

THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS 50+

# SENIOR SCENE<sup>®</sup>

OCTOBER 2025

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Andy Griffith



Monumental HSOB Car Raffle

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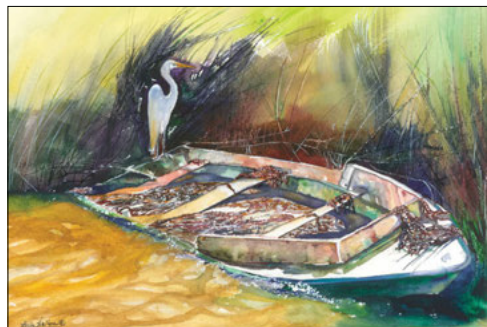
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# Letter from the Publisher



**W**as that wings I just heard flapping? Could it be the sound of Snowbirds returning? We love the increase in activities and diversity that you bring each year. Welcome back! Thank you for choosing our beloved Space Coast. And to all those that will be cruising with us, have a fun and enjoyable experience.

This time of year also signals the return of the new seasons for our many Space Coast entertainment organizations such as the Brevard Symphony Orchestra and King Center. Hopefully, you will have the opportunity to safely enjoy some of these wonderful events.

As some of our expos and health fairs return this fall, you have the opportunity to visit numerous companies and organizations that service our mature residents all at once and in one location. Use this opportunity to learn more about their products and services in an informal setting while seeking information and answers to your many questions.

Once again we are quite proud of the great articles and information provided this month. Hope you enjoy them. Did you know that we offer a monthly bonus article exclusively on our website? Presented by Buena Vida Estates in Melbourne. This month a topical article on positivity. Check it out.

Remember - Live, Laugh and Love. See you next month.

*John*

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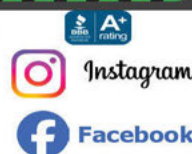
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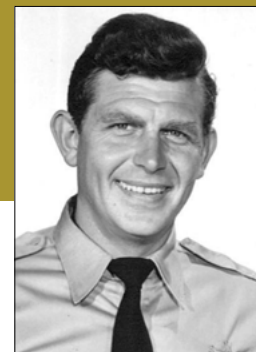




# TALK WAS.....

## Andy Griffith- A Man True to His Roots

By George Khoury



**H**e patrolled the mean and ugly streets of his city as a peace officer without a gun. He relied on his wit, charm and home spun good nature and common sense. Andy Griffith left his legacy in so many ways.

Born June 1, 1926 in Mt. Airy, North Carolina, the model for Mayberry. Young Andy always had music in his heart. While growing up he had visions of becoming an opera singer or preacher. He pursued music at the University of North Carolina and in 1949 graduated with a degree in music. It was while he was at UNC that he met his future wife, Barbara Edwards.

While teaching music in a high school for three years, he and Barbara developed a stage act that was to help develop Andy Griffith into the beloved Andy Taylor. The act involved singing and dancing and Andy doing down home monologs. He became known for his story telling with Southern charm and flavor. His popularity grew to the point that in 1953 he released a record album of his monologs.

With the success of the album Barbara and Andy moved to New York and in a year made an appearance on The Ed

Sullivan. Sullivan and audiences loved them.

His career was rocketing. After the Sullivan show, he was on Broadway in "No Time For Sergeants." Broadway loved him and he was nominated for a Tony. When the film for "No Time For Sergeants" was to be produced Andy was a natural to reprise his role.

Hollywood agreed with Andy because in 1957 his breakout role came in a film called, "A Face in the Crowd." This was a great departure from the loveable country roles he was used to playing. The film paid off for him in other ways besides establishing him as credible actor-he met Don Knotts. The creative union was to last until Knotts left the Andy Griffith Show many years later.

1960 found him again on Broadway in "Destry Rides Again." Andy dazzled the critics and was a Tony nominee for

---

*Andy Griffith- A Man True to His Roots cont'd on pg 46*

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# Steamboats on the Indian River Lagoon

By Diane Barile

**B**efore the Civil War, Brevard County had an isolated population of about one hundred spread over land and water from near Titusville to Jupiter Inlet on the south. The only inlet from the Atlantic was at Jupiter.


Titusville, during the Civil War, was a transfer point for contraband from the Bahamas through Mosquito Inlet. Goods were transferred to boats on the St. Johns River to Confederates to the north. Henry Titus, himself a blockade runner, established a hotel, first for fellow blockaders, then northern tourists. Titusville was a rough and tumble place with an uncomfortable eight to twelve mile carriage ride through wet prairies and marsh. Small steamboats picked up tourists for a winding ride to meet larger steamers at Sanford for the trip to the trains in Jacksonville. The adventure could take three to five days.

Confederate Officer Gardener Hardee settled in a place he called Rockledge on the Indian River Lagoon. It was a short three mile ox drawn tram ride to the St. Johns steamers. Upscale hotels, one with three hundred rooms, lined the lagoon shore. Rockledge, for several years, was the southernmost tourist center on the Florida east coast. But the town was short lived. A railroad, the Tampa, Sanford and Key West Line, was extended from Sanford to Titusville

erasing the need for the St. Johns River link to the landings for steamboats.

Titusville became the most traveled location from 1888 until 1892. It became the jumping off point for tourists, settlers and sportsmen into the entire Indian River Lagoon region. At one point there were six steamboats operating on fixed schedules on the lagoon. Settlements like Eau Gallie, Melbourne and Malabar and places further south could now send fresh winter vegetables and pineapples to northern markets. Travel now took only one to two days.

A greater force was yet to impact the region. Henry Flagler, the Standard Oil magnet, had spent many winter seasons in St. Augustine and could sense the impending development of Florida. He had originally expected to run his trains as far south as Eau Gallie. But Melbourne Mayor Branch approached Flagler about making Melbourne the southern terminus. Branch was not the only one to lobby Flagler. Indeed the line was extended to Palm Beach giving daily service by train to the extent of Florida.

In less than thirty years, the steamboat era on Indian River Lagoon ended, moving the area from a desolate backwater to a flood of tourists, sportsmen and settlers and welcoming cities and towns. 

## LUXURY VACATIONS

**Celebrate America's 250th Birthday** with me in South Dakota. They will celebrate with fireworks at Mount Rushmore, and Deadwood, a town in the Black Hills, will also be part of

the festivities, with events planned to commemorate the nation's history as we enjoy **America's Greatest Treasures, July 3-11, 2026.**

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## COVER STORY

# Award Winning Watercolor Artist/Instructor - Lolly Walton

I am a self taught artist beginning my art journey in high school. It wasn't until 1997 that I took watercolor lessons at Miami Dade Community College and Fairchild Gardens in Miami. I was hooked on watercolor and COLOR. I enjoyed transforming a blank piece of paper into a piece of artwork that reflected my personality and style. After retirement, in 2004, I relocated to Brevard County where I discovered a plethora of artistic talent and resources to improve my art, even today. I became involved in Brevard Watercolor Society in 2004. I served as President of BWS for two terms and served as chair of their annual show "Splash" for 5 years. I enjoyed every minute of it and learned so much. I continue to volunteer for BWS, as it

keeps me active, creative, and I meet the most interesting and artistic individuals.

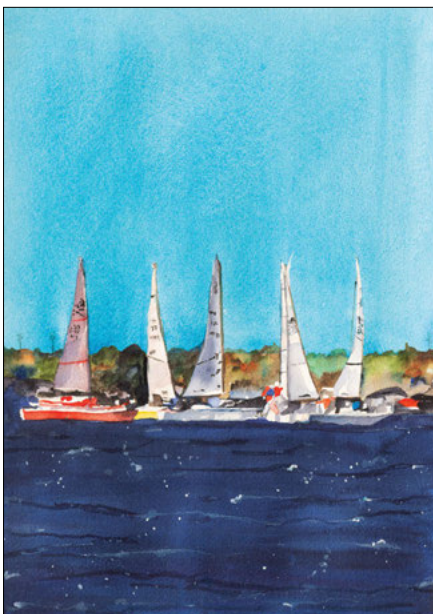
### DESCRIPTION OF WORK - "Creative Realist" Watercolor

My art journey continues as I try new ways to use my creativity. I refer to myself as a "CREATIVE REALIST". Using landscapes as my backdrop, I love to capture on paper the best nature has to offer. I can't leave behind my love for

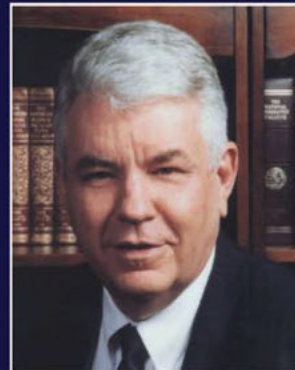


bright colors, texture and that unusual twist with some new found technique. My subjects are what I see on my life's journey. I hope by using my God given talents to express my thoughts on whatever material, leaves a lasting

*Lolly Walton... continued on pg 41*



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## The Big Ask ...

By Kerry Fink, VP/Exec Director, Helping Seniors of Brevard

**J**oe Steckler, our fearless founder was all about making lives better for Senior, established the Helping Seniors Car Raffle fundraiser years ago as a fun way to folks to support the work of our growing charity.

This year, the 9th Annual Car Raffle is right around the corner and we need your help more than ever before!

This effort is literally ½ of our Annual Budget and when you donate for your Raffle tickets, you are literally ensuring our ability to serve the growing number of Seniors and families who are calling us daily for help with navigating all things Senior - legal, medical, financial, transportation, health, and more - in 2026.

And, when you get your Car Raffle ticket - 1 for \$25 donation or 5 for \$100 - you not only support the work our 15 years of service charity going forward, you also just might take home your selection of 1 of 7 brand new vehicles from the Boniface Hiers group of dealerships.

And, while you need not be present to win, another benefit of your entry in the drawing is your invitation to join us 1pm-4pm Sunday afternoon October 26th at the American Muscle Car Museum!

You'll tour Mark Pieloch's amazing collection of nearly 500 top quality cars - something only possible when Mark opens his doors to help our local charities! In addition, there will be 100+ Best of the Best of Brevard Classic Cars outside as well for you to explore - and, as this is the last weekend in October, we've added Brevard's Largest Trunk or Treat to the fun as kids are free, with Adult ticket.

The whole afternoon is designed to be a family-friendly fall fun "Afternoon at the Museum" and, in addition to the automotive fun inside and out, our Brevard Adventure Village returns spotlighting some of the best things to see and do in Brevard County and our Helping Seniors team is also planning a series of table-top displays so that you can pick up

*The Big Ask... continued on pg 43*



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# When Should A Beneficiary's Inheritance Be Held In Trust?

By Attorney Truman Scarborough

Sometimes it is best to place a beneficiary's inheritance in a trust to be controlled and managed by a responsible individual. These beneficiary trusts are created either as testamentary trust within a will or as sub-trust within a revocable living trust. Normally, they come into being and are funded at the passing of the person making the gift.

There are various reasons why it might not be wise to have direct distribution to a child. A child could have substance abuse problems or is unable to manage money responsibly and would squander the inheritance. If a child has creditor or marital problems his/her inheritance can be placed in trust to protect it in case there is a lawsuit or divorce. When the child can reach an asset, generally the child's creditors can as well. There are "spend thrift" provisions that can be included in the trust to help prevent creditors from reaching the trust assets. For maximum protection, it is best not to have periodic payments but provide that distributions are made at the trustee's discretion.

When a beneficiary is receiving Supplemental Security Income (SSI), there is a need to place an inheritance in a special kind of trust. If the child receives an inheritance,

the government can claim a right to reimbursement and disqualify the child from future SSI and Medicaid benefits. However, if the inheritance is placed in a "Special Needs Trust" the child can utilize trust funds for certain purposes without the loss of benefits.

For a younger beneficiary, placing his/her inheritance in trust can be helpful for two reasons. First, if not in a trust, the minor's funds may need to be managed by a court appointed guardian or the custodian of a Uniform Transfer to Minors Account. Second, a beneficiary (even over eighteen) may not have the maturity to handle money wisely.

Although a grandchild may not initially be named as a beneficiary, the grandchild could become a beneficiary if the primary beneficiary dies. Placing a grandchild's inheritance in a trust allows you to specify how the funds can be used. Distributions could be restricted to certain expenses, like education and health or you could give the trustee discretion on how the funds are used. There can be a single trust for all grandchildren or separate trusts for each grandchild. With a

*Beneficiary's Inheritance ... continued on pg 41*

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## SENIOR SCENE MONTHLY TRAVEL TIPS

### 10 Things To Do As Soon as You Get to Your Cruise Cabin (Part 2)

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



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**Y**ou have stood in line during the boarding process, got the onboard photographer for that embarkation day picture or politely declined it, and navigated your fellow passengers flooding the ship's public areas and corridors on their way to their onboard destinations. Finally, the door to your cabin is right in front. Now you can start to relax and take in all that you deserve on your cruise vacation.

Nothing quite feels so good like finally arriving in your cruise cabin. And while relaxing in your room should be high on your list of embarkation day activities, don't neglect others that are just as important.

Here are 10 things we recommend you should do as soon as you arrive in your cruise cabin to ensure your vacation gets off to a smoother start.

#### 6. Put your Phone on Airplane Mode

Getting a tremendous phone bill for roaming charges is not anyone's idea of a good time. But that's exactly what may

happen if you forget to toggle your cell phone to airplane mode before leaving your embarkation port. If you would rather keep your phone operational until your ship sails away to make any phone calls or upload pictures to your Instagram account, set your phone alarm to at least an hour before sail away. We do not want to see you get a \$1500 phone bill!

#### 7. Activate Your Wi-Fi Package (If You Purchased One)

If you purchased a wi-fi program or it came with your cruise package for your cell phone or any other accessories, make sure to activate as soon as possible. The process should be straightforward, but if you were to run into any issues, it's best to iron them out while you still have cell phone coverage at your embarkation port. Also, the quicker you set up your Wi-Fi connection, the sooner you can start sharing fabulous pics on social media of your cabin and the ship.

*10 Things To Do... continued on page 43*

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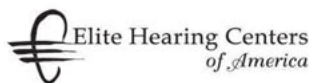
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# Windows 11 Hidden Features

By James Bowman, Data Rescue Computer Service

**W**indows 11 does have quite a few “hidden” or lesser-known features that Microsoft doesn’t always advertise front-and-center. Many of them can make your experience smoother, faster, or more customizable. Here are some worth knowing:

## ■ Productivity & Multitasking

### ● Snap Layouts & Snap Groups

Hover your mouse over the maximize button (or press Win + Z) to quickly snap windows into organized layouts. Windows remembers these groups when you switch between tasks.

### ● Virtual Desktops (Desktops 2.0)

Press Win + Tab to manage multiple desktops, each with different wallpapers and apps. Great for separating work, gaming, and personal tasks.

### ● Clipboard History

Enable it in Settings → System → Clipboard and press Win + V to see your clipboard history and pin frequently used items.

### ● Focus Sessions in Clock App

Open the Clock app to find a built-in “Focus” timer with Spotify and To Do integration for productivity sprints.

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## ■ Personalization & Customization

### ● Hidden Right-Click Menu

By default, Windows 11 shows a simplified right-click menu. Press Shift + Right-click (or “Show more options”) to access the full legacy context menu.

### ● Accent Color on Title Bars

In Settings → Personalization → Colors, toggle “Show accent color on title bars and windows borders” to make windows easier to distinguish.

### ● Start Menu Folders

You can group apps in the Start menu into folders (like mobile home screens) for cleaner organization.


## ■ System Tools & Shortcuts

### ● Secret Power User Menu

Right-click the Start button (or press Win + X) for quick access to Device Manager, Disk Management, Windows Terminal, and more.

### ● Dynamic Refresh Rate (DRR)

If you have a high-refresh display, go to Settings → Display → Advanced display and turn on DRR to automatically save battery by lowering refresh when idle.




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Windows 11 Hidden Features continued on page 47





# What's the Deal with Life Insurance?

By Max Valavanis, CFP®, CFS®

**A**lthough it might sound strange, you can compare life insurance to cars. You can have expensive cars, muscle cars, and simple ol' reliable cars. Life insurance also has many options. However, when you boil it down, different models can serve the same purpose. For vehicles, it takes you from point 'A' to point 'B'. For life insurance, the goal is to give loved ones a benefit if you pass away. Where this comparison differs is that most people appear to own vehicles, but the American public can still be apprehensive about purchasing life insurance. According to LIMRA, roughly 90% of consumers agree that everyone needs a version of life insurance; however, as of 2020, only 54% of American adults own a policy.

One possible reason for this inexplicable discrepancy could be misinformation. LIMRA ran a study comparing the amount people expected to pay to obtain a life insurance policy. The results were staggering... The average American guessed the cost to be twice as much as the actual price. This disconnect pushes people further from getting the insurance they or their family may desperately need. The core act of obtaining life insurance is largely a selfless one. The idea of spending money to provide a benefit the insured will never see is a strange

mindset some people may never be able to wrap their minds around. Moreover, the best time to purchase a life insurance policy is when you are healthy! This is when the costs are the lowest, and you may be able to lock in great coverage for a remarkably low price. Unfortunately, when people are healthy the last thing they think of is what may happen to their family's finances if they pass away.

As a Certified Financial Planner™, I have witnessed firsthand families experiencing the financial difficulties that follow the death of a breadwinner or spouse. Whether it is replacing income or paying off a mortgage, life insurance tends to be a silver lining when a family member passes away.



*What's the Deal with Life Insurance? continued on page 45*

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## How Obesity Leads to Diabetes

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

Faulty insulin activity might not be driving diabetes in people with obesity, a new study hints. Instead, consuming a high-fat diet triggers a surge of neurotransmitters across the body, leading to the rapid breakdown of fatty tissue in the liver. Neurotransmitters are your body's chemical messengers. They carry messages from one nerve cell across a space to the next nerve, muscle or gland cells. These messages help you move your limbs, feel sensations, keep your heart beating, and take in and respond to all information your body receives from other internal parts of your body and your environment.

People with obesity are ten times more likely to develop diabetes compared to lean people. Researchers trying to understand why have found an answer in the same system that drives the body's fight-or-flight response. The findings, in mice, challenge long-held assumptions about how eating too much can make you sick.

A recent study suggests that consuming a high-fat diet triggers a surge of neurotransmitters across the body, leading to the rapid breakdown of fatty tissue in the liver, a process usually kept checked by the release of insulin. The liberation of high levels of fatty acids is linked to a host of health conditions, from diabetes to liver failure.

Researchers previously thought that the main problem in obesity-driven diabetes was faulty insulin activity, which means that the body cannot stop the dangerous release of fatty acids. But, instead of the brakes not functioning, the study finds that there is a separate lever, neurotransmitters in the liver and other tissues, pressing hard on the accelerator. This is indeed a paradigm shift. More than 890 million people worldwide have obesity, which is a major risk factor for developing diabetes and other metabolic disorders. Researchers have long known that the disease progresses when insulin stops reducing glucose levels in the blood.

Researchers from Rutgers University had been studying the role of insulin in the brain in regulating metabolism for a long time, so they turned their attention to the sympathetic nervous system, which delivers neurotransmitters such as norepinephrine to tissue all over the body. The researchers used a mouse model that they had previously developed, in which they deleted a



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gene that expresses a key enzyme required to produce these neurotransmitters. The gene was deleted in only the mouse's limb and some organs, not its brain, to ensure it could survive.

*How Obesity Leads to Diabetes continued on pg 45*

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# Benefits of Music Therapy

By Traci Graf, RN

**R**ecently, I had a friend tell me how much music helped her get through difficult times after the loss of her husband. I knew she loved music; I have watched her be completely immersed in a song she likes. With her eyes closed and body moving to the rhythm she is focused on the music. She told me that during her deepest grief, music gave her a way of expressing her emotions when she could not find the words. We used music in the Operating Room to put the surgeon in a good mood. Many had music that was calm and soothing while doing the procedure and then something more upbeat when we were finishing up. As always, I started some more serious research for this article and was pleasantly surprised at the advancements in music therapy for many reasons but the most interesting was the effects it has on people with dementia.

According to a study in 2020 by the National Institutes of Health, over 50 million people worldwide live with some form of dementia and the amount is predicted to triple by 2050. Many people with dementia enjoy music but the study revealed some amazing outcomes. They found that playing music can alter brain function and can improve areas of the brain involved in speech, learning, attention, and memory. The benefits were seen even in people who are no longer able to verbally communicate. Music can directly connect us to memories, experiences, and emotions. Musical memories are often untouched by Alzheimer's and accessing them can help someone relive wonderful experiences from their past. The study found even better results in quality of life when the period of listening to music was followed by singing.

There are 2 types of formal music therapy regularly used in pediatrics, mental health and seniors; active is where the person participates in picking the music, maybe playing an instrument, or singing along to the lyrics. Receptive music therapy involves mindful listening to carefully chosen songs that can reflect the person's culture, generation, and personal experiences. Anyone though can incorporate music

therapy into their life simply by listening to music you love. Let the choice reflect your current feelings. Emotions like sadness and grief can be expressed in a 3-minute song allowing a safe place for intense feelings.

The NIH study did show there were no long-term benefits from music therapy, the effects did not last long after the music ended. Using music in your life to benefit your physical and mental health on a regular basis though can be very beneficial at any age. Consider helping a senior in your life create a Pandora or Spotify playlist full of songs from their youth that they can easily access for hours of enjoyment. <sup>⑤</sup>



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# Do I Really Need to Worry About Breast Cancer and Mammograms?



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Lisa Conway

**Y**es, you do! October is Breast Cancer Awareness Month, the perfect time to highlight the importance of prevention, early detection, and ongoing care. Breast cancer is the most common cancer diagnosed among women in the U.S.

Regular screenings, first and foremost -- are essential. Mammograms remain THE most effective tool for early detection of breast cancer. You should speak with your healthcare provider about when to begin mammogram screenings based on your personal and family health history. Early detection often makes treatment more effective, so understanding and following screening guidelines can literally be lifesaving.

Self-awareness is another key factor. While monthly self-exams are no longer officially recommended as a primary detection tool, being familiar with the normal look and feel of your breasts can help detect changes more quickly. We often focus on women when we talk about breast cancer, but guys, it can occur in men as well.


Lifestyle choices also play an important role in prevention. A balanced diet rich in fruits, vegetables, and lean proteins




supports overall health, while reducing alcohol consumption has been shown to lower breast cancer risk. Regular physical activity not only improves cardiovascular health and helps maintain a healthy weight, but it can also reduce the likelihood of developing certain cancers. Even small changes, like incorporating daily walks, can make a difference.

Risk factors -- let's talk about them. Genetics, family history, and age all play a role. While these can't be changed, awareness will help you make informed decisions. For those at higher risk, doctors may recommend additional screenings or preventive strategies.


Breast Cancer Awareness Month is an opportunity to remind others that they are not alone. Participation in support groups, wellness programs, or community walks can help us all feel connected and motivated. Sharing stories of survivorship reinforces the importance of regular care and can inspire others to prioritize their own health.

For a holistic approach to breast cancer recovery, join us on October 22 for Healing Beyond Treatment, presented by an integrative nutrition health coach. RSVP to One Senior Place in Viera by calling 321-751-6771. 

*Lisa Conway is a Registered Nurse, Certified Dementia Practitioner and Certified Care Manager for One Senior Place Care Management, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.' One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Submit your questions to AskOSP@OneSeniorPlace.com. For immediate help, call 321-751-6771 or visit One Senior Place, The Experts in Aging.*





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# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

OCTOBER 2025

## Helping You Get Your Medicare Ducks in a Row!



Inside:

Getting Your Ducks in a Row for the 2025 Annual Enrollment Period.  
Smart Money Moves for Seniors: A Guide to Financial Confidence.  
Your Medicare Part-B Premium | Long-Term Planning – Lessons Learned.

### The 9th Annual **Helping Seniors** Car Raffle - Sunday October 26th



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**We Found Your Keys!**

**Kerry Fink**  
Executive Director - Helping Seniors

Will we find your Car Keys at the American Muscle Car Museum?

We absolutely could have YOUR Car Keys there - - assuming that you got your **Helping Seniors of Brevard** 9th Annual Car Raffle tickets! We'll turn those keys over to their rightful owner on Sunday afternoon, October 26th, as soon as we identify who they belong to! We'll reach into that golden barrel to pull out the owner's name and it might as well be you!

Oh, and one more thing, you'll have to tell us which car you want that key to go to - seeing as it could start 1 of 7 amazing brand-new vehicles, from Boniface Hiers dealerships, that you choose from!

The Helping Seniors Car Raffle has become such a fun event - and this year, we are back bigger and more fun than ever with our family friendly fun outing. You'll tour Mark Pieloch's astounding collection of nearly 500 cars under his museum roof, explore another 100+ Best of the Best Classic Cars in Brevard outside and, later that very day, you might just be picking out your new car as we learn who wins the 2025 Car Raffle fundraiser!

Each \$25 ticket donation (5 tickets for a \$100 gift) supports the work of our Helping Seniors non-profit, gives you a chance in the drawing, and is your "Admit One" to all the fun onsite that afternoon! (Need not be present to win - but why miss the fun?).

And, we are working to make this year's event the most fun ever! It is the last weekend in October, so we want to establish this as Brevard County's Biggest Trunk-Treat fun with the 100+ cars outside! So bring the kids - they are covered free with your Adult Ticket - and let's have a great family time together as we help our "Little Charity that Could" in this fundraiser that helps us now in our 15th year of Service.

Get your tickets today by calling (321) 473-7770, online at [HelpingSeniorsCarRaffle.com](http://HelpingSeniorsCarRaffle.com), at Boniface Hiers auto dealerships, or at Helping Seniors Resource Center at 1344 S Apollo Blvd - 2nd Floor!

Get a ticket and, hopefully, let's get you your keys!





# Helping Seniors Of Brevard



## President's Message

**John Harper, President**  
**Helping Seniors of Brevard**

As we start to think about the upcoming fall season with events and holidays that bring us closer to family and friends it's also time to think about the current trend in our country and communities in which it seems like family, friends and country seem to be lost in the sea of unhappiness.

I have been talking to a lot of people in our area regarding recent situations that are trying to shape our lives. We must not forget that many have fallen to the stories on social media which are taking our country into many different directions. We must try to get back to basics in our country to get our compass back on course.

Our communities are based on some tried and true beliefs that have served us well over the years but now....seem to be lacking. Think about our families who cared for each other...brothers and sisters looking out for each other and parents who were really concerned for what their children were watching and listening and doing each day.

We've got to get back to basics, putting family, education, and faith first in our homes again. Give it some thought and when we meet again hopefully the current climate will start to change....change back to family, love and understanding.

---

**John Harper** - a long-time popular friendly voice on the radio and nationally recognized broadcaster, helped our Founder & Long-Time President Joe Steckler establish Helping Seniors in 2011 and has served as on the Board since the charity's inception and as Vice President for many years until he stepped into the role of President to ensure Joe's vision can carry forward into the future.



## It Takes a Village!

**Nancy Deardorff**  
**Director of Development**  
**Helping Seniors of Brevard**

Did you know that there are more people in Brevard County over the age of 50 than there are people 18 years or younger?

Helping Seniors of Brevard is a local to Brevard non-profit organization dedicated solely to enhancing the lives of seniors in Brevard County?

Helping Seniors of Brevard provides information, education, and resources to seniors and their families. We operate based on private donations, corporate and business sponsorships, bequests, and fundraising events. Our "Friend of Joe's" honor role also helps keep our late Founder Joe Steckler's legacy alive .

We cannot and do not do this alone. As they say, "It takes a village." Every donation we receive stays right here in Brevard County to benefit our seniors.

It is through our generous donors, sponsors and our fundraisers that allow us to continue our many important programs for seniors, including our Senior Information Phone Line. Last year we took over 4000 calls and helped thousands of seniors find the help and resources they needed.

Please consider supporting Helping Seniors of Brevard through a one-time, monthly, or annual donation, a business sponsorship, a bequest ,or by supporting our 9th Annual Helping Seniors Car Raffle Fundraiser.

We cannot do this alone, but together we can continue Helping Seniors of Brevard.

To donate or for information about how to leave a bequest, become a business sponsor, or support our fundraising events, contact Helping Seniors of Brevard by phone at 321-473-7770, or visit us on our website at [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org).





## Getting Your Ducks in a Row for 2025 Annual Enrollment Period!

Vicki Moore  
Moore Insurance Solutions

Medicare's Annual Enrollment Period (AEP) is almost here, running from October 15 to December 7, 2025. This is your yearly chance to review your plan and decide whether to make a change. The choices you make this fall will set you up for 2026.

### Why Plan Ahead for 2026?

The Inflation Reduction Act and new CMS guidance will bring several important changes in 2026. Prescription drug costs will shift, premiums and deductibles are increasing, and there will be more focus on chronic care. Plan now to avoid surprises later.

### Here are the highlights:

#### 1. \$2,100 Cap on Prescription Costs.

Starting in 2026, your out-of-pocket drug costs under Part D will be capped at \$2,100 per year. That's slightly higher than the \$2,000 cap in 2025 but still a significant improvement over past years. If you're enrolled in the Prescription Payment Plan (which spreads drug costs monthly), you'll stay enrolled unless you opt out.

#### 2. More Drug Price Negotiations

Medicare will continue negotiating lower prices for expensive medications. The 2026 list includes Eliquis, Xarelto, Jardiance, Januvia, Enbrel, Stelara, Farxiga, Entresto, Fiasp/Novo Log, Imbruvica, and more. These were chosen because they are costly, widely used, and lack generic alternatives. Lower prices should start showing up at the pharmacy.

#### 3. Premium and Deductible Increases

The standard Part B premium will rise from \$185 in 2025 to \$206.50 in 2026, while the Part B deductible will increase from \$257 to \$288. For Part D, the maximum deductible will rise from \$590 to \$615.

While these changes may seem small individually, they do add up and are important to consider in your budget planning.

#### 4. Emphasis on Chronic Care

CMS is placing greater focus on supporting people with chronic conditions. This includes diabetes, cardiovascular disease, and pulmonary conditions. Many benefits will be geared toward managing these long-term health needs, reflecting a shift toward preventive and ongoing care.

#### 5. Changes to Healthy Food and Utility Benefits

Through 2025, those on Dual Special Needs Plans (D-SNPs) could use monthly credits for groceries, OTC products, and utilities. In 2026, only people with certain chronic conditions—such as diabetes, cardiovascular, or pulmonary disease—will be able to use credits for food and utilities. Others will continue to receive credits for OTC products. This change comes as CMS ends the Value-Based Insurance Design (VBID) program and shifts to the Special Supplemental Benefits for the Chronically Ill (SSBCI) program. Some members may roll over automatically if their condition is already documented, while others will need a doctor's confirmation. If you're in that group, you'll have 60 days to verify your condition.

### How to Prepare During This AEP

Even though these updates won't begin until 2026, your 2025 plan choices will determine how you're affected. Here's what to do:

- Review how your 2025 coverage worked for you.
- Compare your 2025 options while keeping the 2026 changes in mind.
- If you take expensive prescriptions or qualify for a D-SNP, ask how your plan will handle the new rules.

### Helping You Stay on Track

Medicare can feel like a big pond with ripples you didn't see coming. At Moore Insurance Solutions, we're here to help you make sense of it all and keep





# Helping Seniors Of Brevard

your ducks moving in the right direction.

You can meet with me, Vicki Moore, or with Kara Davis at our office inside the Helping Seniors Resource Center, 1344 S. Apollo Blvd., Melbourne or let us know if you would like to schedule an in-home appointment. Appointments are free, personal, and available now.

Let's get your ducks in a row for 2025 so you can step into 2026 prepared, confident, and ready for the changes ahead.



**October 2025  
Real Estate Market**

**Mark Gallegos  
Real Estate**

As the autumn season begins, analysts are forecasting an active residential real estate market. In August 2025, the median home price in Brevard County was \$354,000, representing a 3.9% decrease from the same period last year.

Homes in Brevard County are taking slightly longer to sell, averaging 78 days on the market this year compared to 71 days last year. Typically, homes are selling for about 2% below the listing price and are going pending in approximately 76 days. Despite these trends, utilizing over 40 years of real estate experience, I have successfully found and sold expired listings and properties that other agents could not sell, often closing the sale in less than 60 days.

There is notable interest from buyers in other metropolitan areas. Orlando homebuyers showed the most significant interest in relocating to Palm Bay, followed by those from Miami, Tampa, NY and DC..

Bill Banfield, Chief Business Officer at Rocket Mortgage, commented on the recent 25-basis-point rate cut by the Federal Reserve. According to Banfield, this move signals that economic conditions are weakening enough to require intervention. He stated, "The Fed's 25-basis-point cut reflects their recognition that employment is weakening and inflation remains above the Fed's goal of two percent. This move helps bring monetary policy back toward neutral, supporting growth without overheating the economy."

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# Helping Seniors Of Brevard



## Smart Money Moves for Seniors: A Guide to Financial Confidence in Retirement

Tisha Hill, AAMS® WMS  
Financial Advisor  
Wealth Management Specialist

As retirement unfolds, financial stability becomes more important than ever. Seniors today face unique challenges, from rising healthcare costs to navigating fixed incomes, but with a few smart strategies, you can make your money work harder for you.

### Budget Wisely

Start by reviewing your income sources, Social Security, pensions, retirement accounts, and compare them to your monthly expenses. Separate essentials like housing and healthcare from discretionary spending such as travel or hobbies.

### Plan for Healthcare Costs

Healthcare can be one of the largest expenses in retirement. A 65-year-old couple may need over \$300,000 for medical costs. Consider supplemental Medicare plans or long-term care insurance to help protect your savings.

### Maximize Tax Benefits

Seniors may qualify for extra tax deductions and credits. For example, those over 65 receive an additional standard deduction. Strategically withdrawing from retirement accounts can also help minimize tax liabilities.

### Update Your Estate Plan

Help to ensure your will, power of attorney, and any trusts are current.

### Stay Scam-Savvy

Unfortunately, seniors are frequent targets for fraud. Use strong passwords, enable multifactor authentication, and never share personal information with unsolicited callers.

Financial planning doesn't stop at retirement, it evolves. With thoughtful budgeting, proactive healthcare planning, and regular financial checkups, seniors can enjoy a fulfilling retirement.

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*Any opinions are those of Tisha Hill and not necessarily those of Raymond James. Expressions of opinion are as of this date and are subject to change without notice. There is no guarantee that these statements, opinions, or forecasts provided herein will prove to be correct. Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation.*

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# Helping Seniors Of Brevard



## Why You Need an End-of-Life Plan.

Cheryl A. Ward, ESQ  
Law Firm of Cheryl A. Ward, PL

Even if You're Healthy, End- of- Life planning is something every adult should consider, especially in times of good health or financial stability.

Life is unpredictable, and creating a plan that suits your needs is essential to ensure your wishes are honored and your loved ones are protected no matter what. The most important reason to plan in advance is to reduce stress and confusion for your family during a difficult time. Without guidance, your loved ones may struggle to dictate decisions regarding healthcare, finances, or your estate. In the worst-case scenario, this could lead to legal disputes or leave no one with the proper authority to act on your behalf.

A comprehensive estate plan includes a Will, Trust, Living Will/Health Care Surrogate, and Durable Power of Attorney. These documents allow you to direct how your assets are distributed, who has the authority to manage your affairs, and your medical care preferences in the event you cannot speak for yourself. Naming trusted individuals to act on your behalf ensures your voice will be heard no matter the circumstances.

Without these legal protections, your family may face delays through probate or guardianship. These processes may not reflect your true wishes or may be costly.

Ultimately, creating an estate plan is a thoughtful act you can do for those you care about. It brings peace of mind, not only to you, but to your family.

The Law Firm of Cheryl A. Ward, PL is here to provide you with the legal support and guidance you need. Whether you're dealing with a personal injury or need assistance with any legal matters, they are ready to help. Call (321) 334-6991 or visit CAWLAWOffice.com



## Your Medicare Part-B Premium.

Jerry Hadlock, Jr.  
Medicare Solutions

If you don't get Social Security or RRB benefit payments, you'll get a bill for your Part B premium.

Typically, Part B premiums are billed quarterly. If you also pay for Part A or Part D IRMAA, (Income Related Monthly Adjustment Amount) or use Medicare Easy Pay to pay your premiums, you'll get a monthly bill.

There are several ways to pay your premium bill:

**Pay online through your secure Medicare account:** Visit [Medicare.gov/ account/login](https://www.Medicare.gov/account/login) to log into (or create) your Medicare account. Then, select "Pay my premium" to make a payment by credit card, debit card, Health Savings Account (HSA) (Health Savings Account) card, or from your checking or savings account. This service is free and is the fastest way to pay your premium.

**Medicare Easy Pay:** This free service automatically deducts your payment from your savings or checking account each month. Call 1-800-633-4227 or visit [Medicare.gov/Medicare-easy-pay](https://www.Medicare.gov/Medicare-easy-pay) to find out how to sign up. TTY (Teletypewriter) users can call 1-877-486-2048.

**Through your bank:** Contact your bank to set up a one-time or recurring payment from your checking or savings account. Not all banks offer this service, and some charge.

Source: Medicare & You page 24.

Jerry Hadlock

Medicare Solutions

Helping you Unlock the Medicare Confusion  
321-720-4526





## Long-Term Planning Lessons Learned.

**Jennifer Barton**  
Seniors Helping Seniors

My first lesson on long-term planning came when my father-in-law passed away. He was a businessman with a bed-bound wife suffering from MS. Thankfully, he had started the planning process, but not everything was in place. Suddenly, the “kids” were in charge, and we knew nothing.

We were grateful for the life insurance that secured my mother-in-law’s care, but heartbroken his will was never signed. Not only because of probate, but because we never truly knew his wishes. What kind of funeral did he want?

Probate stretched on for over a year. In the meantime, I combed through family paperwork looking for answers—policies, accounts, lock boxes.

None of us want to face our own mortality, yet the best gift we can leave our families is not money, it’s clarity.

Long-term planning gives your loved ones space to grieve without being overwhelmed by details. By putting wishes in writing, you both ease their burden and ensure your voice is heard.

When my father-in-law passed, what his children wanted most was simply to hear him say he loved them. Planning gives you that chance.

My godmother, knowing she wouldn’t make it to my high school graduation, left a card tucked in the family Bible. Delivered after her passing, it was a priceless gift. Her forethought left no doubt that I was loved.

I’ve done my preplanning, so my family knows. Have you?

Planning on staying at home?  
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## A New Beginning.

**Dr. Lee Sheldon**  
Drs. Sheldon & Furtado / Solid Bit

Our practice began on October 16, 1980. My wife and I started that first office, a modest one-operator space in just 1,000 square feet. It was where I practiced my entire career, and leaving it is emotional. That office is like an old shoe, comfortable, worn in, and full of memories.

Over the years, that “old shoe” grew far beyond what we ever imagined. From one operator to six. From a solo periodontal specialty practice to a full-service dental practice. From a fledgling startup to a team of three dentists and 25 dedicated staff members serving patients throughout our community and beyond. I am proud of what we’ve built, but the credit goes to the people who made this practice part of their lives.

We’ve stretched our old office to its limits. We should have moved years ago, and now we finally have the space our patients deserve. Our new state-of-the-art facility on Eau Gallie Boulevard is beautiful and modern, with advanced technology designed to provide the best possible care. But what matters most is not the building, it’s the heart and soul of this practice. It’s our committed doctors, devoted staff, and loyal patients who know we care.

For those referred by their dentists, we continue to be the trusted partner who collaborates and returns you in better health. For those seeking full-service care, we provide everything from routine visits to advanced implant and periodontal treatment, always with a focus on comfort, even for the most anxious patients.

This new home allows us to do what we’ve always done, only better. We thank you for being part of our journey and for trusting us with your care. Our promise is to keep improving, for you, and for us.



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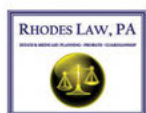
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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

My son has been a drinker and a druggie for many years, in and out of marriages, and in and out of jail.

I am working to help pay off his drug debts. I don't look 80 years old and work as many hours as they will allow me at our local discount store. People tell me I am crazy and maybe I am. He has made my life hell. I cannot forgive myself, maybe I am responsible, maybe there was something I could have done. I tried, I did my best, but he never stopped drinking.

I am a widow and I do not have much to enjoy in my life - except meeting the people at the discount store. What advice can you give me to make my life seem more worthwhile?

Mary

## DEAR MARY,

Substance abusers always blame others or their circumstances for their problem. They drink because the sun is out - they are too hot or it is raining and they are depressed. Regardless of what it is always others who are causing them problems. They are the one with the problem and only they can stop the drinking and/or the drugging.

You are not responsible for this adult man's problem. Call your local chapter of ALANON and attend their meetings. These meetings are for people, friend or family who suffer the terrible effects of living with a substance abuser.

You will be helping your son if you spend your money on yourself. Take a nice trip with a friend and let him learn to be responsible for his own debts.

– Audrey

## DEAR MARY,

Addicts are master manipulators. They have an uncanny ability to make others feel guilty or responsible for the substance abuse. Sometimes living around addicts can make you do things you would not normally do, like working full time at 80 years of age to pay off someone else's debts. Lizzie has often said that there are more people dead from the complications of substance abuse many of whom have never taken a drink.

If you enjoy working, continue to work. If you are working just to pay off your son's debt, you are not helping him or yourself. Your son needs to be responsible for his own debts and take the consequences of his behavior. By continuing to help him as you are, you are allowing him to continue to abuse you and hurting yourself at the same time.

Also attending support groups such as AL ANON or AL ANARC is a great idea. Being around others who share similar experiences is comforting and learning coping skills from others is very productive.

– Kimberley



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# PAW'S CORNER

By Sam Mazzotta

## The Case of the Chronically Constipated Cat

**DEAR PAW'S CORNER:** My 13-year-old cat, "Tibbles," has suddenly developed a litter box problem. He pees quite a lot -- I'm constantly scooping the box -- but I have not seen any poo for about three days. Tibbles seems comfortable and doesn't seem distressed.

— Jamie B. in Milwaukee

**DEAR JAMIE:** A significant change in litter box habits is a signal that something is going on, and you should call the veterinarian.

Cats are famously good at hiding illness. It's an instinctive trait to keep predators away. If they're feeling a bit off, you'll almost never notice. If they're seriously ill, they may hide themselves away. Senior cats like Tibbles become very secretive as their body ages. They walk more slowly and jump less if arthritis is developing. Their personality may change. They may yowl from discomfort or confusion.

Your cat may be developing a kidney problem, but to confirm this, you'll need to bring Tibbles to the vet for some tests. It would be helpful to collect a urine sample and a stool sample (if he goes before your visit), so the vet can

present results faster. If you're not able to do that ahead of the visit, the vet may give you collection tools and instructions on how to get those samples and bring them in later.

Make sure that your cat is hydrating as well as possible. Keep his water bowl filled. Give him less dry kibble and more paté-style cat food. Limit his treats to just one or two pieces a day, or switch to a "lickable" treat (available in packets at most retailers).

The veterinarian will provide further dietary adjustments, and possibly medication, once they've observed and tested your cat. Follow their instructions precisely to help Tibbles become regular again.

Send your tips, comments or questions to [ask@pawscorner.com](mailto: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?

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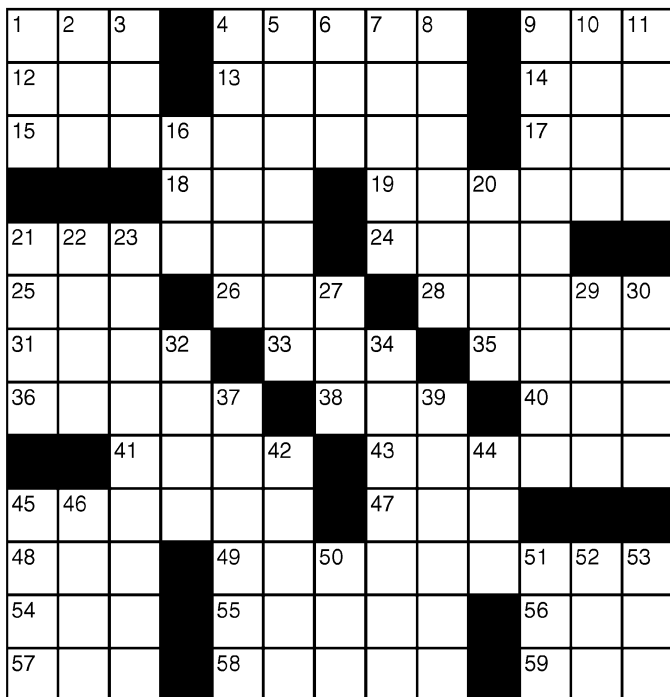
# King Crossword

## ACROSS

- 1 Cambridge sch.  
4 Tizzies  
9 NPR's Shapiro  
12 "Rocks"  
13 Old Testament book  
14 Guitar master Paul  
15 Puzzle solver's epiphany  
17 "Tasty!"  
18 Director DuVernay  
19 Postpones  
21 Supervised  
24 Appear  
25 Blackbird  
26 Back talk  
28 "Swell!"  
31 Aliases  
33 Corn core  
35 "Go no further!"  
36 Nerd  
38 "Don't Start Now" singer Lipa  
40 Tolkien creature  
41 First lady of scat
- 43 Distress signals  
45 Band around a sleeve  
47 Reunion gp.  
48 Grazing tract  
49 Black Sea region  
54 New England cape  
55 Yo-Yo Ma's instrument  
56 Farm female  
57 Dijon denial  
58 Head lights?  
59 "Evil Woman" gp.
- 11 Doctrines  
16 Irate  
20 Cask sediment  
21 Round of applause  
22 Sufficient, old-style  
23 "Save Me" singer  
27 Group of whales  
29 Vocal quality  
30 Makes a choice  
32 Vend  
34 Beast on a nickel  
37 Laundry additive  
39 Los —, New Mexico  
42 Confused  
44 "— Blue?"  
45 Astronaut Shepard  
46 Gambling city  
50 Unwell  
51 Formerly known as  
52 Hogwarts messenger  
53 Old Oldsmobile

## DOWN

- 1 Actress Farrow  
2 German pronoun  
3 Chai, e.g.  
4 Digging tool  
5 Itinerant  
6 British verb ending  
7 Looks after  
8 Lustrous fabric  
9 Yale, to Jodie Foster  
10 — Martin (cognac)



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# Helping Seniors Info Series

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](http://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 Delliquadri, 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

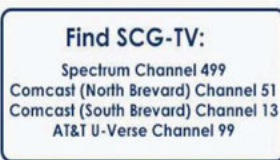
#### Immaculate Conception - All Masses - Oct 11th & 12th

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

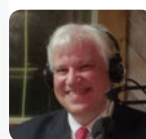
#### Burger Inn Car Show - Thursday Oct 16th - 4pm-8pm

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

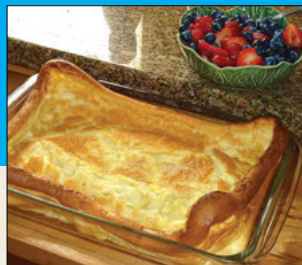




## Donna Erickson's BEST BITES

By Donna Erickson

### Bake a Dramatic Puff Pancake for Breakfast



**W**hen relatives come to your home during these last few months of the year, make weekend breakfasts extra special when you put this delicious puff pancake on your menu! Also called a Dutch baby, this version of the recipe is simple to prepare with kids and dramatic to serve when it's piping hot and coming right out of the oven. Believe me, mouths will be watering when it arrives at the table. Take a bow, then serve with fresh fruit or your other favorite toppings:

#### DRAMATIC PUFF PANCAKE Serves 4

- 4 eggs
- 1 cup skim or whole milk
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1/8 teaspoon salt
- 3 tablespoons unsalted butter
- 1 tablespoon powdered sugar and a squeeze of fresh lemon (toppings)

Preheat oven to 425 F. Let one of your kids count and crack the eggs into a mixing bowl. Inspect it to be sure that there are no remaining shells. Beat eggs with a beater until they're light and pale. Another child may measure and gradually beat in the milk, flour, sugar and salt.

Meanwhile, place butter in a 10- or 12-inch cast-iron or ovenproof skillet, or a 9-by-13-inch oven-safe glass baking dish.

An adult should place it in the oven until it is hot and the butter sizzles.

Remove from oven and pour batter into the hot butter. Return to oven and bake for 20-25 minutes, or until puffy and golden-brown on the edges. (Keep oven door closed until done.)

Squeeze lemon juice on top, dust with powdered sugar, and serve tableside immediately. Serve with fresh fruit, such as berries, grapes and kiwi slices.

Alternate Blender Method: Put eggs in a blender and whirl for 1 minute. With the motor running, add milk, then slowly add in flour, sugar and salt. Whirl for an additional 30 seconds. Proceed with recipe starting by placing butter in the oven.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com). (c) 2025 Donna Erickson ®

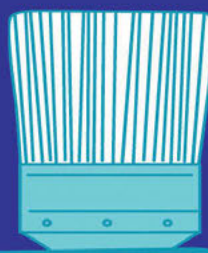
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# Always Remember; Never Forget: 9/11 Commemoration at BVMC


In front of about 350 onlookers, the 24th Annual Ceremony to Commemorate the Events and Aftermath of 9/11/2001 was conducted the Brevard Veterans Memorial Center on Merritt Island. The event was led by Club 1013, which operates all over the country and is made up of retired NYPD officers. Marco Calderon, 1013 Brevard President and Al Boettjer worked with BVMC and the Good Deeds Foundation of the Cape Canaveral Chapter of MOAA to make sure the event reflected solemn remembrance and honor. All remembered the nearly 3000 killed that day and the many thousands since who perished from toxic exposure, from combat casualties (7,053 through this year) and as a result of military and first responder service combating terrorism.

More than 80 Brevard County Sheriff, City Police, Fire Department and EMT personnel participated in the hour long ceremony. Speakers included Al Boettjer who spoke about the events and toll in lives then and over the 24 years since; from former NYFD Fire Captain Bruce Happauge, whose Long Island Unit rushed to help within minutes after the attack and stayed on for weeks; from RADM Wayne Justice, USCG Ret, a NYC native, who was near the Pentagon that day and recounted sacrifices of his high school friends then and USCG members in the aftermath; from Sheriff Wayne Ivey who spoke about why we

must remember and the crucial roles of first responders and our military as we go forward ; and from Donn Weaver, BVMC VP and Gold Star Dad whose son fell in combat in Afghanistan.



Honor Guards and Color Guards from Club 1013 BCSO, Police and Fire Units, the Knights of Columbus as well as the Brevard Police and Fire Pipes and Drums Corps made the event and remembrance very special. BFD sent their hook and ladder engine with the giant American Flag and Lonnie and Delinda's Beach Band provided great sound and music, including Delinda Griffis singing the National Anthem. Retired NYFD member John Diegnan and the BCSO Honor Guard offered TAPS and the 21 Gun Salute to end the solemn but important day. There were at least four other major 9/11 events in Brevard as all promised to re-stage an even better event for the 25th Anniversary of the "Pearl Harbor of our Generation" in 2026 at the new BVMC Park Amphitheater. ©




## PATRIOT NIGHT

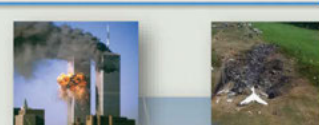
6103 STADIUM PKWY, MELBOURNE  
FRIDAY, OCTOBER 17<sup>TH</sup> 2025 ★ 6-10PM

The October 17<sup>th</sup> Varsity Football game is our Patriot Night! All military veterans, active duty, and first responders will receive free entry upon showing their credentials! We have an exciting game filled with ceremonies to celebrate our Patriots!

With 7 minutes remaining in the second quarter, we will request any active military, veterans, and first responders who desire to take part in our special recognition ceremony at halftime to report to the east endzone.




As a result of 9/11 and the Global War on Terror, this special "Patriots Night" game will serve as a moment of reflection and memorial for all those first responders and service members who served their nation and state and those who made the ultimate sacrifice.




### FEATURED EVENTS

- Veterans, Active Duty Military, First Responders free admission to game and will be asked to participate in a ceremony to honor them at half-time.
- Brevard County Fire Rescue will provide a ladder truck on display near field.
- This will be a wonderful night to honor and reflect upon the events of 9/11.

**We would be honored if you joined us!**



## Weekly SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦♦

♦ Moderate
♦♦ Challenging

♦♦♦ HOO BOY!

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## Recent Accomplishments at the VA

**T**he headline said it all: The VA has processed more disability claims in one year than they've ever done before. They surpassed last year's total months before the end of this fiscal year. Specifically, the backlog of veterans waiting for benefits is down over 37%.

And that's not all the VA is accomplishing. In the last six months, the VA has opened 16 new health care clinics scattered around the country. Fredericksburg and North Battlefield Clinics in Virginia, Florence Clinic in South Carolina, and 13 more. Fingers crossed that the planned clinics for 2026 will happen as well.

They're spending an additional \$800 million to upgrade existing facilities. Elevators, sprinklers and fire alarms, boilers and air conditioning and more -- all in the name of making the facilities better for veterans and staff.

The VA has made it easier for veterans to access community health care, cutting out the middle steps that dragged things out. Additionally, there are 30 categories of care that only require an authorization once a year.

They've identified and saved \$106 million from duplicate billings caused by cases where millions of veterans were enrolled in both VA health care and Medicare. Providers were double billing, raking in the cash, and now the VA is going after that money.

Ten thousand workers have been brought back to the office, no longer able to telework. There are eligibility criteria to continue to work remotely, such as a disability or living more than 50 miles from work, but for the most part, they are back in the office.

The VA is phasing out treatment of gender dysphoria; in other words, stopping voice training, wigs, chest binders, hormone therapy and other sex change services. The saved money will instead go to helping amputees and paralyzed veterans.

Veterans at some locations say there is a shortage of physicians and other medical staff, but for the most part it looks like the VA is moving in the right direction. §

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### *Award Winning Watercolor Artist/ Instructor-Lolly Walton* continued from page 11

impression on the viewer and proof of my existence. My painting style is changing every day; after all, each day brings different challenges and events. I paint "what I see on my life journey" sort of "paint the roses along the way" kind of thing.

I was pleased to be a co-op member of the Eau Gallery (20 years), in the EGAD Art District, located at 1429 Highland Avenue until its closing.

I am a member of the Brevard Watercolor Society, Florida Watercolor Society, Strawbridge Art League and the Brevard Cultural Alliance. I participate in "Calls for Art" whenever time allows. I've enjoy recognition for my art, but I am most thrilled and honored when someone chooses to place my creative signature in their home. I love introducing others to the beauty of watercolor.

I teach all watercolor techniques. I offer classes/lessons on Tuesday's (1-4pm) at Sebastian River Art Club, 1 Main Street, Sebastian, Florida. §

IF YOU WOULD LIKE TO START YOUR WATERCOLOR JOURNEY, PLEASE CONTACT ME AT: 321-652-7115 OR LOLLYART4SALE@CFL.RR.COM I WOULD LOVE TO GET YOU STARTED ON YOUR "CREATIVE JOURNEY".

### *When Should A Beneficiary's Inheritance Be Held In Trust?* continued from page 13

single trust for all the grandchildren, one grandchild would be able to receive a larger share than the other grandchildren if needed.

Normally a trust provides that all remaining funds are distributed outright to the beneficiary when he/she reaches a certain age. However, there are variations on ways the final distribution can be structured. For example, the trustee could be given the option to distribute as much as he/she deems appropriate any time after the grandchild is 25 years of age but is required to distribute all remaining funds at age 30.

Backup trustees need to be named in case the initial trustee is unable to serve or continue to serve. Rather than naming a backup you could give someone the ability to select a new trustee if needed. A further option would be to nominate a financial institution. However, financial institutions will refuse to act as trustee if the value of the trust assets fall short of their required minimal amount. §

*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.*



## The Kite

Rev. Jeff Wood, First Presbyterian

I first heard this fable from Rev. Earl Palmer twenty years ago. I was delighted to hear him again recently through a DVD lecture on Romans. I share it with you gladly.

Once upon a time, there was a kite. It flew well. It flew high. Then one day, while flying high, the kite looked up and thought: "How nice it would be, if I could go further up, above all the other kites around me." He tried to go up, but he felt himself being pulled down by the string. Frustrated he said to himself: "Oh, this string! It's a nuisance. If only I could be free of this string, I could fly into the heaven itself."

One day, while up in the air, in its eagerness for the freedom, the kite pulled with all its strength, and surprisingly, this time, the string snapped and at last, he became free! But his joy and excitement were very short-lived. To his surprise and dismay, he found himself going down and down, instead of soaring up into heaven. He crashed. The poor kite was not aware that the very string that pulled on him was the one which held him high in the air!

Religion, interestingly, comes from the Latin religio, meaning to bind. Religion rightly practiced helps us fly. ☺

Rev. Jeff Wood, First Presbyterian Sebastian, 1405 Louisiana Ave, 32958 (772-589-5656) Facebook.com/welovefirstsebastian and WeLoveFirst.org, Sundays at 10 am. For Lent our potlucks are at 5 pm.

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## King Crossword Answers

Solution Time: 21 minutes

M	I	T		S	N	I	T	S		A	R	I
I	C	E		H	O	S	E	A		L	E	S
A	H	A	M	O	M	E	N	T		M	M	M
			A	V	A			D	E	L	A	Y
H	E	A	D	E	D			S	E	E	M	
A	N	I		L	I	P		N	E	A	T	O
N	O	M	S		C	O	B		S	T	O	P
D	W	E	E	B		D	U	A		E	N	T
			E	L	L	A		F	L	A	R	E
A	R	M	L	E	T			F	A	M		
L	E	A		A	S	I	A	M	I	N	O	R
A	N	N		C	E	L	L	O		E	W	E
N	O	N		H	A	L	O	S		E	L	O

## Sudoku Answers

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

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## 10 Things To Do As Soon as You Get to Your Cruise Cabin

continued from page 14

### 8. Take the Time to Meet Your Cabin Steward

This is very important and here is what we do. Your room steward will likely introduce themselves at some point during embarkation. Beyond the few introductory words, take this opportunity to let them know your preferences. For instance, let them know if you are an early riser, so they can plan to clean your cabin among the first ones. Also, tell them if you'd rather not or want to get your daily planner in hard copy because you like to stay informed about the cruise activities via the cruise line's app. Let them know that you want ICE twice a day in your room. I always ask for extra towels etc. Share any relevant like/dislike so they can be better prepared to make your journey more enjoyable.

### 9. Peruse the Daily Planner

It's no secret that embarkation day can be a little on the chaotic side. Therefore, you can't expect to know everything that's going on the ship. That's where your daily planner comes in handy, and it should be waiting for you in your cabin on embarkation day. Take a few minutes to review, as it will also contain important material, like muster drill times and assembly station information. Depending on your cruise line, you might also have access to a list of the day's activities on the cruise line app, so be sure to check if this feature is available.

For those that are computer and phone savvy, get the cruise line app so you can see all that there is to do on the ship.

### 10. Book Appointments and Reservations

You may have been able to cross these off your list pre-embarkation day, but if your cruise line doesn't allow it (or you simply forgot to do it ahead of time), make a priority to book any appointments or reservations in the comfort of your cabin as soon as you can.

Your spa appointments, specialty dining reservations, and excursion reservations in particular tend to fill up quickly, so if you have your heart set on that deep tissue massage or the ship's steakhouse restaurant, schedule your appointments as soon as possible.

Article info from Cruise Critic and Conde Nate, Senior Travel. Ⓢ

## Repeating stories or questions? Relying more on reminders? Forgetting simple, everyday events?



These changes may be a normal part of aging, or they could be signs of something more. A complimentary memory screening is available as part of an upcoming clinical research study for individuals experiencing mild to moderate memory concerns.

We invite you to take part in a complimentary memory screening and learn about a research study seeking to better understand memory changes in aging. Your participation may help researchers gain deeper insights into memory and cognitive health.

Flourish Research – Merritt Island specializes in memory and cognitive health research. The site offers compassionate care, complimentary memory screenings, and access to innovative clinical research studies.

#### Qualified participants must:

- Be 50-85 years old
- Be experiencing signs/symptoms of memory loss

#### Participants may receive:

- Study-related care at no cost
- Study-related medical exams at no cost
- Compensation for time and travel

Flourish Research – Merritt Island

321-399-2893



Schedule A Complimentary  
Memory Screening Today



## The Big Ask... continued from pg 12

information the excellent resources and services that exist to help Seniors and families.

The only way to lose out on all the fun is to not get your ticket! Getting tickets is easy - visit us at [HelpingSeniorsCarRaffle.com](http://HelpingSeniorsCarRaffle.com) to securely order tickets online, call us at (321) 473-7770 to order tickets by phone, visit our Senior Resource Center at 1344 S Apollo Blvd - 2nd Floor - Melbourne, or pop into any Boniface Hiers Automotive Dealership and get your tickets there while you explore your pick when you win the Grand Drawing on October 26th!

The work of Helping Seniors is important and we can't do it without your help. Thank you keeping Joe's vision alive that we may serve Seniors for generations to come! Thank you! God Bless you! Ⓢ

## Expired Products At Home?

By Matilda Charles

**W**hen the pandemic began over five years ago and our stores were keeping odd hours and sometimes the shelves were empty, many of us stocked up on food and supplies when we could get them. We chose canned goods and dry boxed foods like pasta, as well as staples like bleach and sanitizing wipes.

Where are those items now? Are some of them still on our shelves at home, maybe tucked in the back and kept for emergencies?

It's time to check those items for expiration dates. Most are likely too old to be used, and many of them can make us sick if we do.

Here are a few hints as you go through your stash:


You'll likely need a magnifying glass as you look at each item because the dates are often very small.

The dilemma with foods is that the experts don't agree. Some claim that an expiration date doesn't really mean the food is no longer good, while some say to pay attention to

the dates. Plus, there's a difference between "best by," "sell by" and "use by" dates. Confusing, isn't it? I tend to go by the date that's printed as the cutoff date.

Bleach really does expire and lose potency, and so do the sanitizing wipes, antibacterial hand soap and other cleaning products. Look on the product for a lot number and check the company's website for dates of manufacture or how to decode the batch number.

Even your shampoo has a limit to the time it can sit unused in your bathroom cabinet, and so do toothpaste, deodorant, hand lotion, eye drops – nearly everything you use. Go online to [www.checkfresh.com](http://www.checkfresh.com). Click the brand of your item and type in the lot number. It will tell you when it was made.

When in doubt, call the manufacturer. It's better to be safe than to use an expired product. 

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## Coming up with your

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**Opening Night: Expect the Unexpected**  
King Center for the Performing Arts  
October 18 at 7:30 PM



**Beethoven, Brahms, and the Blue Danube**  
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How Obesity Leads to Diabetes

continued from pg 19

The researchers gave the modified mice a diet rich in fats such as lard, coconut oil and soybean oil. During more than two months of observation, both modified and unmodified mice ate just as much food, gained similar amounts of weight and maintained similar insulin signalling activity, which is the cascade of events that takes place after insulin binds to its target receptor on a cell.

But the modified mice didn't have increased signs of fatty liver and tissue inflammation. The unmodified mice, on the other hand, developed insulin resistance, which can lead to diabetes. They also showed increased signs of inflammation and liver disease.

These findings suggest that neurotransmitters are responsible for driving insulin resistance, and associated problems. They are now exploring the role of these neurotransmitters in other conditions, such as insulin resistance caused by menopause.

This study is pretty solid, but there are still some missing puzzle pieces. For example, the question now is how the high-fat diet triggers the surge in neurotransmitters. Ⓢ

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R	Panorama Balcony Suite	Vista	\$6,875	+ \$4,815
A	Panorama Balcony Suite	Horizon	\$7,275	+ \$5,089
P	Panorama Balcony Suite	Horizon	\$7,439	+ \$5,209
SA	Owner's One-Bedroom Suite	Horizon	\$7,955	N/A
RA	Riverview Suite	Horizon	\$8,069	N/A



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Chris & Betty 321-978-5211  
or travelcenterusa@gmail.com



Creating Income In Retirement continued from pg 17

These scenarios are not exclusive to the working phase of life. When a retiree passes, their loved ones may be substantially impacted. Notably, purchasing a suitable life insurance policy can mark the difference between a financial emergency and a financially comfortable lifestyle.

When approaching this need, one of the most important steps is finding a knowledgeable advisor willing to design a plan that fits your budget and needs. Just like cars, too often someone may go home with a sports coupe when they need an SUV. Regarding life insurance, the sheer number of options available may be daunting at first. As a Certified Financial

Planner™, it is my fiduciary obligation to provide a curated plan that fits your specific needs. If you have any questions about life insurance or your options, we welcome you to call our office at (321) 956-7072. We offer a complimentary appointment to every reader of the Senior Scene.

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### Andy Griffith- A Man True to His Roots *continued from pg 9*

Best Actor in a Musical. Another great break came when he guested on Danny Thomas's "Make Room For Daddy."

Andy, a small town judge and officer who pulled over a speeding, big-city Danny was allowed to develop the Andy Taylor persona on the show. You easily see how comfortable Andy is in the role. He was made for it. Andy Taylor is Andy Griffith!

Because Danny Thomas and his producer Sheldon Leonard recognized the potential in the Taylor character, so they pushed CBS into developing a sitcom for Andy as a sheriff of a small Southern town. Who better to flesh out life in such a place than Andy? He used Mt. Airy as the model for Mayberry and characters from his past to populate Mayberry. Andy

never forgot Don Knotts. Knotts was brought as the nervous, by the book deputy Barney Fife.

Tragedy struck Andy in 1983 when he was diagnosed with Guillain-Barre, a muscular disease. For three months he was paralyzed and then he battled back with six months of therapy. Not to sit idle, he morphed into "Matlock" the small town lawyer show that ran from 1986-1992 on NBC.

Mt. Airy celebrates Mayberry Days. There is an Andy Griffith Playhouse. The town even has a statue of Andy and young Opie together. The Martin guitar company has a special Andy Griffith model. He is the Country and the Gospel Hall of Fame. An eleven mile stretch into Mt. Airy is known as the Andy Griffith highway. Andy received the President's Medal of Freedom in 2005.

You can view the Andy Griffith Show as a morality play with Andy teaching Opie about life in a soft and gentle manner. We knew that Gomer, Floyd, Howard, Goober Helen and even Otis always knew the right things to do. They became the neighbors you wish you had in the town you wanted to grow up in.

"I was proud of it then and I am still proud of it today. Mayberry is a place people would want to call home with the warmest of friends."

Andy we will miss you. ☹️

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● **God Mode Folder**

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● **Voice Typing Everywhere**

Press Win + H to bring up voice dictation in any text field.

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● **Windows Sandbox (Pro editions only)**

Lets you run untrusted apps in an isolated environment that disappears when closed. Enable via Windows Features.

● **Hidden Privacy Dashboard**

Settings → Privacy & Security  
→ App permissions shows a list of which apps recently used your camera, mic, or location—similar to iOS/Android.

- **Pro Tip:** If you right-click the Taskbar and choose Task Manager, you'll notice in Windows 11 it has a refreshed look and also shows power usage per app—handy for tracking down battery drainers. (S)



## MEGA SENIOR EXPO

**Wednesday, November 12**  
*10 am - 1 pm / Melbourne Auditorium*

**Meet Top Seniors care Experts**  
**Free Health Screenings & Resources**  
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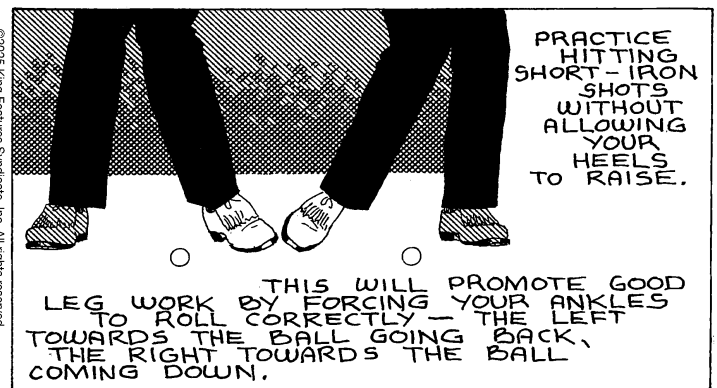
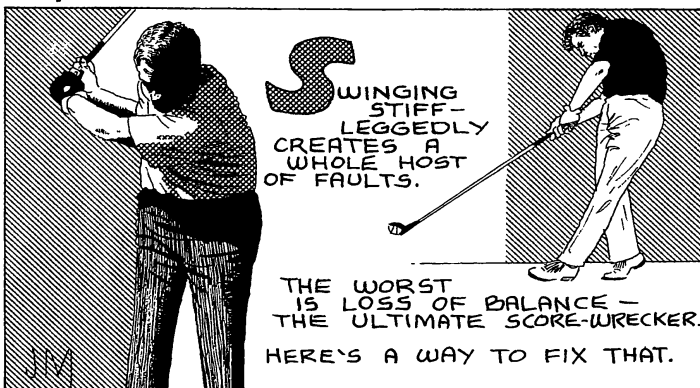
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# Fig Trees Thrive In the South's Warm Climate

By Eddie Smith, MSU Extension Service

**F**igs have always been one of my favorite fruit trees, and I find there's something special about having one in the home landscape. These fruit trees provide beauty, shade and a steady supply of delicious fruit year after year.

Figs are just as delicious eaten fresh off the tree as they are when turned into preserves or baked into cakes and cookies. There are several varieties that do well in Southern landscapes. Celeste is one of the most popular figs, producing small to medium fruit with excellent sweetness and good cold hardiness. Brown Turkey is another dependable option that produces larger fruit and reliable harvests.

Figs perform best when planted in full sun, receiving at least six to eight hours of direct light each day, and they prefer well-drained soil that doesn't stay soggy. While they tolerate many different soils, sandy loam with good drainage seems to work best.

I recommend adding a layer of mulch around the base of fig trees, as this helps conserve moisture during hot summer months while keeping weeds down. Once established, figs are fairly drought tolerant, but I've noticed that consistent watering during fruit development makes a big difference in the size and sweetness of the harvest.

Late winter or early spring is the best time to plant a fig tree. During this time, the tree is still dormant and the threat of frost has passed. You can purchase either bare-root or container-grown fig trees. Space each tree 12 to 20 feet apart to give them plenty of room to grow.



Fertilization needs are usually minimal. In fact, too much nitrogen tends to push leafy growth rather than fruit production. A light application of balanced fertilizer in early spring is normally all they need, and if growth seems weak, a second light feeding in midsummer can help.

Pruning is another important part of fig care. I recommend doing this in late winter before new growth begins. When pruning, focus on removing dead or damaged branches, thinning out dense growth and improving air circulation in the canopy. This not only promotes healthier growth but also makes harvesting easier.

With proper planting, care and protection, figs can be a rewarding and long-lasting addition to the landscape. ☺

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**Contact:**  
**Helping Seniors of Brevard Travel Club**  
**Chris Morse 818-430-1480 Cell**



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.

# OCTOBER COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,  
visit the BCA website at [www.ArtsBrevard.org](http://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*

## OCTOBER EVENTS

**Sep 30 - Nov 2: Orbiting Shape and Color Exhibit**, Fifth Avenue Art Gallery, Melbourne, [fifthavenueartgallery.com](http://fifthavenueartgallery.com), 321-259-8261

**Sep 30 - Nov 2: From Cape to Cosmos Exhibition**: Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**Oct 2, 3, 8: Paint Night**, mymakerscape.com, 321-499-3127

**Oct 3: EGAD First Friday**, Eau Gallie Arts District, [egadlife.com](http://egadlife.com)

**Oct 3: Friday Fest**, City of Cape Canaveral, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**Oct 3: Taste of Space: Marstini Shake-off Experience**, Kennedy Space Center Visitor Complex, Merritt Island, [kennedyspacecenter.com](http://kennedyspacecenter.com), 1-855-433-4210

**Oct 3, 25, 28: Glass Tree Workshops**, mymakerscape.com, 321-499-3127

**Oct 4: Mayor's Masquerade Ball**, Radisson Convention Center, Port Canaveral, [cocoabeachkiwanis.org](http://cocoabeachkiwanis.org), 321-537-3283

**Oct 4: Plant Market and More**, Riverview Park, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**Oct 4: Space Coast Print Fest**, Community Women's Club, Cocoa Village, [spacecoastprintfest.com](http://spacecoastprintfest.com)

**Oct 4, 11, 18, 25: Green Gables Open House**, Green Gables at Historic Riverview Village, Melbourne, [greengables.org](http://greengables.org), 321-306-8635

**Oct 5: Fall Concert**, Eau Gallie High School, Melbourne, [bsyo.us](http://bsyo.us), 321-216-7804

**Oct 5 & 19: Free Ranger Led Tour**, Turkey Creek Sanctuary, Palm Bay, [palmabayflorida.org](http://palmabayflorida.org), 321-952-3400

**Oct 5, 12, 19, 26: Open Studio**, Derek Gores Gallery, Melbourne, [derekgores.com](http://derekgores.com), 321-468-3251

**Oct 6: Handmade Book Class**, Village Art Gallery, Historic Cocoa Village, [thecocovillageartgallery.com](http://thecocovillageartgallery.com) 321-338-3368

**Oct 6 - 26: Sewing Studio Classes**, mymakerscape.com, 321-499-3127

**Oct 7: Autumn Market**, Nancy Higgs Community Center, Melbourne Beach, [brevardfl.gov](http://brevardfl.gov), 321-952-3210

**Oct 8 & 9: 321 Jazz Orchestra - Dealer's Choice**, Melbourne Auditorium, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**Oct 8 - 29: Watercolor Flowers with Linda Neal**, Harbor City Art, Melbourne, [harborcityart.com](http://harborcityart.com), 321-544-8888

**Oct 9: "Turtle Crawl" Surfboard Sip and**

**Paint**: Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**Oct 9: Professional Clothing Swap**, Groundswell Startups, Melbourne, [spaceswapculture.org](http://spaceswapculture.org)

**Oct 10: Autumn Boogie**, Melbourne Auditorium, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**Oct 10: World Space Week Expo**, Kennedy Space Center Visitor Complex, Merritt Island, [kennedyspacecenter.com](http://kennedyspacecenter.com), 1-855-433-4210

**Oct 10 - 11: Boutique Basement Sale**, Magnolia Hall, Cocoa Village, [friendsoflawndale.com](http://friendsoflawndale.com), 321-632-5650

**Oct 11: Brevard Creative Crawl**, Various Studios, Brevard, [artsbrevard.org](http://artsbrevard.org), 321-690-6817

**Oct 11: Glass Seahorse and Starfish Class**, Harbor City Art, Melbourne, [harborcityart.com](http://harborcityart.com), 719-502-5744

**Oct 11: Discover Florida Series** - David Morton, Library of Florida History, Cocoa, [myfloridahistory.org](http://myfloridahistory.org), 321-690-1971

**Oct 11, 18, 25: Saturday Farmers Market**, Riverview Park, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**Oct 12: Enchanted Forest Sanctuary 5K/2K Trail Run/Hike**, Enchanted Forest Sanctuary, Titusville, [runsignup.com](http://runsignup.com), 321-264-5192

**Oct 12: Sunday Brunch Cruise**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Oct 12: Joe Breidenstine Quintet**, Brevard Veteran's Memorial Center, Merritt Island, [spacecoastjazzsociety.org](http://spacecoastjazzsociety.org)

**Oct 13: Pickleball Mixer**, Ted Whitlock Community Center, Palm Bay, [palmbayfl.gov](http://palmbayfl.gov), 321-952-3231

**Oct 15: Afternoon Tea**, Field Manor, Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**Oct 15 & 16: Fantastical Voyages**, Melbourne Auditorium, Melbourne, [mcorchestra.org](http://mcorchestra.org), 321-724-0555

**Oct 16: Sip & Shop**, Twin Rivers Local Vintage, Melbourne, [twinriverslocalvintage.com](http://twinriverslocalvintage.com), 321-499-3050

**Oct 17: Sunset Cruise**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Oct 17: Friday Fest**, Cocoa Beach Mainstreet, [cocoabeachmainstreet.org](http://cocoabeachmainstreet.org)

**Oct 17: Law Enforcement Comedy Show** Feat. Shannon Hall, Melbourne Auditorium, Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com), 321-544-3995

**Oct 17 - 19: Cocoa Beach Hit Songwriter Festival**, Cocoa Beach Mainstreet, [cocoabeachmainstreet.org](http://cocoabeachmainstreet.org)

**Oct 17 - Nov 1: Foggy Bluff "Holiday Haunts" Halloween**, Green Gables at Historic Riverview Village, Melbourne, [greengables.org](http://greengables.org), 321-306-8635

**Oct 18: Gatehouse Market**, Field Manor,

Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**Oct 18: Monthly Guild Meeting**, Eau Gallie Public Library, Melbourne, [scwg.org](http://scwg.org)

**Oct 18: Spooky Saturday Movie at the Pool**, Palm Bay Aquatic Center, Palm Bay, [palmbayfl.gov](http://palmbayfl.gov), 321-952-2833

**Oct 18: Expect the Unexpected!**, King Center, Melbourne, [brevardsymphony.com](http://brevardsymphony.com), 321-345-5052

**Oct 18: 22nd Annual Vettes on the Avenue**, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**Oct 18 & 19: Cocoa Village Fall Art & Craft Fair**, Historic Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com)

**Oct 18 - Nov 8: Discover the Joy of Clay Pottery Class**, Harbor City Art, Melbourne, [harborcityart.com](http://harborcityart.com)

**Oct 19: Sunday Stroll**, Eau Gallie Arts District, [egadlife.com](http://egadlife.com)

**Oct 19: The American Saga**, Melbourne Auditorium, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**Oct 20: "Day of the Dead" Paint Party**: Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**Oct 22: Poetry + Open Mic Night**, The CAPE Center, Cape Canaveral, [cityofcapecanaveral.org](http://cityofcapecanaveral.org), 321-868-1224

**Oct 24: Dinner Cruise**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Oct 24 & 25: Florida Historical Society Meeting & Symposium**, University of Central Florida, Orlando, [myfloridahistory.org](http://myfloridahistory.org), 321-690-1971

**Oct 25: BWS Mini Workshop**, Wickham Park Community Center, Melbourne, [brevardwatercolorociety.org](http://brevardwatercolorociety.org)

**Oct 25: Space Coast Brew Fest**, Sand Point Park, Titusville, [members.titusville.org](http://members.titusville.org)

**Oct 25: Fall Fest**, Fred Poppe Regional Park, Palm Bay, [palmbayfl.gov](http://palmbayfl.gov)

**Oct 25: Spooky Sip n Stroll**, Destination Downtown Food Hall, Cocoa Beach Main Street, [cocoabeachmainstreet.org](http://cocoabeachmainstreet.org)

**Oct 25: Downtown Melbourne Trick or Treat**, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**Oct 25: Parrot's Cove Mall Pop Up Market**, Parrot's Cove Mall, Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com)

**Oct 25: Classic Broadway and Elvis**, Riverside Presbyterian Church, Cocoa Beach, [spacecoastsymphony.org](http://spacecoastsymphony.org), 855-252-7276

**Oct 25: Howl-O-Ween Petacular**, Dirty Oar Beer Company, Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com), 321-305-4584

**Oct 25: Halloween Pub Crawl**, George and Dragon English Tavern, Cocoa Village, [madhatterpromotions.com](http://madhatterpromotions.com)

**Oct 25: Halloween Golf Cart Parade**, Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com)

**Oct 26: Field Manor Fall Festival**, Field Man-

or, Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**Oct 27: Ella Loves Elvis**, Vero Beach High School Performing Arts Center, Vero Beach, [spacecoastsymphony.org](http://spacecoastsymphony.org), 855-252-7276

**Oct 31: Pars and Potions Halloween Charity Golf Tournament**, Cocoa Beach Country Club, Cocoa Beach, [womenscenter.net](http://womenscenter.net), 321-499-8016

## CLUBS & ORGANIZATIONS

**55+ Club**: Monthly 55+ Club meeting, 3rd Wednesday, 10AM at the David R Schechter Center. Call Jill 321-773-2080

**Oct. 3 The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Gator's Dockside, 683 Dave Nisbet Dr., Port Canaveral on Friday, Oct. 3 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

**Oct. 16 The Single, Separated, Widowed and Divorced (SSWD)** group will hold a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach at 12 noon on Thursday, Oct. 16. All are welcome to join the group. Please bring a dish to share. For additional details, please call (502) 299-8949.

**Space Coast Honor Flight** invites all Veterans for lunch and camaraderie 11:15 AM at: 1st Tuesday monthly, Smokey Bones, 1510 W. New Haven Ave. Melbourne; 1st Thursday monthly, Red Lobster, 215 E. Merritt Isl Cswy, Merritt Island; 3rd Tuesday monthly, Capt. Hiram's, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For Info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF, contact us at 321-456-7031 or [info@spacecoasthonorflight.org](mailto:info@spacecoasthonorflight.org)

**Bridge Players Needed** 12 noon, Wednesdays and Thursdays at the Veterans Memorial Center, 400 S Sykes Creek Pkwy, Merritt Island. For more information please call Stan Schick at 321-412-6393

### The Astronaut Trail Shell Club

This active club meets monthly for presentations, outings, and crafts dedicated to learning and sharing knowledge in seashells and sea life. Monthly meetings: September-May. 1:30pm @ Wickham Park Community Center. 2815 Leisure Way. Melbourne FL. Annual dues: \$15 per family. FB page: [spacecoastseashells](https://www.facebook.com/spacecoastseashells)

**Dr. Mary Jane Ward Presents: Healing Energy, The Mind Body Link: A Spirit Filled Journey** This is an ongoing event the second Saturday of the month. 12:00 PM to 1:30 PM. Dr. Ward will discuss and demonstrate how energy techniques can help with mind-body healing. \$5 per class. Contact: Program Coordinator (321) 868-1104, Cocoa Beach Public Library, 550 N. Brevard Ave, Cocoa Beach 32931

**The Genealogical Society of South Brevard** meets on the 2nd Wednesday of the month (except July and August) at the Melbourne Public Library, 540 E. Fee Avenue. Doors open at 9:30 a.m. and meeting starts at 10:00 with speakers addressing various aspects of family history. Information: [WWcontact@gsb.net](mailto:WWcontact@gsb.net)

### 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 meetings are now held at The Eau Gallie Library 1521 Pineapple Ave. Melbourne 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, W1950 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. 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). 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. No meeting in June, July. Find us on Facebook. All New York State friends, and guests welcome. Marie Russo-Dempsey, organizer, (321) 693-1856.

**The Space Coast Jazz Society** held at the Brevard Veterans Memorial Center in Merritt Island, usually the 2nd Sunday of the month, 2-4pm. General admission is paid at the door. The style and era of traditional jazz music we provide are performed by a variety of hired professional bands and musicians, and we also award scholarships to Brevard County high school seniors. (321) 960-4897



**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/>

**03 Oct. Annual NVHS Dinner and Fundraiser** to support homeless and at risk veterans and their families. Save the Date. The Difference a Decade Has Made. 1700-2100 at Radisson Resort by the Port. Hosted by Brevard's Constitutional Officers Semi to formal attire. SOLD OUT.

**11 Oct - NEW TIME AND VENUE Space Coast Honor Flight Send Off** 0400-0530 hrs at Melbourne Airport Terminal. Honors 30 plus veterans and guardians with travel to Wash DC to visit their monuments and memorials. MOAACC/Good Deeds will present annual SCHF and FIT guardians support check at this event. See SCHF.org for more info.

**11 Oct - Second JROTC County Raider Challenge Invitational Meet at BVMC Park** 0630-1230. Expect 12 schools from three counties and over 300

JROTC cadets. While the Amphitheater project will still be underway, the 3.5 K long pathways and plenty of other field space will be available. Veteran organizations pass out trophies and are welcome to support our youth. Most action including awards ceremony takes place 1030-1230. Contact Donn Weaver of BVMC on 757-871-6576 for any questions.

**17 Oct - Annual Patriot Night Honoring Veterans at the Viera HS Football Field** 1800-2100. Veterans get in free and will be honored at halftime. All vets and first responders father on the track seven minutes before halftime to be honored at mid-field. Contact Donn Weaver 757-871-6576 for more information or to get a poster.

**28 Oct - BVMC Discussion Series at the Library** 1800-1930. The US Marine Corps 250th Anniversary will be explained and celebrated including tables of Marine memorabilia and a commemorative cake cutting ceremony. Marine Corp League Members will be there to answer questions and discuss Marine History and ethos. Vinnie Howard is organizing the evening.

### NOVEMBER

**01 Nov - District Championship JROTC Raider Challenge Invitational Meet at BVMC Park.** 0630-1300. Veteran organizations pass out trophies and are welcome to support our youth. Most action including awards ceremony takes place 1030-1300. Contact Donn Weaver of BVMC on 757-871-6576 for any questions.

## REVIEW BREVARD.FL.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

#### Purly Girls Knitting Club

Tuesdays 10am to 1pm

#### Community Support Day: Community Support Advocate

Wednesdays, 9 AM - 12 PM  
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 from 9:00 AM - 12:00 PM. Call the Cape Canaveral Public Library at 321-868-1101 for an appointment.

#### 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](mailto:herring.donna@gmail.com)

#### Zumba Gold

Fridays 9:30-10:30am Cost is \$5 per class. No Zumba class on February 9 and 23.

#### Chair Yoga with Pam

Mondays, from 12:15 - 1:15 PM (Starts in Nov) Suitable for all bodies including seniors, veterans, and you! \$5/class.

**Master Gardener Clinic**, 1st Friday, 11:00AM

#### Book Club

Fourth Friday, 10:45-11:45am

#### Music Lovers Unite

Third Saturday, 12:30pm-1:30pm

**Tech Help** Fridays from 12pm-1pm Not Dec 6, 7, 27. 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

2nd and 4th Tuesdays.  
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](mailto:lmontgomery@brev.org)

#### Tech One-on-one with a Librarian

Tuesdays from 9:30am-11:30am

#### Tuesday Book Club

2nd Tuesday from 2PM - 3PM

#### Senior Art Therapy Class, Watercolor 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 DeGroodt Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

**DeGroodt 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**

<b>Computer Basics Class</b> Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM <b>Hooks and Needles</b>	Tuesdays, 1:00PM – 2:00PM <b>Line Dancing Class with "Dance Lady"</b> Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	<b>Craftsmoon</b> First Wed, 2:00PM-3:00PM. Materials are provided. <b>Book Club</b> First Thursday, 1:30PM	<b>Painting Class</b> , 1st Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited. <b>Cook the Book Club</b> , 3rd Thurs, 6:00 PM
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**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**

<b>Bingo</b> 1st Tue, 1PM <b>Gentle Yoga</b> every Monday at 10 AM	<b>Mystery Book Club</b> 2nd Tuesday at 2 PM <b>Beginning Computer Class</b> 1st	Wednesday, 1 PM <b>Quilters</b> every Thursday at 6:00 PM	<b>Chair Yoga</b> every Friday 10:30 AM <b>Painting For Beginners</b> 1st & 3rd Fridays 12 N
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**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

<b>Coin Talk</b> 4th Tuesday, 6 PM <b>Suntree Book Club</b> 4th Wednesday <b>Sit-n-Stitch</b> 1-3pm, meets 1st & 3rd Weds. <b>TGIF Seaside Piecemakers</b> 9am-1pm, meets second & fourth Fridays. <b>Brevard Investment Education Group</b> 10:30am-1pm. Meets second Mondays.	<b>International Plastic Modelers</b> 6-7:45pm. Meets second Tuesdays. <b>Wednesday Art Group</b> , 1:30-4pm. Meets second Wednesday <b>Books are ALWAYS Better Book Club</b> 3rd Monday, 6:30-8pm <b>Alzheimer's Support Group</b> , 2nd Thursdays, 11am-12N	<b>American Needlepoint Guild</b> 3rd Thursday, 1 PM <b>Tai Chi Class with Brad</b> 2nd Saturdays, 9:30-10:30am <b>Brevard Authors Critique Group</b> 1st & 3rd Thursday, 10am-1pm <b>Brevard Antiques and Collectables</b> 1st Fridays, 10:00am-12:00pm.	<b>Space Coast Poets</b> 3rd Tues 5:30-7:30pm <b>Space Coast Modern Quilt Group</b> , 3rd Wednesday, 9am <b>Thimble Girls in Friendship (TGIF)</b> <b>Seaside Piece</b> , 2nd & 4th Friday, 9am <b>Ikebana</b> 2nd Tuesday 1 PM <b>Medicare 101</b> , 2nd Wednesday 4 PM
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**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**

# 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**

<b>Bingo each Monday at SB Civic Center, doors open 9:30am</b> , game begins 11am. Card fees apply.	<b>Line Dancing Tuesdays and Thursdays</b> at Schechter Community Center, 1pm-2pm. Fee paid at the door.	<b>Game Night each Wednesday</b> at Schechter Community Center, 6-9pm. Free!	<b>Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am</b> at Schechter Community Center Gym. Free!
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**Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinanderseniorcenter.com**

<b>November 2 is our Open House here at the Center.</b> 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! <b>MONDAY</b> <b>Andersen Quilters</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Busy Fingers Crafts</b> 9:00-11:00	<b>Intermediate Tap</b> 10:30-12:00 <b>Party Bridge</b> 12:15-4:00 <b>TUESDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>Grief Counseling</b> 2nd & 4th Tues 10:00-12:00 <b>Line Dancing</b> 12:00-1:30 <b>Gentle Yoga</b> 2:00-3:00	<b>Tai Chi</b> 2:00-3:00 <b>WEDNESDAY</b> <b>Bone Builders</b> 9:00-10:00 <b>Writing Workshop</b> 10-11:30 <b>Spanish Conversational Class</b> 12:30-2:30 <b>New Horizons Jazz Band</b> 9am-12pm <b>THURSDAY</b> <b>Water Colors (Begin/Inter)</b> 9:00-12:00 <b>Gentle Yoga</b> 2:00-3:00	<b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>Intermediate Tap</b> 10:30-12:00 <b>Karaoke</b> 11:00-3:00 <b>FRIDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Party Bridge</b> 12:15-4:00 <b>Spanish Class-Beginner Plus</b> 12:30-2:00 <b>Ballroom Dancing Class</b> 2:00-3:00
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# 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:

**10:40 Mat 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

**Pinochle** 10AM-2PM \$2/\$3 Rachel  
(321) 537-5322

**Muscle Memory Strength Balance**

10:00AM-11AM Natine (321)609-0999

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

**Connie's Card Making** (2nd Tues)

11:30AM-12:30PM \$4/\$5, Connie

(410) 598-3755

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

**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-** Wednes-  
day 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 gpbsc.org

### MONDAY PROGRAMS

**Billiards**, Morning 8:30am-noon

**Billiards, Ladies** noon-3:30pm

**Bocce** 9-11am

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

**Bridge** 12:15-3:30pm

**Cornhole** 11:30am-12:30pm

**Golden Tones** 10am-noon

(On break until Sept)

**Ping Pong** 1-3:30pm

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

**Sensible Weight Loss with Friends** 9-10am

**Shuffleboard (Indoor)** 1-3pm

**Travel Office** open 9am-2pm

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

**Woodshop** 8am-12pm

### TUESDAY PROGRAMS

**Billiards, Morning** 8:30am-12pm

**Billiards, PM** 12-4pm

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

**Fitness Fun** 9:15-10:15am

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

**Ping Pong** 1-3:30pm

**Poker, Straight** 10am-2pm

**Poker, Straight** 6-9:30pm

**Sassy Senior Cheerleaders** 4-6pm

(On break until Sept)

**Travel Office** open 9am-2pm

**Wood Shop** 8am-noon

**Wii Bowling** 10:30am-12:30pm

### WEDNESDAY PROGRAMS

**Bargain Thrift Corner** 9am-12pm

**Billiards, Open Play** noon-4pm

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

Food available to purchase

**Bone Builders** 9:15-10:15am;

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

**Bridge** 9:30am-12pm

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

**Golf** (Crane Creek on 192) 9:20am

**Travel Office** open 9am-2pm

**Woodshop** 8am-12pm

### THURSDAY PROGRAMS

**Art Class** 9:30-11:30am

**Bargain Thrift Corner** 9am-12pm

**Billiards**, Morning 8:30am-noon

**Billiards, PM** noon-4pm

**Euchre** 12:30-3:30pm

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

**Movie Night** 6:30-9:30pm

**Ping Pong** 1-3:30pm

**Pinochle** 11-3pm

**Scrabble** 9:30am-noon

**Travel Office** open 9am-2pm

**Woodshop** 8am-noon

**Yoga, Chair** 10:30-11:30am

### FRIDAY PROGRAMS

**Bargain Thrift Corner** 3-6pm

**Billiards, Open Play** 12-4:00pm

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

**Bocce** 9-11am

**Bridge** 12:15-3:30pm

**Crafts** 9:30-11:30am

**Knotty Habit** 9:30-11:30am

**Poker, Straight** 12-3:30pm

**Travel Office** open 9am-2pm

**Wood Shop** 8am-noon

### SATURDAY PROGRAMS

**Saturday Night Dance**

6:30-9:30pm Jan-Oct

(Last Saturday of month)

**Tour our facility** any weekday 8:30am to  
4pm. Our Center is run 100% by volunteers.

**Consider becoming a member and  
volunteering.**

**The Center is available to rent** for  
seminars, adult birthdays, baby showers,  
anniversaries, weddings, etc.

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

### MONDAY PROGRAMS

**Billiards**- 8:30 am-4:30 pm

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

**Duplicate Bridge** - 12:30-4:00 pm

**Jazzercise Lo** - 8:30-9:30 am

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

**Friendly Poker** - 1:00-4:00 pm

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

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

**Pinochle** - 12:15-4:00 pm

### TUESDAY PROGRAMS

**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**- 11:30am - 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

**Pinochle** - 12:15-4:00 pm

**Dealers Choice Poker**- 11:30am - 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](http://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





OneSeniorPlace.com

8085 Spyglass Hill Road, Viera, Florida 32940  
Monday – Friday 8:30 am – 5 pm  
**321.339.0551**

# Healthy Living Day!

Friday, October 24

10AM - 2PM

**One Senior Place**

8085 Spyglass Hill Rd, Viera, FL 32905

Please call (321) 339-0551 to RSVP



**Click Twice  
to Visit  
Website**

## Thank you to our Sponsors:



## Schedule

**10 AM**  
Ways To Keep  
You Young

Presented by:  
Mike Peterson



**11 AM**  
Cooking  
Demo

Instruction by:  
Chef Arthur Cox



**11:30 AM**  
Mental Health  
Lunch &  
Learn

Presented by:  
Mike Martinez,  
MA, LMHC



## Free Health Screenings

Memory  
Liver

Blood Pressure  
Body Mass Index  
Sugar Glucose Testing  
SpO2% Oxygen  
Pulse Testing

Otoscope Ear Checks  
Mini Eye Exam  
Professional Shoe Sizing

Colorectal Cancer\*  
\*Insurance Required

## Thank you to our Providers:



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

Join us for a day of free health screenings, cooking demo, and more at our Healthy Living Day!

## UPCOMING SEMINARS

**Friday, October 10th at 10am:** "Senior Health Friday With Nurse Lisa" presents: What is The GUIDE Model?

**Monday, October 13th at 10am:** SPECIAL EVENT - Job & Volunteer Fair

**Wednesday, October 15th at 10am:** Planning for Pets: Caring for Furry Family Members –  
Presented by: Rhodes Law, P.A. & Raymond James

**Monday, October 20th at 1pm:** Living Well With Diabetes Part 2: Complication Prevention & Medication Management

**Tuesday, October 21st at 1pm:** Medicare Educational Event – Presented by Health First Health Plans

**Thursday, October 30th at 1pm:** SPECIAL EVENT - Senior Trick-Or-Treat

For details, stop by or see our full calendar of events on OneSeniorPlace.com



# WE OFFER DENTAL IMPLANT SERVICES! ✨

Learn why dental implants are the superior tooth replacement option.

TOOTH REPLACEMENT TREATMENTS	IMPLANT	BRIDGE	DENTURES (Full or Partial)
Longevity	Can last a lifetime with good oral hygiene	7-10 Years	5-7 Years
Natural Look & Feel	Yes	No	No
Same Care As Your Natural Teeth	Yes	No	No
Preservation Of Healthy Adjacent Teeth	Yes	No	No
Prevent Bone Loss & Preserve Facial Appearance	Yes	No	No
Need Regular Adjustments	No	Yes	Yes
Accelerated Loss Of Adjacent Teeth	No	Yes	Yes

Click Twice  
to Visit  
Website

## OUR IMPLANT SERVICES

- **Single Implants** - A great option for patients who are missing one or multiple teeth
- **Overdentures/Snap-On Dentures** - No more gluing your dentures in! This type of denture uses implants for support so you can snap them in!



 **Bright Now!® Dental**  
& ORTHODONTICS

READY TO RESTORE YOUR SMILE?  
CALL OUR OFFICE FOR A CONSULTATION!

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Satellite Beach, FL 32937  
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Melbourne, FL 32935  
321.253.0606

**Palm Bay**  
1051 Port Malabar Blvd NE  
Palm Bay, FL 32905  
321.729.6060