

THE PREMIER SPACE COAST Magazine ESPECIALLY FOR ADULTS 50+

SENIOR SCENE®

DECEMBER 2025

FREE

We Talk To
Marilu Henner



Brevard's Gold Star Holiday Tree
Managing Holiday Stress
Beneficiary Death Consequences

Cover Artist:
Jeanne Harris Weaver



FINANCE | HEALTH | ENTERTAINMENT | CALENDARS | NEWS



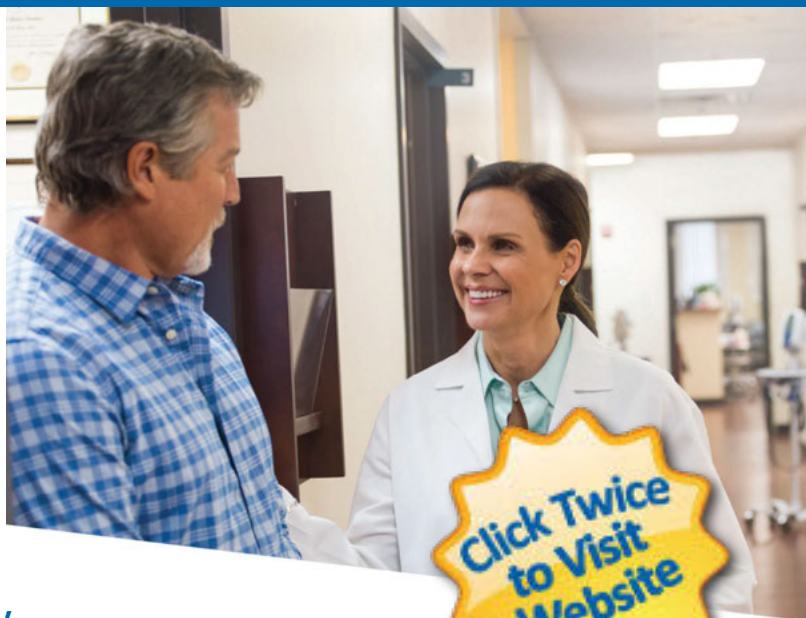
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MAP



WEBSITE

COVER STORY

- 11 Artist – Jeanne Harris Weaver



AROUND THE HOUSE

- 16 Tips for Dealing with Unresponsive Computers – James Bowman
36 Paw's Corner – Sam Mazotta
39 Donna Erickson's Best Bites
48 Try Unusual Poinsettias In Christmas Decorations – Eddie Smith



COMMUNITY

- 38 Calendar Highlights
50 Community Calendar
54 Senior Calendar

ENTERTAINMENT

- 14 Travel Tips – By Chris Morse
37 Crossword Puzzle
40 Sudoku Puzzle
42 Sudoku Solution
42 Crossword Solution
47 Play Better Golf with Jack Nicklaus

FINANCIAL ADVICE

- 13 What Happens if a Beneficiary Dies? – Truman Scarborough
17 'Tis the Season for RMDs – Max ValaVanis

GENERAL INTEREST

- 12 Looking Back and Looking Forward – Kerry Fink
21 Helping Senior Citizens Enjoy the Holidays – Traci Graf, RN
23 HELPING SENIORS OF BREVARD NEWSLETTER
35 Mom & Me – Audrey & Kimberley
40 They Will Never Be Forgotten: Brevard's Gold Star Holiday Indoor Tree
41 Veterans Post – Freddy Groves
42 A Prayer to The Do-nothing God – Reverend Jeff Wood
44 Social Security Increase for 2026 – Matilda Charles

NOSTALGIA

- 12 Marilu Henner Made Her Mark On Hallmark – Nick Thomas



Photo by
JEFF KATZ

- 10 Settler's Saga of Phoebe Black – Diane Barile

SENIOR HEALTH

- 19 Thoughts For The Holidays – Dr. Arvind M. Dhople, Ph.D.
22 Ask One Senior Place

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Letter from the Publisher



With the feast of Thanksgiving weighing on our minds (and elsewhere), can more Holidays be far behind? I hope you remembered to reflect on everything that we can be thankful for. It's so easy to forget the good in life and the people we cherish, when we are bombarded by gloomy news every day. So be safe and be mindful of what is positive and good.

On this month's cover, we are especially proud to have Jeanne Weaver return as our featured artist, a truly talented artist that Brevard can call its own. We want to thank her for joining us this month, along with many great artists that have graced our covers before her. Remember to support our local artist every chance you get.

Those of you that have enjoyed living here for any length of time also know that this is the season to go park hopping, enjoying a holiday theatre production, partake in seasonal civic events or even just drive around looking at the many decorated homes. We have many of the holiday events listed in our Community and Senior Calendars for you to see.

It is especially important this time of year to help those less fortunate than us. Whether it's a Tot or a Senior, a donation of treasure or time, please be generous. What can be better than the feeling of helping someone? So enjoy your family and friends; and enjoy this month's issue.

Merry Christmas, Happy Holidays and see you next year!

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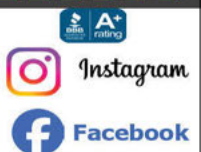
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Settler's Saga of Phoebe Black

By Diane Barile

She moved to Florida with her husband, two grown sons of her husband's first marriage and two small children. They were homesteaders starting a new life on free land on subtropical Turkey Creek in Brevard County. M. Black was also to be an itinerant minister along the Indian River Lagoon.

To get established, they built a crude abode, cooked over a fire in front of the hut and layed out an orange grove. Black mapped out one hundred sixty acres and the older boys helped set out the grove across the creek from the tiny settlement. The Culpepper Creech Company had already successfully formed the tiny village of Tillman at the mouth of Turkey Creek at the lagoon. It seemed the perfect place to settle down.

Life took on the daily rituals of breakfast, home care and the row across the creek to work in the grove. It would be about seven years before the first crop of oranges.

The family was not isolated. Culpepper and Creech boasted a citrus packing house, a wharf and school. There were also a few neighboring homesteaders further up the creek. Phoebe became especially close to Mrs. Idner.

There was a sad time when the family dog paddled after the boat rowing across the creek. An alligator snapped and drowned the poor animal.

Homesteading procedures required that settlers clear at least five acres in five years to achieve claim of the land. This

was accomplished by the Blacks. But when they applied, they found someone else had claimed the same site. Their claim was denied. Their work had been for naught. It was time to move on.

About 1885 the family packed two boats for the move to Georgiana on Merritt Island where Rev. Black had established the Methodist Church. But the trip was not without incident. Weather overtook the little flotilla. The Rev's boat overturned with half the family's belongings. He was rescued along with some of the cargo.

Once established in Georgiana, Phoebe began taking in boarders in the Black parsonage. Following Rev. Black's death, Phoebe moved to Oceanus on the barrier island near what is now Patrick Air Force Base. She welcomed both local and northern guests on the new excursions to the beach. The house set on a narrow strip of land between the Atlantic and the lagoon.

Following the great freeze of 1894-95, the regional economy drifted into depression. The boarding house business was no longer viable.

Phoebe's friendships from the Turkey Creek days spanned over the years with the Idner family. Moving to Palm Beach, Phoebe engaged in owning a larger boarding house for the rest of her days. §

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.**



Explora Journeys - March 2-9, 2026
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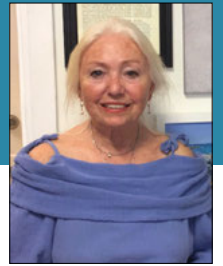
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Artist - Jeanne Harris Weaver



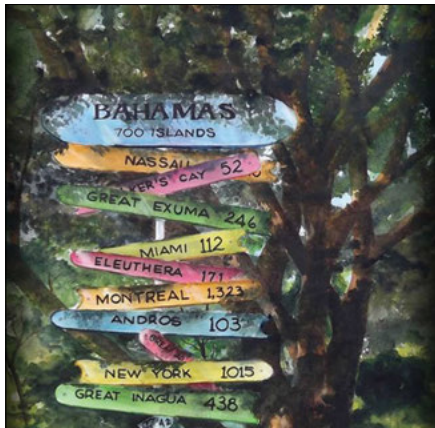
Cover artist is Jeanne Harris Weaver. She is also a Gold Star Mother, having lost her youngest son, 1LT Todd William Weaver KIA Kandahar Afghanistan, September 9, 2010. The oil painting was created for the national organization, Honor and Remember. The painting was used as a fund raiser for them and later used to create a porcelain Christmas ornament. The organization is dedicated to honoring the sacrifices of American fallen military service members and their families. The main way of showing this respect is through the Honor and Remember Flag which is meant to fly continuously as a visible reminder of the lives lost defending our freedoms. Twenty-seven states have adopted the Honor and Remember flag with Florida being the 26th state to do so.

In 2013, Jeanne permanently moved back to Cocoa Beach where she had lived in the 50's and 60's. She began to search for other mothers or family members who had lost their loved ones in the Iraq or Afghanistan Wars. She was able to meet a couple of

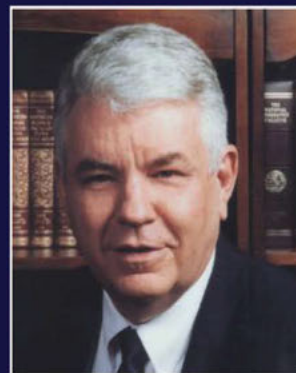
moms who were active in the Chapter 1 Gold Star Mothers organization during the Viet Nam Era. She learned that she could not reopen the "Chapter 1" of the Viet Nam era but could form a chapter for the newer Gold Star families. With great thanks to God, she was delighted to report there were not enough casualties from Brevard County to actually build a local chapter.

Using Jeanne's artistic thought process and knowing that by doing something positive in memory of your loved one aids

Jeanne Harris Weaver continued on pg 47



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TALK WAS.....

Marilu Henner Made Her Mark On Hallmark *By Nick Thomas*



Photo by
JEFF KATZ

Since its debut as the Hallmark Channel in 2001, the network has become a beloved TV destination for millions of viewers, especially during the holiday season with its Christmas-themed features. While Hallmark has cultivated a recognizable roster of its own stars, their programs have also featured an impressive lineup of veteran film and television icons over the years, including Ed Asner, Christopher Lloyd, Shirley MacLaine, Roger Moore, Danny Glover, Burt Reynolds, and Carrie Fisher.

And Marilu Henner.

Best known to TV fans of the late 70s and early 80s hit the NBC comedy series "Taxi" where she played a part-time cabbie, Henner has continued to work in film and television including some 30 Hallmark productions such as their murder mystery movie series, "A Teagarden Mystery."

The channel does have its critics, given the often-repetitive nature of their movies and predictable happy boy-always-gets-girl outcome.

"Yeah, it's the same formula but it works," said Henner of the Christmas movies. "They're just kind of feel-good stories that the whole family can watch. There's always hot chocolate,

cookies baking, cutting down their own Christmas tree, and of course a final kiss."

She especially remembers one film from 2020.

"Of all the Christmas movies I've done, 'Love, Lights, Hanukkah!' is one of my favorites," she recalled. "The story is about a girl (played by Mia Kirshner) that I gave up for adoption when I was young. She finds out that she's not just all Italian but half Jewish after a DNA test and reconnects with me and my family. It's such a sweet holiday movie."

In 2022, she played Gramma Mia in "A Kismet Christmas" where she is the keeper of a famous family recipe for kismet cookies. If placed under one's pillow, the sweet treats allow the sleeper to dream of their true love kismet – a Turkish word synonymous with destiny.

"My character is very nurturing with a certain wisdom and she's always cooking, like me," said Henner. "We filmed in Victoria (Canada) and had some scenes in traditional Dickens-like costumes which was fun."

Marilu Henner Made Her Mark On Hallmark cont'd on pg 46


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What Happens if a Beneficiary Dies?

By Attorney Truman Scarborough

All of our beneficiaries (those who inherit our estates) will someday die. Not planning for what will happen if a beneficiary dies can have unexpected and costly consequences. In this article we will examine some of the problems that may be encountered when a beneficiary dies **1)** before the person who is making the gift dies, **2)** after the person making the gift dies but before receiving the gift, and **3)** after receiving the gift.

1) If the beneficiary dies before the person making the gift: The law prohibits us from leaving property to a deceased person. A will or trust can anticipate the demise of a beneficiary by naming an alternative. However, when there are no surviving beneficiaries the gift will lapse (go away) unless protected under Florida's anti-lapse statutes (discussed below). When a specific gift (e.g. \$10,000) lapses it becomes part of the residual estate (what is left after distributing specific bequests). If the lapsed gift is part of the residual estate, it goes back into the pot to be divided among the remaining residual beneficiaries. If all the residual beneficiaries named in the will or trust have died, the estate goes to those persons who would inherit under Florida Statutes when there is no will called intestate succession.

Florida's Probate and Trust Codes have anti-lapse provisions. These provide that a gift will not lapse if the deceased beneficiary is a descendant of a grandparent of the person who created the will or trust. The inheritance will go to the deceased beneficiary's lineal descendants (children, then grandchildren). If there are no direct lineal descendants, the inheritance goes to the grandparent or if deceased to the grandparents' lineal descendants (aunts/uncles, then nieces/nephews). However, rather than relying on Florida's Anti-Lapse Statutes, it is best to specify who will receive a gift if the primary beneficiary dies.

If all the named beneficiaries on an IRA, retirement account, transfer on death (TOD) account, payment on death (POD) account or life insurance policy have died, the funds are part of the owner's estate, requiring probate. If a beneficiary dies it is important to name new beneficiaries.

2) If the beneficiary dies after the person making the gift but before distribution: If the beneficiary survives the person creating the will or trust but dies before receiving the

What Happens if a Beneficiary Dies? continued on pg 39

The advertisement for Join the Fun Tours is a vibrant collage of travel-related images and text. 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 'JOIN THE FUN' logo, which includes the tagline 'with www.jointhefun.us'. Further right, a blue sign reads 'TRAVEL GROUPS FOR SENIORS' next to a compass. The bottom left features a large image of a white tour bus with 'SENIOR TRAVEL' on its side and 'JOIN THE FUN' on the front. The bottom right section is a colorful illustration of a city skyline with a blue tour bus in the foreground. Text in this section includes 'EXPLORE DAY TRIPS, MOTOR COACH TOURS, & GROUP CRUISES', the website www.jointhefun.us, 'BUSES', 'WELCOME to Nashville', 'CASINO', 'BILT MORE', and 'DEPARTS COCOA & VIERA'.



SENIOR SCENE MONTHLY TRAVEL TIPS

Checklist for Traveling Abroad (Part 2)



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

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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.

Get Vaccinated

It's best to get the necessary vaccinations out of the way as soon as possible since it can take a few weeks to build complete immunity. Some also require multiple doses, which may need to be administered over days, weeks, or even months. Consult with your doctor about receiving the CDC-

recommended vaccinations, as the vaccination protocol varies by country. Keep your vaccination certificate in your carry-on in case customs requires you to present it when entering the country.

Learn About Your Destination

Having some source of knowledge about your destination is so important. Read about the region you're traveling to in advance to gain insight into important information such as currency exchange rates, useful phrases, tipping norms, appropriate clothing, and cultural/legal customs. It's best to be prepared so you don't land yourself in a compromising situation. Your Senior Travel Advisor can help you gain important information on the city that you will be traveling to. Also, the vendor that you choose will also have important info.

Checklist for Traveling Abroad cont'd on pg 47

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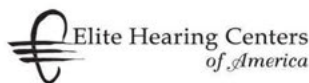
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Looking Back and Looking Forward

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

In December, in the midst of all the holidays, we will be looking back ... and looking forward! When our founder, Joe Steckler—retired Navy Captain and the person who also began the good work of the Brevard Alzheimer's Foundation—first organized our Helping Seniors nonprofit 15 years ago, he saw the need to create a way for Seniors and their families to find help navigating the complexities that often accompany aging.

As we look back on a decade and a half of service to Brevard County, we could add up all the calls (over 4,000 every year!) to our Senior Information Helpline (321-473-7770), the educational and informational events we participate in (more than 75 each year), and the Radio/TV/Print/Online efforts we have organized along the way—and consider the good that Joe's vision has made possible for the 200,000 adults aged 60+ who call Brevard County home.

For a small organization that fights fiercely and continuously advocates for the needs of Seniors in our area, we truly see this work as a calling.

Certainly, aging is “on-the-job” training, and no two experiences are exactly alike. But experience teaches us that there are common themes and patterns that emerge when we zoom out for a broader, macro view.

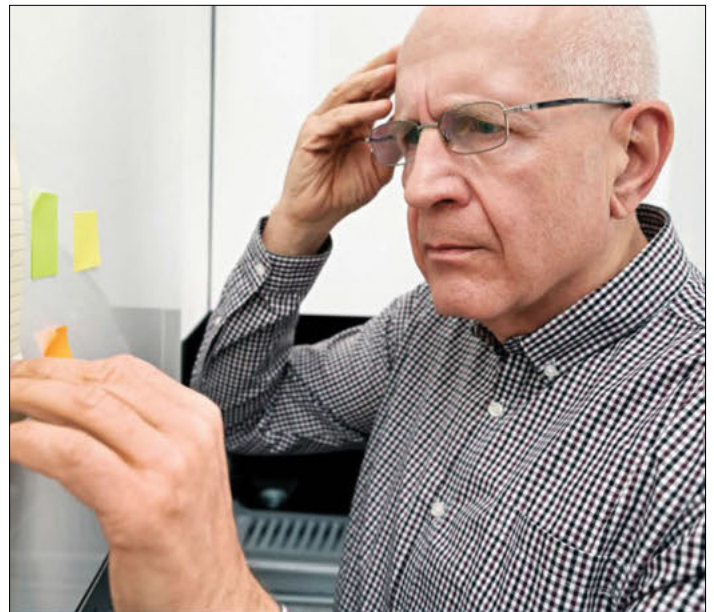
Clearly, planning ahead (“getting your ducks in a row,” as we like to say) smooths out many of the road bumps along the journey.

We have also found that another key to success is connecting with the right caring and compassionate people—subject-matter experts on the important topics we seek answers for. These individuals are worth their weight in gold and are a true Godsend as we navigate the complexities of aging.

We also see that, for almost any issue we may be working through, finding excellent local people and resources is essential. Relying on do-it-yourself computer searches or blindly calling 800 numbers we see on TV often leads us in directions that we later discover aren't nearly as helpful as we had hoped. It is far better when we connect with a neighbor in our area who is a specialist in the topic at hand and who has “boots on the ground” experience with the nuances and factors unique to our community.

All that being said, what really matters is looking ahead! There are more Seniors in our area than ever before—more people are turning 65+ and 85+ every day, thanks to advances in medicine and technology, and more are choosing to make Florida their home than ever before.

Looking Back and Looking Forward continued on pg 40



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Tips for Dealing with Unresponsive Computers

By James Bowman, Data Rescue Computer Service

Here are clear, practical tips you can use when a computer becomes unresponsive — whether it's frozen, slow, or randomly locking up

1. Basic Quick Fixes

- Try the classic "wait and see"

Sometimes Windows is just busy processing a heavy task. Give it 10–30 seconds to catch up.

- Press Ctrl + Shift + Esc

Opens Task Manager even when Ctrl + Alt + Delete doesn't.

- ◆ End apps showing "Not Responding"

- ◆ Look for CPU or disk stuck at 100%

- Unplug external devices

A bad USB drive or peripheral can freeze the system.

Try disconnecting:

- ◆ External HDD/SSD
- ◆ Printers
- ◆ USB hubs
- ◆ Docking stations

2. Quick Keyboard Commands

- Windows Key + Ctrl + Shift + B

Resets the graphics driver without rebooting (very effective for black

screens, frozen apps, or GPU hangs).

Alt + Tab

Try switching apps—if the system responds, the freeze is likely app-level.

3. Full System Lockup Fixes

- Hard Reboot (only if necessary)

Hold the power button for 5–10 seconds.

Use this if:

- ◆ The mouse is frozen
- ◆ Keyboard doesn't respond
- ◆ No display activity

Not ideal, but sometimes required.

- Desktop / Laptop power drain

For laptops:

1. Power off
2. Unplug charger
3. Hold power 15 seconds

For desktops:

1. Shut down
2. Flip power supply switch
3. Press power button 10 seconds

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Unresponsive Computers... continued on page 45



'Tis the Season for RMDs

By Max Valavanis, CFP®, CFS®

While some seniors gleefully take their distributions for holiday shopping, others will sigh as the unneeded cash drains from their retirement accounts. Despite this, when Uncle Sam dictates that it's necessary to take Required Minimum Distributions (RMDs) from your retirement, you oblige. For the uninitiated, RMDs are a form of distribution that the IRS forces retirement account owners to take once they reach a certain age, which for 2025 is 73. While some exceptions exist for working seniors in their employer-sponsored accounts, most will be directed to participate.

In order to charge taxes on an otherwise tax-deferred account, the IRS mandates that traditional retirement accounts take these withdrawals. Rewinding the years to when Seniors deposited money into their traditional IRAs, 401ks, or any other traditional retirement accounts, that money deposited largely went untaxed. The benefit of these retirement accounts incentivizes the working population to save for retirement. Now, as Seniors withdraw from these accounts, the taxes must be paid. If a retirement account is titled as a "Roth" account, then RMDs are not necessary. This is due to the taxes paid upon depositing the money into the account.

There are two main RMD blunders I've seen Seniors make in my years as a Certified Financial Planner™. The first, and most common mistake, is either taking it out too late or not at all! The IRS mandates yanking out your first Required Minimum Distribution by April 1st in the year following your 73rd birthday. Unsurprisingly, the government shortens this due date to December 31st every year afterward. If you ever miss the RMD deadline, you'll still have to take the withdrawal, and a daunting 25% penalty will be imposed on top of your distribution.

The second common mistake occurs when a retiree has multiple retirement accounts with employers and personal IRAs. Many people believe that all RMDs are uniform and that you can siphon them all out of a singular account and disregard the others. To the dismay of many Seniors, this is not true. Required Minimum Distributions within employer accounts must be withdrawn from their designated accounts. Although IRAs have more flexibility, it is important to know the type of retirement accounts you own when determining the best approach to withdrawing the funds.

'Tis the Season for RMDs continued on page 36

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Thoughts For The Holidays

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

The hanging of Christmas stockings is a tradition with an extensive history. Several legends attribute the hanging of stockings to different people or events. Some of them are....

St. Nicholas Day – Rather than hanging stockings on Christmas, many countries celebrate Saint Nicholas Day on December 6, and this is when stockings are proudly left out for treats. The small, inexpensive trinkets are later unwrapped and enjoyed on Christmas Day.

Dutch heritage – One tradition says that, in 16th century Holland, children kept their dogs filled with straw in front of the hearth for Santa's reindeer to find. They also left treats for Santa Claus. In return, Santa would leave gifts in the dogs. Over time, stockings were swapped out for dogs.

Merchant's family story – A popular tale tells the story of a merchant, his wife and three daughters. After the wife falls ill and dies, the man becomes devastated and squanders all of his wealth on frivolous things to mask his sadness. When it comes time for the daughters to marry, the man does not have money for a dowry. St. Nicholas hears of the plight and knows the man would be too proud to accept charity. Therefore, St. Nicholas anonymously tosses three bags of gold coins down the chimney. The man's daughters had done the laundry prior and left their stockings hanging by the fireplace to dry. The gold landed in the stockings, thus starting the Christmas stocking tradition.

Italian good witch – One stocking story does not attribute the tradition to Santa, but to a kind-hearted Italian witch named "La Befana." La Befana arrives on a broomstick the night of January 5 and fills the stockings of good children with sweet treats and toys. Bad children are awarded lumps of coal. La Befana is also credited with being the old woman who the wise men ask for directions to Christ's manger in the Christ child's story. After turning down an offer to accompany them, La Befana later carried gifts.

New Year is not about altering the Dates but Direction; It is not all about changing the Calendar but Commitment; It isn't all about changes the Tasks but Attitude; It isn't about altering the Fruit nonetheless Faith, Force, and also Concentrate! Happy New Year. ☺



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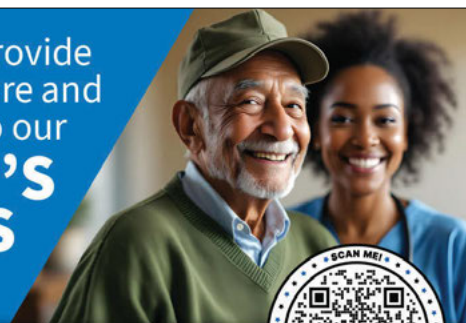
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Magazine





Helping Senior Citizens Enjoy the Holidays

By Traci Graf, RN

The holiday season is often associated with joy, family gatherings, and festive celebrations. However, for many senior citizens, this time of year can bring feelings of isolation, sadness, or anxiety. Physical limitations, loss of loved ones, and changes in living arrangements can all contribute to a sense of loneliness. Recognizing these challenges is the first step toward making the holidays more enjoyable for seniors. Family members, caregivers, and communities must pay attention to the emotional and physical needs of older adults, ensuring they feel included and valued during holiday festivities.

One of the most impactful ways to help seniors enjoy the holidays is by fostering opportunities for social interaction. Arranging visits from family and friends, organizing community events, or involving seniors in local clubs can help combat isolation. Even simple gestures, such as sharing a cup of coffee or sending a thoughtful card, can make a significant difference. For those who are homebound or live in care facilities, video calls and phone conversations can help bridge the gap. Encouraging intergenerational activities, like storytelling or baking together, allows seniors to share traditions and feel connected to loved ones.

Maintaining beloved holiday traditions is important, but it's equally vital to adapt them to meet the needs of senior citizens. Consider modifying activities to accommodate physical limitations, such as choosing accessible venues for gatherings or simplifying holiday meals. If a senior loved one cannot travel, bring the festivities to them by decorating their living space or organizing a small holiday party at home. Incorporating their favorite music, foods, and customs creates a familiar and comforting atmosphere, helping them feel engaged and valued.

Physical health can be a concern for seniors during the holidays, especially with cooler weather and changes in routine. Ensure that older adults are keeping up with their medications, eating well, and staying active. Offer assistance

with holiday errands or provide transportation to events. Small gestures like providing warm clothing, cozy blankets, or preparing nutritious holiday treats can enhance their comfort. Pay attention to signs of stress or depression and encourage open conversations about their feelings. Professional support, such as counseling or social groups, may be beneficial for those who need additional help.



Ultimately, helping senior citizens enjoy the holidays is about celebrating the season with meaning and purpose. Encourage them to participate in giving back, whether it's volunteering, crafting gifts, or supporting charitable causes. Honor their life experiences by listening to their stories and involving them in decision-making. By fostering inclusion, adapting traditions, and promoting well-being, we can ensure that the holiday season is a time of joy, connection, and comfort for all generations. [®]

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Seniors: Enjoy a Stress-Free Holiday



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Lisa Conway

The holidays are meant to be a season of joy, reflection, and togetherness — but for many older adults, stress and fatigue can enter the mix. Hectic schedules, coupled with family expectations and the pressure to “do it all” can seem overwhelming. This year, give yourself permission to slow down, simplify, and focus on what truly matters — your well-being.

Keep Routines — We all want to squeeze in one more errand or event, but a regular rhythm is what keeps us balanced. Try to stick to consistent mealtimes, sleep schedules, and medication routines. When things get crazy, don’t hesitate to say “no” or ask for help. Pacing yourself will help you enjoy the meaningful moments.

Take a Breath — A few quiet minutes can work wonders. Enjoy your morning coffee, listen to calming music, or take a relaxing bath before bed. Breaks help lower stress and improve mood. Writing grateful thoughts or reflecting on favorite memories can help shift your focus toward joy and appreciation.

Simplify — Repeat after me: “I don’t have to do everything the way I always have.” If decorating feels like a chore, just put out your favorite items. Instead of hosting a big dinner, invite



close friends or family for a potluck or dessert night. Meaningful connection comes from simple, heartfelt moments shared with people we care about.

Stay Connected — If loved ones live far away and you’re feeling lonely, reach out to friends, neighbors, or community groups. Many local organizations in Central Florida — including senior centers and faith communities — offer holiday gatherings, volunteer opportunities, and support programs. Staying engaged is a reminder you’re part of a caring community.

Nurture Body and Spirit — Easy does it with the holiday treats. Balance them with nutritious meals, plenty of water and daily movement. A walk in the Florida sunshine or even gentle chair exercises can keep you energized. Adding activities that bring peace (reading, crafting, or helping others) will keep your heart and mind in harmony.

Give Yourself Grace — Above all, be kind to yourself. Let go of expectations, focus on what feels right for you, and remember that self-care is one of the best gifts you can give — to yourself and those who love you.

The holidays don’t have to be perfect to be meaningful. And if you feel overwhelmed, remember — you’re not alone. Visit OneSeniorPlace.com or stop by our Viera location to connect with caring professionals who can help you find balance and peace this holiday season. ☺

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.



The Greater Palm Bay Chamber of Commerce staff extends warm holiday wishes to all Trustees, Partners, Sponsors, Ambassadors, Volunteers, and event attendees.

Thank you for helping make the Chamber the Fastest Growing Chamber in Central Florida! The Chamber’s success is driven by your support, dedication, and commitment to strengthening businesses and making the Space Coast a wonderful place to live.

Wishing you a wonderful holiday season!



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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

DECEMBER 2025

Holidays 2025! Let's Celebrate!

Getting Your Ducks
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**Inside: Stay Connected * Relieve Caregiver Stress
Friends of Joe Honor Roll * Car Raffle Recap and Much More!**



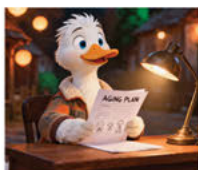
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It's Holiday Season!

Kerry Fink
Executive Director - Helping Seniors

Seems like just a few weeks ago, we launched into 2025! And here we are—Holidays 2025—and on the doorstep of the New Year!

We want to THANK everyone who has helped us have a good year at Helping Seniors—we can't do our work without your help! If you bought a Car Raffle ticket, donated to Helping Seniors, were a Business Sponsor, volunteered your time to help us, and/or even just shared that Helping Seniors is an excellent resource to help seniors and their families navigate senior issues successfully—we are grateful for you!

Next, we want to invite you to our Helping Seniors Holiday Festivities—it's a fun, free, drop-in event on Friday morning, December 12th, Beachside, as our friends at Zon Beachside/The Residences at Zon kindly host us for a fun and festive morning filled with great people, great holiday music, and, of course, tasty holiday treats! It happens 10:30 a.m. to 12 noon that morning, and all we ask is that you come out and join us for the fun—and please RSVP at (321) 473-7770 so we can be sure we have enough snacks for you when you arrive!

Also, on a somewhat more academic level, we want to invite you to our December edition of Knowledge College for Aging, at 10 a.m. on December 11th, followed by our Wellness Series, featuring Walk With a Doc medical professional Lydia Rivera, ARNP, at 11 a.m. This month, our Knowledge College brings our Helping Seniors team together for a panel discussion to help us all put all 7 chapters of our Aging Plan together. Join us and let's "Get Our Ducks in a Row" as we close out 2025 and head into 2026—on course for a good year where we can be ahead of the aging curve!

Again, our Senior Education Series is free, and we hope you'll join us. It always helps if you RSVP at (321) 473-7770 so we can be sure we have enough snacks, door prizes, and information to go around!

Meanwhile, we're hoping your holiday season will be a special and happy time—we are all in this "getting older" business together! Let's enjoy every day!



Helping Seniors Of Brevard



Stay Connected. A Gift of Caring

Karen Wernlund
Helping Seniors

I'd like to tell you about a gift of caring you can give to those who you know are lonely and isolated. Helping Seniors has a volunteer run program called "Stay Connected."

Sign-up is easy: dial our Senior Information Line (321) 473-7770 and request someone, or yourself, to be added to our weekly social phone calls. The recipient receives a weekly phone call from one of our Helping Seniors volunteers.

These calls have taught us so much about humanity. We've learned how difficult it can be to downsize from a house that was lived in for 30 years and how heartbreaking it is to let go of old friends and old memories, but also the joy of new friends being made because her new neighbors are the same age.

Another call is to a home-bound hospice patient. She does get hospice visits daily, but she loves our "Stay Connected" phone calls because they make her feel cared about.

Then there is our gentleman, a former rodeo rider, and motorcycle enthusiast, whose body has given out on him. Sometimes his day is not so good, but other times you can hear the joy in his voice because he successfully withdrew from a medicine his doctor does not want him to take anymore. This has led to a better appetite which he enjoys.

During this holiday season, let's reach out and touch someone. Give someone the gift of caring; a free "Stay Connected" weekly phone call. (321) 473-7770.



Holiday Help: Relieving Caregivers' Stress

Ellen Jones
Senior Helpers of Melbourne

The holiday season, with its twinkling lights and festive cheer, can feel like a minefield for caregivers. Juggling family gatherings, gift shopping, and the relentless demands of caring for a loved one often leads to burnout. According to experts at Caregiver.com, acknowledging this stress is the first step toward reclaiming joy.

Caregiving doesn't pause for eggnog. Physical exhaustion compounds emotional strain, guilt over "missing out" or resentment toward merrymakers who don't understand. But relief is possible through proactive strategies.

Start with Boundaries. Politely decline non-essential invitations. Explain: "We're keeping things low-key this year for health reasons." This preserves energy for meaningful moments. Delegate and simplify. Enlist family for tasks like cooking or decorating. Opt for potlucks over elaborate feasts. Shop online or set spending limits to curb overwhelm.

Prioritize Self-Care. Carve out "me time", a short walk, meditation app session, or bubble bath. Remember, a rested caregiver is a better one. Fuel up with nutritious snacks amid the cookie chaos. Foster Connection. Share your load with a support group or trusted friend. Virtual holiday cards or video calls bridge distances without draining you.

Embrace Imperfection. Traditions evolve; a cozy movie night trumps a perfect turkey. Focus on presence, not presents.

By implementing these tips, caregivers can transform holidays from hurdles to heart warmers. You're not just surviving; you're the hero making magic happen. This season, gift yourself grace.



The 2025 Friends of Joe Honor Roll

“Keep it going, people need us.”

We lost our beloved Founder, Joe Steckler, early in this year. Joe never took your kindness and generosity for granted. Joe always recognized that Helping Seniors of Brevard exists only because of the generosity of our donors. Joe was a man of courage, a truly selfless person, always concerned for others above himself. His final wish that he expressed to us was “Keep it going, people need us.”

The 2026 Friends of Joe Honor Roll

- #001 – Kerry & Tammy Fink – Palm Bay FL
- #002 – LeAnna S Farrell
- #003 – Chris & Kristan Nowland – San Antonio TX
- #004 – Thomas Hostetler – Palm Bay FL
- #005 – Bruce & Janice Moia – Melbourne FL
- #006 – Nancy Taylor Deardorff – Grant FL
- #007 – Joseph and Linda Arana – Merritt Island FL
- #008 – Richard Sass – Palm Bay FL
- #009 – Debra Weber – Cape Canaveral FL
- #010 – Dr. Rochelle Horn – Viera FL
- #011 – Cliff & Linda Silverthorn – Melbourne FL
- #012 – Gary Belconis – Melbourne FL
- #013 – Angie Higgins - One Senior Place
- #014 – Don Kramer - Senior Partner Care Services
- #015 – Marjorie L. Brace – Satellite Beach FL
- #016 – Scot Penrod – Pensacola FL
- #017 – James M Parry – Satellite Beach FL
- #018 – Robert Spratt & Beverly O’Brien – Melbourne
- #019 – Binki Kaiser – Melbourne FL
- #020 – Karen Wernlund – Melbourne FL

Friends of Joe Honor Roll (continued)

- #021 – Lee & Eleanor Sheldon – Melbourne FL
- #022 – Jeff Connelly – Palm Bay FL
- #023 – George T. Adams – Melbourne FL
- #024 – Larry Sills – Melbourne FL
- #025 – Daniel D’Agostino – Cocoa FL
- #026 – Melvin Faust – Melbourne FL
- #027 – Jillian Zebris – Melbourne FL
- #028 – Sharon Cyr – Melbourne FL
- #029 – Shirley Jung – Melbourne FL
- #030 – Jan Pendrod – Melbourne FL
- #031 – Harriet Mirsajadi – Melbourne FL
- #032 – Gordon Jones – Melbourne FL
- #033 – Linda Fitzsimmons – Melbourne FL
- #034 – Veronica Demko – Satellite Beach FL
- #035 – Terri Petzar – “Time with Terri” Podcast
- #036 – Walter Crowell – Pompano FL
- #037 – Bill and Andrea Holmes – Satellite Beach FL
- #038 – Kathy Cresanta – Satellite Beach FL
- #039 – Dale Watkoski – Cedar MI
- #040 – Frances Blair Higgins – Melbourne FL
- #041 – Todd Thomas – Todd Thomas Homes
- #042 – Terry G Carlson – Cocoa FL
- #042 – Greg Kennedy – Zon Beachside
- #043 – Dr John Potomski – Melbourne FL
- #044 – Edward Kalajian – Melbourne Beach FL
- #045 – John R. Murphy – Palm Bay FL
- #046 – Ralph Fabricatore – Boca Raton FL
- #047 – Robin Phemister – Legacy Life Management
- #048 – Bill Antonetz – Indialantic FL

The list of “Friends of Joe” is growing every day as people make a \$200 commitment to support the work of Helping Seniors, ensuring that Joe’s vision continues to be fulfilled. Please visit us online at our HelpingSeniorsofBrevard.org/Friends-of-Joe web page and read the kind comments and then, we hope, you will take advantage of the moment to join us in the Friends of Joe program online or by calling our offices at (321) 473-7770



Helping Seniors Of Brevard



Making Memory Screenings Part of Your Aging Plan

Rose Bobier
ClinCloud



Holiday Festivities and Planning for a Secure New Year

Denise Bergman, CSA, CDP
Senior Care Authority Brevard

As we age, it's natural to notice occasional forgetfulness, misplaced keys, a name on the tip of your tongue. But when memory lapses interfere with daily life, it may be time to take a closer look. Just as we monitor blood pressure or cholesterol, scheduling regular memory screenings can be an important part of a proactive aging plan.

A memory screening is a simple, noninvasive test that can help identify changes in memory. Regular memory screenings help seniors detect changes in cognition early, allowing for timely medical care, better planning, and access to potential treatment or research opportunities.

During a memory screening, a trained professional guides you through questions and tasks that assess memory, attention, language, and thinking skills to identify early signs of cognitive change.

"Early detection not only provides peace of mind but can also open the door to new treatment opportunities through clinical research studies," explained Rose Bobier, Community Outreach Manager for ClinCloud. "By participating in research, individuals contribute to discoveries that may improve quality of life for future generations and advance our understanding of Alzheimer's disease."

If you or a loved one has concerns about memory loss, ClinCloud offers free memory screenings and information about current Alzheimer's studies. Make memory health part of your regular wellness routine because caring for your mind is just as important as caring for your body.

To learn more about ClinCloud Research or to schedule a memory screening, call (407) 680-0534 or visit ClinCloudResearch.com.

Holiday Festivities and Planning for a Secure New Year

The holiday season brings family and friends together to celebrate traditions and create cherished memories. While enjoying these moments, it's also a natural time to consider the well-being and future plans for senior loved ones. The end of the year provides an ideal opportunity to ensure they have the care and support they need.

Here are a few thoughtful steps to keep in mind this season:

Share Quality Time – Enjoy the festivities together. Whether it's baking, decorating, or simply chatting, these shared moments can offer insight into any new needs or concerns your loved one might have.

Observe Subtle Changes – Gatherings can reveal small changes in your loved one's health, mobility, or memory that might not be as noticeable day-to-day. Noticing these changes can help guide supportive decisions for the coming year.

Explore Local Resources – Many communities and care facilities host open holiday events, which can provide a welcoming setting to learn about available options should they be needed in the future.

By celebrating this special time together and taking small steps to plan ahead, you'll be giving the gift of security and peace of mind – ensuring that the new year is as joyful as the season itself.



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Brevard County Senior Information Helpline
Helping Seniors of Brevard



The 9th Annual Helping Seniors Car Raffle Grand Drawing

**Congratulations to our
2025 Helping Seniors Car Raffle Winners!**

Tom & Patti
Kabana

Melbourne
FL 32901

03333

HelpingSeniorsofBrevard.org

Congratulations to Tom & Patti Kabana, of Melbourne FL - our winning ticket holders in the 2025 Helping Seniors Car Raffle Grand Drawing held Sunday October 26th 2025 at the American Muscle Car Museum!



American Muscle Car Museum owner Mark Pieloch greets the crowd of more than 5,000 who attended the 9th Annual Helping Seniors Car Raffle.

The 9th Annual Car Raffle was an enjoyable Sunday afternoon for all those who attended - as folks toured Mark Pieloch's amazing collection of 500 vehicles in his fast-growing museum. There was fun outside as well as Car Show Organizer Bill Antonetz organized a "Best of the Best of Brevard" car show featuring 125+ of the top cars in our area. And, the good natured drivers all brought candy - so kids could enjoy a fun "last weekend in October" fun experience!



Kerry Fink, Helping Seniors Executive Director, with help from Stacie Martin (Arosa Care) at left, and Julia Craft (Helping Seniors Volunteer) at right - as they bring out the Raffle Barrel in preparation for the Grand Drawing.

The Car Raffle featured 7 amazing automobile choices for our winner to choose from - all from the family of excellent Boniface-Hiers Dealerships.



Great choices in the 2025 Helping Seniors Car Raffle!
Winners' Pick!

An absolutely amazing moment occurred at the Car Raffle, as AJ Hiers announced that, to honor of the lives of Joe & Terry Steckler - Joe, of course, is our Helping Seniors founder - he and his wife Brenda were donating a special gift of \$30,000 to the Helping Seniors non-profit organization - making the 2026 Car Raffle a strong success for the 501(c)(3).



Helping Seniors of Brevard is beyond grateful for the kindness of AJ & Brenda Hiers - who honored the legacy of Joe and Terry Steckler - with a special donation of \$30,000 to ensure that the work of Helping Seniors can continue for years to come. We can't begin to thank AJ & Brenda enough!

Congratulations to Tom & Patti Kabana, of Melbourne FL - our winning ticket holders in the 2025 Helping Seniors Car Raffle Grand Drawing held Sunday October 26th 2025 at the American Muscle Car Museum!



Helping Seniors Volunteers on hand to welcome the 5,000+ guests to the Sunday October 26th Grand Drawing.

Again, a very big thank you to everyone who helped us to make the 2025 Helping Seniors Car Raffle a good success to help us move solidly into the new years on firm footing.

And, mark your calendars and **SAVE THE DATE** - we are beyond grateful to Museum owner Mark Pieloch who has invited us back Sunday, October 25th 2026 for the 10th Annual Helping Seniors Car Raffle! We can't wait to do it all again! Thank you!

Helping Seniors Car Raffle Thank You's!

Thank You Rhodes Law Our TopTrek Sponsor!



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Thank you: Aqua Home Care, Chefs for Seniors, Medicare Solutions - Jerry Hadlock Jr., Proclaim Communications; Synergy Home Care.

Thank you also to in-kind Sponsors: Route 7 Adrenaline Warehouse; Cocoa Village Playhouse; Brevard Zoo, Squid Lips Melbourne, Victory Casino, King Center for the Performing Arts and Kennedy Space Center, Sunset Golf Carts, Curingo's Food Truck, Strong Island Ice Cream Truck.

Thank you to Mark Pieloch, Ed Dedick, Andrew Mackey and the team of American Muscle Car Museum volunteers!

Thank you to AJ & Brenda Hiers, Tommy Meccariello and the entire team at all Boniface Hiers Auto Dealerships.

Thank you to Bill Antonetz who organized a magnificent car show - and to all the drivers who brought their cars too!

Thank you to Miss Pink Tink & the Pixie Pinups, for all your work and support through the entire Car Raffle year!

Thank you DJ Big Poppa for making it ALL sound good and providing an excellent soundtrack all afternoon!

Thank you to Karen Wernlund - for the phenomenal Gift Basket for Silent Auction - and the entire Helping Seniors team of volunteers who worked to make this a fun day!

And, thank you to EVERYONE who donated for a ticket!



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

The Brevard County housing market in November 2025 remained balanced, showing slight price declines and tightening inventory. Homes sell after an average of 81 days on the market, up from 76 days last year, while sales rose to 960 in September from 887 a year ago, encouraging news for buyers. My own listings continue to see steady inquiries and requests for showings, reflecting ongoing activity across the county.

According to Redfin, September's median home price was \$353,000, down 4.6% year-over-year. Propertyfocus.com classifies the market as "hot," with a balanced 5.5-month supply, favoring sellers who market their homes effectively. Brevard County's appeal lies in its strong schools, proximity to beaches, and access to major employers, including NASA, SpaceX, and Blue Origin, drawing families and professionals alike.

Pending sales increased year-over-year, signaling renewed buyer demand, especially from relocating families and tech or aerospace workers. The broader Brevard market shows moderate growth, with the median home value around \$359,096, up 1.2% from last year, and a limited 2.6-month inventory, sustaining a mild seller's advantage.

Overall, Brevard County reflects stability, affordability, and quality of life, making it a desirable coastal community. Florida's housing outlook remains strong, fueled by population growth, corporate relocations, and a diversifying economy. With its enduring appeal and influx of new residents, the state's housing market is positioned for long-term resilience and continued opportunity.

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



The Joy of Seeing Healing

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

How Thorough Diagnosis and Careful Cleaning Can Transform Periodontal Health

I'm fortunate at this stage in my career. My role now is to examine, diagnose, and recommend, knowing the treatment will be done by a talented team that shares my values. I no longer perform surgery myself, yet I take great pride in what our practice has become, a place where patients feel comfortable, where trust replaces salesmanship, and where every doctor and staff member is devoted to doing what's right.

For many years, I worked to become the best surgeon I could be, but today, my greatest satisfaction comes from helping people understand that the body can often heal on its own when given the right conditions.

When I lecture now, I emphasize that the real key to treating periodontal disease is thoroughness. I recently saw a patient who had undergone a "deep cleaning." His gums were still bleeding, and the odor persisted. The reason? The bacterial deposits, calculus, were still attached to the roots. The procedure had been done, but the work had not.

That's why I teach about periodontal endoscopy, a method that lets us see and clean root surfaces completely. When the root is truly clean, gum tissue and sometimes even bone can heal.

If your gums bleed, if you have persistent pockets, bad breath, or loosening teeth, there's often more that can be done. With a careful diagnosis, the right tools, and the right hands, the mouth and the body can heal.



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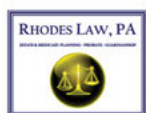
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

I have just returned from my college reunion. It was horrible and as the old saying goes "some people were so old that they did not even recognize me".

It has been 35 years since I attended my last reunion and never again. Seeing all those old guys with their bald heads and big ears, false teeth, and fifty pounds overweight was very depressing.

They talked incessantly about their health problems. Even those who were extraordinarily successful are so boring in just a few hours. I was surprised that it was over by eight thirty, but actually glad. I went back to the hotel and watched TV and the late show. I guess others had to get home so they could go to bed early.

I feel well and vibrant. Where I live we have lots of fun. I play 18 holes of golf most days. My wife and I travel, and I am chairman of the local Habitat for Humanity. What can I do to avoid getting like the others?

Sam

DEAR SAM,

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 SAM,

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

Is My Cat Going Blind?

DEAR PAW'S CORNER: My 12-year-old cat, "Gaston," may be losing his vision. He used to jump on high objects easily; now he avoids jumping up or down. He loved chasing his laser light; now he just huddles down and seems to ignore it. At night, he meows loudly until I let him into my bedroom, where he insists on curling up with me. I have an appointment with the veterinarian for next week, but can his vision loss be reversed?

— Jeanne in Evanston, Illinois

DEAR JEANNE: I'm very glad that you're taking Gaston to see the vet. With suspected vision loss, it's very important to get your cat tested to determine how severe it is and the underlying cause.

Blindness in cats can be gradual or sudden, and there are many conditions that can cause it. Age, infection and common eye conditions like glaucoma, cataracts or retinal detachment are all in play here.

Can Gaston's vision loss be reversed? That really depends on what the vet finds. I can say that the sooner a problem

is diagnosed, the better the chances of treatment to reverse or at least halt vision loss.

Cats whose blindness is progressive or irreversible can adapt. Those who develop it gradually tend to adapt better, while those whose vision loss is sudden may experience more anxiety and be less prone to adapt.

You can support your vision-impaired cat by keeping them indoors (if they must go out, create a fenced-in area of your yard for them). Avoid moving furniture too often. And don't coddle your cat by carrying them around. Let them explore and adapt -- their resilience will surprise you.

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

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'Tis the Season for RMDs *continued from pg 17*

As you may have noticed, the process of withdrawing RMDs can sometimes be confusing. The IRS maintains numerous rules when accessing the money in your retirement accounts, and we haven't even scratched the surface. At ValaVanis

Financial, one of our many areas of specialization is Retirement and Tax Planning. We have years of experience in handling Required Minimum Distributions while servicing households in Brevard County and the East Coast. If you are worried about

how to approach your RMD or simply would like a second opinion on your finances, we welcome you to call our office at (321) 956-7072. We offer a complimentary appointment to every reader of the Senior Scene.

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HelpingSeniorsofBrevard.org

King Crossword

ACROSS

- 1 Ella's style
5 Haydn nick-name
9 Oklahoma city
12 "Hell — no fury ..."
13 Pitcher
14 Goose egg
15 Long-snouted mammals
17 "Mazel —!"
18 Actress Ryder
19 Puccini work
21 ICU worker
22 Tablecloth material
24 Broadway production
27 Silent
28 Pesky insect
31 Poetic dusk
32 Khan title
33 "Hail, Caesar!"
34 Evening, in an ad
36 Rep.'s rival
37 Blue shade
38 "It's nobody — business"
40 Yes, to Juan
- 41 Least desirable
43 Iraqi currency
47 "Entourage" character
48 South Pole region
51 Corp. boss
52 Leeway
53 Bandleader
54 Lith., once
55 Art Deco master
56 Leftovers recipe
- 11 Thomas — Edison
16 Raggedy doll
20 Identify
22 Olympic sleds
23 Mosque leader
24 Stock holder
25 Maui souvenir
26 Toward the front
27 Constructed
29 Director
30 Aviv preceder
35 Golf's Ernie
37 Colors lightly
39 Intent look
40 — Lancelot
41 Some WWII vets
42 Unrefined metals
43 Title for Judi Dench
44 Bickering
45 Bar mitzvah, e.g.
46 Garbage barge
49 Neither here — there
50 Preschooler

DOWN

- 1 "Candida" playwright
2 Kid's plea
3 Envelope abbr.
4 Supposition
5 Anti-fur org.
6 Shock partner
7 For each
8 Incendiary
9 Feelers
10 Couturier
Christian

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Helping Seniors Info Series

DECEMBER 2025

Helping Seniors Resource Center Events
(1344 S Apollo Dr - Ste 2-C - Melbourne)

Key Events:

Holiday Festivities:

Helping Seniors Holiday Festivities - Friday Dec 12th - 1030am-1200nn

The Residences at Zon - Top Floor - 1898 S Patrick Dr - Indian Harbour Beach

You're Invited! We are ringing in the Holidays with our great friends at Zon Beachside and The Residences at Zon! Great food, great fun and great entertainment! Make plans to be festive and join us for the fun and camaraderie! RSVP at (321) 473-7770.

Senior Resource Center Events:

Nourish Your Spirit Cooking Class - Wednesday Dec 10th - 11am-1230pm

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

Join us for an inspiring and FUN-FILLED event with Chef Jillian, of Chefs for Seniors Melbourne, as we present some thoughtful, delicious meal ideas to assist us in our daily lives! Presented by Senior Helpers of Melbourne. RSVP at (321) 473-7770.

Knowledge College for Aging - Thursday Dec 11th - 10am-11am

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

Your Aging Plan: Putting it All Together - Join your Helping Seniors Team - Kerry Fink, Nancy Deardorff & Karen Wernlund - for this panel discussion to summarize our "Get Your Ducks in a Row" plan! Coffee/Snacks + great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thursday Dec 11th - 11am-12nn

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

Wellness: Planning Ahead for Your Best Health - Join this panel discussion with our team of Medical Professional and let's make great plans for our Best Health ahead! Coffee/Snacks and great info! RSVP at (321) 473-7770

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

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

"Smart Phone Basics" - Let's learn the basics for SmartPhones to navigate technology safely and efficiently.. Free! RSVP at (321) 473-7770

Joe Steckler Day - Friday Dec 19th - 300pm-500pm

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

It's a fun and casual Friday afternoon Drop-In celebration as we honor "Joe Steckler Day" - as proclaimed by the City of Melbourne to honor our Helping Seniors Founder and his many good accomplishments for Seniors. We'll also be celebrating 15 years of service to Brevard County with fun, fun, and Holiday Merriment. Please drop in!

AARP/Helping Seniors Events:

AARP Walk with a Doc - Friday Dec 12th - 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 Dec 16th - 1100am-1230pm

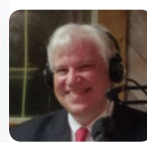
Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL

Great Business-to-Business Learning & Networking for those who serve Seniors

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Dec 1	Mon	Care Management - What it Is	How to Cruise Successfully	Durable Power of Attorney	Two Assisted Living Questions
Dec 2	Tue	Al Dia Today Newspaper	Updating Your Estate Plan	Best Home Care Ideas	Chaplaincy - What it Means
Dec 3	Wed	Golden Providers - Biz to Biz	Turning 65? All About Medicare	Faith College of Natural Health	Hometown News / AARP
Dec 4	Thu	The Parts of Medicare	Rock Steady Boxing	Guardianship: The Basics	Senior Info in Senior Scene
Dec 5	Fri	Finding Good Place for Mom or Dad	Buying/Selling/Investing Real Estate	Wellness: Healthy Cooking	Capital Update
Dec 8	Mon	Don't Go Broke with Nursing Home	Great Employment for Seniors	Understanding Medicare Options	Periodontal Disease
Dec 9	Tue	Consideration in Home Care	When is Assisted Living Appropriate	Medicare Supplement or Advantage	Volunteers at Helping Seniors
Dec 10	Wed	Probate - What it is/How it Works	The Business of Helping Seniors	When to Call Adult Abuse Hotline	Your Aging Plan - What it is
Dec 11	Thu	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part 2	Safe & Secure at Home	The Helping Seniors Travel Club
Dec 12	Fri	What is Holistic Health	Helping Seniors	KCA: Advances in Clinical Research	Capital Update
Dec 15	Mon	VA Aid & Attendance Benefits	Senior Info in Senior Scene	The Helping Seniors Directory	Rock Steady Boxing
Dec 16	Tue	Faith College of Natural Health	Pain Relief through Supplements	Considerations in Home Care	Probate: The Basics
Dec 17	Wed	Chaplaincy - What it Means	Cosmetic Dentistry	Care Management - What it is	Buying/Selling/Investing Real Estate
Dec 18	Thu	Two Assisted Living Questions	Volunteers at Helping Seniors	Psychiatric Care	Power of Attorney & Super Powers
Dec 19	Fri	Best Home Care Ideas	The Parts of Medicare	Wellness: College Natural Health	Capital Update
Dec 22	Mon	New to Florida? Elder Law to Know	The Challenges for Caregivers	Importance of Evaluation	Helping Seniors - 15 Years
Dec 23	Tue	Rock Steady Boxing	Consideration in Home Care	Helping Seniors & MSC Cruises	About Golden Providers
Dec 24	Wed	Understanding Medicare Options	Things to Know about Elder Law	Senior Info in Senior Scene	Assisted Living & Memory Care
Dec 25	Thu	Finding Good Help at Home	Transitional Care	Probate - How & Why to Avoid	Turning 65? All About Medicare
Dec 26	Fri	Senior Living Options	Longevity Planning	Chaplaincy - What it Means	Capital Update
Dec 29	Mon	Home Care & Veterans Services	The Helping Seniors Travel Club	Concierge Home Care	Learning about Natural Health
Dec 30	Tue	Downsizing & Seniors	Top 3 Public Benefits Questions	Two Assisted Living Questions	Balance & Fall Prevention
Dec 31	Wed	Buying/Selling/Investing Real Estate	Faith College of Natural Health	Guardianship	Best Home Care Ideas



Date	Day	Program	Special Guest		
Dec 3	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.	William A Johnson, PA	Elder Law - Need to Know
Dec 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Dec 17	Wed	Helping Seniors on the Holidays	Helping Seniors Radio Team	Helping Seniors Radio Team	Helping Seniors on the Holidays
Dec 24	Wed	Helping Seniors on Help at Home	Jennifer Barton	Seniors Helping Seniors	About Companion Care
Dec 31	Wed	Helping Seniors on Elder Law	Helping Seniors Radio Team	Helping Seniors Radio Team	Welcoming the New Year

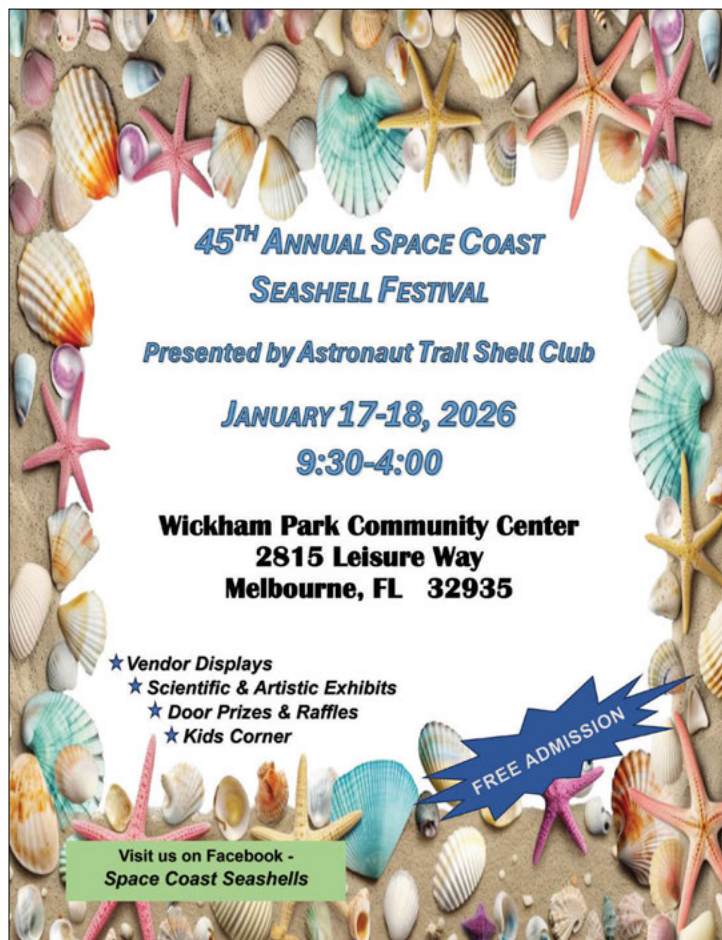
What Happens if a Beneficiary Dies

continued from pg 13

gift, the gift is distributed to the deceased beneficiary's probate estate. This will delay closing the primary estate until a probate estate is opened for the deceased beneficiary to receive the distribution. This is another reason to close an estate as soon as possible.

3) If the beneficiary dies after receiving distribution: Once a beneficiary has received the inheritance, it is the beneficiary's. When the beneficiary dies, it will be part of his/her estate. But what if you do not want it to be a part of a child's estate? Perhaps you prefer that it not go to the child's spouse. A way to prevent this is to hold the child's inheritance in trust for him/her and specify who will receive the balance upon the child's demise. A sequence of trustees should be named who could reasonably be expected to survive the child, first to make distributions to the child and then at the child's demise, make distribution of the remaining funds to the final beneficiaries. §

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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They Will Never Be Forgotten: Brevard's Gold Star Holiday Indoor Tree

For the past 12 years, the Brevard Veterans Memorial Center on Merritt Island, and other Veteran Organizations, have supported a project launched from the heart. Led by Gold Star Mom, Jeanne Weaver, the stars on the tree have now reached over 20. Jeanne's painting of another Gold Star Family Tree adorns the cover of the December issue of Senior Scene Magazine. For 2025-26 she also created a spiral notebook with one page each of details about the fallen remembered on the tree.



This year on the morning of Saturday, 06 December Jeanne and other Gold Star Families will put up the beautiful indoor tree at the BVMC Military Museum. It will remain in place through mid January 2026, reminding hundreds of visitors the price of American freedom. Each star has the name, unit and photo of those who died in combat, or as a result of military service, who have close family left to remember on the Space Coast. Costs have been covered by the Good Deeds Foundation of MOAA Cape Canaveral Chapter, Rolling

Thunder FL-Chapter 1, and the Cape Canaveral 10131 Post of the Veterans of Foreign Wars.

If you have driven by the BVMC lately, you will be amazed to see the Amphitheater and other major upgrades wrapping up construction by early January. Plans are underway near the Amphitheater to plant a live pine tree. That tree will be seen all year round by thousands and a sign will call attention to it — The Space Coast Gold Star Family Holiday Tree. There will be pavers near by for any Gold Star family to donate and have engraved their loved ones information.

Looking Back and Looking Forward

continued from pg 15

And with that, our focus remains clear: we are looking ahead to helping that next caller on the Senior Information Helpline and being ready to make a difference for them and their families. This is what matters to us at Helping Seniors—exactly as Joe envisioned. ☺

Service Flags

The term Gold Star family evolved from the service flags/banners first displayed by family members in WWI. The banner hung in a window and a star was placed on it for each family member serving in a war or conflict. If there was a death, the blue star was replaced with a gold star. This observance is still practiced today.

The Gold Star lapel pin is issued to family members who lost a service member serving in a conflict zone during war or periods of armed hostilities, as a result of an international terrorist attack or while serving in a military operation outside the U.S. as part of a peacekeeping force.

The Next of Kin lapel pin is issued to the family of a service member who lost his or her life while on active duty or while assigned in the National Guard or Reserve in a drill status.

If you are a Gold Star Family member as spouse, parent, child, sibling of a military member who died in that service, and would like to honor your loved one or share their story, please contact Donn Weaver 757-871-6576 for more information about the tree and related programs. The ancient Greeks are credited with a saying: "A soldier never dies unless he is forgotten". In Brevard County we hope to make sure our fallen are not forgotten. ☺

Weekly SUDOKU

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

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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Don't Believe Every Rumor

The numbers are small -- only 100 or so veterans come down with it every year -- but this cancer is especially deadly: male breast cancer. Beginning in 2024 it was added as a presumptive on the VA's list of illnesses that were automatically covered, courtesy of the PACT Act, due to toxin exposure.

And now it's been yanked off that list, per a couple of internet websites and street rumors that are flying fast and furious.

Word is that any veteran with a diagnosis of male breast cancer is going to have to scramble and fight to get the VA to accept that it was caused by exposure to toxins and provide treatment.

Except ... is it really true, that it's been deleted from the list?

Apparently not.

People were asleep at the switch when male breast cancer was classified as a "reproductive" cancer when it was first added to the PACT list of presumptives. That kind of error left the door open to deleting it from the list of presumptives -- just when it's

needed most. Historically, only 1% of breast cancers have been in male patients, but in recent years that number has doubled.

So no, it's not true. Male breast cancer is still on the list of presumptives. Only the category of the illness has changed, moving it away from considering it a "reproductive organ," which it is not.

And yes, I have a special interest in this topic. Several years ago a close relative died of male breast cancer. He'd been a Marine, a forward radio operator, in Vietnam where he was sprayed too many times with Agent Orange. When he came back he was stationed at Camp Lejeune with its contaminated water. A double whammy if there ever was one.

If you need to apply for VA health coverage, go online to www.va.gov and click on "Health Care." Look for VA Form 10-10EZ. If you need help getting started, call the health benefits hotline at 877-222-8387.

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



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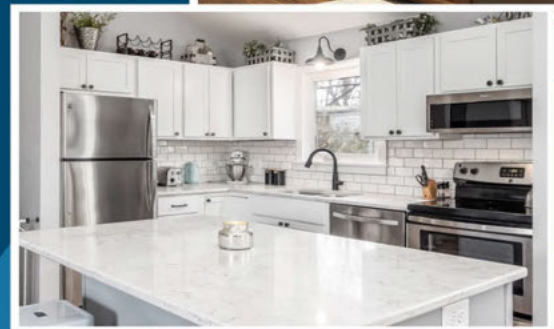
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A Prayer to The Do-nothing God

Rev. Jeff Wood, First Presbyterian

A prayer to The Do-nothing God. That's what Habakkuk, the 6th century BC Old Testament prophet, could write at the top of his prayer journal entry. And I imagine for every human being had had a time and place where we would have labeled our prayer that way as well. Interestingly enough, a prayer to the do nothing God is still a prayer. Habakkuk doesn't pick up a worldview with No God, as if that would be a help. With his frustration, in his case about corruption among leaders and institutions, he prays, in raw fashion.

The preservation of Habakkuk, in written form, tells us that God can handle our frustration and gives permission to praying. Do you feel you can be honest with God? In this season of His advent, may it be so for you. §

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

Sudoku Answers

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

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Donna Erickson's BEST BITES

By Donna Erickson

Make Slow-Cook Applesauce for a Tasty Fall Treat

It wasn't exactly a pretty picture when an unexpected snowfall blanketed the Twin Cities on a weekend a few years back. We simply weren't ready for the cold temps and a whiteout of fall colors at the very same time that our World Series hopes were dashed when the Yankees triumphed over the Twins with a three-game sweep.

Since we were feeling and acting noticeably glum in our household, it was a moment to step up to the plate with the familiar adage that I had repeated to the kids when they were young and the lemon of life had just turned sour on their hopes and dreams: "OK, you guys, when life gives you lemons, make lemonade."

But we don't grow lemons in Minnesota, so we proceeded to do the next best thing. We rooted through the closet for mismatched mittens and hats, went out in the backyard to our spindly apple tree, picked our last 10 apples from snow-laden branches, and collectively mused, "So, when life gives you 10 juicy apples, turn them into applesauce!" And this is exactly what we did.

For a change of pace, we put aside our traditional stovetop recipe and instead sliced and diced all 10 apples and tossed them in the slow cooker with some water, sugar, and a dash of cinnamon. It was a success!

As the apples sputtered and gurgled to their own rhythm, the sweet and fragrant apple-cinnamon aroma permeated every room of our house. As for life lessons, once we put a positive spin on the situation, we enjoyed cozy indoor time together, and we were no doubt the better for it.

You don't need a "when life gives you lemons" moment to reap the benefits of this yummy and aromatic recipe. Just count up 10 apples, and you're on your way to a special fall treat. Here's what you'll need to turn the apples into 5-6 cups of tasty homemade applesauce:

- 10 large apples, peeled, cored and sliced, or cut into chunks
- 1/2 cup water
- 1/4 to 1/2 cup sugar
- 1 teaspoon cinnamon
- Pinch of nutmeg (optional)

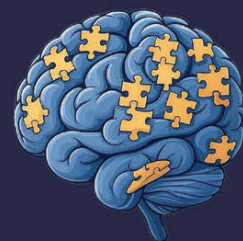
Stir ingredients together in a slow cooker. It should be about 3/4 full. Set on the low setting and cook for about 8 hours. Mash with a potato masher before serving for a smoother mixture, if you wish.

Enjoy on hot breakfast cereal, granola, pancakes and waffles in the morning, as a snack in the afternoon, or over vanilla ice cream for dessert after the evening meal. ©

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

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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.

Qualified participants must:

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

Participants may receive:

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

Flourish Research – Merritt Island

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Schedule A Complimentary Memory Screening Today



Social Security Increase for 2026

By Matilda Charles

The news is in, a week late this year due to the current government shutdown: The expected increase in Social Security benefits will be 2.8% for 2026.

For the average monthly benefit of \$2,015, that equates to an increase of \$56, up to \$2,071 for 2026 for a single person. For a couple, the \$88 increase will net a \$3,028 monthly benefit for 2026.

The actual Social Security increase will be less, however, because, as is typical, the Part B cost has gone up. A \$21.50 increase will bring the monthly cost up to \$206.50, and that comes out of the Social Security benefit.


The COLA (cost of living adjustment) is calculated every year by the price index from third quarter 2024 to third quarter 2025. Once again they've used the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which many think is the wrong index. (How many of us are clerical workers?) To be more accurate, the Social Security increase should be calculated by the Consumer Price Index

for Elderly People (CPI-E), as that has the costs and expenses more in line with where seniors spend money.

Meanwhile, Medicare open enrollment will be in effect until Dec. 7. You still have time to look over your options and see if you need to make some changes. For example, are you taking different drugs? Visiting your doctor more now? Then there is your current plan -- has the cost changed or any of the benefits you get?

You can review plans in your area at [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare).

Remember, scammers are everywhere and would love to have your Social Security information. They'll approach in person, via mail, on the internet or over the phone. Don't give out your personal information!

If you suspect fraud, you can make a report at oig.ssa.gov/ report or call the Inspector General's Fraud Hotline at 800-269-0271. 

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Tips for Dealing with Unresponsive Computers

continued from pg 16

Clears stuck hardware states.

4. Prevent Future Freezes

- Check for disk issues
Open command prompt (admin):

chkdsk C: /scan

If you suspect real damage:

chkdsk C: /f /r

(Will require reboot)

- Run DISM + SFC

Fixes Windows corruption that often causes freezing.

DISM /Online /Cleanup-Image /RestoreHealth
sfc /scannow

- Check thermals
Overheating CPUs/ GPUs throttle or freeze systems.

Use:

- ◆ HWInfo
- ◆ CoreTemp

Clean out dust and ensure fans spin properly.

- Startup cleanup

Disable unnecessary startup apps:

- ◆ Task Manager/ Startup

- ◆ Turn off anything you don't recognize or don't need

- Remove bad software

Common freeze-causers:

- ◆ Old antiviruses
- ◆ Browser toolbars
- ◆ Cracked software
- ◆ Faulty drivers

- Update drivers

Especially:

- ◆ GPU

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



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- ◆ Chipset
- ◆ Network adapter
- ◆ Storage (NVMe/SATA)

5. Signs It's a Hardware Problem

If any of these match, freezing is likely hardware-related:

- ◆ Random freezes without warning
- ◆ Freezes even in BIOS
- ◆ Freezes on a fresh Windows install
- ◆ System only freezes while moving laptop
- ◆ Clicking or grinding noises from HDD
- ◆ RAM errors during MemTest86 Ⓢ

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Marilu Henner Made Her Mark On Hallmark *continued from pg 12*

Henner has appeared in some 20 of the Hallmark Teagarden mysteries where she plays the mother of a librarian named Aurora Teagarden who belongs to a group of enthusiasts who study true historical crimes. Unlike other network or cable crime dramas, the on-screen violence is minimal.


"You're not going to see dead bodies or pools of blood everywhere, so I can watch it with my young niece," she explained.

"Taxi" was one of Henner's first on-screen appearances. Given the co-stars who would go on to become huge stars (including Danny DeVito, Judd Hirsch, and Tony Danza),

there are plenty of stories to share from the show's four seasons.

"Want to hear a great Danny DeVito story?" asked Henner, referring to the actor who played Louie, the grumpy cab dispatcher. "Danny was down to his last unemployment check, his last clean shirt, and he had no money when he read the script for 'Taxi' and felt it was a great part. He goes to the audition and is in a room full of studio suits with the script in his hand. He throws it down and says, 'Who wrote this 'crap' (censored!)? and they said 'that's our Louie.' He was the only truly irreplaceable character in the show."

"Taxi" may have launched Marilu's career, but at 73 she has made her mark on Hallmark.

"First of all, they are really nice people to work with and I always have a great time with them," she said of her association with the network. "They pick interesting locations and there's always something in the characters that I relate to. People come up to me all the time and tell me how much they love Hallmark movies." 

Nick Thomas has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

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the healing process, Jeanne and her husband Donn organized a dinner where Gold Star families could meet and pay honor to their loved ones. Later, the mothers would join together to do something emotionally constructive—they would create a Christmas tree which would be on display to the public during the holiday season.

Gathering materials, the group made large golden stars with pictures of their loved ones on both sides of the star. Stars were also made for the fallen in earlier wars. WWII, Korea, Viet Nam, pre-9/11 terrorist attacks, Iran, Afghanistan and military personnel who died as a result of military service.

Many thanks must be given to the members of Rolling Thunder Florida, Chapter 1 and the Cape Canaveral VFW who through the years, have financially supported the tree. The tree

is displayed in the Museum of the Veteran Memorial Center, Merritt Island, FL each Christmas Season (late November to early January) in memory of our area fallen. A sign stands next to it inviting others, who have lost a loved one to war, to contact Jeanne so that they might also have a star in memory of their loved one. Most recently, a star was added for a former MIA in Viet Nam whose body was recovered.

As a local artist, Jeanne paints in oil on canvas. She also creates Byzantine style icons with fresh egg tempera paint and 24 K gold leaf. As Resident Artist, Jeanne teaches iconography through the Episcopal Central Diocese Institute of Christian Studies at the St. David's Institute, St. David's by the Sea, 4th St. South in Cocoa Beach. Commissions are welcomed. ☺

Checklist for Traveling Abroad *continued from pg 14*

- Make Sure Your Home Is Cared For
- Stop your mail delivery
- Water house plants.
- Leave lights
- Secure your pets
- Have someone come by every couple of days
- Lower your A/C

Download the Necessities

Sometimes, the most important thing you'll pack is in your smartphone rather than your suitcase. You can find Wi-Fi in many places, but downloading offline maps through Google Maps will allow you to follow your GPS without using up data.

Downloading in-flight entertainment when traveling on a plane.

Load NETFLIX onto your phone so when you get wi-fi, you can watch movies in English when visiting a foreign country. Don't forget a portable backup charger.

Pack These Essentials

While the contents of your checked bag will largely depend on the climate you're visiting, you'll want most of your trip's

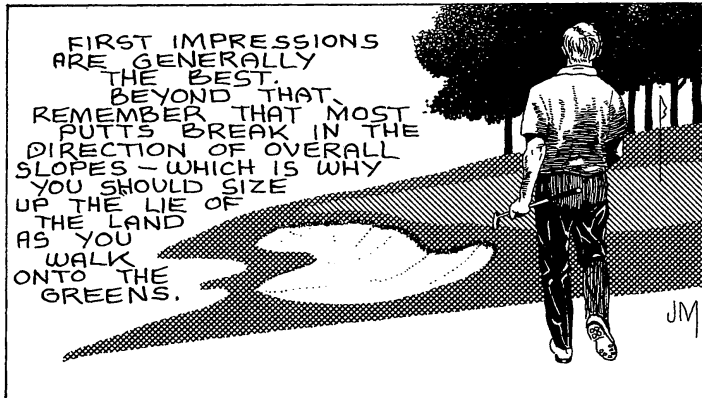
essentials easily accessible in your carry-on. Start with this international travel checklist of items to pack:

- Passport and visa
- Medications
- Insurance and ID cards, Cash, debit cards, and credit cards
- Pen to fill out customs forms
- Portable charger
- Earplugs, eye mask, and sleeping pills, neck rest
- Electrical converters and adapters specific to your destination
- Headphones
- Antibacterial wipes
- Sweater/scarf in case the plane is chilly
- Cell phone and charger

I always take photos of my packed suitcase (both inside and out) in case it gets lost. That way, airline employees will know what to look for, and you'll know what was inside if you don't get it back and need to file a claim.

* Information provided by Travel & Leisure Magazine, Cruise Critic and Senior Travel ☺

Play Better Golf with JACK NICKLAUS



Try Unusual Poinsettias In Christmas Decorations

By Eddie Smith, MSU Extension Service



Other than Christmas trees, nothing announces the Christmas season more visually than poinsettias. If you use red ones every year in your decorations, this might be the year to branch out into something new.

One standout variety, Orange Glow, enchants with its warm orange bracts, accented by coral and peach undertones. These sunlit tones are perfectly complemented by deep green foliage, making this poinsettia an eye-catching choice for modern or eclectic holiday displays. The unique color of Orange Glow adds a cozy warmth, effortlessly standing out among more conventional holiday plants.

A personal favorite, Christmas Beauty Pink, offers a softer, more romantic approach to seasonal decorating. Its pastel pink bracts, adorned with subtle veining, create a layered, watercolor-like effect that adds to their charm. The gentle pink contrasts beautifully with the plant's rich green leaves, creating an elegant blend of colors.

One of the most unique varieties, Autumn Leaves, captures the spirit of fall with its warm, earthy tones. The bracts transition seamlessly from soft peach to rich amber, with hints of apricot and coral. The color changes in a stunning gradient reminiscent of autumn foliage. Some bracts of Autumn Leaves have delicate pink undertones, adding depth and dimension to its appearance.

These remarkable poinsettias are highly adaptable, complementing decorating styles ranging from classic holiday themes to bold, contemporary designs.

To keep your poinsettias vibrant and healthy, place them in bright, indirect sunlight for 6 to 8 hours daily, avoiding direct sunlight that can scorch their delicate bracts. Maintain a consistent indoor temperature of 65 to 75 degrees, keeping them away from cold drafts, heaters or vents to minimize stress. Water the plant when the top inch of soil feels dry, ensuring the pot has proper drainage to prevent root rot. Always remove any excess water from decorative wraps or saucers.

As tropical plants, poinsettias thrive in moderate humidity. You can create a suitable environment by using a pebble tray or humidifier in dry indoor conditions. Handle the bracts gently, as these are prone to bruising or tearing. For those who wish to keep poinsettias beyond the holiday season, trim the plant back in early spring, repot if necessary and move it outdoors to partial shade once temperatures remain consistently above 60 degrees.

By following these care tips, your poinsettias can remain beautiful and thriving, adding seasonal cheer to your home for weeks or even months to come. ☺

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THE ALASKA CRUISE HELPING SENIORS OF BREVARD

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

DECEMBER 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*

DECEMBER EVENTS

Dec 1: Beginner Watercolor Class, The Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com, 321-338-3368
Dec 1 - 28: Holiday Craft Show, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261
Dec 1 - 29: Drawing Class, CBAA Office & Studio, Rockledge, cbaaartists.com
Dec 1 - Jan 4: Therefore, I Create IX, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Dec 1 - Jan 4: Shapes Exhibit, Strawbridge Art League, Melbourne, www.strawbridgeart.org, 321-952-3070
Dec 2: Wine Glass/Candle/Ornament Making, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Dec 2: Tower of Power, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 2, 4, 12: Glass Tree Workshop, mymakerscape.com, 321-499-3127
Dec 3: Reverse Christmas Parade, Downtown Melbourne, downtownmelbourne.com
Dec 3: BWS Holiday Party, Italian American Club of South Brevard, Melbourne, brevardwatercolorssociety.org
Dec 4 - 21: Frozen - The Broadway Musical, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125
Dec 5: EGAD First Friday, Eau Gallie Arts District, egadlife.com
Dec 5: Friday Fest, City of Cape Canaveral, City of Cape Canaveral, 321-868-1220
Dec 5: Messiah - Holiday Singalong, Holy Name of Jesus Catholic Community, Indialantic, spacecoastsymphony.org, 855-252-7276
Dec 5: Benjamin Grosvenor, St. Mark's Methodist Church, Indialantic, melbournechambermusicociety.org, 321-213-5100
Dec 5: Moonlight Music on the Promenade, Cocoa Riverfront Park, Historic Cocoa Village, visitcocoavillage.com
Dec 5: Tree Lighting Ceremony, Palm Bay, palmabayfl.gov, 321-952-3443
Dec 5 - 7: Matilda Jr., Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127
Dec 5 - 14: A Christmas Carol, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125
Dec 5 - 21: Holiday Tour of Historic Homes, Museums of Brevard, mobfl.org
Dec 5 - Jan 3: Pioneer Christmas, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365
Dec 6: Winter Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org
Dec 6: Palm Bay Holiday Light Parade,

Malabar Road, Palm Bay, palmabayfl.gov
Dec 6: Merry Beachmas, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127
Dec 6: Christmas Earring Workshop, Harbor City Art, Melbourne, harborcityart.com
Dec 6: Christmas Market, Sendala's, Downtown Melbourne, downtownmelbourne.com, 321-951-2110
Dec 6: Plant Market and More, Riverview Park, Melbourne, downtownmelbourne.com
Dec 6 & 7: Art and Craft Holiday Bazaar, Historic Cocoa Village, visitcocoavillage.com
Dec 6: Merry Paint Night, My MakerScape, Indialantic, mymakerscape.com, 321-499-3127
Dec 6: The More the Merrier Holiday Festival, SPCA of Brevard, Titusville, spcabrevard.com, 321-567-3615
Dec 6: Titusville Mayor's Ball, Valiant Air Command Event Center, Titusville, valiantaircommand.com, 321-268-1941
Dec 6: Christmas Paws, Intracoastal Brewing Company, Melbourne, egadlife.com, 321-872-7395
Dec 6 - 7: Nutcracker- Space Coast Ballet Company, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 6, 13, 20, 27: Saturday Farmers Market, Riverview Park, Melbourne, downtownmelbourne.com
Dec 6, 13, 20, 27: Green Gables Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635
Dec 6, 13, 20, 27: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com
Dec 6, 13, 20, 27: Candlelight Shopping, Downtown Melbourne, downtownmelbourne.com
Dec 7: Pictures with Santa, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635
Dec 7: Santa Paws for the Cause, Myrt Tharpe Square, Historic Cocoa Village, visitcocoavillage.com
Dec 7: BSYO Holiday Concert, Eau Gallie High School Performing Arts Center, Melbourne, bsyo.us, 321-216-7804
Dec 7: CBOB Holiday Concert, Merritt Island High School, Merritt Island, communityband-ofbrevard.com, 321-338-6210
Dec 7: Cracker Christmas, Fort Christmas Park, Christmas, myfloridahistory.org, 321-690-1971
Dec 7 & 21: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmbayflorida.org, 321-952-3400
Dec 7, 14, 21, 28: Artist Meetup, Derek Gores Gallery, Melbourne, derekgores.com, 321-468-3251
Dec 8: Pickleball Mixer, Ted Whitlock Community Center, Palm Bay, palmabayfl.gov, 321-952-3231
Dec 8: Wine Glass/Candle Painting, The Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com, 321-338-3368

Dec 9: Masters Series, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Dec 9: Shattered Glass Workshop, Vine & Olive, Titusville, mymakerscape.com, 321-499-3127
Dec 9 & 10: Stars of Tomorrow Holiday Showcase, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Dec 10: Whimsical Tree Workshop, My-MakerScape, Indialantic, mymakerscape.com, 321-499-3127
Dec 10: Elmo and Friends, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 10 & 11: Holly Jolly Concert, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555
Dec 11: The Fab Four, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 11: Gingerbread House Contest, Moon River Cafe, Downtown Melbourne,
Dec 11 & 18: BWS Art Escape Studio, Highland Art Studio, Melbourne, brevardwatercolorssociety.org
Dec 12: The Cool Side of Christmas, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555
Dec 12: Holiday Boat Parade, Cocoa Riverfront Park, Historic Cocoa Village, visitcocoavillage.com
Dec 12: Santa's Workshop - Downtown Christmas Bash, Titusville Welcome Center, Titusville, members.titusville.org, 321-267-3036
Dec 12: Michael Law and Friends - Making Spirits Bright, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Dec 13: Cookie Crawl, Downtown Melbourne, downtownmelbourne.com
Dec 13: Raffia Basket Workshop, Harbor City Art, Melbourne, harborcityart.com
Dec 13: Breakfast with Santa, Ted Whitlock Community Center, Palm Bay, palmabayfl.gov
Dec 13: Brevard Community Chorus, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 13: Hot Cocoa Crawl, Myrt Tharpe Square, Historic Cocoa Village, visitcocoavillage.com
Dec 13: Holiday Wine Glass Painting, Breaker's Art Gallery, Cocoa Beach, breakersartgallery.com, 321-613-2652
Dec 13: Hooray for Hollywood, Riverside Presbyterian Church, Cocoa Beach, spacecoastsymphony.org, 855-252-7276
Dec 13: Michelle Mailhot and Friends, Brevard Veterans Memorial Center, Merritt Island, spacecoastjazzsociety.org
Dec 13: Santa Stumble Pub Crawl, George and Dragon English Tavern, Historic Cocoa Village, madhatterpromotions.com, 321-543-1346
Dec 13: Bilingual STEAM Workshop - Robots in Space, American Space Museum, Titusville, spacewalkoffame.org, 321-264-0434
Dec 13 & 14: The Nutcracker, Satellite High School Performing Arts Center, Satellite Beach, brevardballet.com, 321-622-4713
Dec 13 & 27: Reading Rainbow at the CAPE,

The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224
Dec 14: Reader's Theatre, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127
Dec 14: Deck the District, Eau Gallie Arts District, Melbourne, egadlife.com
Dec 14: Carols in the Park, The Avenue, Viera, mmband.org, 321-724-0555
Dec 15: Master's Series, The Village Art Gallery, Historic Cocoa Village, thecocoavillageartgallery.com, 321-338-3368
Dec 15 & 16: The Book of Mormon, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 16: Beginner Watercolor Class, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Dec 16: Paint Night, Venezia Wine Veranda, Melbourne, mymakerscape.com, 321-499-3127
Dec 18: Sip & Shop, Twin Rivers Local Vintage, Melbourne, twinriverslocalvintage.com, 321-499-3050
Dec 18 - 21: Jacob Marley's Christmas Carol, Melbourne, mymct.org, 321-723-6935
Dec 19: Ugly Sweater Day, Cocoa Beach Mainstreet, cocoabeachmainstreet.org
Dec 19: Meet and Mingle, Harbor City Art, Melbourne, harborcityart.com
Dec 19: Holiday Bike Parade, Village Cycle Shop, Historic Cocoa Village, visitcocoavillage.com, 321-806-3917
Dec 19: Grinchmas Tree Ornament Class, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Dec 19: Classic Albums Live - Bob Marley, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 19 - 20: Motown Christmas, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125
Dec 19 - 21: Galmont Ballet's the Nutcracker, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Dec 20: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365
Dec 20: Dirque Musica Holiday Wonderland, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 20: Family Christmas Extravaganza, Fred Poppe Regional Park, Palm Bay, familychristmasextravaganza.com
Dec 21: Justin Willman - One for the Ages Tour, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 21 - 30: Holidays in Space, Kennedy Space Center Visitor Complex, Merritt Island, kennedyspacecenter.com, 1-855-433-4210
Dec 22: It's a Wonderful Life - Film Screening, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Dec 24: Surfin Santas, Cocoa Beach Mainstreet, cocoabeachmainstreet.org
Dec 28: The Sleeping Beauty, King Center, Melbourne, kingcenter.com, 321-242-2219
Dec 31: New Years Eve Gala, Hilton Melbourne, Melbourne, mmband.org, 321-724-0555

CLUBS & ORGANIZATIONS

55+ Club: Monthly 55+ Club meeting, 3rd Wednesday, 10AM at the David R Schechter Center. Call Jill 321-773-2080
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, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF,

contact us at 321-456-7031 or info@spacecoasthonorflight.org

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/>

06 Dec – Gold Star Family Indoor

Christmas/Holiday Tree set up 1400-1600 at Brevard Veterans Memorial Center Museum to stay up until 03 January. Contact Donn Weaver 757-871-6576 for more details and to arrange for a loved one's Star if you lost them as a result of military service.

13 Dec – Holiday Illumination 5K at Brevard Veterans Memorial Center Park

0700-1000. Sponsored by CAMI and managed by Running Zone. Registration and Information in November. Includes the Plaza Area of BVMC, portions of the Mall and newly upgraded BVMC Park.

13 Dec – Merritt Island's Annual Holiday

Illumination Celebration Presented by Community Advocacy for Merritt Island (CAMI) (1600-2030) Includes Community Tree Illumination at the BVMC Plaza with possible chance to visit the new live Space Coast Gold Star Family Christmas and Holiday Tree if available for a small ceremony. There will be plenty of music, food trucks things for kids and much more for this great event.

13 Dec – National Wreaths Across America

Day at the Cape Canaveral National Cemetery and four other Brevard Locations. Family preference afternoon 12 and morning 13 Dec with the Ceremony beginning at the Flag Assembly area at 1100-1130 hours. Contact WAA/CNCC Deputy Location Coordinator Donn Weaver 757-871-6576 for more information or to buy wreaths or donate to the ceremony.

14 Dec – WAA Ceremony at the Pinecrest

Cemetery on Clearlake Ave in Cocoa (1400-1530) Pinecrest has a number of veterans who rest there including Korean War Medal of Honor Recipient, Emory Bennett. The event is being organized by Dorothy Walsh and Their Voice of Hope and staged by The Brevard Chapter 453 of the Military Order of the Purple Heart. Contact Dorothy at events@theirvoiceofhope.com

27 Dec – Women Veterans Annual Holiday/End of Year Party.

1200-1500 at the Gray Hall at BVMC located behind the Merritt Square Mall. Register at: events@theirvoiceofhope.com

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

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.

Intro to Stamping and Card Making with Donna

1st Thursday, 1:00 - 2:00 PM

Card Making with Donna

1st Thursday, 2:00 - 4:00 PM

Meditation with Amber

4th Saturday, 10:30 AM - 12:30 PM

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 at 3 PM

Senior Art Therapy Class, Watercolor Painting

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

Tech One-on-one with a Librarian

Tuesdays from 9:30am-11:30am

Eau Gallie Ukulele Society

1st Saturdays from 12:30 PM - 2 PM

3rd Saturdays from 10:30 AM - 12 PM

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.

Craftroom 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

Gentle Yoga
every Monday at 10 AM
Mystery Book Club
2nd Friday 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

Suntree-Viera 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.
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

1st Wednesday, 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
Viera Women's Book Club

3rd Tuesday, 2:00-4:00 pm
Card Making with Donna
2nd Mondays, 2:00-3:00 pm
International Plastic Modelers
2nd Tuesdays, 6-7:45 pm
Neighbors Book Club
3rd Thursdays, 2:00-4:30 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

DECEMBER 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

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

DECEMBER 2025 SENIOR CALENDAR (continued)

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

Monday: 10:40 MOVE IT!!!

11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp

Monday & Wednesday:

9:30 am: Zumba Gold: Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for

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

Tuesday:

10:00 am: Crafty Ladies (seasonal)

11:00 am: Euchre

Tuesday & Thursday:

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

Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2

10:40 am: Happy Feet

11:30 Let's Dance

Wednesday:

10:45 am: Chair Yoga (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT!... without even leaving your

seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member

Thursday:

10:40 Mat Yoga! We provide cushy mats and beginner levels. \$1-2

1:00 pm: Bingo

1:00 Not Your Average Bingo

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

MONDAY

No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872

Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782

Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945

Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923

Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237

Poker 10AM-2PM \$2/\$3 321-591-5156

Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087

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

Strength and Stretch 9am-10am Susan 540-220-4831

TUESDAY

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

Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999

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

Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755

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

Beginning Tap Class 9am-10am \$2/\$3 Darling Damsels Bridge-1PM-3:30PM \$2/\$3 Kathy (321) 268 4827

Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689

Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945

WEDNESDAY

Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534

Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945

Golden Hearts Senior Fitness- 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 gpbssc.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

DECEMBER 2025 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:
Senior Holiday Breakfast
Wednesday, December 10th
9am - 10:30am

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

FREE Liver Scans, Monday December 1st, Wednesday December 16th, 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.

Social Security Basics: What Every Senior Should Know, Monday December 1st, at 1:30pm. Get clear, practical guidance on how Social Security works in retirement. An AARP representative will explain the essentials and answer common questions, so you feel confident about your benefits and options moving forward. Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays December 2nd and 16th, 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.

Ask The Doctor Lunch & Learn Series: When Merry Feels Messy: Navigating Holiday Expectations, Emotions, and Everything in Between. Tuesday December 2nd, at 11:30am. How to find peace, remain calm, and stay connected to what matters most this holiday season. Presented by: Dr. Trevor Hislop, DMIN, MDIV, MAMFT. Complimentary lunch provided by Zon Beachside for all registered attendees. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday December 2nd, at 2pm. Not your ordinary Bingo! Get ready for a wild twist on a classic favorite! In this unique Bingo game, we'll explore the fascinating and surprising ways animals reproduce- then play a fun, picture-based Bingo round with prizes up for grabs. It's free to play, easy to join, and always a good time with great company! Call 321-751-6771 to RSVP.

Dietitian Series, Wednesday December 3rd, at 10am. Susie Bond, RDN, LDN will present "Fighting Cancer With Your Fork." 35% of all cancer deaths in the United States are related to diet. Learn what you can do to reduce your risk. Call 321-751-6771 to RSVP.

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Wednesday December 3rd, from 11am and repeats Thursday December 18th, 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.

Medicare Advantage Info Event, Wednesday December 3rd at 12pm (Noon). 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.

Incapacity Happens: How to Stay in Charge & Out of Court, Thursday December 11th, 10am.

Learn the key steps to protect your wishes if life takes an unexpected turn. This seminar provides an easy-to-understand overview of legal tools that help you stay in control and avoid unnecessary court involvement. Call to RSVP 321-751-6771.

Movie Matinee hosted by Rhodes Law, P.A. - Featuring Red One, Thursday December 11th, from 2pm. Sit back, relax, and enjoy a fun afternoon showing of Red One. This action-comedy follows a daring mission to save Santa Claus after he's kidnapped, bringing together a tough military-style commander and a reluctant civilian who must team up to rescue Christmas. Call to RSVP 321-751-6771.

Senior Health Friday With Nurse Lisa, Friday December 12th, at 10am. Details to come. Visit our website to learn more. To RSVP call 321-751-6771.

AARP Smart Driver Course, Mondays December 15th and 22nd, 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.

Pajama Party & Wine Glass Craft w/ Buena Vida Estates. Monday December 15th, 2pm. Slip into something comfortable and unwind with a fun, light-hearted crafting activity while you decorate your own wine glass. A friendly afternoon of creativity, conversation, and laughter. To RSVP call 321-751-6771.

Estate Planning, Tuesday December 16th, at 10am. William Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate, and homestead. Call 321-751-6771 to RSVP.

The Benefits of Chiropractic Care, Tuesday December 16th, at 1pm. Join Dr. Strater for an easy-to-understand overview of how chiropractic care may support mobility, balance, pain relief, and overall wellness. He'll share practical insights and answer questions to help you better understand whether chiropractic care could benefit your daily life. Call to RSVP 321-751-6771.

Max Meditation, Tuesday December 16th, 2pm. Experience guided meditation designed to reduce stress, improve focus, and help you feel more balanced. Perfect for beginners or anyone looking to relax and reset. Call to RSVP 321-751-6771.

iPhone & iPad Users Group, Tuesday December 16th, 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.

Santa's Legal List: Naughty & Nice Gifts for Your Estate, Wednesday December 17th, at 10am. 'Tis the season of giving - but not all gifts are on the nice list! Join Attorney Ruth Rhodes for a festive and informative seminar on the do's and don'ts of holiday gifting when it comes to estate planning, taxes, and Medicaid eligibility. Learn how to give wisely, protect your assets, and keep your generosity from turning into a legal lump of coal! Call 321-751-6771 to RSVP.

What is Pilates & How It Can Help With Rehab, Thursday December 18th, at Noon. Think of Pilates as a gentle workout with a BIG payoff! It's all about slow, controlled movements allowing you to strengthen your body safely. Join us as we dive into the feel-good benefits Pilates can bring to your new rehab journey! Call 321-751-6771 to RSVP.

Tools to Quit Smoking Your Way, Friday December 19th, 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.

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.

Simple: A Smarter Way to Protect Your Family & Assets, Tuesday December 23rd, 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, Wednesday December 10th and 31st, 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 December 11th, 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 December 17th, 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

321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com for
up to date event information.



The Experts in Aging

Happy Holidays

from our family to yours.



One Senior Place: The Experts in Aging.



**Wednesday, December 10th
10am at One Senior Place**

- Catered Breakfast
- Mimosa bar
- Live Music by Fred Cavese

RSVP 321-751-6771



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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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Melbourne, FL 32935
321.253.0606

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