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**Top Seniors' Fears
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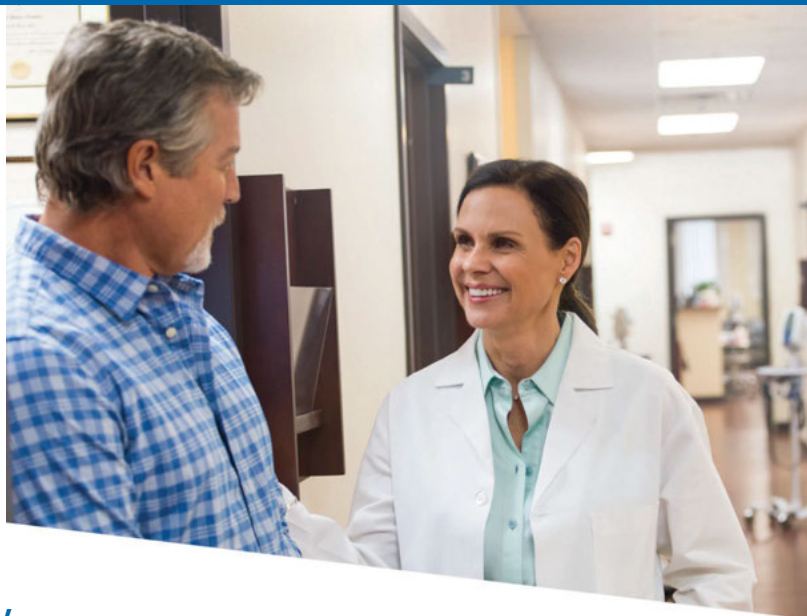
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Letter from the Publisher

I think I almost experienced Fall the other day! And it's only November. Anyway, as you welcome in the less-warm weather, don't forget to honor Veteran's Day, November 11th. There are many organizations and municipalities here on the Space Coast celebrating Veterans, so join in, even if only in spirit. For many of us, this is an especially important remembrance.

Just one final comment about the COVID 19 virus. Let's keep in mind that the virus is still out there and the medical community is highly recommending getting the most current vaccine. We all thank you for thinking of others by getting your vaccine.

Have you had a chance to "friend" our facebook page? As we grow this service, we will offer an increasing number of notices and advice. Have you had a chance to visit our web site recently and try our digital version of the Senior Scene Magazine display? It's fun and easy to use.

Once again we are quite proud of the great articles and information provided this month. Hope you enjoy them.

So for now, enjoy this issue and have a wonderful Thanksgiving.

See you next month.



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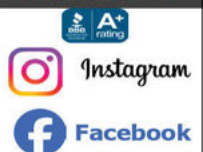
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Pioneer Brothers *By Diane Barile*

Peter and Dick Wright - Melbourne's First Pioneers

A black man, born into slavery about 1847, became the first settler on Crane Creek in what became the village of Melbourne. Peter Wright and his brother Dick came to Florida from Quitman, Georgia with former slave holder, Confederate Captain William H. Sharpe.

For Sharpe and others from Quitman, it was a desperate time. When the defeated, returning home, the Southerners found most former slaves were gone, fields fallow and Confederate money worthless. The national government implemented the process of Reconstruction in 1867. Life seemed even worse when federal troops were put in charge of the community. To make matters worse, the entire cotton crop of 1868 was devastated by an invasion of caterpillars.

The uncertainty of the political and economic climate was untenable for the Confederates and unsettled for the freed slaves. They both wanted a new life. Sharpe and others looked to the open wilds of Florida. The Sharpe, Hardee, Mims, Williams, Scott and Creech families found their way to the Indian River Lagoon region from Quitman in 1868 along with a few free men to help with the move.

The 1948 History of Brooks County, Georgia pays tribute to the faithful Negroes who stayed with and assisted former

master's families. Peter and Dick Wright may well have aligned themselves with those Confederates for the move from Quitman to Indian River.

The Wrights became mail carriers by sail boats. Dick carried mail from New Smyrna to Titusville and Peter from Titusville to Melbourne and further south. Dick became the barber in Titusville.

Peter homesteaded the north shore of Crane Creek and the high bluff on the lagoon. He built a two story house with wife Leah. He had a successful grove, a cat boat, horse and buggy, a cow and chickens. Land sales brought new settlers to Melbourne. Peter sold first to C. J. Hector for a trading post at the mouth of the creek. Wright delivered the biweekly mail to the post office in Hector's store.

As the settlement grew, Wright sold land on the bluff to the Yankee Camp brothers who divided the homestead into town lots. This sale brought Wright's move to Rockledge near another of the Quitman pioneers. Gardner and Thomas Hardee developed the town of Rockledge. Wright maintained a livery stable west of the railroad tracks. Years later he moved to Cocoa where he is buried in the local cemetery.

Pioneer Brothers continued on pg 37

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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Artist - Rich Ficker

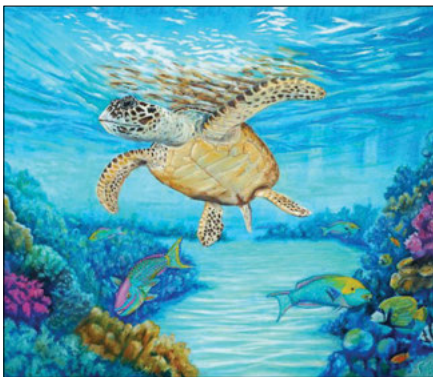
I'm Fundamentally a self-taught artist. I did take a variety of art classes in high school and dabbled in commercial art for a little while. As life would have it my art career got put on the back burner, while I traveled the world, and later worked in construction and raised a family. I've always loved art and looked at life through the eyes of an artist, studying light, shadow, shape, and form. I would read about art, and frequent museums, always meaning to get back to painting. At the age of 49, realizing that no one really knows how much time they might have on

this earth, I made the commitment to start painting. In doing so I rekindled an old passion. I love to paint a variety of subjects. Some of my paintings have real heart felt meaning. Some contain hidden images. Some are for the pure joy of expressing my love for nature, and her many magical colors. You will also find the reoccurring theme of water and the ocean in most of my work. Being a lifelong surfer, it's what I know and love. I

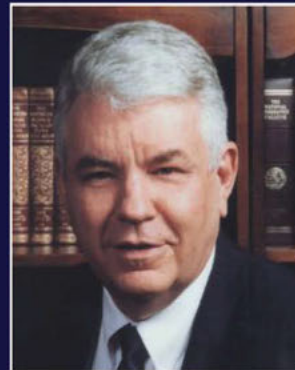


hope you will enjoy my work as much as I do creating it.

I am now a member of Fifth Ave. Art Gallery on Highland Ave. in EauGallie Florida. My work is also in The Village Art Gallery on Brevard Ave. in Cocoa Village Fl. www.richardficker.com ©



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TALK WAS.....

Elizabeth Taylor – The Passing of a Great Star and Humanitarian

By George Khoury



Did it matter that she married eight times and twice to the same man? We were more proud of her humanitarian commitments than her films. After her death, Bill Clinton said that “her legacy will continue the good works and save lives”

There always seemed to be Elizabeth Taylor. We enjoyed her in such films as *National Velvet* (1944), *Giant* (1956), *Cat on a Hot Tin Roof* (1958), *Suddenly, Last Summer* (1959), *Cleopatra* (1963), *Butterfield 8* (1960), *Who's Afraid of Virginia Woolf*. (1966), *The Taming of the Shrew* (1967). Taylor was a star on television with made for TV credits as well as appearances on soap operas. She also conquered Broadway as well. She even played opposite her former husband Richard Burton in “*Dr. Faustus*.”

She raised millions of dollars for AIDS research, received the Presidential Citizens Medal, the Legion of Honor and a Life Achievement Award from The American Film Institute. Taylor was also named the seventh “Greatest American Screen Legends.”

Although born in England her parents were Americans from Kansas. Her father was an art dealer while Mom was a

former actress. Sensing the war in Europe would continue to grow, the family arrived in New York in 1939. They settled in Los Angeles where her father reestablished his art gallery. The gallery attracted the Hollywood elite who opened doors for the family.

Very quickly executives at MGM and Universal were interested in signing young Elizabeth to a contract-even without a screen test. In 1940 she made a forgettable film for Universal. Her beautiful eyes could not have saved her. Those deep blue eyes were only augmented with a mutation that gave her double eyelashes. It was rumored that the director said, “Her eyes are too old, she doesn’t have the face of a child.” Taylor always explained it as “having an old soul.”

Luckily MGM treated her better by putting her in *Lassie Come Home* (1943). The film was so successful that she was signed to a seven-year contract for \$100.00 a week with regular raises. Her *National Velvet* (1944) made her a star-but

Elizabeth Taylor – The Passing of a Great Star cont’d on pg 40

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Can Specific Bequests Disrupt An Estate Plan?

By Attorney Truman Scarborough

A specific bequest can be a sum of money, the home, a car, shares of stock, jewelry, etc. that is given to a particular individual. It allows an estate plan to better reflect personal desires on how specific property is distributed. It can also prevent disputes over who receives particular items desired by more than one beneficiary providing for a smoother settlement of an estate.

Specific bequests, however, can create confusion. What if the particular car has been replaced with another vehicle? What if there is no XYZ stock because the company was acquired by another company? What if the bank where a savings account is located was acquired by another bank? What if the stock split and there are now 200 shares rather than the original 100? Does the beneficiary get 100 or 200 shares of stock? What if the beneficiary received the \$10,000 promised in the will or trust from the decedent before he/she passed away? Is the beneficiary entitled to an additional \$10,000 from the decedent's estate? While these kinds of issues are addressed in the Florida Statutes, discuss them with your attorney to be sure that they are handled the way you want.

There is also the problem on how specific monetary bequests affect the overall estate plan. A common concern is what happens if there are not enough funds to pay all the intended bequests. Specific monetary bequests (like \$10,000) are, as a rule, paid first leaving the residual beneficiaries to pay the expenses and divide what might remain. If the value of the whole estate significantly decreases in value, a specific dollar amount intended to be just a small portion of an estate could become quite large in comparison to the residual gifts. This could substantially alter an estate plan from what was intended. One way to address the problem is by defining larger monetary gifts as a percentage of the total estate rather than giving a specific dollar amount. Defined as a percentage, it increases and decreases with the overall size of the estate. If there is a concern it may be too large, it could be capped at a dollar amount. For example, the plan could provide that a beneficiary will receive 10% of the estate, but not more than \$100,000.

Can Specific Bequests Disrupt... continued on pg 45

The advertisement is a colorful collage promoting "Join the Fun Tours". At the top left, a red banner displays the website "www.jointhefun.us". Below it, a blue sign for "Stefan's Join the Fun Tours" lists the phone number "321-594-0392" and the website. A white tour bus is shown in the center. To the right, a globe graphic is next to the large text "JOIN THE FUN" with "with www.jointhefun.us" underneath. Further right, a blue sign says "TRAVEL GROUPS FOR SENIORS" next to a compass. The bottom left shows a white bus with "SENIOR TRAVEL" on top and "JOIN THE FUN" on the front, with a map of Florida on the windshield. The bottom right features a vibrant scene with a blue bus, a "CASINO" sign, a "WELCOME to Nashville" sign, and a "BILT MORE" sign. Text at the top of this section reads "EXPLORE DAY TRIPS, MOTOR COACH TOURS, & GROUP CRUISES" and "www.jointhefun.us". At the bottom, it says "DEPARTS COCOA & VIERA".



SENIOR SCENE MONTHLY TRAVEL TIPS

Checklist for Traveling Abroad (Part 1)



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Traveling to another part of the world? International travel takes a little more organization than putting clothes in a bag and hoping for the best. Forgetting your passport at home or realizing after your credit card is frozen that you never notified your bank about your travel plans can turn your trip into a disaster. That's why Senior Travel always tells you to be PATIENT when traveling abroad.

When working with Senior Travel most of the pre-trip stress can be avoided with a little planning around the real essentials—think health, safety, and money. To keep you from last-minute concerns or problems, please look at this handy international travel checklist.

Focus on Safety First

One of the easiest and most essential items on an overseas travel checklist is also arguably the most ignored. Travel insurance and State Department alerts can be critical in emergencies abroad. Many tourists bet they won't become

part of the small percentage of travelers who require evacuation assistance or protection from hotel or flight cancellations.

Subscribing to the State Department's STEP alerts for your destination can help you stay informed about upcoming and current travel restrictions, strikes, and areas of political unrest.

Travel insurance can cost as little as a few dollars per travel day and cover a wide range of expenses, from lost luggage to emergency medical attention, doctors' visits on board a ship (just to visit the center for service think \$350.00) saving you hundreds, even thousands of dollars. As of 2025, some countries are even making travel insurance mandatory for visitors to cover emergencies. You must show evidence of travel insurance!

Checklist for Traveling Abroad cont'd on pg 46

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Scam Jam

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

According to the FBI, Older Americans Lost a Record \$4.9 Billion Through Fraud in 2024. AARP reports that the FBI revealed a 43 percent jump in annual reported fraud thefts - Tech support scams: \$982 million; Confidence & romance scams : \$389 million; Business email compromise (where criminals impersonate leaders of an organization to get employees to send money or data): \$385 million, for starters.

Cryptocurrency investment fraud, in particular, is a growing concern, notes Christopher Delzotto, section chief for financial crimes, FBI Criminal Investigations Division. Last year the FBI received more than 41,000 complaints with \$5.8 billion reported stolen. Scammers (often based in Southeast Asian scam centers) use financial grooming, known as pig butchering. They pretend to be the victim's friend or romantic interest before suggesting a "sure-bet" investment opportunity.

Helping Seniors of Brevard joins forces with AARP Fraud Watch Network to present another Chapter of "Scam Jam" - to help Seniors protect themselves, their Families and their Finances. November 21st, Addington Place of Titusville, at 497 N Washington Ave in Titusville, hosts Helping Seniors and AARP for a full-day free to the public (must RSVP - space is limited to just 50 "Scam-Jammers") of Scam Safety Training.

Speakers include Corporal Martinez, of the Brevard County Sheriff's Office, Elder Law Attorney Greg Schwendeman, of Rhodes Law P.A., and Karen Civitate, of AARP Fraud Watch Network as well as many others who bring specific and useful training to keep us safe from the Scammers. Helping Seniors will be on-site with information from our own experience of handling the County's Senior Information Helpline for 15 years and ALL who complete the program become "SCAM JAMMERS" and receive a Certificate of Course Completion.

The event is 930am-200pm on Friday November 21st and is free (including complimentary lunch provided by our friends at Addington Place) and so our classroom space is strictly limited to 50 participants - making RSVP's mandatory by calling Helping Seniors at (321) 473-7770 to secure your seat.

The event also features a free and open to ALL afternoon SHRED-IT event - with an onsite Shred Truck to help securely and safely dispose of those sensitive documents, returns, bank statements, etc.

We hope that you'll plan to join us! Our first Scam Jam event, held at The Brennity in Viera earlier this year, received great reviews from all who attended and Helping Seniors is committed to making this important information available in all corners of our County so Titusville is next! See you there! 📞



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Is My Old Windows 10 Computer Useless Now?

By James Bowman, Data Rescue Computer Service

Not at all — your old Windows 10 computer isn't useless, even though Windows 10 is reaching end of support soon. Here's a breakdown of your options and what you can still do with it:

1. Understand What "End of Support" Means

Microsoft will officially end support for Windows 10 on October 14, 2025. That means:

- ◆ No more security updates or bug fixes from Microsoft.
- ◆ The system will still work, but it may become less secure over time, especially if connected to the internet.

2. You Still Have Several Options

● Option 1: Keep Using It Safely

You can keep using Windows 10 safely for a while longer if you:

- ◆ Install all final updates before October 2025.
- ◆ Use strong antivirus protection (Windows Defender or a trusted 3rd-party one).
- ◆ Avoid risky websites and downloads.
- ◆ Use it offline for specific tasks (like photo editing, Word, Excel, etc.).

Microsoft will also offer Extended Security Updates (ESUs) for up to 3 more years (for a fee), though mainly aimed at businesses.

● Option 2: Upgrade to Windows 11

If your hardware supports it, upgrading to Windows 11 gives you:

- ◆ Ongoing security updates until at least 2031.
- ◆ Better security, efficiency, and modern features.

You can check compatibility by running Microsoft's PC Health Check Tool.

If your computer isn't officially supported, there are safe workarounds to install Windows 11 on older hardware — I can walk you through that if you want.

● Option 3: Switch to Linux (Free & Lightweight)

If your PC is too old for Windows 11, consider installing a Linux distribution like:

- ◆ Linux Mint (very beginner-friendly)
- ◆ Zorin OS (looks and feels like Windows)
- ◆ Ubuntu (popular and well-supported)

These run fast on old hardware and are great for web browsing, writing, or media playback — with no licensing cost.

● Option 4: Repurpose the Computer

You could easily turn your Windows 10 system into:

- ◆ A media center (for movies, music, or photos)

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My Old Windows 10 Computer... continued on page 36



Creating Income In Retirement

By Max Valavanis, CFP®, CFS®

Although 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 is a financial emergency and a financially comfortable lifestyle.

For nearly a century pension plans were the backbone to the American retirement system. Millions of retirees relied on the steady income flowing from their former employer's pensions as they aged. This opportunity has since diminished to only 11% of the private workforce according to the Pension Rights Center. If you are nearing retirement or have recently retired, this important piece of the retirement pie is likely missing! Across the nation, most retirees now have to develop complex and potentially risky plans to compensate for their lack of income. However, there are still options available for seniors to potentially develop their own pensions.

Having a guaranteed income used to be a relatively simple task, but now it's evolving into a mammoth undertaking.

Social Security was once a safety blanket that every retiree could rely on, and now its benefits are in danger of being eroded. The Social Security Administration itself stated that the program is only fully funded until the year 2034. This, coupled with the volatility of the stock markets, means that retirees are struggling to find sufficient and reliable income. As a result, our roles as Financial Planners have adapted to meet the changing long-term needs of our clients.

Retirement income planning must also take into account the increasing longevity of American retirees. According to the Society of Actuaries, for a couple who is 65 years old today, there is a 50% chance that one of them will live to age 92! These factors, along with other considerations, changed the landscape of income planning.

You may have heard of the "Trinity Study" of 1998 which popularized the concept of the 4% withdrawal rate. This study, commissioned by three university professors, essentially proved how to invest in the markets and not go "broke" while only withdrawing 4% annually. At the time of publishing, the concept was relevant and effective. Now,

Creating Income In Retirement continued on page 38

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Loneliness Linked To Higher Risk Of Stroke

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

Stroke is one of the leading causes of long-term disability and mortality worldwide. Although stroke mortality rates have declined globally over recent decades, rates of decline for stroke incidence have slowed and the global burden of stroke remains high. Social isolation and loneliness are associated with about 30% increased risk of heart attack or stroke, or death from either, according to the American Heart Association. Risk of social isolation increases with age due to life factors, such as widowhood and retirement. Nearly one quarter of U.S. adults ages 65 and older are socially isolated, and prevalence of loneliness is even higher, with estimates of 22% to 47%. People who feel chronically lonely over long periods of time are at higher risk, finds first such study of its kind. Loneliness may increase the risk of stroke by as much as 56% that experts say explains why the issue poses a major health threat worldwide.

The World Health Organization (WHO) has said loneliness is among the most significant global health concerns, affecting every facet of health, wellbeing and development. The U.S. Surgeon General has warned that its mortality effects are equivalent to smoking 15 cigarettes a day.

While previous study has linked loneliness to a higher risk of developing cardiovascular diseases, few have examined the impact on stroke risk specifically. The study, led by Harvard University, is first of its kind to examine the association between loneliness changes and stroke risk over time. These researchers found that adults 50 and above who experienced chronic loneliness had a 56% higher risk of stroke than those who consistently reported not being lonely. Those who experienced situational loneliness but did not suffer long term did not have a higher risk of stroke, suggesting the impact of loneliness on stroke occurs over many years. Loneliness is increasingly considered a major public health issue. Especially, when experienced chronically, loneliness may play an important role in stroke incidence, which is already one of the leading causes of long-term disability and mortality worldwide.

The study used data from 2006 to 2018. More than 12,000 people aged 50 and above who had never had a stroke were asked questions about loneliness between 2006 and 2008. Four years later, about 9,000 people who remained in the study responded to the same questions and researchers then grouped them depending on their answers across the two time points. The groups were "consistently low" (those who scored low on the loneliness (those who

Loneliness Linked To Higher Risk Of Stroke cont'd on pg 45



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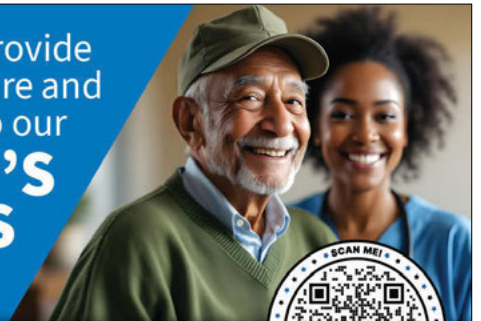


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Understanding the Top Fears of Senior Citizens in 2025 *By Traci Graf, RN*

As we move deeper into the 21st century, senior citizens face a rapidly changing world that brings both opportunities and new challenges. In 2025, the fears and anxieties that trouble older adults are shaped not only by their own experiences but also by broader societal trends, economic changes, and advances in technology. Understanding what senior citizens fear the most can help families, caregivers, and communities offer better support and solutions.

One of the most prevalent concerns among senior citizens is the fear of declining physical and mental health. With age, the risk of chronic illnesses such as heart disease, diabetes, arthritis, and Alzheimer's disease increases. Many seniors worry about losing independence due to mobility issues or cognitive decline. The uncertainty of future health problems, coupled with concerns about accessing quality healthcare, is a major source of anxiety. In 2025, with healthcare systems under strain and medical costs rising, these fears have only intensified.

Financial insecurity remains a top fear for seniors, especially as the cost of living continues to climb. Many older adults rely on fixed incomes from Social Security or retirement savings, which may not keep pace with inflation and unexpected expenses, such as medical bills or home repairs. The possibility of outliving their savings, or having to choose between essentials like medication and food, creates a persistent sense of vulnerability. Economic uncertainty in the global market also contributes to these worries, making financial planning a constant concern for retirees.

Social isolation is another significant fear that has grown in recent years. With families often dispersed, and friends passing away or moving, seniors can find themselves increasingly alone. The COVID-19 pandemic amplified these feelings, and even in 2025, many older adults worry about the lack of meaningful social connections. Loneliness can lead to depression and other health issues, making it an urgent challenge for communities and policymakers to address.

As technology rapidly evolves, seniors often fear being left behind or unable to access essential services. From online banking to telemedicine, many aspects of daily life now require digital literacy. Those who struggle to keep up with new devices and apps may feel isolated or frustrated. The digital divide is a real concern, and many seniors worry about scams, privacy breaches, or simply being unable to participate fully in society.

Many older adults fear losing their autonomy or having to depend on others for basic needs. Whether it's moving into assisted living or relying on family members, the potential loss of control over one's life and decisions can be deeply unsettling. Seniors value independence and dignity, and any threat to these can provoke strong anxieties.

In summary, the fears faced by senior citizens in 2025—declining health, financial instability, social isolation, technological exclusion, and loss of autonomy—reflect both personal and societal challenges. Addressing these concerns requires empathy, innovation, and a collective commitment to ensuring that older adults can live with confidence, dignity, and peace of mind. §

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Lisa Conway

The holidays are such a special time of year! Families come together to celebrate traditions, share meals, and enjoy each other's company. However, planning activities for children, teens, adults and senior adults can be a challenge. To keep various family members from staring at their phones, it helps to focus on experiences that spark creativity, encourage teamwork, and promote connection across generations. Let's explore a few festive ideas.

Baking and Cooking Together

Nothing brings people together quite like food. Holiday baking lets everyone get in the act—whether it's children decorating cookies, grandparents sharing family recipes, or adults handling the more complex tasks. The result? Delicious treats and an opportunity to share stories and traditions that may otherwise be forgotten.

Family Game Nights

Board games, card games, or even simple trivia contests can provide hours of entertainment for the whole family! Choosing games with easy-to-understand rules ensures that younger family members can participate while still being fun

for adults. Classics like charades, Pictionary, or holiday-themed bingo can bring a lot of laughter.

Crafting Projects

Arts and crafts encourage creativity across generations. Making homemade ornaments, designing holiday cards, or even creating simple wreaths can be enjoyable for children while offering adults a chance to slow down and relax. Often, the most treasured keepsakes – are homemade.

Storytelling and Movie Nights

Sharing stories is a powerful way to connect as a family. Experiences from the past are recounted and photo albums are cracked open (often to the amazement of the younger set). A holiday movie marathon or photo slide show is a perfect way to bring everyone together.

Volunteering as a Family

The holidays are also about giving back. Volunteering, donating toys, or helping a neighbor in need can teach children the value of generosity while strengthening family bonds. These experiences often leave a lasting impression on everyone involved.

Outdoor Adventures

When weather permits, spending time outdoors can be invigorating for all ages. Taking a holiday lights walk is a fun way to enjoy the season. A simple stroll around the neighborhood to admire decorations can be magical when done as a family.

Making Memories Together

You might be saying to yourself: "You don't know MY family." Yes, all families are different, but the key is to plan activities with broad appeal for shared enjoyment. Whether it's baking cookies, playing games, crafting ornaments, or giving back to the community, experiences are more than just entertainment—they become lasting memories.

For a look at activities planned in Viera, visit [OneSeniorPlace.com/events](https://www.oneseniorplace.com/events). 📍

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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Tech is the Topic

Kerry Fink
Executive Director - Helping Seniors

As we keep surveying needs of Seniors in Brevard County, we are hearing over and over how important it is for us to become “tech savvy” so that we can (a) keep up with what is required of us and (b) stay safe from the new breed of AI induced scams!

It seems the Doctor's Office wants us all to “check-in” for our next visit via that “phone app” and the Pharmacy wants to update us on the progress of a Prescription refill via their “RX app” and it goes on and on. From checking in for that airplane flight to checking in for the cruise leaving Sunday, it is all about knowing how to use your smartphone.

And, of course, with every bit of technology comes the “bad guys” looking to scam their way into your checking account or stash of cash - made even more slick and confusing with the help of “AI” - Artificial Intelligence.

To that end, Helping Seniors is investing into training on both levels. Our 2nd Friday Tech Talk Series at Joe's Senior Resource Center of Brevard, offers a free and interactive way to get you and your smartphone on good terms so you can tackle all these “app” requests successfully and efficiently. (And without calling your 9-year old granddaughter who can do this stuff in her sleep!). Bri Prentice, who teaches our classes, is a millennial who “gets it” - she didn't grow up with the technology from birth, she had to learn the same we have to learn and enjoys sharing the empowerment of knowing how to use our tech fully!

And, on the other end, we are so pleased to partner with our friends at AARP, who head the AARP Fraud Watch Network, for our SCAMJAM programs that are designed to educate us best safe practices. Our next edition happens Friday, November 21st, at Addington Place in Titusville.

You can more information (ad to RSVP) on these FREE and so important programs by calling Helping Seniors Helpline at (321) 473-7770!

Let's make us Titans of Tech together for good efficiency AND good security!



Hopeful Steps in Alzheimer's Research

Michael Folkerds
Aqua Home Care

Annovis Bio is making exciting progress with buntanetap, a simple pill designed to help people with early Alzheimer's disease. Last year, in 2024, they completed an important study called Phase II/III. It involved over 300 adults with mild to moderate Alzheimer's who took the drug or a placebo for about three months.

The results were encouraging. Those on buntanetap showed clearer improvements in thinking and daily tasks compared to the placebo group. For example, people with milder symptoms saw better memory and focus, and the drug helped lower harmful proteins in the brain that contribute to the disease. Best of all, it was safe, with side effects similar to placebo, mostly mild things like headaches or nausea, nothing serious.

This success builds on how buntanetap works: it targets multiple problems at once, like reducing brain inflammation, improving nerve connections, and slowing damage. Unlike some treatments that only ease symptoms, it aims to actually change the course of Alzheimer's.

Now, Annovis is running a larger Phase 3 study that started in early 2025. This one will test the drug over 18 months with more than 750 people aged 55 to 85 who have early Alzheimer's. It checks both short-term benefits, like better cognition after six months, and long-term effects on slowing the disease. The goal is to confirm the earlier positives and get closer to approval. If it works, buntanetap could offer real hope for easier, more effective treatment.

Stay tuned. Annovis is sharing updates as they go.

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Are you prepared to care for your loved ones?

Dorie Hill
Brevard Alzheimer's Foundation

Alzheimer's Disease affects 7+ million Americans 65 and older and is projected to reach 13.8 million by 2060. At Brevard Alzheimer's Foundation and Joe's Club, we can help you navigate your loved ones' life-changing illness which leaves them unable to care for themselves.

Joe's Club is an Adult Day Health Care facility, approved and recommended by ADI (Alzheimer's Disease Initiative) and the VA (Veteran's Administration), which is open Monday through Friday, 7:30am to 5:30pm, providing care, organized activities and socialization for your loved ones so you can maintain employment, with three facilities located in Melbourne, Titusville and Micco.

Our Project Relief program, coordinated by our Education and Training Director, Dorinda Hill, provides free at home respite care, up to four hours at a time, which allows you to run errands, go to appointments or just provide you with a much-needed break while knowing that your loved one is being cared for.

Dorinda also offers weekly caregiver support groups and monthly training for Alzheimer's and dementia-related illnesses.

Another amazing program we offer is SafeRide which provides free transportation for qualifying seniors to life-sustaining appointments, grocery store, and pharmacy trips. We also partner with Second Harvest Food Bank to provide local food-deficient seniors with free monthly food deliveries.

Essentially, we are here to help you keep your loved one in the family environment.

Please reach out to us at (321) 253-4430 if you would like more information.



Helping Seniors Of Brevard



**Getting Your Ducks in a Row
Your Aging Plan...
Putting it All Together**

**Nancy Deardorff
Helping Seniors of Brevard**

Tempus Fugit, Latin for “Time Flies.” Time certainly passes quickly when you’re having fun or when you are busy. It is hard to believe that November is upon us. Helping Seniors of Brevard has indeed been busy this year, continuing our mission to enhance the quality of lives for seniors through information, education, resources, and connection.

Our Senior Information Line took over 4000 calls last year, and it looks like we are on track to surpass that number for 2025. Our Senior Information Phone line helps navigate seniors to the help and resources they need. Our full-time senior care navigator is also available to meet with seniors and their families in person at our Senior Resource Center located at 1344 S. Apollo Blvd. Ste. 2-C in Melbourne, 32901 in the Apollo Professional Tower.

Our Helping Seniors publication, located in the center section of Senior Scene Magazine produced monthly, contains a wealth of information from subject matter experts and professionals designed to educate seniors on important topics.

Our Helping Seniors Radio program which airs every Wednesday at 12noon on WEJF 90.3 FM broadcasts throughout the county and beyond, featuring different guests with programs all geared to provide information and education to seniors.

Our Helping Seniors TV program which airs on Space Coast Government Television four times a day, five days a week, provides televised informational and educational programming, all designed to keep seniors informed on important issues that the aging population may face.

Our live monthly senior education series “Knowledge College for Aging” and our “Senior Wellness Series,” provide in-person educational opportunities that are both informative and fun.

At ‘Joe’s Senior Resource Center of Brevard located at 1344 S. Apollo Blvd. Ste. 2-C in Melbourne, 32901, has a vast senior information library and has an on-site Senior Care Navigator to help point seniors in the right direction for needed help and resources.

We know as a county that spans more than 72 miles, not everyone can visit our Senior Resource Center, which is why our publication in Senior Scene Magazine and our TV and Radio programs are available county-wide. Our live monthly Senior educational series along with our Helping Seniors TV and radio programs are all recorded and archived and available to watch online. Simply visit our website at www.helpingseniorsofbrevard.org and you can look up any past programs as well as any past issues of our print publication so that you can stay informed.

Helping Seniors of Brevard believes that knowledge is power. Our late founder, retired USN Captain Joe Steckler, believed this too and he believed that the key to successful aging, is for seniors to develop their own aging plan. At Helping Seniors of Brevard, we like to call it “Getting Your Ducks in a Row.”

Every Helping Seniors of Brevard publication, Radio or TV show, or senior education event is designed to educate seniors to develop an effective aging plan, so that the golden years can be a little more golden.

All Helping Seniors programs, including our Senior Information Phone Line, are provided free to our seniors and are made possible through our generous donors, business & corporate sponsors, and community partners.

**Joe’s Senior Resource Center of Brevard
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Getting Your Ducks in a Row Your Aging Plan...Putting it All Together

And Now...Let's Put it All Together

There are seven pillars (or 7 Ducks) to putting together an effective aging plan so that you will have your Ducks in a Row. Throughout the year, Helping Seniors of Brevard has provided information and education to help seniors develop an effective aging plan.

Now let's review each of these seven pillars.

Pillar 1 -Your Health and Wellness Duck.

As seniors age, maintaining overall well-being becomes essential. We need to consider all aspects of health including physical health, mental health, cognitive health, spiritual health, and social health. Prioritizing all five areas creates a balanced, fulfilling lifestyle that supports healthy aging.

Pillar 2 – Your Legal Duck.

Many people falsely believe that you need to be wealthy to have a will or trust. This is not the case. Consulting an Elder Care Attorney is a wise decision. An Elder Care Attorney can assist you with estate planning, POA, wills & trusts, and advanced directives to make sure your wishes are carried out.

Pillar 3 – Your Financial Duck.

Getting your financial ducks in a row is vital, especially with the rising prices of everything from rent to home

homeowners insurance, not to mention medical expenses, gas, food, utilities, home maintenance, the list goes on. Consulting a financial expert is a wise decision to ensure that your money works for you.

Pillar 4 – Your Safety Duck.

Safety is a huge umbrella term. Not only does safety mean physical safety, such as fall prevention, fire safety, storm/hurricane safety and driving safety, but also getting and staying educated about cyber safety and staying safe from scams. Seniors are a prime target for scammers, so it is important to know how to protect yourself.

Pillar 5 – Your Senior Living Duck.

An effective aging plan should address what your needs are as you age should you choose to age in place at home. For some, downsizing or a move to assisted living may be the right choice. Know your options.

Pillar 6 – Household & Transportation

Consider not only the cost, but your physical ability to maintain your home such as lawn maintenance, home repairs, the need for a new roof, house cleaning. Also consider your current and future transportation needs. How will you get to and from medical appointments, and more? Knowing your household and transportation resources is essential.

Pillar 7 – Your Medicare Duck

The Medicare world is confusing. Should you choose original Medicare or a Medicare Advantage Plan (Part-C). It is important for you to know where to turn to get your questions answered. A Medicare Expert can help you choose the right plan for you based on your needs and can even save you money. Did you know meeting with a Medicare expert is FREE?



Helping Seniors Of Brevard

Getting Your Ducks in a Row Your Aging Plan...Putting it All Together

(Continued)

There you are folks. These are the seven pillars of an effective aging plan and Helping Seniors of Brevard continues our mission to inform and educate seniors so that seniors can age with dignity. Now that is "Getting Your Ducks in a Row."

All Helping Seniors programs, including our Senior Information Phone Line, are provided free to our seniors and are made possible through our generous donors, business & corporate sponsors, and community partners. As a charitable organization, we depend on these generous donors and sponsors and your contributions to our fundraisers to continue our mission.

On behalf of our Executive Director Kerry Fink, Our Board of Directors, and the entire Helping Seniors of Brevard Team, we thank you for your support. We are so grateful.

For more information or to donate call Helping Seniors of Brevard at 321-473-7770 or go to our website at www.helpingseniorsofbrevard.org



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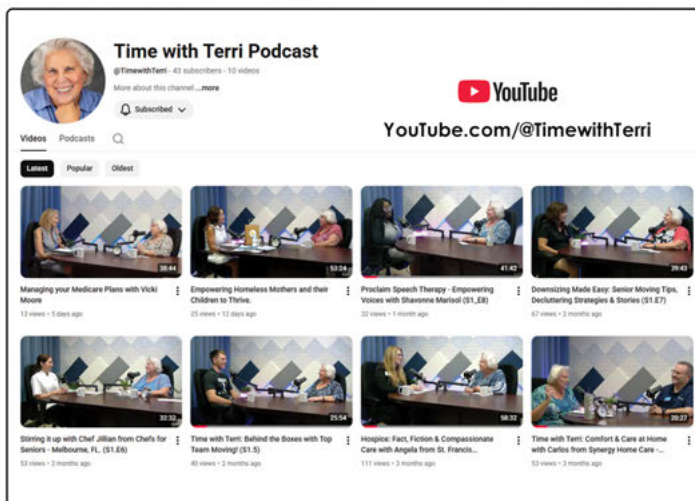
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The Time with Terri Podcast

Terri Petzar - Podcast Host

Head over to YouTube and subscribe to the brand new (and fast growing) "Time with Terri Podcast!"



The "Time with Terri Podcast!" - focused on making life the BEST for those 50+ - launched July 2nd of this year with a worldwide debut at Joe's Senior Resource Center of Brevard. The program, which originates from the state-of-the-art podcast studios at the Helping Seniors offices in Melbourne Florida, is dedicated to exploring things all of us 50+ need to know.

The inaugural broadcast featured Helping Seniors Executive Director Kerry Fink and programs following have included interviews with top 50+ experts in our community - ranging from Medicare experts, to Cooking experts, to Communications experts at more! Check it out today! You'll enjoy spending time with Terri!

Post Host Terri Petzar
("Time with Terri" talks
with Helping Seniors
Executive Director Kerry
Fink on Episode #1





Helping Seniors Of Brevard



Supporting People with
Parkinson's Disease
& Their Families

Janice Moia
Rock Steady Boxing
at Advance Fitness Melbourne

We are proud to offer Rock Steady Boxing; a specialized program designed for people living with Parkinson's disease. Our mission is not only to enhance physical fitness and mobility, but also to nurture a supportive community where individuals and their families feel empowered and understood.

We recognize that Parkinson's impacts more than just those diagnosed—it touches the lives of families and care partners every day. That is why we offer a Care Partner Support Group open to the public three times each month, led by a retired nurse whose husband, a veteran, also lives with Parkinson's. Her unique perspective and compassionate guidance help care partners share experiences, learn new strategies, and build lasting connections.

November is National Family Caregiver Month, a time to honor the dedication and resilience of those who provide care and support to loved ones facing health challenges. We salute all caregivers—your commitment truly makes a difference. In addition, as we celebrate Veterans Day, we extend gratitude to all veterans, particularly those in our Parkinson's community. Their strength and service inspire us to keep moving forward together.

Join us at Rock Steady Boxing Melbourne and become part of a caring, active community. Whether you're living with Parkinson's, supporting someone who is, or simply want to learn more, we welcome you to discover the benefits of Rock Steady Boxing and our resources for caregivers.

VITAS
Healthcare

**Specialized Heart Care
You Can Trust.**

VITAS Healthcare

Living with advanced heart disease can be overwhelming, but you don't have to face it alone. VITAS offers specialized care focused on comfort and quality of life for you or your loved one.

VITAS is the first national hospice provider certified by the American Heart Association for our heart failure program. This means the top cardiac organization in the United States recognizes our commitment to providing exceptional end-of-life care for patients with advanced heart disease. With this trusted endorsement, you can be confident in the care and comfort we provide.

Choosing hospice is not "giving up." It's choosing to live better at the end of life. Our holistic approach addresses medical, emotional, and spiritual needs. We help manage symptoms, reduce hospital visits, and improve daily life for patients and their families.

You may qualify for hospice care if you have advanced heart disease and experience symptoms such as:

- Chest pain or shortness of breath, even while resting.
- Frequent fluid buildup in the lungs causing congestion.
- Heart palpitations.
- Persistent fatigue.
- Difficulty with daily activities.
- Recent hospitalizations for your heart condition.
- Unintentional weight loss.

At VITAS, our specially trained cardiac care team collaborates with you and your doctor to create a personalized care plan based on your needs and preferences. VITAS Healthcare: 321-752-2624

Rock Steady Boxing at Advance Fitness Melbourne
located at 2176 Sarno Rd. 321-693-9246



Real Estate Market.

Mark Gallegos
Real Estate Specialist

Congress was unable to reach a funding deal, and as of October 1, the federal government was shut down. During a government shutdown, many real estate programs are impacted, including the National Flood Insurance Program (NFIP the federal insurance that protects Floridians from flood damage has been frozen.

Stay focused: if mortgage rates fell from 7% to 6% 13,969 more households would be able to afford the median-priced home, including 2,744 renter households. This assumes a 10% downpayment. While 10% of these households typically buy a home, 1,397 additional home sales are expected in the next 12 to 18 months in Palm Bay-Melbourne-Titusville, FL.

Generation Z: This year, the share of Gen Z buyers and sellers aged 18 to 25 made up just 3% of buyers and 2% of sellers. **Millennials:** Millennial buyers 26 to 34 years (younger millennials) and buyers 35 to 44 years (older millennials) make up 29% of recent home buyers; 71% of younger millennials and 36% of older millennials were first-time home buyers; 66% of older millennials were married couples, while younger millennials had the highest share of unmarried couples (13%) buying homes. **Generation X:** Buyers 45 to 59 (Gen Xers) represented 24% of recent home buyers. **Baby Boomers:** Buyers aged 60 to 69 represented 26% of recent buyers and buyers aged 70 to 78 represented 16% of recent buyers. Baby boomers purchased primarily with the desire to be closer to friends and family, due to retirement, and the desire for a smaller home.

Schedule an appointment with me, Let's make your next move a smart one. © MARK GALLEGOS, ValueREmsg@gmail.com



We Can Fix It, You Can Prevent It.

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

As dentists, we can often repair broken or decayed teeth so they look as if they were never damaged. What we cannot do is prevent future problems. That part is up to you.

Tooth decay is not "normal." It's the result of abnormal bacterial activity in the mouth, and diet is a major driver. Sugar is the prime culprit. When people tell me they don't eat much sugar, they usually mean spoonfuls of white sugar. But sugar hides in almost everything. Most of the foods we eat today are packaged or processed, and many of those items contain added sugars.

The challenge is that sugar rarely appears on a label as just "sugar." It shows up as sucrose, maltodextrin, high-fructose corn syrup, cane juice, agave nectar, or dozens of other names. If you eat mostly fresh fruits, vegetables, and lean proteins, you sidestep the problem. If most of your diet comes from boxes and cans, hidden sugars become part of your daily intake.

Another major factor in decay is dry mouth. As we age or we take common medications such as blood pressure drugs, antidepressants, or statins, saliva flow decreases. Saliva is what buffers acids in the mouth. A normal pH is about 7. When it drops below 5.5, enamel begins to dissolve, and decay starts.

Yes, brushing and flossing are important. But if your mouth is constantly exposed to sugar and acid, oral hygiene alone won't save you. Prevention is in your hands: limit sugar exposures to three times a day, and work with your doctor if you want to explore alternatives to medications.



ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**

1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
SeniorCareAuthority.com/brevardfl
321-341-8444

ASSESSMENTS & PSYCHIATRIC CARE

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211 E. New Haven Ave., Melbourne
AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

Law Office of Cheryl A. Ward, P.L. **SILVER**

1370 Sarno Rd Ste G, Melbourne
CAWLawOffice.com
321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **SILVER**

Member: Joe's Senior Resource Center

1751 Sarno Rd Ste. 2, Melbourne
RhodesLawPA.com
321-610-4542

Truman Scarborough Law Office

239 Harrison St., Titusville
TrumanScarborough.com - 321-267-4770

William Johnson, P.A. **PLATINUM**

140 Interlachen Dr., Suite B, Melbourne
FloridaElderLaw.net
321-253-1667

CARE/CASE MANAGEMENT

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Guardianship, case management
AFTA101@advocatesfortheaging.com
321-953-2273

Arosa Care Management **SILVER**

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1344 S Apollo Blvd - Ste 2C, Melbourne
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321-352-5527 StacieMartin@ArosaCare.com

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321-752-0995

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321-259-9980

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MobileDermatologyHealth.com

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Shawn Parker, MS, President/CEO
1367-B Cypress Ave., Melbourne FL 32935
321-956-4000

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ClinCloud Research **SILVER**

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info@clincloudresearch.com
407-680-0534

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60 Fortenberry Rd – Merritt Island
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321-221-0224

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DrChrisita@FaithWalkbyTwo.org | 321-381-5988

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 2176 Sarno Rd., Melbourne
Melbourne.MedicineShoppe.com
 321-242-2440

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 417 5th Ave., Ste 101B, Indialantic
 Balance, Fall Prevention, Vertigo
 321-372-3090

FYZICAL Therapy & Balance Center
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 321-777-8840

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 321-473-7770 | HelpingSeniorsofBrevard.org

SPEECH THERAPY

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 Services – Outpatient Speech Therapy
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SPIRITUAL/MENTAL/NATURAL HEALTH

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 Chaplain Ken Cornish
chaplainken@faithwalkbytwo.org
 321-381-5988

Faith College of Natural Health **SILVER**
 Dr. Kevin Kilday
HolisticHealthCtr@gmail.com
 321-549-0711

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Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



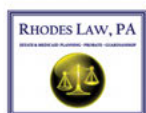
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FaithWalkbyTwo.org



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Vitas Healthcare
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The
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SENIOR SERVICES DIRECTORY
HelpingSeniorsDirectory.com



Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

Our family is problem ridden, or to be up to date and politically correct, we are a dysfunctional family. I don't talk about it because I am too busy listening to others telling me about their problems.

Sometimes, I wonder if we contributed to this atmosphere. Then when I stop and think, my husband and I are in no way responsible. But, in most cases we have to take the heat. One son is in jail for a very serious crime and the other has been accused of taking advantage of very young girls.

I get tired of all of the turmoil, crisis after crisis, problems with no solutions and it never seems to end and we are both always exhausted. Are we expecting too much in today's world? A little peace and quietness in our later years, or is this what normal family life is all about?

Emma

DEAR EMMA,

To live a life without some stress or problems is a life unconnected to reality or the mainstream. But, your family seems to have a very heavy load.

I am sure you are tired both emotionally and physically. You probably try to sleep and then those old tapes in your head start to roll. You cannot solve other people's problems,

they are adults, let them solve their own problems. Try not to be part of these daily crises.

Some people have solved their problems by moving away. You would meet new people, see new scenery, and not be plagued by daily contact. You deserve to have peace and quietness. Go for it.

– Audrey

DEAR EMMA,

If you can look at your adult children's problems and say to yourself, "I did everything I could have to help them when they were growing up". Then walk away without regret. Harder to do than say, I know. They are your children after all. I suggest you try to resolve your feelings about your children's issues with a therapist, if necessary. Because the funny thing about geographic solutions to problems, the problems seem to follow. With long distance telephone service "it is just like being there!"

I would also suggest you think long term. If you are going to need support in the future and you do not want your adult children to care for you, who will help? An Eldercare attorney can help you come up with a plan for your finances and your person should you need help in the future.

– Kimberley



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PAW'S CORNER

By Sam Mazzotta

Puppy Training 103: Regression

DEAR PAW'S CORNER: I adopted a beautiful black Lab. "Sadie" was 10 weeks old, well socialized to people and other dogs by the shelter staff, and started training beautifully. Now she is 7 months old, and some days it seems like she has forgotten all of her behavioral training. She won't respond to commands, she pulls the leash and she jumps on people at the door. Why is she suddenly such a handful?

– Barry G. in Bellingham, Washington

DEAR BARRY: Congratulations! Your puppy is reaching the "rebellious teenager" phase of growth. This is a totally normal (if irritating) phase of a healthy, happy young dog, and it starts at about 7 to 10 months of age.

Much like human teenagers, puppies at this phase develop fun traits like selective hearing (they won't always listen or respond when called), challenging authority and testing boundaries. Part of what's happening is hormonal changes and growing pains, along with more familiarity with her environment and the routine you've set. These are important stages in Sadie's development, so don't get

discouraged. You haven't failed at training her.

During a regression (which can also happen in adult dogs), it's important to focus on the basics of behavior training and maintain the routine you've established. If you walk Sadie each morning and practice "sit," "lay down," "heel" and "come" (recall from the end of the leash), don't change.

It's also important to manage your frustration. That can be hard when an adolescent dog is tangling the leash around your ankles! Breathe deeply, remind yourself that this, too, shall pass, and keep the leash short.

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

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Is My Old Windows 10 Computer Useless Now? *continued from pg 16*

- ◆ A retro gaming console (emulators work great)
- ◆ A dedicated system for Arduino, coding, or testing software

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

A senior woman with short, curly white hair is sitting on a sandy surface, wearing a light blue shawl over a white top. She is smiling and looking towards the right. A yellow starburst graphic with the text "Click Twice to Visit Website" is overlaid on the image.

SENIOR
looking for
assistance
in finding
services?

Medical, Legal,
Financial, Household
or other Needs?

(321) 473-7770
Senior Info Help Line

A photograph of the Senior Resource Center building, a modern multi-story structure with large windows and a sign that reads "SENIOR RESOURCE CENTER".

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

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

- ◆ A kids' or guest PC for light use
- 3.** When It Might Truly Be "Useless"
Only if:
- ◆ The hardware is severely outdated (e.g., <4 GB RAM, old HDD, failing components).
 - ◆ You need modern features (like AI Copilot+, TPM 2.0 security, or advanced gaming).
- Even then, it might still be handy for simple offline tasks. ☺

King Crossword

ACROSS

- 1 Bulgaria's capital
6 Tub toys
11 Bacon pieces
12 Mistakes in print
14 Serengeti howlers
15 Pre-Easter
16 Swiss canton
17 Univ. divisions
19 Toll rd.
20 Lincoln in-law
22 "No seats"
23 Spring
24 Entangle
26 Surpassed
28 Tic-tac-toe win
30 Roofing goo
31 Indy 500 skid
35 Singer Norah
39 Marathoner's stat
40 Recipe abbr.
42 Humorist Sahl
43 Chang's brother

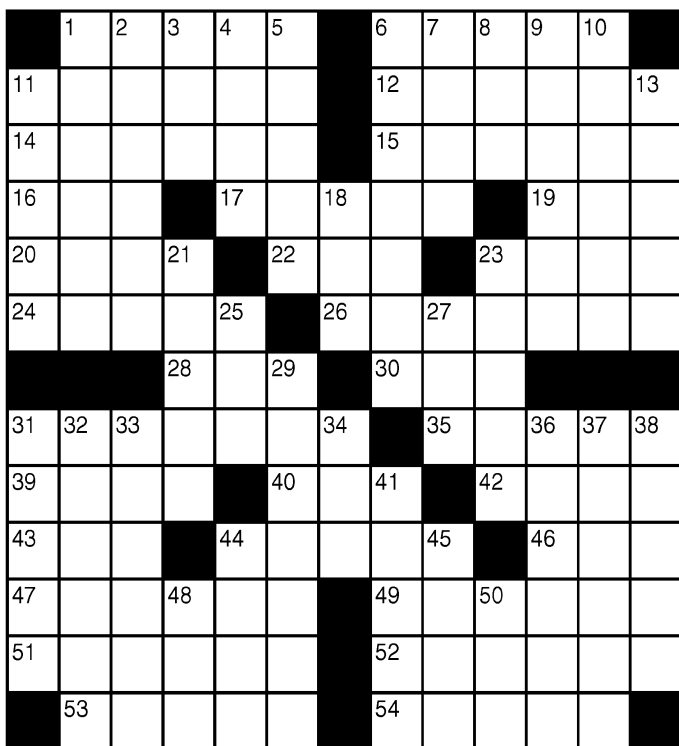
- 44 Unadorned

- 46 Kanga's kid
47 Asian peninsu-
la
49 Designer
Pierre
51 Van Gogh's
"— Night"
52 How chicken
may be served
53 Juan's farewell
54 Puccini opera

DOWN

- 1 "Sophie's
Choice" author
2 Frozen fries
brand
3 Shark feature
4 Apple tablet
5 Ninnies
6 Sing loudly
7 Unrefined met-
als
8 Prince Valiant's
son
9 Body art
10 Intervene
11 Closes

- 13 Bracelet site
18 Expert
21 Unmanned
plane
23 PC drive insert
25 Bathroom, to a
Brit
27 — Mahal
29 Expenditures
31 Rose parts
32 Target at a
fiesta
33 "That makes
me happy!"
34 Airport screen-
ing org.
36 Type of skiing
37 Beethoven's
Third
38 Sculptor's
material
41 Loop of lace
44 Arsonist
45 iPod model
48 Onassis nick-
name
50 Train lines
(Abbr.)



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Pioneer Brothers continued from pg 10

Hardee Brothers - Founded Rockledge

It was a mass exodus from Quitman, Georgia in 1868 headed to the Indian River Lagoon. Losing "The War Between the States" weighed heavily on Confederates as they returned to homes never to be the same with the economy in shambles. There was an agreement by several families to leave Brooks County for better lives elsewhere. They travelled to Jacksonville, then by steamboat down the St. Johns River to Titusville, hence to the Indian River Lagoon. Each family homesteaded sixty acres spaced the length of the west back of the lagoon from north to south. You may recognize the communities that grew from these scattered settlements: Sharpes, Mims, Scottsmoor, and Hardeeville.

Three Hardee brothers came to Brevard. Gardner and Thomas settled Rockledge. Gardner became a state senator and hosted President Grover Cleveland in his home in 1888. Robert Hardee established the Sebastian Fish Company with A. M. Sample. They had twenty boats working from Sebastian to Ft. Pierce.

The Confederate families kept close ties with friends left behind in Quitman. But along the Indian River Lagoon their orange groves and pineapple plantations grew, setting new roots in Florida. (S)



Helping Seniors Info Series

NOVEMBER 2025

Helping Seniors Resource Center Events

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

Key Events:

Senior Resource Center Events:

Knowledge College for Aging - Thursday Nov 13th - 10am-11am

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

Senior Finances & Banking Safety - Jackie Erickson, VP/Branch Manager PNC Bank, shares tips to keep finances safe in our Golden Years. Kerry Fink, Helping Seniors, moderates. Coffee/Snacks and great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thursday Nov 13th - 11am-12nn

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

Not So Fast on Implants: Evidence-Based Ways to Save Teeth - Dr. Lee Sheldon (Solid Bite - Drs. Sheldon & Furtado) & Dr. Chris Naglieri (Brevard Endodontics) explore some of the myths about Dental Implants and what you need to know. Coffee/Snacks and great info! RSVP at (321) 473-7770

Senior TechTalk - Friday November 14th - 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 Smart Phones to navigate technology safely and efficiently.. Free! RSVP at (321) 473-7770

AARP/Helping Seniors Events:

AARP Walk with a Doc - Friday Nov 14th - 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 Nov 18th - 1100am-1230pm Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL. Great Business-to-Business Learning & Networking for those who serve Seniors.

CALENDAR HIGHLIGHTS

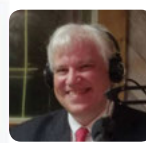


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Comcast (South Brevard) Channel 13
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Nov 3	Mon	Trusts	Medicare Supplement or Advantage	Considerations in Home Care	Best Home Care Ideas
Nov 4	Tue	Faith College of Natural Health	Chefs for Seniors	Probate - What it is/How it works	Faith College of Natural Health
Nov 5	Wed	Chaplaincy - What it Means	Hometown News / AARP	Checking Out Zon Beachside	Understanding Medicare Options
Nov 6	Thu	Buying/Selling/Investing Real Estate	Guardianship: The Basics	Rock Steady Boxing	Finding Good Place for Mom or Dad
Nov 7	Fri	Senior Info in Senior Scene	Wellness: Skin Health	KCA: Advances in Medical Research	Capital Update
Nov 10	Mon	Two Assisted Living Questions	Finding Good Care at Home	Periodontal Disease	KCA: Long-Term Care
Nov 11	Tue	Helping Seniors & MSC Cruises	Volunteering at Helping Seniors	Probate: The Basics	Wellness: Foot Care
Nov 12	Wed	The Business of Helping Seniors	Durable Power of Attorney	Top 3 Public Benefits Questions	Helping Seniors -15 Years Service
Nov 13	Thu	How Care Manager Can Help	Turning 65? All About Medicare	Chaplaincy - What it Means	The Parts of Medicare
Nov 14	Fri	Consideration in Home Care	Senior Events & Expos	Wellness: Faith College Natural	Capital Update
Nov 17	Mon	In Home Care Giving	Cosmetic Dentistry	AI Dia Today	Buying/Selling/Investing Real Estate
Nov 18	Tue	Don't Go Broke on Nursing Home	Finding Good Place for Mom or Dad	Senior Info in Senior Scene	Hometown News / AARP
Nov 19	Wed	Best Home Care Ideas	What is Holistic Health?	Wellness: Express Thoughts Clearly	Chefs for Seniors
Nov 20	Thu	Things to Know Elder Law	Care Management - What it is	Understanding Medicare Options	When is Assisted Living Appropriate
Nov 21	Fri	Wellness: Faith College	Probate - How & Why to Avoid	Your Aging Plan: Medicare/Medicaid	Capital Update
Nov 24	Mon	Helping Seniors - 15 Years Service	Chaplaincy - What it means	New to Florida? Elder Law to Know.	Consideration in Home Care
Nov 25	Tue	Volunteering at Helping Seniors	Rock Steady Boxing	Two Assisted Living Questions	Faith College of Natural Health
Nov 26	Wed	Importance of Evaluation	Great Employment for Seniors	Faith College of Natural Health	Power of Attorney/Super Powers
Nov 27	Thu	Medicare Supplement or Advantage	How to Cruise Successfully	KCA: Retirement Finances	VA Aid & Attendance Benefits
Nov 28	Fri	Turning 65? All About Medicare	KCA: Advances in Medical Research	Best Home Care Ideas	Capital Update



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Date	Day	Program	Special Guest
Nov 5	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Nov 12	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Nov 19	Wed	Helping Seniors on Elder Law	Cheryl Ward, Esq.
Nov 26	Wed	Helping Seniors on Help at Home	Jennifer Barton

Creating Income In Retirement

continued from pg 17

according to the founder of this concept, William Bengen, new research suggests the same is not true for today's economy.

Retirement planning these days requires a departure from the old-school thinking of stockbrokers and mutual fund salesmen. Retirees must now understand it is possible to transfer the risk of going "broke" using innovative insurance products. Insurance companies and financial institutions have worked together to modernize lifetime income. They developed a way to reinstate the 5% to 6% withdrawal rate of the 1980s and 1990s. This can help ensure that retirees will always have income for as long as they live. We use programs in our office from some of the best financial institutions in the United States.

As an advisor, I use this

Continued on page 47

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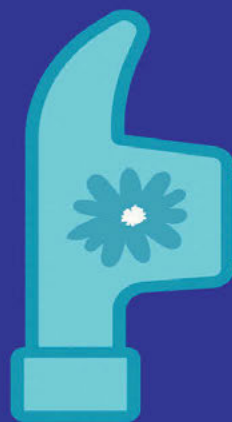
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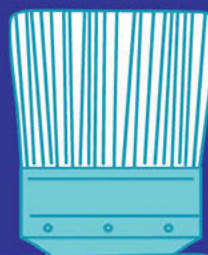
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JROTC Raider Challenge Meet Sets Record

On a muggy, but clear morning of 27 September at the Brevard Veterans Memorial Center Park, not impacted by construction, over 335 JROTC cadets from 11 high schools competed with determination and grit in five grueling events. With over 600 parents, siblings and friends also cheering the cadets along, it was a record setting event. Two more Raider Meets will take place on 11 October and on 01 November when the winners will advance to State competition before Thanksgiving.

Rockledge High School, led by JROTC Instructor MAJ Steven Celeste, USA, Ret, led this event which included an opening 3 KM run followed by the Rope Bridge, Stretcher carry, Pull and Drag and a new combat simulated track with six different movements and equipment to negotiate. Trophies were provided by MOAACC's Good Deeds Foundation which also funded Porta Johns, when water was not available due to the Amphitheater Construction Project, and the Coastal/Merritt Island EMT support. The first meet usually has some minor injuries, as eight cadets were treated, but none had to be moved to the hospital.

Elizabeth Taylor – The Passing of a Great Star and Humanitarian *continued from pg 12*

it came with a price. While making the film, she fell off of the horse and injured her back. It would become a chronic and painful issue for the rest of her life.

She was one of the first of the Hollywood crowd to admit there was an AIDS problem. She organized and hosted events and helped raise more than \$270 million. While in the Betty Ford Clinic, she met and married her last husband, Larry Fortensky. They were married October 6, 1991 at the Neverland ranch and divorced October 31, 1996.

Her health was always looming in her life. She was hospitalized over 70 times and had more than 20 major surgeries. She was 5'4" and her weight ranged from 119- 180 pounds in the 1980s. Taylor broke her back five times, had both her hips replaced, had a hysterectomy, skin cancer and pneumonia twice.

In November 2004, she announced she had congestive heart failure. In 2009 she had cardiac surgery to replace a leaky valve.

In February 2011 she was admitted for symptoms of congestive heart failure. She remained there until her death at 79 years old on March 23, 2011. Her four children were at her side.

At the reading of her will, she left Larry Fortensky enough money to pull him out of poverty and purchase a home.

She won two Academy Awards and had been honored universally for touching many lives - Ms. Taylor was also responsible for saving and prolonging many lives as well. 



The event included three high schools from other counties!! While mostly Army JROTC programs were involved, the Space Force (Space Coast JrSr HS), Marines (Palm Bay Magnet School) and Air Force (Satellite HS) also worked hard pulling in a number of trophies. The Formation to award trophies began with a knock out push up contest despite all the efforts by all cadets during the five hour event. All left tired, but content they did their best to begin the new school year of JROTC Competitions. 

Weekly SUDOKU

			6			3		7
7		1	9		4			6
	2	6				9	4	
6	1	5			3		9	8
9	8		5				1	3
3			8				2	
1	6	9						2
				8	9			4
8			2	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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Missing Medical Equipment at the VA

The VA appears to have lost \$211 million worth of medical equipment from their facilities, approximately 5% of the total. This includes computers, exam tables, microscopes ... over 75,000 items.

Per a recent 13-month audit of medical facilities by the VA's Office of Inspector General, there might be even more missing, because the VA only tracks nonexpendable items, those with a shelf life of more than two years that have a purchase cost of more than \$5,000.

How is it possible to lose that much stuff?

One way to "lose" items is when the batteries in the electronic location tags die, making the item impossible to find.

Items were also "lost" because they were not in the location indicated by the inventory system. In this recent audit, the OIG could not find 537,000 items (33%) at the locations indicated on the previous inventory.

Add to that staff informed the OIG that if certain items were included in a previous audit, they didn't need to be included

in the next audit. Many items had an average of 600 days between inventory dates, increasing the risk that items go missing forever.

It gets worse: The OIG learned that reporting of missing items had not been conducted as it should be in all cases. There were 915 missing item reports (value \$31.2 million) that had not been completely investigated, and over 200 items that hadn't been reported at all.

So what happens when proper inventories aren't done? If nothing else, items can't be assessed to determine whether they're in a condition to be used for patient care. If inventories aren't accurate, medical items can't be found immediately for patient care. If missing item reports aren't done, it can't be determined just how those items came to be missing. And there can't be accurate planning of future purchases if there isn't an accurate accounting of what is actually on hand.

I hope VA Secretary Doug Collins is paying attention to this. © (c) 2025 King Features Synd., Inc.



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Thoughts On Communion

Rev. Jeff Wood, First Presbyterian

In the garage the other day I picked up a bag that had our tent in it. I have feelings and thoughts when I pick up a tent. You see, I spent a lot of days during my college summers doing camping. I first went through the Outward Bound type of experience myself and then I led others on the same. We seemed to have nothing but rain and for that we had just a sheet of plastic for a tent. I felt like I was wet and exposed to mosquitoes for three plus weeks at a time. So now when I pick up a real tent, not a plastic sheet but one that keeps the water and bugs out, I remember those days hardcore camping days with its exposures and I am very, very thankful for this tent with its zipper doors, waterproof fly, windproof seams, and all that provides protection.

Let me suggest that this is a way handling the bread and cup of communion in Christian churches can work. We see and touch them and remember our spiritual exposure. Now we have protection and a better way and that's what the bread and wine remind us of. §

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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S	T	R	I	P	S		E	R	R	A	T
H	Y	E	N	A	S		L	E	N	T	E
U	R	I		D	E	P	T	S		T	P
T	O	D	D		S	R	O		C	O	I
S	N	A	R	L		O	U	T	D	O	N
			O	O	O		T	A	R		
S	P	I	N	O	U	T		J	O	N	E
T	I	M	E		T	S	P		M	O	R
E	N	G		P	L	A	I	N		R	O
M	A	L	A	Y	A			C	A	R	D
S	T	A	R	R	Y			O	N	R	I
	A	D	I	O	S			T	O	S	C

Sudoku Answers

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

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Donna Erickson's BEST BITES

By Donna Erickson

It's Pita Pizza Time!

I took an informal poll in my neighborhood with the question, "What do kids like to eat most?" I noted responses from both adults and kids like mac and cheese, burgers, tacos, and chicken fingers. But, to no surprise, pizza dominated. Maybe it's because it offers something for all tastes.

If pizza reigns in your house, throw an informal Halloween pizza party or another get-together with family and friends this school year. Planning and hosting can be creative and easy to cater for all tastes when you keep it simple.

Instead of preparing and shaping pizza dough in advance, here's the shortcut: Make personal pizzas using pita bread available at a bakery or grocery store. Provide the toppings so that guests can enjoy putting their pita pizzas together in an assembly-line fashion, letting everyone choose their favorites as they go for unique combos. It's an ideal set-up for picky pizza eaters who prefer their favorite toppings.

FAMILY-STYLE PERSONAL PITA PIZZAS

Tomato Sauce

The pizza-making begins with a good tomato sauce. Purchase your favorite sauce, or make this homemade recipe that goes together in minutes. Enlist your school-aged child to measure and stir the chunky sauce.

For 2 1/2 cups, mix together in a bowl: a 14-ounce can diced tomatoes, a 6-ounce can tomato paste, 1 teaspoon dried oregano, 1 teaspoon garlic powder, 1 teaspoon sugar, 1/2 teaspoon salt, and 1 1/2 tablespoons olive oil. (For a smooth sauce, whirl in a blender.)

Toppings

Classic kid-pleasing toppings include bowls of shredded mozzarella cheese, sliced pepperoni, red onion that is thinly sliced into rings, sliced mushrooms, chopped bell peppers, and pitted olives. For variety and to accommodate adult tastes, you might include marinated artichoke hearts and drained, oil-packed, sun-dried tomato slices.

For a seasonal option, skip the tomato sauce and layer your pita pizza with Italian shredded cheeses, sauteed onion and slices of an apple or pear. Sprinkle with crumbled gorgonzola and fresh thyme.

Setup

At one end of a counter or table, stack pita bread and small plates. Continue assembly-line fashion with the bowls of sauce, toppings, and baking sheets.

Assemble

Invite guests to place a pita bread on a plate. Spread with sauce, if using, then add toppings according to taste. When complete, remove from plate and set on baking sheet.

Bake

Bake in a preheated oven set to 400 F for 10-15 minutes, or until cheese is bubbly and pita is crisp. ©

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

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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.

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SENIOR NEWS LINE

Robotic Pets

By Matilda Charles

Some of us have gotten to the age where we wonder if adopting a pet would be the right thing to do, even though we know that having a pet would help with feelings of loneliness. Or maybe we have a friend or relative with Alzheimer's or who is in long-term care and needs some company or stress reduction but can't have a pet.

With those very things in mind, a company has created animatronic robot cats -- Joy For All Companion Pets for Seniors by Ageless Innovation.

While mostly marketed to seniors in long-term care facilities, there's no reason you can't have one at home!

Look for them on Amazon.com (Joy For All Companion Cats) to get all the details. The cats are the size of adult cats and come in three colors: black and white tuxedo, silver and white, and orange tabby.

They run on four C batteries and there are three settings: on, mute and off. The videos on the Amazon page show just what these robotic kitties do. They roll on their back, open and close their eyes, move their limbs, turn their head and

even meow and purr when petted. And I can verify: When I played one of the cat videos and the robotic cat meowed, my own cat woke up from a nap and reacted to it!

These cats are expensive, ranging from \$125 to \$179, depending whether you find one on sale. They're also marketed to children, perhaps to get them used to a pet before getting a real one, but they're not toys.

Not a cat person? Rather have a puppy? You're not being left out. The Joy For All Companion Pet Golden Pup feels like a puppy, moves, barks, wags his tail and has a heartbeat. It even comes with a bandanna.

Early Christmas gifts maybe? One thing is certain: These little robots are very cute. 💰

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Loneliness Linked To Higher Risk Of Stroke

continued from pg 19

scored high at first and low at follow-up); "recent onset" (those who scored low at first and high at follow-up); and "consistently high" (those who scored high at both baseline and follow-up).

After controlling both factors such as social isolation and depressive symptoms, which are closely related to loneliness but distinct, it was found people considered lonely at the start of the study had a 25% higher risk of stroke than those not considered lonely. But among those who scored "consistently high" for loneliness at both time points, there was a 56% higher risk of stroke than those in the "consistently low" group.

Chronic loneliness was associated with higher stroke risk independent of depressive symptoms or social isolation. Addressing loneliness may have an important role in stroke prevention, and repeated assessments of loneliness over time may help identify those particularly at risk. People should be offered help based on their loneliness - which relates to how people feel even if surrounded by others - and not social isolation, which is different. ^(S)

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Can Specific Bequests Disrupt An Estate Plan? continued from page 13

Non-monetary specific bequests can also create problems. For example, the value of the home at the time the estate plan is developed could constitute approximately one-third of the assets. Desiring an equal division of the assets among three children, the decedent could leave the home to one child and provide that the other two children split the remainder. If expenses from the last illness deplete the decedent's funds or the values of the other assets shrink, the home could be the primary asset of any value. The two children who are to receive the residual estate would essentially be disinherited. To prevent this from occurring, the plan could provide that

the estate's assets are to be equally divided among the three children with the one child having an option to take the home as a portion of his/her share. However, under this scenario the child may have to use some of his/her own funds or obtain a mortgage to purchase the home. ^(S)

For further information on estate planning you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida.

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Checklist for Traveling Abroad *continued from pg 14*

Travel Documents and Credit Cards

Ensure your passport and any required travel visas are up to date. All countries require a passport to be valid for at least six months after your scheduled return date, so ensure you won't be turned away or delayed at customs due to an expiring passport. Do you need a visa? Check the State Department's travel page for your destination. In addition to traditional visas, be aware of new electronic travel authorization requirements for visa-exempt travelers.

Keep both physical and digital copies of your passport and all relevant paperwork in case any documents are lost. Share copies

of your passport, itinerary, and contact numbers with family and friends whom you can contact in case of an emergency.

Notify your bank and credit card companies about your travel dates so they don't deny your purchases. Also, ask about international ATM fees to determine which ones won't charge you an exchange rate. Only bring two of your most important charge cards with you. You do not need your Shell gas card on an international trip!

I always save a copy of my passport, driver's license, global entry card, visas etc. on my cell phone just

in case! If your passport is lost or stolen, this will be handy.

Stay Connected

Want to stay in touch while traveling abroad? If you haven't taken your phone overseas before, contact your mobile provider to inquire about international phone plans that may be available. Most plans will run you around \$12-15 per day if you use their program anywhere in the world. ☎

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Creating Income In Retirement

continued from pg 38

playbook to help achieve many goals for our clients. Goals such as guaranteed lifetime income, reducing income volatility, leaving a legacy, social security claiming, tax reduction, and planning for unexpected healthcare expenses. Many seasoned stockbrokers and mutual fund salesmen may avoid these issues, focusing purely on investments. As a Certified Financial Planner, we take on a fiduciary responsibility to always focus on what is best for you.

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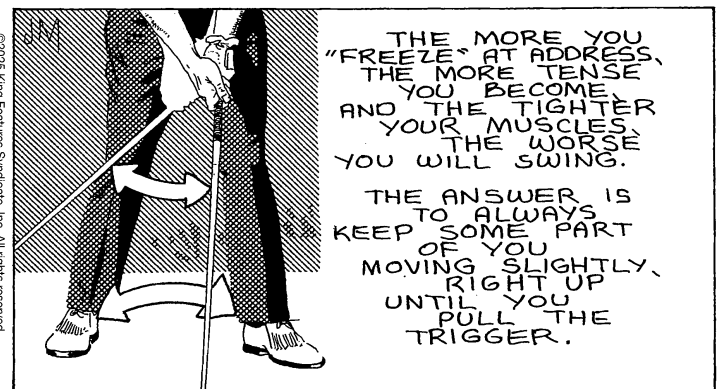
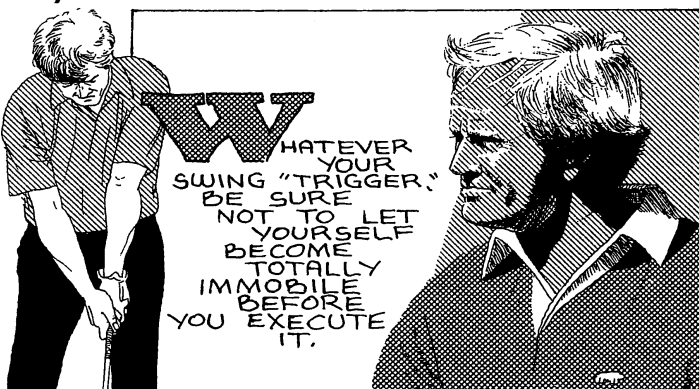
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Chris Morse 818-430-1480 Cell



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Play Better Golf with JACK NICKLAUS



Cypress Vine Is Fast-Growing Non-Native Garden Highlight

By Eddie Smith, MSU Extension Service

enjoy plants that not only bring beauty but also attract pollinators, and one of the most striking plants is the exotic cypress vine. This is not a native plant, but it has earned its place in many Southern landscapes for the charm it adds and the visitors it draws.

Each leaf is finely divided into dozens of thread-like segments, so thin they almost look like green embroidery stitched into the air. Arranged alternately along the slender stems, these leaves create a curtain of soft greenery that reaches 2 to 4 inches long and drapes gracefully wherever the vine climbs.

Throughout the heat of summer, cypress vine produces clusters of small, five-pointed blooms shaped like perfect little stars. The petals are velvety and deeply saturated in color, most commonly a glowing scarlet red. There are pink and pure white varieties that are also elegant.

Each blossom measures about an inch across and is attached to a long, slender tube, perfectly designed for hummingbirds and butterflies to sip nectar. When the sun strikes them, the flowers seem to sparkle against the delicate green backdrop. The whole vine appears as if it is sprinkled with bright jewels.

Cypress vine is a vigorous grower, often climbing 10 to 15 feet in a single season. It twines effortlessly around supports, so it thrives when given a fence, arbor or trellis to scramble over.

Despite its exotic look, the plant doesn't ask for much in the way of care. Although it will tolerate a little light shade, cypress vine should be planted in full sun for the best flowering. It prefers well-drained soil, and once established, it handles the heat and humidity with ease.

Water regularly during dry spells to keep the vine blooming strong, but it generally does not need heavy fertilizing. Too much nitrogen encourages leaf production at the expense of flowers. A balanced, slow-release fertilizer or a light application of liquid feed every few weeks is usually all it needs.

For a fast-growing, eye-catching vine that brings movement, color and pollinators into the garden, I recommend you try cypress vine. Its lace-like leaves, brilliant starry blooms and easy-going nature give this plant an elegance and toughness that go hand in hand. ☺



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THE 6TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 24-31 2026 - 7-Night Cruise Round Trip Port Canaveral

Sail with your Brevard Friends!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Grandiosa! Make January 2026 special on our 7-night sailing to Nassau Bahamas, San Juan Puerto Rico and Puerto Plata Dominican Republic!



6th Annual Helping Seniors Foundation Cruise

**BOOK YOUR CABIN BY JUNE
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RAFFLE TICKET FOR THE
FAMOUS HSOB CAR RAFFLE
& ENTRANCE TO THE
"MUSCLE CAR MUSEUM"**

Balcony - As low as \$1308 pp
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Based on double occupancy

**Includes: Cabin, Port Charges, Beverage Package, Wi-Fi,
Gratuities, Travel Insurance (under 80)**

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



Your Senior Travel Specialist

SeniorTravel

division of The Travel Center
CST# 2000681-10 FST# 14672

Helping Seniors of Brevard is a Florida 501(c)(3) nonprofit. Helping Seniors of Brevard, P.O. Box 372906 - Seaside Beach, 32197 P.O. Box 372907, The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 2000681-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel committed to from Helping Seniors Travel Club Members travel funds that Helping Seniors Endowment.

NOVEMBER COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,
visit the BCA website at www.ArtsBrevard.org.

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

*Due to potential cancellations,
we strongly encourage you
to check with presenting
organizations regarding the
status of their event*

NOVEMBER EVENTS

Nov 1: The Rock Orchestra by Candlelight, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 1: Christmas Bazaar, Suntree United Methodist Church, Melbourne, suntreemc.org, 321-242-2585

Nov 1: Night of the Laughing Dead, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Nov 1 & 2: Holiday Artisan Market, North Brevard Art League, Titusville, northbrevardartleague.com

Nov 1 & 2: Día de los Muertos Anniversary Fiesta, Milpa Tacos y Tortillas, Cocoa Village, milpataco.com

Nov 1, 7, 8: Holiday Paint Night, mymakerscape.com, 321-499-3127

Nov 1, 7, 15, 18: Glass Tree Workshop, mymakerscape.com, 321-499-3127

Nov 1 - 9: Dial M for Murder, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Nov 1 - 29: Saturday Farmers Market, Riverview Park, Downtown Melbourne, downtownmelbourne.com, 321-759-3713

Nov 1 - 29: Green Gables Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635

Nov 1 - Dec 28: Annual Holiday Craft Show, Fifth Avenue Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Nov 2 & 3: Auditions - Singin in the Rain, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Nov 2, 3, 22: Sewing Classes, mymakerscape.com, 321-499-3127

Nov 2 & 16: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmbayflorida.org, 321-952-3400

Nov 3: Acrylic and Watercolor Classes, Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com 321-338-3368

Nov 3, 5, 12: Printmaking Workshop, Desert Island Press, Historic Cocoa Village, desertislandpressfl.com, 407-414-8086

Nov 4, 11, 18, 25: BWS Plein Air Painting, Various Locations, brevardwatercolorssociety.org

Nov 4 & 18: Masters Series: Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 5 - Jan 5: Therefore, I Create IX, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 6: Spooks and Spells - Music to Mystify, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Nov 6: Wood Surfboard Hanger Paint

Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 6, 13, 21, 17: Open Studio, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224

Nov 6 & 14: Wave Board Workshop, mymakerscape.com, 321-499-3127

Nov 7: EGAD First Friday, Eau Gallie Arts District, egadlife.com

Nov 7: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

Nov 7: Puppy Pals Live, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 7: Hotel California, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 7: Dorian Wind Quintet, St. Mark's Methodist Church, Indialantic, melbournechambermusicsociety.org 321-213-5100

Nov 7 - 23: The 25th Annual Putnam County Spelling Bee, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Nov 7 - Dec 21: Frozen - The Broadway Musical, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Nov 8: Pour Me Another, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 8: Once Upon an Orchestra, Vero Beach Museum of Art, Vero Beach, spacecoastsymphony.org, 855-252-7276

Nov 8: Palm Bay Veterans Day Parade, Tony Rosa Community Center, Palm Bay, palmbayfl.gov, 321-952-3443

Nov 8: Discover Florida Lecture Series, Library of Florida History, Cocoa, myfloridahistory.org, 321-690-1971

Nov 8 & 9: Space Coast Art Festival, The Avenue, Viera, spacecoastartfestival.com, 904-513-8980

Nov 8 & 9: Space Coast Art Festival, The Avenue, Viera, spacecoastartfestival.com, 904-513-8980

Nov 9: John DePaola, Brevard Veteran's Memorial Center, Merritt Island, spacecoastjazzsociety.org

Nov 9: Landscaping with FL Natives Tour, Melbourne/Palm Bay, brevardlandscapetour.org

Nov 9: Sunday Brunch Cruise, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Nov 9 & 10: Auditions - Our Town, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Nov 10: Master Series and "Autumn's Kiss" Paint Classes, Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com 321-338-3368

Nov 10: Pickleball Mixer, Ted Whitlock Community Center, Palm Bay, palmbayfl.gov, 321-952-3231

Nov 11: Beginner Acrylic Paint Class, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 11: U.S. Air Force - Band of the West, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 14: "Autumn's Kiss" Paint Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Nov 14: Sunset Cruise, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Nov 14 & 15: Rocky Water Welcome Party and Brew Fest, Eau Gallie Arts District, Melbourne, rockywaterbrewfest.com

Nov 14 - 16: Native Rythm's Festival, Wickham Park, Melbourne, nativerhythmsfestival.com, 321-452-1671

Nov 14 - 16: Holiday Art Show & Sale, Cocoa Beach Library, Cocoa Beach, cbartists.com, 321-806-8065

Nov 15: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Nov 15: Christmas Tree Collage Workshop, North Brevard Art League, Titusville, northbrevardartleague.com, 614-313-8386

Nov 15: Music Makers' of Tomorrow, Premier Oaks 10, Melbourne, mcorchestra.org, 321-724-0555

Nov 15: Beethoven, Brahms, and the Blue Danube, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Nov 15: Cantique de Noel, Eastminster Presbyterian Church, Indialantic, spacecoastsymphony.org, 855-252-7276

Nov 15: Cocoa Village Concours, Historic Cocoa Village, visitcocoavillage.com

Nov 15: Monthly Writer's Guild Meeting, Eau Gallie Public Library, Melbourne, scwg.org

Nov 15: Taste of Space: Celebrity Chef Edition, Kennedy Space Center Visitor Complex, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Nov 16: Jo Koy - Just Being Koy Tour, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 16 & 17: Auditions - Foxfire, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Nov 17: Pen and Ink Watercolor Class, Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com, 321-338-3368

Nov 19: Afternoon Tea, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Nov 20: An Evening with Acoustic Alchemy, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 21: Crystal Gayle, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 21: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org

Nov 21: Dinner Cruise, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Nov 21 - Dec 14: Annie, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Nov 22: Fall Craft Market, Riverview Park, Melbourne, downtownmelbourne.com, 321-759-3713

Nov 22: Live Conversation with Chevy Chase, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 22: Back Home Again - John Denver Tribute, Emerson Center, Vero Beach, spacecoast-

symphony.org, 855-252-7276

Nov 22 - Dec 15: A Christmas Story, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Nov 26: Poetry + Open Mic Night, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224

Nov 28 - Dec 12: Countdown2Christmas Shop Local Campaign, Titusville, members.titusville.org, 321-267-3036

Nov 29: Candlelight Shopping, Downtown Melbourne, downtownmelbourne.com

Nov 29: Sip n Shop, Myrt Tharpe Square, Cocoa Village, visitcocoavillage.com

Nov 29: Sounds of the Season, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Nov 29: Jingle - Big Band Holiday Spectacular, Satellite High School, Satellite Beach, spacecoastsymphony.org, 855-252-7276

Nov 29: Sounds of the Season, King Center, Melbourne, kingcenter.com, 321-242-2219

Nov 30: Rock n Roll Revue - Holiday Tunes, Suntree Methodist, Melbourne, mmband.org, 321-724-0555

Nov 30: Ornament Craft-a-palooza, Trekalla, Cocoa Village, trekalla.com

CLUBS & ORGANIZATIONS

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

Nov. 7: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Fishlips Waterfront Grill, 610 Glen Cheek Dr.

, Port Canaveral on Friday, Nov. 7 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

Nov. 20: 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 on Thursday, Nov. 20 at 12 noon. All are welcome to attend. 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@spacecoast-honorflight.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. 1-3pm @ Wickham Park Community Center. 2815 Leisure Way, Melbourne FL. Annual dues: \$15 per family. FB page: spacecoastseashells

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@gssb.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, 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/>

07 Nov – Annual Veterans Day – Honoring All Who Served – Cocoa Beach JROTC in the Theater of the Jr/Sr Hugh School 0945- 1030 am. Point of Contact LTC Robert Irick, USA, Ret, 321-783-1776 ext 23076.

08 Nov – Space Coast Honor Flight Send Off 0400 -0530 hrs at Melbourne Airport Terminal. Honors 20 plus veterans and guardians with travel to Wash DC to visit their monuments and memorials. check out SCHF.org for more info.

08 Nov – Annual St Francis Hospice Foundation Dash 5K In Life Fundraiser at VMC Plaza and Park. 0800 - 1200 Includes veteran recognition and pinning sign up at <https://runsignup.com/Race/FL/MerrittIsland/5KDashHonoringVeterans>.

08 Nov – Veterans Day Recognition VyStar Dinner at Holiday Inn Viera Conference Center 1715-2030. Sponsored by MOAA Cape Canaveral Chapter Good Deeds Foundation. To honor and express

our and community gratitude to individuals, associations and projects that make a significant impact on military veterans in Brevard County. go to GDFD.ORG or contact event chair Larry Jackson on 321-242-1331 or larryj59@gmail.com.

08 Nov – Annual VFW Post 10131 and City of Cape Canaveral Veterans Day Parade 1000-1130. Food and music at the Post after the parade.

08 Nov – The Support Committee at the Cape Canaveral National Cemetery will hold their annual Fall Fundraiser at the American Legion Post 1 in Titusville on 1281 N. Washington St. 1730-2100. Includes a silent auction, 50/50 raffle, music and fellowship. Contact SC/CNC for more information and to sign up through the Secretary Priscilla Southworth: saa-vik31324@yahoo.com or 321-543-4563. Tax deductible donations are welcomed if you cannot attend the event.

09 Nov – 8th Annual Homestretch 5K for Veterans by NVHS for Homeless and at-Risk Veterans. 0800-1100. Eau Gallie Arts District at the Square Park. Sponsors, Volunteers, Runners needed. Last day to sign up as a sponsor is 10 October. SEE: runsignup.com/Homestretch5K

11 Nov – BVMC Veterans Day Ceremony. 0930 - 1030 VMC Plaza. Celebration of the 250th Anniversary of America and our Veterans with a Parade of Colonial Era Flags by the Sea Cadets Courageous division,

11 Nov – Celebrate Veterans Day with the United States Air Force Jazz Band!

The U.S. Air Force Jazz Band invites you to join them for an unforgettable evening of LIVE music, Show Starts at 7 PM. FREE and open to the public! Come honor those who served!

12 Nov – FREE CONCERT "Music at Noon" & Snacks Veterans and others join us at the Martin Andersen Senior Center in Rockledge to continue celebrating Veterans Day. 1200-1300, 1025 S Florida Avenue, Rockledge

15 Nov – Brevard County Marine Corps League Detachment 513 250th Marine Corps Birthday Ball 1800-2200. Space Coast Convention Center, 301 Tucker Lane Cocoa. Guests Business Casual dress. Dinner includes two choices with cash bar, music and dancing. Cost \$50 per person payable in advance by 08 November. Advanced Paid Reservations only with no payment at the door. Contact MCL or VMC on 321-453-1776 to learn more and how to register.

REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES. CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101

Game Night: Board Game Edition
Monday, November 10, from 5:30-7:00 PM.
Come by and play with your friends at the Cape Canaveral Library! Bring a board game or choose one from the library selections, make new friends, and learn a new game! December's Game Night will be Trivia, Holiday Edition, hosted by library staff.
Purly Girls Knitting Club
Tuesdays 10am to 1pm
Community Support Day: Second

Harvest Wednesdays starting at 9:00 AM - 12:00 PM
On Wednesday mornings, the Cape Canaveral Library will be hosting a Second Harvest representative, who will help you apply for SNAP food assistance. Walk-ins only, first come - first served, as schedule allows. No Second Harvest on November 12, 2025.
Community Support Day: Community Support Advocate
2nd and 4th Wednesdays, from 9:00 AM - 12:00 PM

Brevard County Libraries' Community Support Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance. Call 321-868-1101 for an appointment. Walk-ins are accepted as availability allows.
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
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

Computer Basics Class
Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM
Hooks and Needles

Tuesdays, 1:00PM – 2:00PM
Line Dancing Class with "Dance Lady"
Mondays, 12:00PM – 2:00PM Fee: \$5 per class.

Craftersnoon First Wed, 2:00PM-3:00PM.
Materials are provided.
Book Club
First Thursday, 1:30PM

Painting Class, 1st Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited.
Cook the Book Club, 3rd Thurs, 6:00 PM

Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519

Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004

South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066

Bingo 1st Tue, 1PM
Gentle Yoga
every Monday at 10 AM
Mystery Book Club
2nd Tuesday at 2 PM

Master Gardeners
2nd and 4th Tuesdays, at 2 PM.
Beginning Computer Class 1st Wednesday, 1 PM
Third Thursday @ 3 Book Club

3rd Thursday at 3 PM.
Adult Art Classes - Free Take and Make Kits
3rd Thursday, Nov. 20th. Kits are first come, first serve.

Quilters
every Thursday at 6:00 PM
Chair Yoga every Friday 10:30 AM
Painting For Beginners 1st & 3rd Fridays 12 N

Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404

Coin Talk 4th Tuesday, 6 PM
Suntree Book Club 4th Wednesday
Sit-n-Stitch 1-3pm, meets 1st & 3rd Weds. meets second & fourth Fridays.
TGIF Seaside Piecemakers 9am-1pm, meets second & fourth Fridays.
Brevard Investment Education Group 10:30am-1pm. Meets second Mondays.
Wednesday Art Group, 1:30-4pm. Meets

second Wednesday
Books are ALWAYS Better Book Club 3rd Monday, 6:30-8pm
Alzheimer's Support Group, 2nd Thursdays, 11am-12N
American Needlepoint Guild 3rd Thursday, 1 PM
Tai Chi Class with Brad

2nd Saturdays, 9:30-10:30am
Brevard Authors Critique Group 1st & 3rd Thursday, 10am-1pm
Brevard Antiques and Collectables 1st Fridays, 10:00am-12:00pm.
Space Coast Poets 3rd Tues 5:30-7:30pm
Space Coast Modern Quilt Group, 3rd Wednesday, 9am

Seaside Piece, 2nd & 4th Friday, 9am
Medicare 101, 2nd Wednesday 4 PM
Platinum Coast Amateur Society 3rd Saturday, 9am-12 pm
Books are Always Better Book Club 3rd Monday, 6:30-8:00 pm
Viera Women's Book Club 3rd Tuesday, 2:00-4:00 pm

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

NOVEMBER 2025 SENIOR CALENDAR

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

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

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

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

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

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

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

November 2 is our Open House here at the Center. Keep the date open and plan on coming please! Lots of vendors, preview of our activities, great music, food and fun. Our theme is Oktoberfest and there will be a lot of celebrating!
MONDAY
Andersen Quilters 9:00-12:00
Bone Builders 9:00-10:00
Busy Fingers Crafts 9:00-11:00

Intermediate Tap 10:30-12:00
Party Bridge 12:15-4:00
TUESDAY
Art & Painting 9:00-12:00
Morning Stretch & Exercise 9:00-10:30
Grief Counseling 2nd & 4th Tues 10:00-12:00
Line Dancing 12:00-1:30
Gentle Yoga 2:00-3:00

Tai Chi 2:00-3:00
WEDNESDAY
Bone Builders 9:00-10:00
Writing Workshop 10-11:30
Spanish Conversational Class 12:30-2:30
New Horizons Jazz Band 9am-12pm
THURSDAY
Water Colors (Begin/Inter) 9:00-12:00
Gentle Yoga 2:00-3:00

Morning Stretch & Exercise 9:00-10:30
Intermediate Tap 10:30-12:00
Karaoke 11:00-3:00
FRIDAY
Art & Painting 9:00-12:00
Bone Builders 9:00-10:00
Party Bridge 12:15-4:00
Spanish Class-Beginner Plus 12:30-2:00
Ballroom Dancing Class 2:00-3:00

NOVEMBER 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 nbsc.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- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945

Hurricane Rug Hooking (2nd& 4th Wed)

10AM-2PM \$2/\$3 Fonda (321-298-2796

Duplicate Bridge 11:30-3:30pm John

321-269-5525 \$2/\$3

Line Dance Class-Intermed 4:45 to 6pm \$3/\$4

Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831

THURSDAY

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

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

Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831

Zumba 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945

Zumba Gold Tone/Chair- Thursday 11AM- Noon \$7/\$8 Robin 321-514-5945

FRIDAY

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

Muscle Memory Strength Balance

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

No Brevard Line Dance (impr/Intermed)

Noon-2pm \$3/\$4 Yvette 321-258-6534

Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534

SUNDAY

Intermed./Adv'd Line Dance Class 2PM-4PM \$5/\$6 Pat (321)268-2333

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

NOVEMBER 2025 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:

Senior Partner Care Services Recruitment Fun Fair

Thursday, November 6th
9am - 11am OR 4pm - 6pm

One Senior Place
 8085 Spyglass Hill Rd, Viera, FL 32940

SPECIAL EVENT:

Give Back For Veterans: The Big Basket Giveaway Celebration Breakfast

Thursday, November 20th
9am - 10:30am

One Senior Place
 8085 Spyglass Hill Rd, Viera, FL 32940

FREE Liver Scans, Monday November 3rd, Wednesday November 19th, 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.

Birds of a Feather: Let's Chat!, Monday November 3rd, at 2pm. Join the Brevard Zoo for a fun and feather-filled conversation all about birds! From the tiniest hummingbird to the towering ostrich, we'll explore birds of all sizes—whether they soar through the skies or stay grounded. Discover fascinating facts about flighted and flightless birds from around the world. It's a lively discussion you won't want to miss! MUST call 321-751-6771 to RSVP.

Medicare Advantage Info Event, Mondays November 3rd and 24th at 6pm and Thursday November 6th at 1pm. 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 Memory Testing, Tuesdays November 4th and 18th, 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: The Mediterranean Diet, Tuesday November 4th, at 10am. Learn about the health benefits of this lifestyle and discover seven simple steps to benefit from the Mediterranean way of life! Call 321-751-6771 to RSVP.

Zumba With Alfredo, Wednesday November 5th, at 8:30am. Get moving and have fun with Zumba! Join Alfredo for an upbeat class filled with lively music, easy-to-follow moves, and plenty of smiles. This low-impact workout is perfect for all fitness levels and a great way to boost your energy while having a blast. Sponsored by Zon Beachside. Call 321-751-6771 to RSVP.

Beyond the Uniform: Connecting Veterans & Community, Wednesday November 5th, at 11:30am. Join us for an inspiring panel discussion focused on bridging the gap between veterans and the community. Hear stories of service, learn about local organizations making a difference, and explore ways to get involved or show your support. Whether you're a veteran, family member, or community ally, you'll walk away feeling connected and inspired. Call 321-751-6771 to RSVP.

Your Legal Roadmap: Guidance From 3 Estate Planning Attorneys, Wednesday November 5th, at 3pm. Estate planning doesn't have to be overwhelming. Join three experienced Estate Planning & Elder Law attorneys as they "map out" the key steps to protecting your future. From wills and trusts to long-term care planning, each attorney will share insights from their unique perspective - giving you a well-rounded view of your options and answers to your questions. Call 321-751-6771 to RSVP.

AARP Smart Driver Course, Mondays November 10th and

24th, 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.

Military Appreciation Luncheon, by National Cremation Society, Monday November 10th, from 2pm. Veterans, Military Families, and Friends - Join National Cremation for a special military appreciation event where they will share the advantages of preplanning cremation along with the many benefits you are entitled to as a veteran. Enjoy free food, drinks, & giveaways! RSVP Required - Call 321-751-6771.

Ask The Doctor Lunch & Learn Series: The Importance of Alzheimer's Biomarkers in Early Detection, Tuesday November 11th, from 11:30am. Complimentary lunch provided by Flourish Research - Merritt Island and Next Day Grab Bars for all registered attendees. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday November 11th, 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.

Coffee & Chat Hospice Myths, Wednesday November 12th, at 10am. Join VITAS Healthcare for a cup of coffee and a relaxed, but informative, conversation as they separate fact from fiction about hospice care. Call 321-751-6771 to RSVP.

Using Facebook to Stay Connected Over The Holidays, Wednesday November 12th, at 1pm. Stay in touch with friends and family this holiday season—no matter where they are! This beginner-friendly session will show you how to safely use Facebook to share photos, send messages, join groups, and stay connected with loved ones. Perfect for anyone who wants to feel more confident using social media. Call 321-751-6771 to RSVP.

Your Estate, Their Future: How to Avoid Legal Contests Over Your Will, Thursday November 13th, at 10am. Protect your estate and secure your family's future. Learn how to create a comprehensive and legally sound plan, avoid costly disputes, and ensure your estate is managed according to your desires. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

Movie Matinee Featuring Dutch, Thursday November 13th, at 2pm. Working man Dutch (Ed O'Neill) is dating the divorced Natalie (JoBeth Williams), and he offers to drive her stuffy 13-year-old, Doyle (Ethan Randall), from his private school in Atlanta to his mother's home in Chicago for Thanksgiving. Doyle is not interested as he blames Natalie for the divorce and wants nothing to do with Mom's new boyfriend, especially given the man's lowly, working-class roots. This pairing makes for a journey filled with bickering, mishaps and, eventually, bonding. Movie, snacks, and other goodies provided by Rhodes Law, P.A. Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa - Self Care and Managing Stress through the Holiday Season, Friday November 14th, at 10am. Between gift-giving, gatherings, and busy schedules, the holidays can take a toll on both mind and body. In this educational seminar, you'll discover realistic self-care strategies to help you stay centered, healthy, and present this season. Learn simple techniques to reduce stress, set boundaries, and create meaningful moments without burning out. Presented by Lisa Conway, RN, CCM and Mike Peterson with Are We Living Personal Training. To RSVP call 321-751-6771.

Downsizing Panel, Monday November 17th, at 2pm. Join our panel of experts for tips on how to make your next transition a breeze. Presented by Four Star Real Estate. Call 321-751-6771 to RSVP.

Medicaid Planning, Tuesday November 18th, 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.

Puzzle Swap!, Tuesday November 18th, at 1pm. Join us for a fun community puzzle swap! It's the perfect way to refresh your collection, meet fellow puzzle lovers, and share the joy of piecing things together. Call 321-751-6771 for puzzle swap criteria and/or to RSVP.

iPhone & iPad Users Group, Tuesday November 18th, 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.

Don't Let Probate Gobble Up Your Estate, Wednesday November 19th, at 10am. Don't let the court decide what happens to your legacy. Attorney Rhodes will cover what probate is, common mistakes that send families to court, and clear strategies to save time, money, and hassle. You'll leave with actionable next steps you can discuss with your family and advisors. Call 321-751-6771 to RSVP.

Nutrition and Pain Management, Thursday November 20th, at Noon. Did you know what you eat can affect how you feel? Join Dr. Terry Shepherd from Aquatic Health & Rehab for an enlightening discussion on how proper nutrition can help manage pain and inflammation. Learn which foods may support your body's natural healing process - and discover small changes that can make a big difference in your comfort and well-being. Presented by Dr. Terry Shepherd. Call 321-751-6771 to RSVP.

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Thursday November 20th, 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.

Operation: Trivia, Friday November 21st, at 11am. Test your knowledge and honor our heroes in this fun, military-themed trivia event! From history and pop culture to patriotic facts, you'll enjoy friendly competition, prizes, and plenty of laughter. Bring a friend and see if you have what it takes to complete the mission in Operation: Trivia! Call 321-751-6771 to RSVP.

Tools to Quit Smoking Your Way, Friday November 21st, at Noon. Ready to breathe easier and live healthier? Join representatives from Tobacco Free Florida to explore free tools, support programs, and proven methods to help you quit smoking for good. Whether you're just thinking about quitting or already on your journey, you'll find resources, encouragement, and strategies for success. Call 407-716-6392 to register.

Trusts Made Simple: A Smarter Way to Protect Your Family & Assets, Tuesday November 25th, at 10am. TOPIC HERE. Presented by Estate Planning & Elder Law Center of Brevard. 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.

SUPPORT GROUPS

Connected: A Spiritual Exploration Support Group, Wednesdays November 12th and 26th, 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, Thursday November 13th, 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 November 19th, 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 November 5th, 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



Click Twice
to Visit
Website

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

Happy Holidays *from the One Senior Place Team
and Resident Business Family!*



GIVE BACK FOR VETERANS

The big basket giveaway!
Win holiday-ready baskets filled with
gifts for you or someone special!



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\$2 PER TICKET
OR
\$20
HEAD TO TOE*

* However many tickets it takes to
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Raffle prizes will be on display **Monday, November 3rd to Thursday, November 20th**
Our breakfast celebration will be held **Thursday, November 20th at 9am.**



Benefitting the Brevard
Veterans Memorial
Center (VMC)

Join us in giving back. Here are a few of the ways we are doing it...



Bring new/unwrapped toys and drop them off in
the toy drive donation box during business hours.

DROP OFF DATES:

MONDAY, NOV. 3 – FRIDAY, DEC. 12



GRANDPARENTS
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OF BREVARD COUNTY, FL INC.



SENIOR SANTA

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One Senior Place is proud to be a Senior Santa Ornament and Gift drop off location!

GENERAL DONATIONS/EXTRAS NEEDED

PERSONAL HYGIENE PRODUCTS – BODY LOTION, SOAP,
TOOTH PASTE, SHAMPOO, CONDITIONER, DEODORANT, DISPOSABLE
RAZORS

FLEECE BLANKETS/THROWS

SOCKS – MEN'S AND WOMEN'S, NON-SKID

PUZZLE BOOKS – LARGE PRINT, WORD SEARCH< ADULT COLORING

HOLIDAY GIFT COLLECTION DEADLINE IS MONDAY, DEC 1ST

PLEASE DO NOT WRAP GIFTS!

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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

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321.253.0606

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