

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 martinanderseniorcenter.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

THE 6TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 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

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Private Cocktail Party * Admin Fee
- * Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa
- * Great Dancing

Balcony - As low as \$1308 pp including Gratuities
Outside - As low as \$1125 pp including Gratuities
Inside - As low as \$1024 pp including Gratuities
(based on double-occupancy)

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



THE ALASKA CRUISE HELPING SENIORS OF BREVARD

Jun 1st 2026 - 7-Night Cruise Round Trip Seattle

Sail with your Brevard Friends!



Let's explore the Majesty of Alaska together June 2026 as you sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Poesia for the inaugural Alaska season. With our 7-night Round-Trip Seattle sailing, we'll call on Ketchikan, Alaska, Juneau, Alaska and Icy Strait Point, Alaska as well as Victoria, Canada - plus cruising the Tracy Arm Fjord.



The Alaska Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Travel Insurance * Admin Fee
- * Donation - Helping Seniors of Brevard

(Round Trip Seattle)

Deluxe Balcony - \$1821 pp including Gratuities
Standard Balcony - \$1741 pp including Gratuities
Inside - \$1401 pp including Gratuities
(based on double-occupancy)

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



Helping Seniors of Brevard
Need Help?
321-473-7770

(321) 473-7770
Brevard County Senior Information Helpline
Helping Seniors of Brevard

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 gpbpc.org

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;

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

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

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

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

Vets-to-Vets 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 - 11:30 am - 4:00 pm

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

Mah Jongg - Chinese - 1:00-4:00 pm

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

American Mah Jongg - 9:00 - 12:00 noon

Strength & Flexibility - 9:30-10:30 am

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

Bunco - 12:30 - 4:00 pm - 1st & 3rd

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

Pinochle - 12:15-4:00 pm

Dealers Choice Poker - 11:30 am - 4:00 pm

Senior Law - 4th Friday 2:00-4:00 pm

SATURDAY PROGRAMS

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm



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

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, PA. 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

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 Nagliera (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



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



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

William A Johnson, PA	Elder Law - Need to Know
Sheldon & Furtado, PLLC	Dental Health & Related
Law Firm of Cheryl A. Ward	Elder Law - Need to Know
Seniors Helping Seniors	About Companion Care

Creating Income In Retirement

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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

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