend with a few flowers at their door. Let's return May to a time of understanding, fun, peace and certainly love.

Instructions:

- (1) Gather flowers
- (2) Make a cone of paper or a paper plate
- (3) Add flowers
- (4) Surprise someone with merriment and fun (S)

Trivia test by Fifi Rodriguez

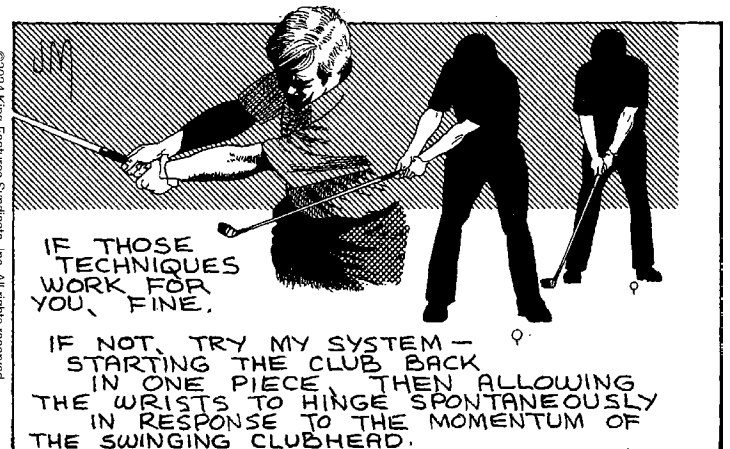
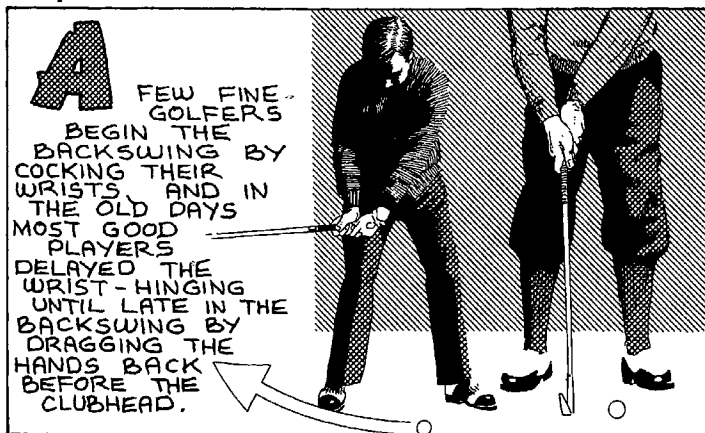
1. GEOGRAPHY: Where are the Seychelles islands located?
2. TELEVISION: In which sitcom is the catchphrase "Hello, Newman" used often?
3. FOOD & DRINK: What is a cornichon?
4. HISTORY: According to a WWII government slogan, what should citizens do after they "Keep calm ..."?

5. MOVIES: What is the name of John Wayne's character in "True Grit"?
6. LANGUAGE: The Latin word "genu" refers to which part of the human body?
7. U.S. STATES: How many states begin with the letter "R"?
8. MEDICAL: The first vaccine was created to protect against which disease?
9. GENERAL KNOWLEDGE: What is the name of Helen Keller's teacher, who taught the blind and deaf girl how to communicate?
10. ANATOMY: What is the smallest organ in the human body?

Answers

1. Indian Ocean.
2. "Seinfeld."
3. A small pickle.
4. "... and carry on."
5. Rooster Cogburn.
6. The knee.
7. One: Rhode Island.
8. Smallpox.
9. Anne Sullivan.
10. Pineal gland.

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MAY 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

MAY EVENTS

May 1 - 12: Cabaret, Titusville Playhouse, titusvilleplayhouse.com, 321-268-1125

May 1 - 31: It Takes a Village Historic Cruise, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753.

May 1-12: The Odd Couple, Surfside Players, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

May 3: First Friday Reception, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

May 3: Friday Fest, City of Cape Canaveral, City of CapeCanaveral.org, 321-868-1220

May 3-19: The SpongeBob Musical, Cocoa Village Playhouse, cocoavillageplayhouse.com, 321-636-5050

May 3 - : Platinum Coast Orchid Society Show and Sale, Kiwanis Island Recreation Center, Merritt Island, platinumcoastorchidsociety.org, 321-525-7540.

May 3-26: The Bodyguard, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

May 4: Swan Lake, King Center, Brevard Ballet Youth Company, Space Coast Symphony Orchestra, Melbourne, kingcenter.com, 321-242-2219

May 4: May the Fourth Be With You, Intergalactic Assembly, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365
May 4: The Flavor Experience, Downtown Melbourne, downtownmelbourne.com, 321-724-1741

May 5: Vicki Lawrence and Mama: A Two-Woman Show, King Center, Melbourne, kingcenter.com, 321-242-2219.

May 6, 13, 20, 27: Trivia Night, Playalinda Brewing Company, Titusville, playalindabrewingcompany.com, 321-567-5974.

May 8: Portrait Drawing with Jaymee Weinreich, Studios of Cocoa Beach, Downtown Cocoa Beach, studiosofcocoabeach.org, 321-613-3480.

May 10: Mother's Day Painting, Studios of Cocoa Beach, Downtown Cocoa Beach, studiosofcocoabeach.org, 321-613-3480

May 11: Fly In Breakfast, Warbird Air

Museum, Titusville, valiantaircommand.com, 321-268-1941.

May 11: Steve Trevino, King Center, Melbourne, kingcenter.com, 321-242-2219

May 11: Asian American Pacific Islander Heritage Celebration, Fred Poppe Regional Park, Palm Bay

May 12: Helen's Mother's Day Cruise with Donna, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

May 15: Battle of the Bands, Melbourne Auditorium, Melbourne Municipal Band, mmband.org, 321-724-0555

May 16 - 19: Thunder on Cocoa Beach, Lori Wilson Park, Cocoa Beach, thunderoncocoabeach.com

May 17: 16th Annual Mayor's Breakfast, Space Coast Convention Center, Cocoa, greaterpalmbaychamber.com, 321-951-9998

May 17-24: Menopause the Musical, Titusville Playhouse, titusvilleplayhouse.com, 321-268-1125

May 17-26: Xanadu, Titusville Playhouse, titusvilleplayhouse.com, 321-268-1125

May 17 - June 23, Nuts, Melbourne Civic Theatre, downtown Melbourne, mymct.org, 321-723-6935

May 17: Helen's Dinner Cruise with Jena, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

May 18: Classic Albums Live- Queen, King Center, Melbourne, kingcenter.com, 321-242-2219

May 19: Saxophonist Joe Goldberg, Veterans Memorial Center, Merritt Island, spacecoastjazzsociety.org

May 24: Cryderman's BBQ Dinner with Joe, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

May 25-26: 15th Anniversary Celebration, Space Coast Symphony Orchestra, Scott Center, Melbourne, spacecoastsymphony.org, 855-252-7276

May 26: Shemekia Copeland, King Center, Melbourne, kingcenter.com, 321-242-2219

May 26: Sip & Paint with Gina Welds, Urban Prime Marketplace & Restaurant, Viera, urbanprimefoods.com, 321-499-1188

ONGOING EVENTS

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

American Space Museum & Walk of Fame, Titusville, SpaceWalkoffFame.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, nbbd.com/godo/PritchardHouse, 321-607-0203

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

Seaside Gallery & Gifts, Indianalantic, 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

May 3: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Pancetta Pizza Bar, 130 Canaveral Plaza, Cocoa Beach on Friday, May 3 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

May 3rd - 5th: Platinum Coast Orchid Society's Annual Show and Sale (May 3rd & 4th 9am to 5pm, May 5th 9-4) Kiwanis Island Park Gym, 951 Kiwanis Island Park Rd., Merritt Island, FL 32952. Admission of \$5 includes beautiful orchid displays, lectures on Saturday, free orchid information, and door prizes. Vendors will have orchids and orchid supplies for sale, and outside vendors will be back again with plant and garden items for sale. For more information call 321-525-7540 or visit http://www.PlatinumCoastOrchidSociety.org/orchid_shows.

May 11: Victorian Silver Tea hosted by the GFWC Community Woman's Club to celebrate Mother's Day. 1PM to 3PM. 5 Rosa Jones Drive, Cocoa Village. Requested \$20 donation to benefit the GFWC scholarship fund. 321-639-4193, www.communitywomensclub.com. No reservations needed.

The Brevard Antiques and Collectibles Club. The first Friday of the month at the Suntree / 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 Suntree (8300 Holiday Springs Road in Suntree/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.

"New York State Club on the Space Coast" meets the third Tuesday of every month for lunch, and presentations, except December. Find us on Facebook. Like us to stay in touch. All New York State friends, and guests welcome. Marie Russo-Dempsey, organizer, (321) 693-1856.



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/>

05-12 May – Traveling Wall and Vietnam Reunion at Wickham Park. 06 May Wreath Ceremony 1600-1830; Open with booths, food, vendors and ceremonies 09-12 May
05 May: Back Brevard Heroes (BBH) Hero Fest Celebration and BBQ to honor first responders and veterans at the VMC Plaza, Buildings and Park. 1000 - 1600. See details in April.
21 May – Senator Marco Rubio's Staff Mobile Office Hours at the VMC 1300-1500, specifically for Veterans and their families.

25 May – Mike Erdman Toyota Annual Memorial Day Ceremony at their dealership 0830-0930 on Hwy 520 just west of I95 in Cocoa. Special speakers, flag raising and unique ceremony for veterans, the Erdman team and the public.
27 May: Memorial Day Ceremony at VMC Plaza 0930-1100.
28 May: VMC Library Discussion Series 1800-1930. Wayne Rowe presents the "Adventures, of the Rebel Raider TALLAHASSEE: The Ship, the Captain and their stories". Frinks and snacks served.

04 Jun – Career Source Brevard Job Fare Including For Veterans 1000-1300 in the Melbourne Auditorium. Contact Lori Robinson via careersourcebrevard.com
08 Jun – Space Coast Honor Flight to Wash DC for selected veterans to visit their memorials. Guardian volunteers and other supporters welcome for ceremony to launch the flight – 0130 hours at the Senior Center in Wickham Park, Melbourne. Contact SCHF on 321-456-7031 or info@spacecoasthonorflight.org for more information.

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

Star Wars May the Fourth be with you!

Saturday, May 4, at 10:30 AM
Come join us for a watch party of the "Star Wars Episode 4: A New Hope" (1977)! This movie is rated PG and runs for about two hours. There is no charge for admission to this event. This program is for all ages.

Movie Matinee: Moana

Friday, May 17 at 11:30 AM
Come and join us for the movie "Moana" (2016) for Asian American Pacific Islander Heritage Month! This movie runs for just under 2 hours and is rated PG. There is no

charge for admission to this event. This program is for all ages.

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. No class on 2/21.

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. No Zumba class on February 9 and 23.

Yoga with Pam

Fridays from 2-3pm. This class is suitable for all bodies. \$5/class. No classes on February 9 and 23.

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

Cards with Ree

1st Thursday from 12:30PM - 2:30PM
Cost is \$5 for instructions and \$5 for supplies.

Community Support Advocate

May 14 and 28 from 9AM - 5 PM
Do you need assistance with Job/Career assistance, social security related benefits, senior resources, etc. Please contact the

reference department to schedule an appointment or contact Dr. Lisa Montgomery at lmontgomery@brev.org

Tuesday Book Club

2nd Tuesday from 2PM - 3PM
Join us each month to share your thoughts on selected books. This month we will be reading The Last Train to Paradise by Les Standiford.

Senior Art Therapy Class, Watercolor or Painting

3rd Wednesday, 1PM-2PM
Cost \$10 - \$5 instruction and \$5 for materials.

Friends of the Library Book Sale

April 26 and 27 from 9AM - 4PM

Tech One-on-one with a Librarian

Tuesdays from 9:30am-11:30am

Eau Gallie Ukulele Society

First and Third Saturday Morning from 10:30AM - Noon

Master Gardener Plant Clinics

Second and Third Friday from 2PM - 4PM

SHINE

Third Wednesdays from 9 AM - 12 PM

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

DeGroot 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	Line Dancing Class with "Dance Lady" Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	Materials are provided. Book Club First Thursday, 1:30PM	covers all supplies. Registration is required as space is limited.
Hooks and Needles Tuesdays, 1:00PM – 2:00PM	Crafternoon First Wednesday, 2:00PM-3:00PM.	Painting Class First Thursday, 6:00PM Fee is \$10 and	Cook the Book Club Third Thursday, 6:00 PM

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

Change Suntree Book Club 4th Tuesday Sit-n-Stitch 1-3pm, meets first & third Wednesdays.	International Plastic Modelers 6-7:45pm. Meets second Tuesdays.	Books are ALWAYS Better Book Club 3rd Monday, 6:30-8pm	Tai Chi Class with Brad 2nd Saturdays, 9:30-10:30am
TGIF Seaside Piecemakers 9am-1pm, meets second & fourth Fridays.	Suntree Library book club. Meets fourth Tuesday.	Space Coast Modern Quilting Guild (SCMQG) 9am-12pm, 3rd Wednesday	Brevard Authors Critique Group 1st & 3rd Thursday, 10am-1pm
Non-Fiction book club , 3-5pm, meets fourth Tuesday	Wednesday Art Group , 1:30-4pm. Meets second Wednesday	Multiple Myeloma Support Group 4th Mondays 10:30am-12:30pm	Neighbors Book Club 3rd Thursdays, 2-4:30pm
Brevard Investment Education Group 10:30am-1pm. Meets second Mondays.	Seams Unique Fiber Artists (SUFA) 10am-3pm, meets 3rd Monday	Neighbors "Coffee and Conversation" First Mondays, 9:30am-11:30am	

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

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!
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Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersseniorcenter.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	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	New Horizons Concert Band 9am - 11am New Horizons Jazz Band 12pm-2pm	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
TUESDAY Art & Painting 9:00-12:00 Morning Stretch & Exercise 9:00-10:30 *SHINE Counselor 9:45-11:45	WEDNESDAY Bone Builders 9:00-10:00 TOPS 9:30-11:00 Writing Workshop 9:30-11:30 Video Exercise 11:30-12:30 Spanish Conversational Class 12:30-2:30	THURSDAY Water Colors (Begin/Inter) 9:00-12:00 Gentle Yoga 10:30-11:30 Morning Stretch & Exercise 9:00-10:30 *SHINE Counselor 9:45-11:45 Intermediate Tap 10:30-12:00 Sewing Circle (4th Thurs) 10:30-1:00 Karaoke 11:00-3:00 Chair Stretch & Balance (2nd&4th) 2:00-2:50	SATURDAY Dance 2nd & 4th Sat 7:00-10:00pm

MAY 2024 SENIOR CALENDAR (continued)

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

<p>Monday: 11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp</p> <p>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!</p>	<p>Tuesday: 10:00 am: Crafty Ladies (seasonal) 11:00 am: Euchre</p> <p>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</p>	<p>10:40 am: Happy Feet</p> <p>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</p>	<p>11:00 am: Pinochle 11:45 am: Posing to the Oldies (seasonal)</p> <p>Thursday: 10:40 Mat Yoga! We provide cushy mats and beginner levels. \$1-2 1:00 pm: Bingo</p>
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North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

<p>MONDAY-THURSDAY Billiards 9AM-3PM \$2/\$3 NBSC (321)268-2333</p> <p>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</p> <p>TUESDAY Pinochle 10AM-2PM \$2/\$3 Rachel</p>	<p>(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</p> <p>WEDNESDAY Bridge Lessons by Appt \$10 Rick (863)640-5798</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p> <p>SUNDAY Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333</p>
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Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gbpsc.org

<p>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</p> <p>TUESDAY PROGRAMS Billiards, Morning 8:30am-12pm Billiards, PM 12-4pm</p>	<p>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</p> <p>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</p>	<p>Darts 4:30-6pm (2nd & 4th Weds) Golf (Crane Creek on 192) 9:20am Travel Office open 9am-2pm Woodshop 8am-12pm</p> <p>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</p> <p>FRIDAY PROGRAMS Bargain Thrift Corner 3-6pm</p>	<p>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</p> <p>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.</p>
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Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 bcscwp.org

<p>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</p> <p>TUESDAY PROGRAMS Billiards- 8:30 am-4:30 pm Chair Yoga - 3:00-4:00 pm Rogue Bridge 12:15-4:00 pm</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>
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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

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, PA. 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 Guardianships: 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 BrevardParkinsons22@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:

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



8085 Spyglass Hill Road
Viera, Florida 32940
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 today!



VOLUNTEERS NEEDED!

New medical research studies are enrolling in Viera including:

- Alzheimer's Disease
- Asthma
- Fatty Liver Disease
- Fibrosis
- Gastroparesis
- Heartburn
- Lewy Body Dementia
- Memory Loss

Study participants may receive compensation for time and travel. No medical insurance is required. Call today or visit us online to find out if you qualify.



CLINCLOUD

(407) 680-0534

ClinCloudResearch.com



FREE MEMORY SCREENS