

OCTOBER 2025 SENIOR CALENDAR

CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458 55plusclubofsb.com

Bingo each Monday at SB Civic Center, doors open 9:30am, game begins 11am. Card fees apply.

Line Dancing Tuesdays and Thursdays at Schechter Community Center, 1pm-2pm. Fee paid at the door.

Game Night each Wednesday at Schechter Community Center, 6-9pm. Free!

Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am at Schechter Community Center Gym. Free!

Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersenseniorcenter.com

November 2 is our Open House here at the Center. Keep the date open and plan on coming please! Lots of vendors, preview of our activities, great music, food and fun. Our theme is Oktoberfest and there will be a lot of celebrating!

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

TUESDAY

Art & Painting 9:00-12:00

Morning Stretch & Exercise 9:00-10:30

Grief Counseling 2nd & 4th Tues
10:00-12:00

Line Dancing 12:00-1:30

Gentle Yoga 2:00-3:00

Tai Chi 2:00-3:00

WEDNESDAY

Bone Builders 9:00-10:00

Writing Workshop 10-11:30

Spanish Conversational Class 12:30-2:30

New Horizons Jazz Band 9am-12pm

THURSDAY

Water Colors (Begin/Inter) 9:00-12:00

Gentle Yoga 2:00-3:00

Morning Stretch & Exercise 9:00-10:30

Intermediate Tap 10:30-12:00

Karaoke 11:00-3:00

FRIDAY

Art & Painting 9:00-12:00

Bone Builders 9:00-10:00

Party Bridge 12:15-4:00

Spanish Class-Beginner Plus 12:30-2:00

Ballroom Dancing Class 2:00-3:00



**Helping Seniors
Sunday at the Museum**
1pm-4pm - Sunday October 26th 2025



**CHOOSE YOUR
ADVENTURE**

Helping
SENIORS
of Brevard

1pm-4pm Sunday October 26th 2025
American Muscle Car Museum - Melbourne FL

- * Tour the Museum Collection
- * Tour Classic Cars Outside
- * Brevard's Largest Trunk or Treat
- * Support Helping Seniors!

Get Tix Today - Kids are Free with Adult Ticket

OCTOBER 2025 SENIOR CALENDAR (continued)

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

Monday:
10:40 MOVE IT!!!
11:00 am: Mahjong: Drop in and play!
 Bring your board if you have one! \$2 pp
Monday & Wednesday:
9:30 am: Zumba Gold: Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for

Non-Members. 1st Class is FREE so come try it out... you won't be disappointed!

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

Tuesday & Thursday:
9:30 am-10:30 am Strength and Balance! Get Fit, Improve Balance, and Build

Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2
10:40 am: Happy Feet
11:30 Let's Dance

Wednesday:
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

Thursday:
10:40AM Tai Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo
1:00 Not Your Average Bingo

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321) 267-5923
Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Strength and Stretch 9am-10am Susan 540-220-4831

TUESDAY
Pinocle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321) 609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321) 264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321) 385-3595
Beginning Tap Class 9am-10am \$2/\$3
Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268-4827
Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945

WEDNESDAY
Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534
Zumba Gold 9:15AM-10:15AM \$7/\$8 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
Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm \$3/\$4
Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Zumba Gold Tone/Chair- Thursday 11AM-Noon \$7/\$8 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321) 609-0999
No Brevard Line Dance (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$5/\$6 Pat (321) 268-2333

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

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

TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm

Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wil Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:3-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinocle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm
Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am

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

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

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

TUESDAY PROGRAMS
Chair Yoga - 3:00-4:00 pm
Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker - 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm

WEDNESDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Duplicate Bridge - 12:30-4:00 pm
Euchre - 6:00-9:00 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS
American Mah Jongg - 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco - 12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinocle - 12:15-4:00 pm
Dealers Choice Poker - 11:30 am - 4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm

SATURDAY PROGRAMS
Shuffleboard Open Practice - 9:00 am - noon
Duplicate Bridge - 12:30 - 4:00 pm
Rubber Bridge - 12:30 - 3:30 pm



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

OCTOBER 2025 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:
Job & Volunteer Fair
Monday, Oct. 13th
10am - 1pm
One Senior Place

SPECIAL EVENT:
Healthy Living Day
Friday, Oct. 24th
11am - 2pm
One Senior Place

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Wednesday October 1st, from 11am and Thursday October 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. Call 321-751-6771 to RSVP.

Get Your Medicare Questions Answered, Wednesday October 1st at 10am and Friday, October 3rd at 4pm. Medicare coverage can be confusing and it is important to make the right decision for you and your health. There are a lot of choices to make, and you might even have health and/or prescription drug coverage from a current or previous employer that could affect your choices. Get a trained professional to help you by answering your questions. Call 321-751-6771 to RSVP.

FREE Liver Scans, Monday October 6th, Wednesday October 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.

Who Went There? Scat & Tracks Activity, Monday October 6th, at 2pm. Join Brevard Zoo staff for a hands-on exploration using ID cards to identify animal scat and tracks. Learn how to tell which animals have passed through an area just by the clues they leave behind. It's a fun and fascinating look at wildlife detective work! Seating is limited to 25, MUST call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays October 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.

Dietitian Series: Nutrition 101, Monday October 7th, at 10am. Everything you need to know about the basics of nutrition in 60 minutes! Topics include sugar, fat, salt, carbs, protein, vitamins & minerals, water, and caffeine. Call 321-751-6771 to RSVP.

What is IRCC & Can I Live There?, Tuesday October 7th, at 1pm. Curious about one of Brevard's most unique communities? Join us for an educational seminar where you'll learn what makes Indian River Colony Club (IRCC) so special. From its rich military heritage to its vibrant lifestyle, we'll cover who can live there, the amenities available, and what to expect if you're considering IRCC as your next home. Call 321-751-6771 to RSVP.

Legal Impacts of Living Together After 60, Thursday October 9th, at 10am. Cohabitation after 60 comes with legal and financial considerations. Discover how to protect yourself and your partner through proper planning. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

Movie Matinee Featuring Ghostbusters, Thursday October 9th, at 2pm. After the members of a team of scientists (Harold Ramis, Dan Aykroyd, Bill Murray) lose their cushy positions at a university in New York City, they decide to become "ghostbusters" to wage a high-tech battle with the supernatural for money. They stumble upon a gateway to another dimension, a doorway that will release evil upon the city. The Ghostbusters must now save New York from complete destruction. All registered attendees will receive a mini

BOO Basket. Movie, snacks, and other goodies provided by Rhodes Law, P.A. Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa - What is the GUIDE Model?, Friday October 10th, at 10am. This simple, step-by-step approach helps you feel confident in your healthcare, with the tools guidance, and peace of mind you need along the way. Presented by Lisa Conway, RN, CCM and Maureen Rabazinski, APRN. To RSVP call 321-751-6771.

Ask The Doctor Lunch & Learn Series: Minimally Invasive Hemorrhoid Treatments, Tuesday October 14th, from 11:30am. Complimentary lunch provided by Vascular & Embolization Specialists for all registered attendees. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday October 14th, at 2pm. Grab your lucky seat and get ready for an afternoon of laughter, friendly competition, and classic Bingo fun. It's free to play, easy to join, and always a good time with great company! Call 321-751-6771 to RSVP.

Planning for Pets: Caring for Furry Family Members, Wednesday October 15th, at 10am. Learn how to legally & financially plan for your pets' are if you're no longer able to. Attorney Ruth Rhodes and Financial Advisor Jim DeLaura will explain pet trusts, designating caregivers, and fund allocation for your pets future. Special guests: Space Coast Frenchie Rescue and Tiki the 110lb Tortoise. Call 321-751-6771 to RSVP.

5 Wishes & Ice Cream Social, Wednesday October 15th, at 2pm. Five Wishes was developed as the first advance care plan (ACP) to address personal, emotional, and spiritual wishes, in addition to medical treatment. Ensure your family knows what matters most to you when you arrive at end-of-life. Complimentary ice cream for all registered attendees. Call 321-751-6771 to RSVP.

iPhone and iPad: MAC Mad User Group, Tuesday September 16th, at 5:30pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? Presented by Jim DeLaura, RJFS and MAC Mad.

Shoulder Pain, Thursday October 16th, at Noon. Are you dealing with stiffness, limited mobility, or nagging shoulder pain that just won't go away? This educational session with Aquatic Health & Rehab will help you understand common causes of shoulder pain and explore treatment options that can bring relief. You'll learn about the role physical therapy and aquatic therapy can play in reducing discomfort, restoring movement, and improving your quality of life. Presented by Dr. Terry Shepherd. Call 321-751-6771 to RSVP.

Living Well With Diabetes Part 2: Complication Prevention & Medication Management, Monday October 20th, at 1pm. This session will focus on preventing common diabetes complications, understanding how medications work, and gaining the confidence to stay on top of your care plan. Presented by Patricia Seemann with Mobile Medical. Call 321-751-6771 to RSVP.

Medicaid Planning, Tuesday October 21st, at 10am. Planning ahead for long-term care can feel overwhelming, especially when it comes to understanding Medicaid and how it fits into your future. In this educational seminar, attorney William A. Johnson will explain the basics of Medicaid planning, including eligibility, asset protection, and strategies to help cover the high costs of care. Call 321-751-6771 to RSVP.

Pilates Overview, Tuesday October 21st, at 11:30am. Discover how Pilates can support strength, flexibility, and balance at any age. In this educational session, instructors from Powerhouse Pilates will share the fundamentals of this low-impact exercise method and explain how it can improve posture, core stability, and overall well-being. Call 321-751-6771 to RSVP.

iPhone & iPad Users Group, Tuesday October 21st, at 5:30pm. Join the MacMad User Group for an educational session designed to help you get the most out of your Apple devices. Each month, the group explores topics related to iPhones and iPads and provides practical tips to make everyday use easier. There's also time for Q&A, so bring your questions - whether it's about settings, apps, or troubleshooting - and get answers from experienced Apple users. Call 321-751-6771 to RSVP.

Estate Planning, Thursday October 23rd, at 10am. William Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset

transfers, beneficiary designations, probate, and homestead. Call 321-751-6771 to RSVP.

AARP Smart Driver Course, Monday October 27th, 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.

Veterans' Benefits Unlocked: Discover the Resources You Deserve, Tuesday October 28th, at 10am. Discover the financial resources available to veterans and their families. Learn about: underutilized benefits, what can help pay for long-term care, and the benefits you deserve. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

Chakras 101, Tuesday October 28th, at 2pm. Curious about chakras and how they relate to your well-being? This introductory session will explain the basics of the body's seven main energy centers and how they connect to physical, emotional, and spiritual health. You'll learn simple ways to bring balance to your energy system and gain insight into practices that promote relaxation, clarity, and overall harmony. Perfect for beginners, this session is designed to be informative and approachable. Call 321-751-6771 to RSVP.

Senior Trick or Treating, Thursday October 30th, at 1pm. Why should kids have all the fun? Stroll from table to table, collect sweet treats, and enjoy the festive spirit of the season. Costumes are encouraged (but not required), so bring your Halloween spirit and get ready for a playful afternoon of candy, laughter, and community. Call 321-751-6771 to RSVP.

FUNCTIONAL FITNESS CLASS - LIMITED TIME

Stay Steady, Stay Strong, Fridays October 3rd through November 21st, at 8:30am. Beginning Friday, October 3rd for 7 weeks only. This special pop-up functional fitness class with Mike Peterson of Are We Living will help you improve balance, build strength, and boost energy. Join seated or standing - but don't wait, spots are limited! Call 321-751-6771 for more information. (NO CLASS: Friday, October 24th due to Healthy Living Day)

SUPPORT GROUPS

Connected: A Spiritual Exploration Support Group, Wednesdays October 8th and 22nd, at 10am. This group is not affiliated with any religious denomination and is not intended to challenge, debate, or conflict with anyone's personal beliefs. All are welcome regardless of religious background, spiritual experience, or belief system. This is a space for open-minded exploration, respectful listening, and personal growth. Facilitated by Nina Dockery, EdD.

Loss, Grief & Bereavement Support Group, Thursdays October 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.

Alzheimer's & Dementia Support Group, Wednesday October 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

Liberty Company: Veteran Social Club, Wednesday October 1st, at 10am. Connect with fellow veterans over coffee and hear from guest speakers sharing valuable information about resources and services available specifically for veterans. Every first Wednesday of the month.

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 \$10 a year - New members are welcome! The Club each Monday 9-1pm. This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

CONTACT INFORMATION:

Chassity Inglis, Assistant Director
Chassity@OneSeniorPlace.com | 321-751-6771
One Senior Place, 8085 Spyglass Hill Road, Viera, FL 32940

OCTOBER 2025

Helping Seniors Resource Center Events

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

Key Events:

The 9th Annual Helping Seniors Car Raffle

1pm - 4pm Sunday October 26th 2025 - American Muscle Car Museum

- Win Your Pick of 7 Great Brand New cars in our Helping Seniors Car Raffle!
- Mark Pieloch's American Muscle Car Museum collection - 500 Classics inside!
- Tour 100+ Brevard's Great Cars from Best Car Collectors countywide outside!
- See Brevard's Best displays - those Serving Seniors - at the Museum!

- Water, Soda, Cookies courtesy of the Museum (while supplies last)
- Kids are Free (with paid Adult ticket) - Brevard's Largest Trunk-Treat Afternoon!

Get your tickets today at HelpingSeniorsCarRaffle.com or call (321) 473-7770

Helping Seniors Car Show at Calvary Chapel - Saturday Oct 18th - 8am-12nn

Calvary Chapel Melbourne - 2955 Minton Road - West Melbourne FL. Just ahead of 9th Annual Helping Seniors Car Raffle - join us for a HUGE Car Show!

Senior Resource Center Events:

Lunch & Learn Medicare/Medicaid - Friday Oct 10th - 1100am-1230pm

Joe's Senior Resource Center - 1344 S Apollo Blvd

- 2nd Floor - Melbourne FL 32901. Presented by Moore Insurance Solutions - Free but RSVP Required (321) 473-7770

Senior TechTalk - Friday Sept 12th - 100pm-230pm

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901. "Smart Phone Basics" - Let's learn the basics for Smartphones to navigate technology safely and efficiently.. Free! RSVP at (321) 473-7770

Knowledge College for Aging - Thursday Oct 23rd - 10am-11am

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Real Estate for Seniors - Carlett Deliquadri, Flamazing Real Estate, share tips about Downsizing and Buying/Selling Real Estate as Seniors. Kerry Fink, Helping Seniors, moderates. Coffee/Snacks and great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thurs Oct 23rd - 11am-12nn

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Medication Management - Dr. Chrisita Cornish (Faith Walk by Two) shares her expertise as a licensed pharmacist to help keep us safe from RX interactions and "polypharmacy." Coffee/Snacks and great info! RSVP at (321) 473-7770

AARP/Helping Seniors Events:

AARP Walk with a Doc - Friday Oct 10th - 845am-945am

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Meet Lydia Rivera, ARNP, Family Medicine & friends from Helping Seniors on-site!

More Great Events:

Golden Providers B2B Networking Lunch - Tuesday Oct 21st - 1100am-1230pm

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL. Great Business-to-Business Learning & Networking for those who serve Seniors

More Helping Senior Car Raffle Fun:

Cars & Coffee at Tint World - Saturday Oct 4th - 9am-12nn

Tint World - 3945 W Eau Gallie Blvd - Melbourne FL

Friendly's Car Show - Thursday Oct 9th - 5pm-8pm

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

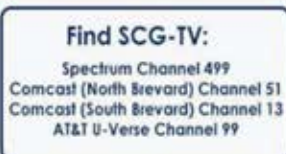
Immaculate Conception - All Masses - Oct 11th & 12th

Immaculate Conception Catholic Church - 780 S Hwy A1A - Melbourne Beach

Burger Inn Car Show - Thursday Oct 16th - 4pm-8pm

1819 N Harbor City Blvd - Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Oct 1	Wed	Al Dia Today	Updating Your Estate Plan	Best Home Care Ideas	KCA Advances in Medical Research
Oct 2	Thu	Wellness: College of Natural Health	What Chaplaincy Means	AARP / Hometown News	Understanding Medicare Options
Oct 3	Fri	The Parts of Medicare	KCA: Retirement Finances	Wellness: Skin Health	Capital Update
Oct 6	Mon	Guardianship: The Basics	Rock Steady Boxing	Finding Good Place for Mom or Dad	Senior Info in Senior Scene
Oct 7	Tue	The Dental Experience	Considerations in Home Care	KCA: Organizing Paperwork	Medicare Supplement or Advantage
Oct 8	Wed	Turning 65? Medicare need to know	Wellness: Express Thoughts Clearly	Your Aging Plan - What it is!	How to Cruise Successfully
Oct 9	Thu	Durable Power of Attorney	Great Employment for Seniors	Wellness: Footcare & Wellness	Two Assisted Living Questions
Oct 10	Fri	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	The Business of Helping Seniors	Capital Update
Oct 13	Mon	Senior Events & Expos	Checking Out Zon Beachside	15 Years of Helping Seniors	Probate - What it is/How it works
Oct 14	Tue	The Helping Seniors Travel Club	KCA: Medicare/Medicaid	Don't Go Broke at Nursing Home	5 Steps to Staying Safely at Home
Oct 15	Wed	Finding Good Place for Mom or Dad	When Assisted Living is Appropriate	Smile - Form & Function	Technology & Home Care
Oct 16	Thu	Chefs for Seniors	Volunteering at Helping Seniors	What Chaplaincy Means	Wellness: Rock Steady Boxing
Oct 17	Fri	VA Aid & Attendance Benefits	Case Management: What is it?	Considerations in Home Care	Capital Update
Oct 20	Mon	Cosmetic Dentistry	5 Steps to Staying Safely at Home	Helping Seniors & MSC Cruises	Golden Providers - Biz to Biz
Oct 21	Tue	KCA: Long Term Care Planning	Senior Info in Senior Scene	Power of Attorney & Super Powers	The Parts of Medicare
Oct 22	Wed	KCA Advances in Medical Research	Best Home Care Ideas	Turning 65? Medicare Need to Know	Faith College of Natural Health
Oct 23	Thu	Rock Steady Boxing	15 Years of Helping Seniors	Probate: The Basics	KCA: Retirement Finances
Oct 24	Fri	Helping Seniors Directory	The Business of Helping Seniors	Zon Beachside	Capital Update
Oct 27	Mon	Concierge Home Care	Understanding Medicare Options	Two Assisted Living Questions	The Helping Seniors Travel Club
Oct 28	Tue	Considerations in Home Care	Medicare Supplement or Advantage	Volunteering at Helping Seniors	Case Management: What is it?
Oct 29	Wed	KCA: Your Legal Plan	Trusts	Finding Good Help at Home	Senior Events & Expos
Oct 30	Thu	Things to Know About Elder Law	Wellness: Rock Steady Boxing	Finding Good Place for Mom or Dad	Periodontal Disease
Oct 31	Fri	What Chaplaincy Means	Faith College of Natural Health	Wellness: Senior Solutions Mind	Capital Update



Date	Day	Program	Special Guest
Oct 1	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Oct 8	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Oct 15	Wed	Helping Seniors on Elder Law	Cheryl Ward, Esq.
Oct 22	Wed	Helping Seniors on Help at Home	Jennifer Barton
Oct 29	Wed	Helping Seniors on Senior Living	Kerry Fink
			William A Johnson, PA
			Sheldon & Furtado, PLLC
			Law Firm of Cheryl A. Ward
			Seniors Helping Seniors
			Helping Seniors of Brevard
			Elder Law - Need to Know
			Dental Health & Related
			Elder Law - Need to Know
			About Companion Care
			Helping Seniors on Senior Living