

THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS 50+

SENIOR SCENE[®]

JANUARY 2026

FREE

**We Remember
Alfred Hitchcock**



**Helping Seniors Of Brevard
Do You Need A Financial Plan?
How Dance Improved Health**



**SPACE COAST
BIRDING &
WILDLIFE FESTIVAL**
January 21-25, 2026



FINANCE | HEALTH | ENTERTAINMENT | CALENDARS | NEWS

HealthFirst

BORN IN BREVARD. COMMITTED TO YOU



Nationally recognized cancer care.

At Health First, our team combines trusted specialists, advanced robotic technology, and personalized treatment plans to deliver the best possible care. From diagnosis through recovery, you can feel confident knowing world-class cancer care is right here in Brevard.

hf.org/cancer



GYNECOLOGICAL CANCER
SURGERY



LEUKEMIA, LYMPHOMA
& MYELOMA



A Place to Call Home

“COME FOR THE LIFESTYLE AND STAY FOR A LIFETIME”



NOW ACCEPTING APPLICATIONS

Westminster Asbury is a retirement community for seniors age 62 or older. Rent includes all utilities. Fees are established using either 30% of the resident's monthly income or a low basic rental fee depending upon the ability to pay under program rules. We operate on a philosophy of excellent service and quality living, with the goal to provide quiet, comfortable surroundings, while offering stimulating recreational and educational opportunities. The lifestyle fostered by this philosophy encourages self-sufficiency and privacy, in addition to providing opportunity for fellowship and friendship.

AMENITIES

You'll find a variety of enjoyable planned activities such as parties, banquets, cookouts, crafts and worship services. Fun times shared with good friends will enhance your quality of life. Enjoy many opportunities for companionship, plus all the privacy you desire. Activity room, library, Chaplain, shuffle board, social and entertainment programs. Nearby bus lines, meal program, laundry, pet friendly, smoke free campus, assigned free parking, courtesy call system, fire sprinklers, fourteen passenger bus for outings, Service Coordinator on-site.

Professionally Owned and Managed by Westminster Communities of Florida.



**Westminster
Asbury**



(321) 632-4943 • TTD # (800) 545-1833 ext.#922

Cancer Care Centers of Brevard

Our Focus is Your Healing



Cancer Care Centers of Brevard is the only independent, community-based oncology practice in Brevard County.

CCCB offers:

- High quality, cost-effective cancer care
- Clinical research trials
- Leading-edge technology
- Additional patient services
- Most insurance plans accepted, including Health First, Medicare, Florida Blue, Veterans Choice, TriCare/CHAMPUS, US Department of Labor, VA Administration, and many more.



Cancer Care from a Nation, In Your Neighborhood

You don't have to travel far to find the nation's leading cancer treatments.

Experience compassionate care and breakthrough treatments at Cancer Care Centers of Brevard. For more than 35 years, we've helped patients and families navigate their cancer journey. With advanced treatment options, cutting-edge technologies, and robust clinical trials, we deliver accessible, high-quality care close to home. As a proud member of The US Oncology Network, we collaborate with renowned cancer care experts to provide you with the best treatment possible. We provide clinical trials through Sarah Cannon Research Institute (SCRI), one of the world's leading oncology research organizations conducting community-based clinical trials. When it comes to your cancer treatment, we are here to be your trusted partner.



CANCER CARE CENTERS
OF BREVARD



Sarah Cannon
Research Institute
at Cancer Care Centers
of Brevard

CancerCareBrevard.com

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



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

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

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

Qualified participants must:

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

Participants may receive:

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

Flourish Research – Merritt Island

321-399-2893



**Schedule A Complimentary
Memory Screening Today**



COVER STORY

- 11 Celebrating 27 Years of Birding, Conservation, and Community



AROUND THE HOUSE

- 16 What New Scams Should I Be Watching For This Holiday Shopping Season? – James Bowman
36 Paw's Corner – Sam Mazotta
43 Donna Erickson's Best Bites
48 Evergreen Shrubs Have Year-Long Garden Beauty – 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 When Does Diminished Capacity Prevent A Person From Creating An Estate Plan? – Truman Scarborough
17 Do You Need A Financial Plan? – Max ValaVanis

GENERAL INTEREST

- 12 The Goal of a Good Nonprofit – Kerry Fink
21 How Dance Improves Health, Happiness, and Social Connections in Later Life – Traci Graf, RN
23 HELPING SENIORS OF BREVARD NEWSLETTER
35 Mom & Me – Audrey & Kimberley
40 Wreaths Across America 2025: Honor, Remember and Teach Rises to New Heights at Cape Canaveral National Cemetery
41 Veterans Post – Freddy Groves
42 Good Inputs For A Good Year – Reverend Jeff Wood
44 Here's To A Better 2026 – Matilda Charles

NOSTALGIA

- 10 Mosquito Attacks – Diane Barile
12 Alfred Hitchcock – The Ultimate Film Creator – George Khoury



SENIOR HEALTH

- 19 Body Talk – Dr. Arvind M. Dhople, Ph.D.
22 Ask One Senior Place

CREDITS:

Senior Scene® Magazine is locally owned & operated made possible through the participation of local advertisers & distributors.

Please remember to thank them.

Senior Scene® Magazine, Inc. is a national publication with 25 years publishing service.

PUBLISHER:

John Frederiksen

ASSOCIATE PUBLISHER:

Liz Colicchio

ART DIRECTION:

Bernadette de Isaza

PRODUCTION:

Seadragon Creative – Dan Lee

EXECUTIVE EDITOR:

Charlotte McQueen

ASSOCIATE EDITOR:

Jill Fulford

PHOTO JOURNALIST

Cheryl Clermont

BROADCAST AUDIO

PRODUCTION:

Pirate Alley Studios

Senior Scene® Magazine & its publishers are not responsible or liable for misinfo, misprints, typographical error, opinions, etc. herein contained. The entire contents of this publication are copyrighted by Senior Scene® Magazine, Inc., all rights reserved.



SENIOR SCENE is on Facebook!

Get updates & info @ facebook.com/SeniorScene

ELDER HELPLINE For info about or referral to a service provider,
(407) 514-1800 or 1 (800) 963-5337

Brevard Veteran's Services
Office: 321-633-2012

Florida Senior Scam Helpline:
800-962-2873



Click Twice
to Visit
Website

“It’s ‘Me’ Time!”

*Encouraging residents to live fully and
actively as Independent residents!*

**Buena Vida Estates, the only Continuing Care Retirement
Community in Brevard County, has more than 40+ years
of experience serving the most independent seniors.**



(321) 360-4814 • Toll-free (800) 742-0060

BuenaVidaEstates.org •  

2129 West New Haven Avenue, West Melbourne, FL 32904

Entrance on Doherty Drive

A 501(c)(3) Not For Profit Organization



Letter from the Publisher



Happy New Year to all of our Senior Scene readers, looking forward to a fantastic 2026. While just “normal” sounds good, let’s strive for fantastic. Hope you all had a safe and joyous Holiday season. We have so much to be thankful for. It’s easy to forget how lucky we are, when we have our family and friends around us and live in such a beautiful area. Maybe you took the time and effort to share with someone less fortunate this Holiday season. And it’s still not too late!

As we move into 2026, watch our pages for fund raising events sponsored by Helping Seniors of Brevard, such as fantastic cruises and the ever popular car raffle. All proceeds go to assisting those seniors in need in our county. There is just not enough government attention or funds.

I want to thank all of the staff, contractors and volunteers that have helped to make 2025 such a wonderful year for Senior Scene Magazine here in Brevard County. We especially thank all of our readers and supporters for welcoming us into your community. Finally, we want to thank all those local artists and authors that have contributed so much for our readers’ enjoyment. And let’s not forget our loyal advertisers, who make all this possible. Please support them any opportunity you get.

So let’s make those resolutions and enjoy the New Year (or maybe just one or the other).

See you next month.

John

DC ROOFING

CCC 133-0894 // CCC 133-1491

LET US DO YOUR ROOF RIGHT THE FIRST TIME!

Call Today for your FREE ESTIMATE

METAL • TILE • SHINGLES



**David & Colleen
Arambula**
Local Owners
&
State Certified
Roofing Contractors



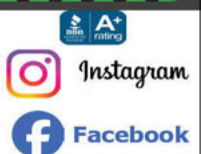
FINANCING AVAILABLE
(w.a.c.)

\$500 off



321-419-1361 • 321-419-1260

www.DCRoofingBrevard.com





THE 6TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

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

Sail with your Brevard Friends!



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



6th Annual Helping Seniors Foundation Cruise

BOOK YOUR CABIN BY JUNE 30 & RECEIVE A \$25.00 CAR RAFFLE TICKET FOR THE FAMOUS HSOB CAR RAFFLE & ENTRANCE TO THE "MUSCLE CAR MUSEUM"

Balcony - As low as \$1308 pp
Inside - As low as \$1024 pp

Outside - As low as \$1125 pp
Based on double occupancy

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

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



Your Senior Travel Specialist

SeniorTravel

division of The Travel Center
CST# 20000881-10 FST# 14672

Helping Seniors of Brevard is a Florida 501(c)(3) nonprofit. Helping Seniors of Brevard, P.O. Box 372906 - Seaside Beach, 32197 P.O. Box 372907, The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel committed to from Helping Seniors Travel Club Members travel funds that Helping Seniors Endowment.

Mosquito Attacks

By Diane Barile

Dark clouds advanced ever closer to the front porch. "Quick. Run inside and stoke up the smudge pot. Company's coming" could be heard in neighborhoods in the early 1900s. It was an invasion of salt marsh mosquito looking for a blood feast. The smudge pot created a smoky fog that dispelled the onslaught.

For years defense against the voracious bugs meant installing window and door screens, starting a fire or smudge pot near the front door. Visitors would run through the smoke to avoid mosquitos. Often carried or found near the door, a limp brush was used to swipe bugs off the body.

Truly something had to be done! During World War II, various methods of mosquito eradication were developed along the Indian River Lagoon shoreline. The army was developing programs to be used to protect soldiers fighting in the South Pacific. DDT was tested as an aerial spray and then used at army and naval installations in the region.

Seemed "problem solved" until first the insecticide killed marine wildlife as well as mosquitos.

Furthermore, the mosquitos became immune to the DDT.

By the 1950s mosquitos were on the attack again just as the space program was expanding in mosquito breeding

marshes. Brevard County population sky rocketed with space and Port Canaveral activity. County Commissioner Joe Wickham spearheaded the organization of a Mosquito Control District with taxing authority to address the problem.

The answer lay in aerial spraying when swarms of mosquitos formed. Kids loved to ride their bikes in the fog behind the spray truck. The next and successful plan was to attack the breeding cycle of the mosquito rather than treat those flying adults. Flooding the marshes eliminated egg laying and larval development. Even larvae which can develop are eaten by small fish.

NASA agreed with Brevard County in the eradication program, made heavy equipment available and funded projects. Large dredges dug channels along the edge of the salt marsh with perpendicular canals back into the marsh itself. The fill dirt dredged was formed into a dike or levee. Lagoon waters are restricted from entering the marsh and water wells or rainfall raise the enclosed water deep enough to flood breeding ground.

It seemed like a good plan, but Jack Salmela, the Director of the Brevard County Mosquito Control District, was worried.

Mosquito Attacks continued on pg 49

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
- small ship luxury all-inclusive onboard (excursions not included). This is by far the best new cruise line to come out in many years. If you are a foodie, you will love this ship. If you love seafood, even more (oysters or king crab every other night and lobster every night!) The service is exceptional, the entertainment is wonderful, and sailing on small ship is the best ever! Sail from San Juan to Antigua, Virgin Gorda, St Thomas to Miami. Ocean Suites start

at \$3633.75 per person based on double occupancy.

Azamara Pursuit Down Under - Dec. 19th, 2026 - Jan 4th, 2027 - Have you ever wanted to spend New Years Eve docked in Sydney Harbor next to the Opera House? We will sail from Auckland to Melbourne with double overnight in Sydney Harbor for New Years Eve.

Independent affiliate of Uniglobe
Travel Center
Veteran Owned

Visit our website or call today
(321) 631-8080



www.allaboutyoutravelunlimited.com

COVER STORY

Celebrating 27 Years of Birding, Conservation, and Community



The Space Coast Birding & Wildlife Festival Returns January 21st through the 25th, 2026 at Radisson Resort at the Port, 8701 Astronaut Blvd., Cape Canaveral. For nearly three decades, the Space Coast Birding & Wildlife Festival has brought together nature lovers from across Florida and beyond - and in January 2026, the festival proudly celebrates its 27th year. This year's celebration is especially meaningful as the festival honors its Bird of the Year - the Pelican, a beloved coastal icon that symbolizes resilience, conservation success, and Florida's rich coastal ecosystems.

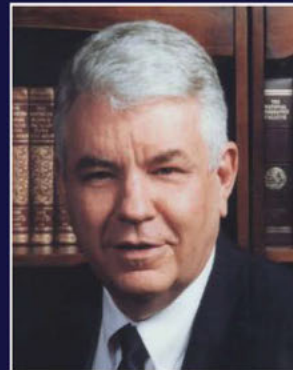
Hosted by the Space Coast Birding & Wildlife Association, this beloved annual event invites attendees of all ages and experience levels to explore Florida's remarkable wildlife, learn from leading experts, and connect with a community that shares a passion for birds, nature, and conservation. Whether you are a lifelong birder, a casual nature enthusiast, or someone simply looking for a meaningful and enjoyable winter outing, SCBWF offers something for everyone, especially seniors seeking enriching, low-stress experiences close to home.

The festival features more than 50 exhibitors and over 100 presentations, guided field trips, photography workshops, and keynotes offered throughout the week. Attendees can enjoy expertly led birding excursions across Brevard County, engaging educational presentations and keynote talks, hands-on photography and conservation workshops for all skill levels, and vibrant Exhibit & Expo Halls showcasing optics and camera gear, nature travel companies, conservation organizations, artists, authors, and sustainability-focused groups - all designed to create a rich, immersive festival experience. Many programs are designed to be accessible and welcoming, with opportunities to learn at your own pace, whether that's attending a single lecture or enjoying multiple days of activities.

Winter is one of the best times to experience Florida's Space Coast, when migratory birds join resident species in wetlands, estuaries, beaches, and scrub habitats. From colorful shorebirds to majestic pelicans and wading birds, the region offers exceptional wildlife viewing during the festival season. SCBWF provides unique access to some of the area's most rewarding birding locations, making it easy

Celebrating 27 Years of Birding... continued on pg 46

ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

239 Harrison Street, Titusville, FL

For A Complimentary Copy

Phone 321 - 267 - 4770

TALK WAS.....

Alfred Hitchcock – The Ultimate Film Creator *By George Khoury*



Born and raised in England on August 13, 1899. The son of a grocer, he never forgot that at 5, his father sent him to the police station with a note for the police chief to lock him up for five minutes. "That's what we do to naughty boys," was the response from the chief. He was regularly beaten at the harsh Catholic school he attended and recalled that going to St. Ignatius was, "like going to the gallows."

After school he works as an art director making layouts for ads. Although in his teen, he realized he wanted to break into films. He got one break then worked his way up to script writer, and assistant director. By 1925, he was a director. In 1929 he directed "Blackmail," Britain's first successfully talking feature.

It was not long before he was lured to Hollywood by producer David O Selznick. He quickly created a reputation as a quality director. He had patience for New York trained Method school actors. He never argued with an actor in front of the crew. Many of his stars referred to him as persuasive.

In the last year of his life, he was knighted by Queen Elizabeth II.

He avoided exercise and fiction, consumed biographies, travel books and true crime stories.

"A good film is when the price of the dinner, the theater admission and the babysitter were worth it."

Hitchcock quietly died at his home of arthritis and kidney failure on April 30, 1980. It was quiet, peaceful, non dramatic and if it could be said, somewhat ordinary. No twists, surprise ending-just an 80 year old genius passing on and leaving a legacy of work unrivaled.


"Actors are like cattle"

He was the master of the psychological thriller. He left no scene to chance. He story boarded every thing that the camera would capture, meticulously constructed. Who could forget the dramatic visual power of the Statute of Liberty, United Nations, or Mount Rushmore pulse racing scenes?

"I have a perfect cure for a sore throat: cut it"

Alfred Hitchcock - The Ultimate Film Creator cont'd on pg 47

AudioNova 

 **Elite Hearing Centers**
of America

Experience the **AudioNova** difference



EXPERT HEARING EVALUATIONS




PERSONALIZED SOLUTIONS



LATEST HEARING TECHNOLOGY

Hearing connects us. When you start to experience hearing loss, you can start to lose who you are and those who are so important to you. One simple visit to an **AudioNova** hearing clinic can not only help get your hearing back, but part of your life back.

AudioNova 

 **Elite Hearing Centers**
of America

Call your nearest location today and
receive a **FREE DEMONSTRATION!**

MELBOURNE
321-425-6201

MERRITT ISLAND
321-735-4494

PALM BAY
321-327-7945

Or visit us online at [AudioNova.com](https://www.audionova.com)



When Does Diminished Capacity Prevent A Person From Creating An Estate Plan?

By Attorney Truman Scarborough

Before assisting with the preparation of an estate plan, an attorney will want to determine that the client has "Testamentary Capacity". This requires a person understands: 1] the general nature and extent of his/her assets; 2] his/her natural heirs; and 3] the way property will be distributed under the proposed will / trust. If there are possible issues, the attorney will need to meet directly with the client, without anyone else's involvement.

Advanced age or failing memory do not in themselves mean a person lacks testamentary capacity. In fact, everyone is presumed to have testamentary capacity unless declared incompetent by the court. Even after someone is determined to be incompetent by a court, there may be lucid moments with testamentary capacity.

A person may leave property to whomever he/she pleases, but when mental capacity is in question, irregular gifts will be scrutinized. There should be a rationale for major changes in long-standing estate plans, or if normal beneficiaries are excluded or left disproportionately smaller gifts than similar beneficiaries. It is not a matter of whether we agree with the decision, but whether there is a logical and factual basis for the decision.

The question of testamentary capacity is time specific. Mental capacity may fade in and out during the day. What the mental condition was at some other time is not the issue. The question is: Was there testamentary capacity at the time instructions were given to the attorney and when the documents were signed? The test for testamentary capacity is also task-specific. Someone with partially diminished capacity may be able to create a simple Will but not a complex Trust.

The Florida Bar's Rules of Professional Conduct require attorneys to continue as much as possible working with clients suffering from diminished capacity. It says: "When a client's ability ... is impaired because of mental disability ... the lawyer shall, as far as reasonably possible, maintain a normal client-lawyer relationship..." However, an attorney will become reluctant to proceed if the client is disoriented, has difficulty understanding options, or is haphazardly changing his/her mind. A professional mental examination may be requested. While evaluations cannot be used as a final

When Does Diminished Capacity... continued on pg 47

www.jointhefun.us

Stefan's Join the Fun Tours
321-594-0392
www.jointhefun.us

JOIN THE FUN
with www.jointhefun.us

TRAVEL GROUPS FOR SENIORS

EXPLORE DAY TRIPS, MOTOR COACH TOURS, & GROUP CRUISES
www.jointhefun.us

SENIOR TRAVEL

JOIN THE FUN

CASINO

WELCOME Nashville

BILTMORE

DEPARTS COCOA & VIERA



SENIOR SCENE MONTHLY TRAVEL TIPS

THANK YOU!

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



Senior Travel / The Travel Center / Corporate Travel • Phone: 800-870-9345 • Cell: 818-430-1480 • Office: 321-978-5211
Email: travelcenterusa@gmail.com • Site: <http://thetravelcenterusa.info> • CST #2000881-10 FTS#: 14672

Many of you have told us that you like our agency because of our **Customer Service**. Many like that we are **Special Needs Certified** and all of you like the fact that we offer the **lowest pricing** based on your travel itinerary. And you all know that we only use travel vendors that support our Senior Community.

Thank You Seniors!! Because of your support and friendship/trust we have joined the elite exclusive top 100 Travel advisors in the United States.

Here's why we're the top choice for senior travelers:

- Unmatched Customer Service: Our clients rave about the personal attention and care they receive every step of the way.
- Special Needs Certified: We're committed to making travel accessible, comfortable, affordable and enjoyable for our special needs seniors.
- Best Prices – Always: We consistently deliver the lowest rates, tailored specifically to your unique travel plans.
- Senior-Focused Travel Partners: We exclusively partner with vendors who share our dedication and pricing to our senior community to the senior community.
- Let us show you why seniors trust us for their adventures – experience the difference.

If you booked direct for your cruise you are paying too much!!

We meet or beat any internet or direct booking price.

Some of our fantastic accounts include:

- Helping Seniors of Brevard
- Buena Vida Estates
- Martin Anderson
- Elks Club
- Moose Club
- Veterans & Nurses Reunions
- Chamber of Commerce
- Heritage Isle
- Theme Muical Cruises
- 50IC3 Fund raising partners
- And many more ☺



Accepting award for One Of The Top Agencies In The US

Thanks to all of our senior clients for making Senior Travel / The Travel Center the #1 agency in Brevard



At the Top Agency Awards Celebration



Betty accepting Customer Service Award



Chris accepting award for #1 Agency in Brevard County-Clients & Vendors



The Goal of a Good Nonprofit

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

"Brevard County, Florida, has thousands of nonprofits- recent data from TaxExemptWorld showing around 4,857 organizations listed, including public charities, foundations, and other 501(c) types that serve all areas like health, education, arts, and human services, contributing significantly to the local quality of life and economy." - so says the "Great Google."

When you think about, that is a lot of organizations seeking to do good here! So what makes a nonprofit a "good" nonprofit? In my role as Executive Director for Helping Seniors, now into our 15th year of service as a 100% local organization, I learned a lot from our Founder Joe Steckler who focused on making sure that (a) the organization stayed true to its mission, (b) is frugal with the resources entrusted to it, (c) is effective in its efforts to provide helpful and useful services not readily available elsewhere, and (d) communicates regularly and transparently about it is doing.

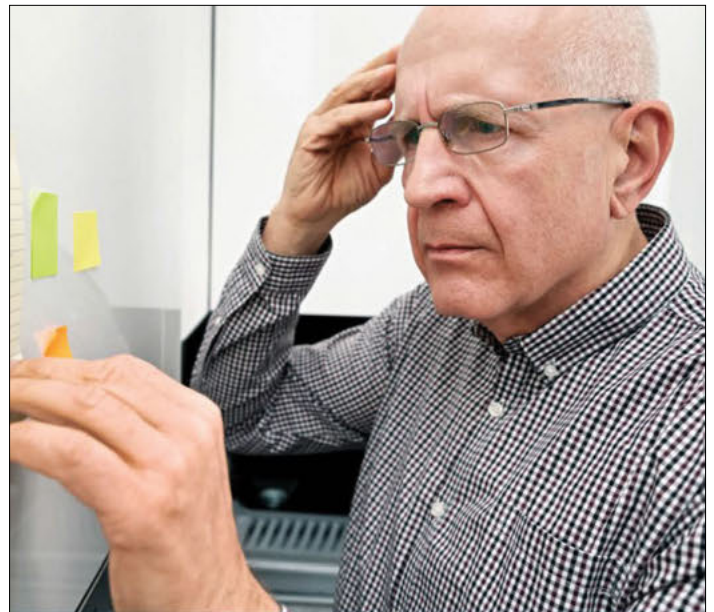
We are here to complete - not compete - in the network of care for our Seniors and their families! It is often said "it takes a village" talking about raising kids. We have adopted that way of thinking when it comes to Seniors. We are better together than individually! That is why you see us applauding for folks like Aging Matters of Brevard, Brevard Alzheimer's Foundation, and so many others who devote themselves to making life better for Seniors.

It is also why we are actively expanding our work with AARP in 2026! We continue forward our collaboration in ScamJam Senior Safety Training programs county-wide, Senior Appreciation Events, Chapter participation and, this year, adding two Caregiver Conference Events. We also became officially licensed in AARP's "Senior Planet" program - and are training now so that we can serve more Seniors in making technology work for them.

And we work diligently to ensure our we continue to meet expectations and improve lives of our Seniors as a trusted part of the Community.

To that end, we worked to awarded the Candid Platinum Seal of Transparency for 2025 - the highest recognition from Candid (formerly GuideStar) "signifying a nonprofit shares extensive details on its goals, strategies, capabilities, impact metrics, and board demographics, placing it in the top tier (often <1%) for transparency and accountability, building immense donor trust and demonstrating real results. To earn it, nonprofits must upload information, including key performance indicators (KPIs) showing their impact, beyond just basic financials."

The Goal of a Good Nonprofit continued on pg 46



FREE MEMORY SCREENING

Feeling forgetful? ClinCloud is offering complimentary memory screenings every weekday!

- no-cost study-related care
- compensation for time and travel

Call ClinCloud today for details!



CLINCLOUD
VIERA

(407) 680-0534
ClinCloudResearch.com



What New Scams Should I Be Watching For This Holiday Shopping Season?

By James Bowman, Data Rescue Computer Service

1. AI-Powered Fake Deals & Stores

Scammers are using generative AI to build very convincing fake ads, storefronts & websites offering “too-good-to-be-true” holiday deals. These sites look polished with realistic product

photos and reviews — but they’ll take your money and deliver nothing. Axios+1

Watch for:

- Ads on social media or search that redirect to unfamiliar URLs

- Sites with weird domain names (e.g., extra words, unusual endings like “.shop”)

- Unrealistic discounts on popular electronics, toys, or giftables

Always go directly to a retailer’s official website rather than clicking a link in an ad.

2. Fake Shipping & Delivery Alerts (Smishing/Phishing)

Scammers send texts or emails appearing to be from UPS, FedEx, USPS, or Amazon with urgent tracking or delivery problems. The link will ask you to confirm personal info or payment — which steals credentials or installs malware.

Red flags:

- Unexpected messages asking you to “verify delivery”
- Shortened URLs or links that don’t match the carrier’s official domain
- Requests for passwords or payment info

Tip: Track from the store’s official site or app instead.

3. Gift Card Scams & Tampering

Fraudsters may tamper with gift cards in stores or push fake “free gift card” offers online that require you to enter personal data first. Once activated, some cards are drained instantly. AARP Local

Safety:

- Buy gift cards from a cashier or directly from the retailer
- Inspect packaging for signs of tampering before purchase

4. Bogus Holiday Job Offers

Seasonal employment scams are especially common this time of year and often promise easy money — but they want your personal info or deposit first. Yahoo

If it sounds too easy: Verify the company through its official HR page or trusted job boards before applying.

New Scams... continued on page 45

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?

Why guess?
WE FIX IT ALL!

Come in today and receive a
FREE
Computer Check-Up
while you wait!

(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

DATA RESCUE

Computer Services®
www.DataRescueCS.com

Mental Health Support for Seniors and their Loved Ones

MINDFUL SUPPORT AND MENTAL HEALTH SOLUTIONS

- Counseling, behavioral therapy, NeuroPsychological assessments, support, advocacy, education and trainings
- Depression, anxiety, life transitions, grief and loss, Dementia/Alzheimers and other medical diagnosis support, caregiver support
- Office visits, telemental health and therapist dispatch to assisted living, independent living, skilled nursing, rehab facilities, group homes, senior communities
- Most major insurance accepted, including Medicare Part B
- Self referrals accepted
- ACHA approved facility

321-206-5375 • mindfulhealthfl.com



Do You Need A Financial Plan?

By Max ValaVanis, CFP®, CFS®

I'm currently going through the dreadful process of painting the interior of my house, and the multitude of greens on the color palette astounds me. When I proudly walked into the store, I was under the impression that I could effortlessly select a shade of green and leave with the utmost confidence that it was the best for me. Unfortunately, I sadly admit that this was not the case and that there is a comprehensive and ongoing process to choosing my perfect color.

When selecting a financial advisor, the same is true. Financial Planning is not simple or solved in an hour. Instead, it is a long, comprehensive journey that lasts as long as the professional relationship does. The CFP® Board has developed a 7-step process to best serve clients like you. As Certified Financial Planners™, we at ValaVanis Financial must adhere to this complete 7-step process for all Financial Planning relationships.

The genesis of the process is understanding a client's financial circumstances. Just as I shouldn't march into a paint store looking for my shade of green before setting foot into my house, you shouldn't receive financial advice without an advisor understanding your situation. Afterward, the client

and advisor should identify the goals of the relationship. These initial two pillars of the financial process should be completed in the first meeting. Why leave the meeting without receiving financial advice? As a Certified Financial Planner™, I must thoroughly complete the following two steps of the process, which often takes time. The advisor initially analyzes the information and data and then develops financial planning recommendations.

After the advisor completes these two steps with a fine-tooth comb, the client receives their financial plan. In this meeting, the advisor presents recommendations and explains how they were determined. The client decides if they agree with the plan. If both parties believe the relationship works, the implementation phase begins.

As time passes, one of the most critical steps in the financial process becomes ever-present: the monitoring stage. Once the recommendations are implemented, the advisor's job has just begun. They must actively review and update the recommendations and plan when necessary.

Do You Need A Financial Plan? continued on page 46

Tired of missing out on your favorite food? Dr. Chenet has a solution to help you enjoy eating again!



"Dr. Chenet and staff provided me with the utmost professional service I ever experienced in a dental office." – Arthur G

Dr. Chenet
Retired US Air Force Dental Officer

- Serving Brevard County for over 22 years
- Over 2000 five star verified reviews
- 97.9% of our patients would refer friends and family to us!

Let our team take care of your Dental Health. CALL TODAY.



321-319-8738

336 BABCOCK ST,
MELBOURNE, FL 32935
www.dentalexcellencemelbourne.com

CEDRIC C. CHENET DDS, PA

Excellence in Dental Healthcare

2 Locations to Better Serve You

321-369-9103

7331 OFFICE PARK PL. STE 100
MELBOURNE, FL 32940
www.ChenetDental.com



Sponsored by Preservation of
Affordable Housing, Inc



Senior Living At Its Finest!

Trinity Towers is the perfect apartment community for active adults 62+ who want to experience carefree living at affordable prices. At Trinity Towers, caring is truly at the heart of our community. It's a place where you can meet new friends, enjoy a variety of activities in the community room or simply take quiet delight in settling in to read a good book in the privacy of the community library. Located in historic downtown Melbourne, Trinity Towers is within walking distance to shopping, dining, medical facilities, public library, U.S. Post Office and so much more!

**THE RIGHT LIFESTYLE! THE RIGHT LOCATION!
THE RIGHT PRICE!**

- Newly Renovated Community Room
- Card Room
- Movie Viewing Area
- Library
- Fitness Center
- On-Site Service Coordinator
- Laundry Facilities On Each Floor
- 24-Hour Maintenance
- Emergency Call System
- Pet Friendly
- Public Transportation
- All Utilities Included In Rent



Call or stop by today to start saving!
TRINITY TOWERS EAST-WEST
650 & 700 E. Strawbridge Avenue, Melbourne
321.312.1029 • TTY 1.800.955.8771

LOCATED IN THE HEART OF HISTORIC DOWNTOWN MELBOURNE

TRINITY TOWERS SOUTH

APARTMENT HOMES

For Seniors 62 Years of age & older
We invite you to call for an appointment today
or just stop by to tour our lovely community.

We would
love for you
to be a
part of our
resident
family.



Applications Available at:
615 E. New Haven Avenue, Melbourne

Call (321) 723-8620

TTY 1 (800) 955-8771



AFFORDABLE Monthly Rent Based on Income

RENT INCLUDES:
FREE Basic Cable Service - FREE Electric - FREE Water

FEATURES:

- Pet Friendly • Local bus comes directly to front door
- Full-service congregate dining room
- On-site beauty shop • Carpeting and window treatments
- Free assigned parking • 24 hour desk attendant
- Meal program • Emergency call response
- Located near banks, restaurants, churches, stores, hospitals and library

Trinity Towers South has provided affordable housing for seniors since 1982. Our community is designed to meet the physical and social needs of our residents and contribute to their health & happiness.



Body Talk

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

Belgian Blue cattle and Texel sheep breeds are both highly muscular, due to mutations affecting myostatin. 'Callipyge' sheep also have well-developed muscles, particularly around their hindquarters – their name translates as 'beautiful buttocks'.

A study of women of the Sahrawi culture in Morocco found that 90 percent of women were trying to put on weight, using strategies ranging from the special meals to steroid use.

'Six feet and one inch' is the average adult male height in The Netherlands, and thus making Dutch men the world's tallest.

Our bodies come in all shapes and sizes. We can thank forces as diverse as our evolutionary history, our genes, our upbringing, and our environment for our body shape. Increasingly, in modern society these factors are combining to drive up our weight. The brain is constantly acquiring information from the body, creating a mental representation of the body and its state of health. Our 'natural' size is governed by several factors, including our genetic make-up. We are beginning to find out about some of these genes.

A crucial phase in our development is our time in the womb. Our mother's diet and health will impact on our birth weight. With food relatively plentiful (at least in developed countries), small babies tend to go through 'catch-up' growth in infancy. Growth of the fetus also depends on interplay between the genes inherited from the mother and those from the father – the paternal genes acting to increase fetus size – the mother's trying to limit fetal growth.

In most developing countries, people have been getting taller. For the past couple of hundred years, improvements in nutrition have let average height to increase significantly. Now, rather than getting taller, we just seem to be getting fatter. Arguable, limited nutrition restricted our potential growth in the past. Once that potential had been reached, additional nutrition doesn't make us taller; it is stored as fat.

Fat is deposited in various places around the body, and in slightly different ways in men and women. Overweight people are sometimes divided into 'apple-shaped' and 'pear-shaped', depending on where fat is predominantly deposited – around the abdomen or the buttocks and thighs. Being an apple shape is a greater risk than becoming a pear. The links between weight and health are not always straightforward; also, the measures of obesity, such as body mass index (BMI), need to be interpreted. ☺



SERVICING RETIREES FOR OVER 30 YEARS

- Fixed Annuities / Fixed Indexed Annuities
- Diversified Portfolio Investing
- Long Term Care Insurance
- Lifetime Income Strategies
- IRA And 401K Rollovers
- Life Insurance



321.956.7072

LOCATED IN DOWNTOWN MELBOURNE
600 STRAWBRIDGE AVE, STE 100
MELBOURNE, FL 32901



Jason ValaVanis

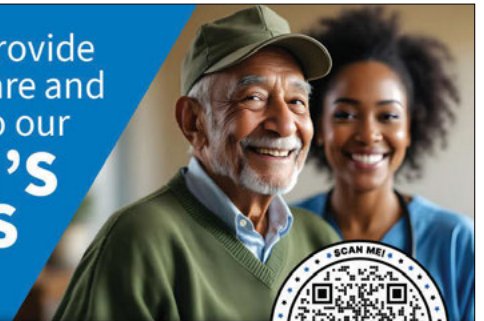
Certified Financial
Planner™ Professional

Max ValaVanis

Certified Financial
Planner™ Professional

Securities offered through J.W. Cole Financial, Inc. (JWC)
Member FINRA/SIPC. Non-Securities products and services are not offered by JWC.
ValaVanis Financial and JWC are not affiliated.

Honored to provide
specialized care and
recognition to our
**NATION'S
HEROES**
★★★★★



St. Francis Hospice

A REFLECTIONS LIFESTAGE SERVICE

OUR SERVICES

Hospice | Palliative | Grief Support | Veterans Program

See our hospice care quality scores at

www.medicare.gov/care-compare



Reflecting Life, Love and Compassion
ReflectionsLSC.org | 321-269-4240



Aloha!

Senior Expo

Thursday, January 29

10 am - 1 pm @ Wickham Park Community Center

2815 Leisure Way , Melbourne

Informative Event For Seniors

Come Enjoy The Fun

Free Coffee & Snacks Stations

Door Prize Winner Every 15 Minutes

Free Health Screenings

For Info 321-773-1454 - platinumeventsproduction@gmail.com

SENIOR SCENE[®]
Magazine





How Dance Improves Health, Happiness, and Social Connections in Later Life

By Traci Graf, RN


As people age, maintaining mental, physical, and emotional well-being becomes increasingly important. Seniors often seek activities that are enjoyable, social, and beneficial for their overall health. Ballroom dancing, with its combination of music, movement, and partnership, is gaining popularity among older adults as a fun and rewarding way to stay active. Beyond simply being an enjoyable pastime, ballroom dancing offers a wide array of benefits for seniors that extend to the body, mind, and spirit.

Ballroom dancing is a dynamic activity that provides an excellent cardiovascular workout while being gentle on the joints. The movements involved in dances such as the waltz, foxtrot, and tango help improve balance, flexibility, and coordination. This is especially important for seniors, as better balance and muscle tone can reduce the risk of falls and injuries. Regular participation in ballroom dance has also been shown to increase stamina and promote healthy weight management. Many seniors find that dancing helps alleviate stiffness and enhances their overall mobility, making it a holistic approach to staying fit and healthy as the years go by.

Ballroom dancing is not just a physical activity—it also challenges the mind. Learning new steps, memorizing routines, and moving in time with music stimulate cognitive function and mental agility. Research suggests that engaging in dance can help delay or even prevent cognitive decline, including conditions such as dementia or Alzheimer's disease. The need to coordinate movement patterns, respond to a partner's cues, and listen to music all serve to keep the mind alert and engaged. For seniors, this mental stimulation is crucial in maintaining independence and a high quality of life.

Loneliness and isolation are common challenges among seniors, but ballroom dancing offers a joyful solution. Classes and social dances foster an environment of camaraderie,

support, and friendship. The act of dancing with a partner, sharing smiles, and working as a team contributes to a sense of belonging and emotional well-being. Many seniors find that their confidence grows as they master new skills and perform in front of others. The uplifting music and positive atmosphere can also help reduce feelings of anxiety and depression, making ballroom dancing a powerful tool for emotional health.

Ballroom dancing is much more than a recreational activity; it is a holistic practice that supports the physical, mental, and emotional well-being of seniors. By promoting cardiovascular health, cognitive sharpness, and social connection, dance enables older adults to lead richer, more fulfilling lives. Whether in a community center, dance studio, or living room, seniors who take up ballroom dancing often find themselves healthier, happier, and more connected to those around them. For anyone seeking an enjoyable and effective way to enhance their golden years, ballroom dancing is a step in the right direction. 

Looking for Medicare or dual-eligible options?
I'd like to help.

CarePlus offers Medicare Advantage plans including Dual Eligible Special Needs Plans (D-SNPs).



Kristine Quattrone
321-326-4033 (TTY:711)
Licensed CarePlus Sales Agent
KQuattrone@careplus-hp.com



Call me today.

Companion or Personal Care



Let AVID Help You Maintain Your Independence.

All staff are background checked through AHCA, with no criminal background. All staff are CNA/HHA certified, fully screened and personally interviewed as full time employees, not contractors.

SERVICES

- Light housekeeping
- Meal planning and preparation
- Dressing and grooming
- Shower, bath and toilet assist
- Walks and exercise assist
- RN care services



Locally owned serving Brevard for over 7 years

No Hourly Minimums

321-392-3400

traci@AvidHomeCareServices.com

www.AvidHomeCareServices.com

Fully licensed, bonded and insured. FL Lic. #299994659

What Should I Expect As My Eyes Age?



ask | ONE
SENIOR
PLACE

Lisa Peake

Before we launch into this subject, let me get my reading glasses out! Yes, as we grow older, our bodies change—including our eyes. Vision is central to our independence, confidence, and daily comfort. For middle-aged adults and seniors alike, staying informed about eye health is one of the most valuable steps you can take toward preserving your quality of life.

Presbyopia is a change most people experience-- the gradual loss of the eye's ability to focus on close objects. Most people begin noticing this shift in their 40s or 50s, often recognizing it when reading small print becomes difficult. This is a normal part of aging, with a simple solution: reading glasses. These inexpensive "cheaters" can be purchased in varying strengths in nearly every drugstore or grocery.

Cataracts is one of several age-related eye diseases. Cataracts affect millions of older adults and occur when the eye's lens becomes cloudy, leading to blurred or dimmed vision. Cataracts develop slowly and early symptoms can be subtle, which is why routine eye exams are essential. Fortunately, modern cataract surgery is highly successful and often restores clarity with remarkable results.

Glaucoma is a group of diseases that damage the optic nerve, often due to increased pressure within the eye. The



"silent thief of sight," glaucoma will "gradually impair vision without noticeable warning signs or symptoms," according to the Glaucoma Research Foundation. While blindness from glaucoma is rare with access to care, monitoring and treatment is absolutely essential to preserving your vision.

Age-related Macular Degeneration (AMD) is another condition that becomes more common in later life. It affects central vision—the sharp, detailed sight needed for reading, driving, and recognizing faces. Early symptoms may include blurriness or straight lines appearing wavy. Because AMD can significantly impact daily function, learning to recognize early warning signs and understanding treatment options is key.

Dry eye, floaters, reduced night vision, and increased light sensitivity are also frequent companions to aging-- and deserving of your attention. Dry eye, for instance, can cause discomfort and visual fluctuation, while persistent floaters may occasionally signal something more serious, such as a retinal tear.

The good news is that many age-related eye issues are manageable—when detected early. Wearing UV-protective sunglasses, managing diabetes and high blood pressure, eating a nutrient-rich diet and quitting smoking-- all help support long-term eye health. Bring your questions to Senior Health Friday on January 9th, when my guest will be Dr. Garcia with Space Coast Ophthalmology. RSVP online at OneSeniorPlace.com/ events or call 321-751-6771 in Viera. ☺

Lisa Peake is a Registered Nurse, Certified Dementia Practitioner and Certified Care Manager for One Senior Place Care Management, Viera. Ms. Peake 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.

Annual Enrollment is Here!
October 15th-December 7th 2025
Call for an Appointment Now

Turning 65 Soon?
Call Me for Help
Understanding Plan
Options & Choices

HEALTH PLAN

MARKETPLACE



Bruce Williams

321-543-3495

bwilliamf@gmail.com
www.bwilliamsinsurance.com

1127 S. Patrick Dr. Suite 1
Satellite Beach, FL 32937

If you are confused by what to do about your healthcare needs, remember you have options. Personal, confidential support from a professional, independent insurance advisor. I can make it easy with all the information you will need to make an informed decision.

- Over 65 Advantage Plans
- Over 65 Supplement Plans
- Prescription Drug Plans
- Individual & Family Health
- Plans for those Under 65

Your Beachside Agent
Dedicated to Your Health & Well Being!

Call Today for a FREE
2026 Calendar and Health
Insurance Consultation!





Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JANUARY 2026

2026!
Here We Go!

**Making Life
Better for Seniors!**

*New Year's
Resolutions*



Inside: Happy New Year! A Great Time to Update Your Aging Plan!

*** New Year's Resolution: Updating Your Home Aging Plan!**

*** Living With Less - Enjoying More: A Fresh Start for the New Year!**



Joe's Senior Resource Center
1344 S Apollo Blvd - Ste 2c
Melbourne FL 32901
(321) 473-7770
HelpingSeniorsofBrevard.org





HELPING SENIORS 4TH THURSDAY SENIOR EDUCATION SERIES

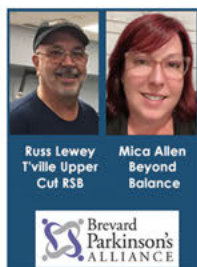
The Knowledge College For Aging



Kerry Fink
Executive Director
Helping Seniors

10am Thursday Jan 22nd
Your Aging Plan:
**Getting Your
Ducks in a Row 2026**

Helping Seniors Wellness Series



11am Thursday Jan 22nd
Wellness Series:
**Brevard
Parkinson's Alliance**

Thursday January 22nd - Learning Series Free & Fun Morning at Joe's Senior Resource Center

1344 S Apollo Blvd - 2nd Floor - Melbourne FL
Call to RSVP: 321-473-7770

Free Class - Friday January 9th 2026

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

Senior Tech Talk:

Helping Seniors Feel Confident with Technology

1:00pm-2:30pm



Brianna "Bri" Prentice
Senior Tech Talk
Coordinator & Speaker



Getting our
"Tech" Ducks
in a Row!

RSVP
(321) 473-7770

Make the Most of Your SmartPhone!

Let's Get Tech Savvy Together!
Call to RSVP: 321-473-7770

Joe's Senior Resource Center of Brevard
The Omni Healthcare Professional Tower
1344 S Apollo Blvd - 2nd Floor
Melbourne FL 32901
(321) 473-7770 to RSVP



The Senior Resource Center

Kerry Fink
Executive Director - Helping Seniors

At our December Helping Seniors Holiday Party at the beautiful Residences at Zon Beachside, I had the pleasure of speaking with many guests who shared how special Zon truly is. We were reminded how fortunate we were to establish our very first Senior Resource Center there several years ago. Heartfelt thanks to Zon Beachside for hosting such a festive and enjoyable morning.

Our Founder, Joe Steckler, partnered with Greg Kennedy and the Zon Beachside team to create a welcoming space where seniors could connect with resources and begin developing their own Aging Plan. Sadly, the program's early success was interrupted by the COVID pandemic, which closed assisted living communities to public access.

Even as we shifted to virtual services, our vision for a permanent Senior Resource Center never faded. Thanks to the extraordinary generosity of Omni Healthcare, that vision became reality at the Apollo Professional Tower on the medical campus near downtown Melbourne.

Today, the second floor of the Apollo Professional Tower has become a true hub for senior services. It houses our county-wide Senior Information Helpline—now celebrating 15 years of service in Brevard—along with our state-of-the-art podcast studios and collaborative partner organizations dedicated to supporting seniors and their families.

The center is also home to a wide range of educational programs, including our Fourth Thursday Knowledge College and Wellness Series, Second Friday Senior Tech Talks led by Bri Prentice, and "Nourish Your Spirit" cooking and tasting classes with Chef Jillian of Chefs for Seniors, in partnership with Senior Helpers of Melbourne. This January, we're proud to expand services for veterans through a new Veterans Round Table, established with our friends at Synergy Home Care.

We're excited as we launch into 2026! Call us at 321-473-7770 or visit HelpingSeniorsOfBrevard.org to learn more about our growing Senior Resource Center programs.



Helping Seniors Of Brevard



Helping Seniors of Brevard – Helping You Get Your Ducks in a Row for 2026

Nancy Deardorff
Director of Development

Helping Seniors of Brevard is a local to Brevard non-profit charity dedicated to enhancing the lives of seniors through information, education, advocacy, resources, and connection.

Our goal is to help seniors develop their own aging plan, to address the things that life inevitably throws at us as we age. We call this “Getting Your Ducks in a Row.”

Last year we were able to help countless seniors through our Senior Information Phone line. Through our Senior Care Navigation, seniors were led to the resources that they needed.

We provided education on a wide variety of topics important to seniors, including use of technology, how to prevent becoming a victim of a scam, health and wellness education designed to help seniors stay safe.

We do this through our network of senior trusted organizations and businesses so that seniors can find a trusted resource to meet their needs.

Our “Stay Connected” effort reaches out to seniors signed up for this program who may be isolated, providing them with a weekly social call.

If you're a senior or someone who loves and cares for a senior, Helping Seniors of Brevard is here for you, to help you get to the resources you need.

We depend on the generosity of our donors. In 2026, please consider a one-time donation or monthly or annual donation. 100% of our donations stay in Brevard to help Our seniors.

Together, we can continue Helping Seniors of Brevard.



Happy New Year, a Great Time to Update Your Aging Plan

Bill Johnson, Esq.
William Johnson, P.A.

The New Year is a great time to start or review and update your Aging Plan including your estate and incapacity documents. Incapacity documents consist of a durable power of attorney, a designation of health care surrogate and a living will. If you have done these documents but they are over five years old, you probably need to have them reviewed.

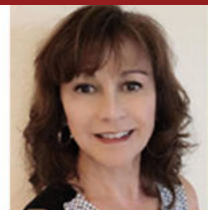
Major life changes like deaths, births, marriages, and divorces can affect your choices. Also, if you so desire, the New Year is a great time to review all these documents with family, this way everyone is on the same page. And if you do not have any family, these documents become even more important for determining who will carry out your wishes should you pass or become incapacitated.

Speaking of family, this time of year is a good time to review what your aging plan will be should you have a long-term care event. Are you going to age in place or in a facility? Are you going to move in with one of your children? How will you pay for the costs of a long-term care event? These are all things that need to be considered.

Aso, do not forget to take your required minimum distribution from your IRA or 401(k) if you have reached that age. The penalties for failing to do so are quite stiff.

Wishing you a Happy 2026!

Reach the office of Board Certified Elder Law Attorney Bill Johnson, William A. Johnson P.A. at 321-426-1865 or online at FloridaElderLaw.net



Healthcare Surrogacy, a wise plan for the New Year

Stacie Martin MA CCC/SLP
Case Manager • Arosa Care

Planning for the New Year is exciting and can also be a time to set goals for future needs. Looking into legal aspects as a senior can be daunting, but once set into motion, completion of decisions about living wills, trusts, POA's and healthcare surrogacy can provide a sense of relief that everything is in place.

Healthcare Surrogacy, for example, designates someone to make medical decisions on your behalf if you become incapacitated. Choosing the right person who will advocate for your wishes, regarding your values, religious beliefs, desired quality of life, physicians, and specific end-of-life care preferences (like DNR/living will).

Typically, if you have children, you may appoint one, with other children as alternates. Sometimes, a parent may appoint two or more children to act together, either for purposes of family harmony or to bring all the children together for a more thoughtful decision.

If there are no family members that the client wishes to appoint as an HCS, a close family friend or a family physician can be appointed to make healthcare decisions. There are even cases where the client has close family but prefers a non-family member to make healthcare decisions

It is important to secure legal assistance for healthcare surrogacy via specialized estate planning or family law attorneys.

At Arosa, a Care Manager can assist with guidance for legal referrals, attending appointments and assisting with planning for future needs. Wishing everyone a safe, and well-prepared New Year!



New Year, New Plan: Is It Time to Explore Senior Living Options?

Denise Bergman
Certified Senior Advisor • Senior Care Authority

A new year brings fresh opportunities and for many families, it's the right moment to take a closer look at future living plans. Whether for yourself or a loved one, updating an aging plan includes an honest discussion about when a move to Independent Living, Assisted Living, or Memory Care might be beneficial.

Many families wait until a crisis forces a rushed decision. But planning gives you the freedom to tour communities calmly, compare options.

Start by asking a few key questions:

- Is daily life becoming harder to manage safely at home?
- Would social engagement, meals, transportation, or medication support improve quality of life?
- Are memory changes impacting independence?
- If something unexpected happened tomorrow, do we know where to turn?

Independent Living offers a maintenance-free lifestyle with amenities and social opportunities.. Assisted Living adds support with personal care and daily tasks. Memory Care provides specialized structure and safety for those with cognitive decline. Understanding these differences empowers families to make confident, well-informed choices.

If you're considering a move in 2026 or simply want to be prepared, now is the perfect time to begin.

For personalized help updating your aging plan, or to explore senior living options in Brevard County, contact Denise Bergman at 321-341-8444. A new year is the ideal time to plan for peace of mind.



Living With Less Enjoying More: A Fresh Start for the New Year

Cathy Bates
Senior Transition Specialist • Legacy Transitions

A new year offers a natural moment to pause, take a breath, and look around our homes with fresh eyes. Over time, even the most organized among us collect more than we truly need. There is something deeply freeing about letting go of the excess, especially when it opens the door to more time, more joy, and more of the life you want to live.

Why “Less” Often Feels Like More

Simplifying isn't about getting rid of things; it's about making room for what matters. A home that's easier to manage means fewer chores, fewer decisions, and fewer frustrations. When the desktop is functional again and the closets are free of clutter, daily life feels smoother. That ease creates space: space for hobbies, visits with family, peaceful mornings, and the freedom to say “yes” to activities you enjoy.

Decluttering also brings clarity. Items tucked away in drawers and boxes often carry memories, and the process of sorting through them allows you to reflect on the moments that shaped your story.

Start with Small, Meaningful Steps

Getting organized doesn't require a full-house overhaul. Begin with simple steps that offer quick wins:

* **Choose one small area** like a drawer, a nightstand, or a single shelf. Success in a small space builds confidence for bigger areas later.

* **Set a gentle timer.** Even 10 or 15 minutes a day can create progress without feeling overwhelmed.

* **Sort by purpose.** Ask yourself: Do I use this? Does it support my life today? Does it bring joy or meaning? If the answer is no, it may be time to let it go.

* **Create homes for essentials.** When everything has a place, daily routines become easier and more peaceful.

Streamline to Support Your Lifestyle Today

Our needs change as we move through life. That bread maker you once loved, the stacks of paperwork from years gone by, or the clothing from seasons long past. Keeping only what supports your life now allows you to move into the new year with clarity and ease.

Consider gifting unused items to family, friends, or local charities. Letting belongings continue their life in someone else's hands can be deeply satisfying.

The Joy That Organization Brings

Living with less is about empowerment. When your surroundings reflect what matters most. You'll spend less time searching for items, navigating clutter, or feeling weighed down by unfinished tasks. Instead, you gain time for moments that fill your heart: maybe it is time with children or grandchildren, finding community events, hobbies, or simply enjoying a quiet cup of tea in a tidy, welcoming space.

Embrace the New Year with Intention

The start of the year is the perfect invitation to lighten your load and welcome more joy into your days. With small steps and thoughtful choices, you can create a home that supports the life you want now and the moments you hope to enjoy in the year ahead.

Cathy Bates can be reached at 321-345-8807 or visit online www.LegacyTransitions-FL.com for information.



Helping Seniors Of Brevard



Our Secret is Out

Michael Folkerds
Aqua Home Care

Brevard County has transformed from a quiet coastal retreat into a booming destination, fueled by its Space Coast economy, beaches, and retiree appeal. Population growth underscores this shift: from 621,000 in 2023 to 658,447 in 2024, with 2025 projections ranging from 658,447 to 670,402, reflecting an annual increase of about 1.8%. This influx up 15.9% from 544,000 in 2010, has intensified housing demands, elevating costs for seniors.

Senior housing faces similar pressures. Assisted living averages \$4,461 monthly in Brevard areas like Melbourne, below Florida's statewide median of \$5,324 but still burdensome amid rising utilities and insurance. Costs vary by type: semi-private rooms at \$3,698, private at \$4,500, studios at \$4,786, one-bedrooms at \$4,995, and two-bedrooms or cottages up to \$5,400. High-end options, like luxury communities can reach \$5,959 monthly for upscale amenities, while some premium Florida facilities exceed \$8,000 for enhanced care levels or memory support.

For affordability, small, assisted living homes stand out. These intimate settings, housing 6-10 residents, offer personalized assistance with meals, medication, and activities in a homelike environment.

For some, home care may be the right choice. At Aqua Home Care, our services extend across a spectrum of needs, ranging from temporary care to long-term support, all in the privacy of your home.

Now is the time to develop or update your aging plan. As Brevard evolves, a robust aging plan incorporating these options is vital.

VITAS
Healthcare

**A Brand-New Year with Vitas:
Compassionate Care for
Hospice Patients**

As we welcome 2026, VITAS® Healthcare celebrates a brand-new year of commitment to compassionate care for seniors and their families. For more than four decades, VITAS has been a trusted leader in hospice services, ensuring dignity, comfort, and support during life's most challenging moments.

VITAS proudly holds American Heart Association certification, a testament to our specialized care for patients with advanced heart disease. This recognition means that seniors living with cardiac conditions receive evidence-based, personalized care plans designed to ease symptoms, reduce hospitalizations, and improve quality of life.

For those who need intensive support, the VITAS Inpatient Hospice Unit at Rockledge offers a serene, homelike environment where patients receive round-the-clock care from an interdisciplinary team. Families can rest assured knowing their loved ones are in expert hands, with access to emotional and spiritual support tailored to their unique needs.

As the new year begins, VITAS remains dedicated to helping seniors live every day with comfort and dignity. Whether through home-based hospice care or inpatient services, our goal is simple: to provide compassionate care that honors life.

*Vitas Healthcare
4450 W. Eau Gallie Blvd. Ste. 250
Melbourne, Florida.
Vitas.com - 321-751-6671*



Helping Seniors Of Brevard



Managing Grief and Loss

Dr. Kevin Kilday
Faith College of Natural Health

In October, my best friend of 28 years passed away suddenly. Even with all my years of education and years in the mental health field, it did not provide much help for this loss in my life. Now in my senior years I must prepare and educate myself and others about what may be ahead in these senior years.

Grief and loss are inevitable parts of life, especially for older adults who may experience the death of spouses, siblings, lifelong friends, or even adult children. Managing these emotional challenges can be complex. While grief may manifest itself as sadness or crying, it can also cause fatigue, sleep disturbances, changes in appetite, depression, or anxiety.

Talking openly about feelings with a trusted person can help process emotions. Sometimes medications (talk to your doctor) may be appropriate.

For some, spiritual counseling may offer comfort. Grief support groups provide a safe space to share experiences. Staying socially connected will help. Engagement in community and social activities can provide a sense of purpose and reduce feelings of loneliness.

Ultimately, managing grief and loss requires patience and support. Remember it takes time. Acute grief can last from several months to a couple of years, with the most intense feelings typically subsiding within 6 to 12 months. While grief may never fully disappear, with the right support, we can all find ways to adapt and continue living meaningful lives.



New Year's Resolution: Updating Your Home Aging Plan

Amy Powell
Next Day Access

As we welcome a new year, many of us will overlook one important resolution: a home safety plan for aging.

Home safety for aging in place centers on creating a living environment that supports an older adult's ability to remain independent, comfortable, and safe at home. It emphasizes reducing risks, especially falls, while adapting the home to meet changing mobility and health needs. According to the U.S. Census Bureau, 30% (4 million) of homes with 65+ report difficulty using parts of their homes. One in four adults aged 65+ report falling each year with 37% reporting injuries.

Now is the time to identify high-risk areas such as entryways, bathrooms, and stairs. Increase lighting and remove rugs/clutter from the floor. Small improvements like grab bars can significantly reduce fall risks where flooring types or elevation levels change. Stairs often become harder to navigate and pose a greater risk of injury. Installing a handrail or stair lift can provide renewed confidence and help maintain safe access to every level of your home.

At Next Day Access, we specialize in helping individuals and families create safer, more accessible living spaces. We provide both sales and service for home accessibility solutions tailored to your needs. Our in-home consultations are free and will provide you with the best options to help keep you safe in your home.

This year redefine independence, not by waiting for a crisis, but by planning ahead. Make 2026 the year you invest in a home safety resolution: 321-775-3340. NextDayAccess.com/Melbourne-FL



Brevard County Real Estate Market

Mark Gallegos
Realtor

Mortgage rates measured by Mortgage News Daily fell 0.05 percentage point to 6.3% Wednesday. The decline came after 10-year Treasury yield dropped after the central bank announced it would reduce fed-funds rate by .25 percentage point.

The real estate market in Brevard County, FL, has shown a mix of trends in 2025. We review the following data:

The median home price is around \$353K, a slight decrease of 4.6% compared to previous year. The market is considered balanced, with an increase in new listings and higher inventory levels compared to last year. The inventory for single-family homes has increased by 26.5% to 4.3 months, providing potential homebuyers with more options. There has been a significant 15.2% increase in cash sales, which signals a rising investor interest and confidence among cash buyers.

Median sale prices for homes and condos across Florida's eight largest metro areas are expected to drop an average of 1.9 percent in 2026. This is significantly below the 2.2 percent positive gain the forecast expects nationally.

These trends suggest a dynamic landscape for both buyers and sellers in Brevard County, with a focus on market stability and growth. Florida's housing outlook remains strong, fueled by population growth, corporate relocations, and a diversifying economy. Schedule an appointment with me, to identify and highlight those crucial features so you can make the most of your sales.

Make your next move a smart one.

MARK GALLEGOS ValueREmsg@gmail.com



Why a Complete Dental Plan Matters

Dr. Lee Sheldon
Drs. Sheldon & Furtado - Solid Bite

When we evaluate your mouth, our goal is simple: to help you make decisions that keep you healthy and protect your budget. A complete treatment plan isn't about doing everything at once or choosing the most expensive option.

Let me give you an example I've seen many times. A patient comes in with a toothache and is told a root canal will solve the problem. Root canals are wonderful procedures when they're part of a full plan. But if the patient can only afford the root canal and not the crown the tooth truly needs, the tooth often decays again and is eventually lost.

So, when someone comes to me with a toothache, I first make them comfortable. Then we talk. We look at the tooth that hurts, but we also step back and look at the whole mouth. Sometimes the best long-term decision is to save the tooth. Sometimes it's wiser to remove it and put resources toward fixing the bigger issues that are affecting overall health.

The same applies when someone says, "I just want a cleaning." I don't know what kind of cleaning you need until we evaluate. If there's periodontal disease, something 42% of adults have, a simple cleaning won't solve it. You deserve an approach that works.

When you do need care, thoughtful planning makes all the difference. We want every step to build on the next, so you stay healthy, confident, and well cared for.

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**
 1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
SeniorCareAuthority.com/brevardfl
 321-341-8444

ASSESSMENTS & PSYCHIATRIC CARE

Senior Solutions Mind & Body **SILVER**
Member: Joe's Senior Resource Center
 Care That Cares, Solutions That Last
 1344 S Apollo Blvd – Ste 2C – Melbourne FL
 321-429-2677 | SesoMindBody@gmail.com

ATTORNEY/ELDER CARE

Law Office of Amy Van Fossen, P.A. **SILVER**
 211 E. New Haven Ave., Melbourne
AmyBVanFossen.com
 321-345-5945; (fax) 321-345-5417

Law Office of Cheryl A. Ward, P.L. **SILVER**
 1370 Sarno Rd Ste G, Melbourne
CAWLawOffice.com
 321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **SILVER**
Member: Joe's Senior Resource Center
 1751 Sarno Rd Ste. 2, Melbourne
RhodesLawPA.com
 321-610-4542

Truman Scarborough Law Office
 239 Harrison St., Titusville
TrumanScarborough.com - 321-267-4770

William Johnson, P.A. **PLATINUM**
 140 Interlachen Dr., Suite B, Melbourne
FloridaElderLaw.net
 321-253-1667

CARE/CASE MANAGEMENT

Advocates for the Aging **SILVER**
Member: Joe's Senior Resource Center
 Guardianship, case management
AFTA101@advocatesfortheaging.com
 321-953-2273

Arosa Care Management **SILVER**
Member: Joe's Senior Resource Center
 1344 S Apollo Blvd - Ste 2C, Melbourne
ArosaCare.com/Orlando
 321-352-5527 StacieMartin@ArosaCare.com

CARE/CASE MANAGEMENT

Total Long-Term Care Consultants **SILVER**
 6767 N. Wickham Road #400, Melbourne
www.TLCCConsultantServices.com
 321-752-0995

DENTIST

Sheldon & Furtado, PLLC **PLATINUM**
 3912 W Eau Gallie Blvd, Melbourne FL
www.drleesheldon.com
 321-259-9980

DERMATOLOGY / MOBILE HEALTH

Mobile Dermatology Health
P 321-414-4829 **F** 321-414-3459
Info@MobileDermHealth.com
MobileDermatologyHealth.com

EVENTS/SENIOR EXPOS

Platinum Events Production **SILVER**
 Senior Expos
www.platinumexpos.com
 321-773-1454

FINANCIAL PLANNING

Raymond James / Tisha Hill, AAMS, WMS
 709 S. Harbor City Blvd., Ste. 510, Melbourne
www.RaymondJames.com/TishaHill
 321-253-7914

FOOT CARE

Touch of Excellence Senior Foot Care
 Nurse-provided Routine Foot Care at Home
 321-341-7925 – Touch-of-Excellence.com

HANDYMAN/CONSTRUCTION

Hansen's Handyman Services & Construction
 Residential Contracting & Commercial Projects
 Licensed & Insured 321-302-9441
 Family owned Christian Business. Honesty & Reliability

HOME ACCESSIBILITY

Next Day Access **SILVER**
 Wheelchair ramps. Stair lifts. Grab Bars & more
 Certified Aging in Place Specialist
 321-379-6376 Nextdayaccess.com/melbourne-fl



HOSPICE & PALLIATIVE CARE

Vitas Healthcare **SILVER**

4450 W Eau Gallie Blvd Ste 250 – Melbourne FL
Vitas.com
321-751-6671

IN HOME CARE

Aqua Home Care **SILVER**

Caregivers from 4 hrs/day to live-in
MFolkerds@AquaHC.com
321-831-7331

Family Home Care of Central FL **SILVER**

1326 Palmetto Ave, Winter Park
FamilyHomeCareCF.com
407-641-4306

Senior Helpers of Melbourne **SILVER**

Senior Care, Only Better!

Personal home Care; Household tasks; Errands
Free Life Profile consultation: **321-844-8650**

Seniors Helping Seniors **SILVER**

1600 Sarno Rd, Ste #113, Melbourne FL 32935
SeniorCareBrevard.com
321-722-2999

SYNERGY HomeCare of Palm Bay **SILVER**

Member: Joe's Senior Resource Center

1501 Robert J Conlan Blvd NE, Ste 140, Palm Bay
SynergyHomeCare.com
321-340-3828

THRIVE USA Home Care **SILVER**

1325 W King St – Unit A - Cocoa FL 32922
321-407-2727
Mia@THRIVEUSAHomeCare.com

INSURANCE

Medicare Solutions – Jerry Hadlock **SILVER**

Helping you unlock the Medicare confusion
478 Babcock St – Ste 102 – Melbourne FL 32935
jldm253@aol.com | 321-720-4526

Moore Insurance Solutions **SILVER**

Member: Joe's Senior Resource Center

Your #1 Resource for Insurance Solutions
1344 S. Apollo Blvd, Ste 2-C, Melbourne
Solutions@VickiMooreInsurance.com | 321-272-0218

MEALS AT HOME

Chefs for Seniors

Nutritious meals prepared in your home
ChefsforSeniors.com/Melbourne-FL
321-210-6953

MEDICAL

Robert Brennan MD **SILVER**

Orthopedic Surgeon - OMNI
1344 S Apollo Blvd - Melbourne 32901
Phone – 321-724-1084

MEDICAL EQUIPMENT

Concierge Medical Equipment Services

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

MEDICAL RESEARCH

ClinCloud Research **SILVER**

7000 Spyglass Ct. Ste. 130, Viera
info@clincloudresearch.com
407-680-0534

Flourish Research – Merritt Island

60 Fortenberry Rd – Merritt Island
Currently Enrolling Studies
321-221-0224

MOBILITY

Space Coast Mobility

1707 Canova St SE – Ste 5, Palm Bay
Scooters | Medical Supply Store
321-372-1355 SpaceCoastMobility.com

OPTICIAN

Tropic Optics Mobile Optician

Daniel Singer, LDO, ABOC, NCLEC
Quality Rx Eyewear, Sales & Service Brought to You!
321-345-9041

PHARMACY/MEDICATION MANAGEMENT

Faith Walk By Two Melbourne **SILVER**

Member: Joe's Senior Resource Center

Medication Therapy Management (MTM)

Dr. Chrisita Cornish, PhD, MBA, RPh

DrChrisita@FaithWalkbyTwo.org | 321-381-5988

The Medicine Shoppe Pharmacy

2176 Sarno Rd., Melbourne

Melbourne.MedicineShoppe.com

321-242-2440

PHYSICAL THERAPY / FITNESS

FYZICAL Therapy & Balance Center

417 5th Ave., Ste 101B, Indialantic

Balance, Fall Prevention, Vertigo

321-372-3090

FYZICAL Therapy & Balance Center

3830 S Hwy A1A Ste C-5, Melbourne Beach

Balance, Fall Prevention, Vertigo

321-327-7889

PHYSICAL THERAPY / FITNESS

Island Mobile Physical Therapy

Laura Hill PT, DPT, GCS - Owner, Physical Therapist

Experience outpatient PT in the comfort of your home!

(321) 307-4364 - laurahill@islandmobilept.org

PODCAST

Time with Terri Podcast **SILVER**

Brevard's very own podcast about Senior Care.

Terri Petzar - TimewithTerriShow@gmail.com

[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

REAL ESTATE

Mark Gallegos **SILVER**

305-761-8500

Real Broker, LLC

REAL ESTATE / RIGHTSIZING

Flamazing Real Estate, Inc. **SILVER**

Member: Joe's Senior Resource Center

Lavada Carlett Delliquadri, Broker

Delivering a reliable network of services for seniors.

321-223-5665 - FlamazingRealEstate@gmail.com

ROCK STEADY BOXING/PARKINSON'S

Rock Steady Boxing at Advance **SILVER**

Rock Steady Boxing for Parkinson's Disease

2176 Sarno Rd. Ste. 102 - Melbourne

AdvanceFitness@RSBAffiliate.com - 321-693-9246

ROOFING / WINDOWS / DOORS

Janney Roofing **SILVER**

Experience "The Janney Difference"

Craig Lansing, Project Consultant CCC1334170 CGC1532814

321-480-2095 JanneyRoofing.com

SENIOR LIVING

Residences at Zon Beachside **PLATINUM**

1898 S. Patrick Drive, Indian Harbour Beach

TheResidencesatZonBeachside.com

321-777-8840

ROOFING

DC Roofing

284 West Dr - Unit B - Melbourne FL 32904

321-802-9051 DCRoofingBrevard.com

SENIOR LIVING / MEMORY CARE

Zon Beachside **PLATINUM**

1894 S. Patrick Drive, Indian Harbour Beach

ZonBeachside.com

321-777-8840

SENIOR RESOURCE CENTER

Joe's Senior Resource Center of Brevard

1344 S Apollo Blvd - Ste 2C - Melbourne FL

321-473-7770 | HelpingSeniorsofBrevard.org

SPEECH THERAPY

Proclaim Communication and Rehab.

Services - Outpatient Speech Therapy

www.proclaim-services.com

321-209-0171

SPIRITUAL/MENTAL/NATURAL HEALTH

Faith Walk By Two **SILVER**

Member: Joe's Senior Resource Center

Chaplain Ken Cornish

chaplainken@faithwalkbytwo.org

321-381-5988

Faith College of Natural Health **SILVER**

Dr. Kevin Kilday

HolisticHealthCtr@gmail.com

321-549-0711

TRAVEL

Helping Seniors of Brevard Travel Club

travelcenterusa@gmail.com

Chris & Betty | 321-978-5211

We create "trips of a lifetime" for seniors



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



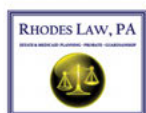
Arosa Care (321) 321-352-5527
Stacie.Martin@ArosaCare.com



Faith Walk by Two
(321) 381-5988
FaithWalkbyTwo.org



FLamazing Real Estate
(321) 223-5665
FLamazingRealEstate@gmail.com



Ruth C. Rhodes, Esq. / Rhodes Law P.A.
(321) 610-4542
RhodesLawPA.com



Senior Solutions Mind & Body
(321) 429-2677
SeSoMindBody.com



Synergy Home Care
(321) 340-3828
SynergyHomeCare.com



Time with Terri Podcast
TimewithTerriShow@gmail.com
YouTube.com/@TimewithTerri



Helping Seniors Platinum Sponsors



The Residences at Zon
(321) 777-8840
ZonBeachside.com



Sheldon & Furtado, PLLC
(321) 259-9980
DrLeeSheldon.com



WILLIAM A. JOHNSON, P.A.
ESTATE PLAN, MEDICAL & ESTATE PLANNING

William A. Johnson, P.A.
(321) 253-1667
FloridaElderLaw.net



Zon Beachside Assisted Living
(321) 777-8840
ZonBeachside.com



Helping Seniors Gold Sponsors



Moore Insurance Solutions
(321) 272-0218
VickiMooreInsurance.com



Helping Seniors Silver Sponsors

Advocates for the Aging, Inc. - (321) 953-2273
AdvocatesfortheAging.com

Law Office of Amy B Van Fossen - (321) 345-5945
AmyBVanFossen.com

Aqua Home Care - (321) 574-1180
Melbourne.AquaHC.com

Law Office of Cheryl A. Ward - (321) 372-8177
CAWLawOffice.com

ClinCloud Research - (407) 680-0534
ClinCloudResearch.com

Faith College of Natural Health - (321) 549-0711
FCNHedu.com

Family Home Care Central Florida - (407) 641-4306
Email - Gabriella@FamilyHomeCareCF.com

Janney Roofing
(321) 480-2095 - JanneyRoofing.com

Mark Gallegos (Real Broker, LLC)
(305) 761-8500 - ValueREMSG@gmail.com

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526 - Email JLD253@aol.com

Next Day Access
(321) 379-6379 - Certified Aging in Place Specialist

Platinum Events Productions
(321) 723-1454 - PlatinumEventsProduction@gmail.com

Dr. Robert Brennan - (321) 724-1084
Orthopedic Surgeon - OMNI

Rock Steady Boxing - (321) 693-9246
RockSteadyBoxingBrevard.com

Senior Care Authority - (321) 341-8444
SeniorCareAuthority.com/brevardfl

Senior Helpers of Melbourne - (321) 844-8650
Senior Care, Only Better

Seniors Helping Seniors - (321) 722-2999
SeniorCareBrevard.com

THRIVE USA Home Care - (321) 407-2727
Mia@THRIVEUSAHomeCare.com

Total Long-Term Care Consultant Services
(321) 752-0995 - TLCConsultantServices.com

Vitas Healthcare
(321) 751-6674 - Vitas.com

The
Official



SENIOR SERVICES DIRECTORY
HelpingSeniorsDirectory.com



Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

I have just returned from my annual physical. Since I have been retired I have not missed a date.

My doctor told me I have arthritis, high blood pressure, and an elevated cholesterol level.

All my life I have been active in sports. My wife watches our diet and we both read all of the latest information about good health care - and we follow their advice.

How come I have these illnesses? I thought if I followed all of the advice of the health experts I would never get any diseases and never get old.

I thought I would just keep on going until the day I was called.

Bernie

DEAR BERNIE,

You may have been "called" years ago if you had not taken care of yourself, but no amount of care can prevent human aging. Aging is a normal process that happens to all of us. Many times what is thought to be aging is rather disease that can be relieved or cured to allow a quality life

style. Some terrible diseases happen no matter what we do, or how much care we give ourselves. Do not believe all you read from these self-appointed experts, and only half of what you see. Keep caring for yourself and with the help of a licensed, well qualified physician you may enjoy many more happy years.

– Audrey

DEAR BERNIE,

Your experience is one I hear from many people. "I have never been on so many pills in my life! Seems the only thing I do anymore is see doctors". I know it is difficult for individuals to face health issues later in life, particularly if one has been healthy and robust up till later life.

Bernie, not to dismiss your experience BUT, in perspective, you seem to be aging well. You are not connected to oxygen 24 hours a day, or in a wheel chair, and you still have your spouse and mind! Count your blessings not your challenges.

– Kimberley



Call us today at
(321) 380-0942
 www.annasairandheat.com

- We service all makes and models
- Serving all of Brevard
- 0% Financing for up to 12 months

\$36
Tune Up
Brevard Residents Only.
Must present coupon to redeem.
Expires 1/31/2026

\$36
Plumbing Inspection
Brevard Residents Only.
Must present coupon to redeem.
Expires 1/31/2026



PAW'S CORNER

By Sam Mazzotta

Planning for a Christmas Puppy

DEAR PAW'S CORNER: I know you're probably going to scoff at this, but we want to give our kids a puppy for Christmas. The whole cute scene by the Christmas tree, and all. This isn't a last-minute decision, as we have been talking about it for several months. We feel that our children, who are 10 and 8 years old, are old enough to play a role in the puppy's care and training. Of course, we will take the lead in all matters. My husband researched the best family-friendly breeds, and we've contacted three different breeders to tell them our plan. What do you think?

– Zoey in Knoxville, Tennessee

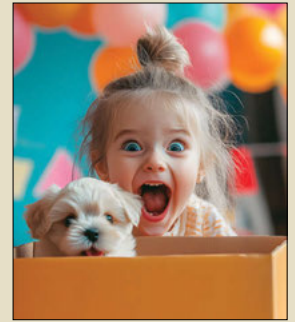
DEAR ZOIE: You'll get no scoffing from me. If there's a "right" way to give kids a Christmas puppy, this is it. Rather than a spur-of-the-moment decision, you're both putting a lot of thought and planning into this. You have a realistic view of the kids' contribution to the puppy's care and training. You are talking with multiple breeders and communicating your plans to them. This is the responsible way to bring a new pet home.

Be ready for the wrinkles, however. You're adopting a living thing, and they grow by their own schedule. Good breeders will emphasize that they don't guarantee puppies will be ready for homes by a specific date, so have a contingency plan if the puppy isn't mature enough to come home on Christmas Eve. Your kids will be just as thrilled, and you can stage the "reveal" later so you can capture those family photos.

Building a little flexibility into your puppy plan will give you the opportunity to pick the exact breed of dog you'd like, and to meet the puppy ahead of time to determine its temperament.

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

(c) 2025 King Features Synd., Inc.



Helping SENIORS of Brevard

A non-profit organization dedicated to improving quality of life for SENIORS through provision of information, education and resources.

Need Help?
Call 321-473-7770



SENIOR looking for assistance in finding services?

Medical, Legal,
Financial, Household
or other Needs?

(321) 473-7770
Senior Info Help Line



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

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

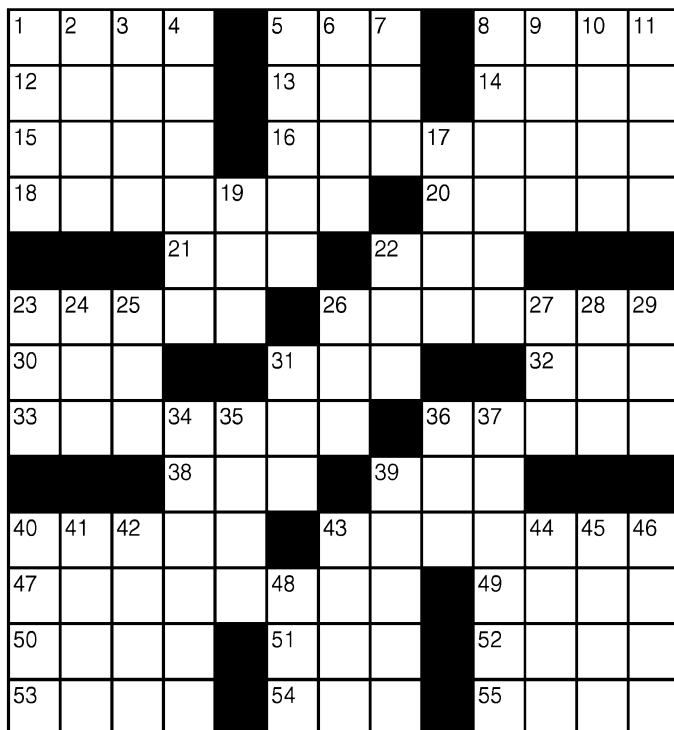
King Crossword

ACROSS

- 1 Tousele
5 Resistance unit
8 Prego rival
12 Bickering
13 Zodiac animal
14 Pub orders
15 Tabula —
16 Sheer fabrics
18 Santiago resident
20 Playful sea critter
21 Mormon church, for short
22 Top card
23 Army bigwigs
26 Scolding
30 "Humbug!"
31 Cooking fuel
32 French pronoun
33 Upbeat
36 Rose protector
38 Weeding tool
39 Spanish gold
40 Parlor pieces
43 Bar exercises
- 47 Trailblazing congresswoman Shirley —
49 Power co. supply
50 Suffix for million
51 "Levitating" singer Lipa
52 Poet Teasdale
53 Rolling stone's lack
54 Lair
55 Threaded fastener
- 17 Central points
19 Asner and Harris
22 Sounds of relief
23 Telly network
24 Fan's cry
25 Sashimi fish
26 Automobile
27 "As I see it," in a text
28 Fish-fowl insert
29 Tom Collins liquor
31 "My word!"
34 Stages
35 Ritzy
36 Part of TNT
37 Truthful
39 "Holy cow!"
40 Con job
41 Columbus' home
42 Evergreens
43 Crossword hint
44 — Bator
45 Lima's land
46 "Shoo!"
48 Quirky
- 10 Hereditary unit
11 Cold War initials

DOWN

- 1 Artist Chagall
2 Beehive State
3 Spanish ayes
4 Stable enclosures
5 Killer whales
6 Virtuoso violinist Hilary
7 2001, to Cato
8 Traveled the rapids
9 Oodles
10 Hereditary unit
11 Cold War initials



© 2025 King Features Synd., Inc.

Join Us!



**SPACE COAST
BIRDING &
WILDLIFE FESTIVAL**

January 21-25, 2026

A Celebration of Nature



**Birding, photography, and
wildlife enthusiasts, join
us for 5 days of fun and
camaraderie.**

**Presentations
Keynote Speakers
Field Trips
ID Workshops
Photography Workshops
50+ Vendors & So much more!**



**Scan for Info
& Registration**

scbwa.net



Helping Seniors Info Series

JANUARY 2026

Helping Seniors Resource Center Events

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

The Senior Resource Center:

Joe's Senior Resource Center - Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901 - is your home for great Senior Information, Education and Resources, as well as hub of the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library. Info & RSVP at 321-473-7770

Thursday - January 8th - 1100am-1230pm - The Veterans Resource

Roundtable Bringing together veterans, service members, families, and community partners for an open discussion on the programs, benefits, and support services available in our area - from healthcare and mental wellness services to housing assistance, employment opportunities, education benefits, financial guidance, and community-based programs.

Friday January 9th - 100pm-230pm - Senior TechTalk

"Smart Phone Basics" - Let's learn the basics for SmartPhones to navigate tech-

nology safely and efficiently with millennial expert Bri Prentice. Free, fun & informative.

Thursday January 22nd - 10am-11am - Knowledge College for Aging

"Your Aging Plan: Getting Your Ducks in a Row 2026" - Join your Helping Seniors Executive Director Kerry Fink and let's kick-off the New Year with a hands-on planning sessions to get our Aging Plan organized this year! Coffee/ Snacks + great info!

Thursday January 22nd - 11am-12nn - Helping Seniors Wellness

"Brevard Parkinson's Alliance" - Russ Lewy, of Titusville Rock Steady Boxing at Upper Cut Gym, and Mica Allen, of Beyond Balance Therapy

share information so we can make great plans for our Best Health ahead! Coffee/ Snacks and great info!

AARP/Helping Seniors Events:

Friday January 9th - 845am-945am - AARP

Walk with a Doc

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:

Tuesday January 20th - 1100am-1230pm - Golden Providers B2B Network Lunch

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

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

Saturday January 24th - Saturday January 31st - Helping Seniors Cruise

MSC Grandiosa - 7-night Sailing Round Trip - Port Canaveral Florida

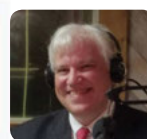
The 6th Annual Helping Seniors Foundation Cruise

Call Helping Seniors Travel Club at 321-473-7770 for Details/Information

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jan 1	Wed	Al Dia Today Newspaper	Updating Your Estate Plan	Best Home Care Ideas	Faith College of Natural Health
Jan 2	Thu	Chaplaincy - What it Means	Turning 65? All About Medicare	Buying/Selling/Invest Real Estate	Guardianship: The Basics
Jan 3	Fri	Rock Steady Boxing	Finding a Good Place for Mom/Dad	Senior Solutions: Mind & Body	Capital Update
Jan 5	Mon	The Helping Seniors Directory	Periodontal Disease	Your Aging Plan - What it is	The Parts of Medicare
Jan 6	Tue	Consideration in Best Home Care	Probate: The Basics	Care Management - What it is	Durable Power of Attorney
Jan 7	Wed	Power of Attorney & Super Powers	How to Cruise Successfully	Chefs for Seniors	Safe & Secure at Home
Jan 8	Thu	Helping Seniors - 15 Years Service	The Vial of Life	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part 2
Jan 9	Fri	Volunteers at Helping Seniors	Senior Solutions Mind & Body	Retirement Finances	Capital Update
Jan 12	Mon	Concierge Home Care	Importance of Evaluation	Downsizing & Seniors	Capital Update
Jan 13	Tue	Great Employment for Seniors	Things to Know Elder Law	Don't Go Broke to Pay Nursing Home	Capital Update
Jan 14	Wed	Probate - How & Why to Avoid	Two Assisted Living Questions	Balance & Fall Prevention	Capital Update
Jan 15	Thu	Medicare Supplement or Advantage	The Helping Seniors Travel Club	Understanding Medicare Options	Capital Update
Jan 16	Fri	Longevity Planning	The Business of Helping Seniors	Advances in Medical Research	Capital Update
Jan 19	Mon	Helping Seniors & MSC Cruises	Finding Good Help at Home	Transitional Care	Capital Update
Jan 20	Tue	Guardianship	New to Florida? Elder Law to Know	Chaplaincy - What it Means	Capital Update
Jan 21	Wed	Care Management - What it is	VA Aid & Attendance Benefits	Cosmetic Dentistry	Capital Update
Jan 22	Thu	Buying/Selling/Invest Real Estate	Alzheimer's & Walk to End Alz	Rock Steady Boxing	Capital Update
Jan 23	Fri	Best Home Care Ideas	Consideration in Best Home Care	Faith College of Natural Health	Capital Update
Jan 26	Mon	Too Many Teeth Being Extracted?	Balance & Fall Prevention	In Home Care Giving	Capital Update
Jan 27	Tue	Senior Living Options	Psychiatric Care	Longevity Planning	Capital Update
Jan 28	Wed	Downsizing & Seniors	Home Care & Veterans Services	The Parts of Medicare	Capital Update
Jan 29	Thu	Turning 65? All About Medicare	What Elder Law Attorney Can Do	Concierge Home Care	Capital Update
Jan 30	Fri	Two Assisted Living Questions	Probate - What it is/How it works	Top 3 Public Benefits Questions	Capital Update



Date	Day	Program	Special Guest
Jan 7	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Jan 14	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Jan 21	Wed	Helping Seniors on Your Home	Amy Powell
Jan 28	Wed	Helping Seniors on Help at Home	Jennifer Barton



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 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 2000881-10 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.

Wreaths Across America 2025: Honor, Remember and Teach Rises to New Heights at Cape Canaveral National Cemetery

On a beautiful December Saturday Morning, for the eighth year since it opened, Wreath Across America (WAA) led a moving ceremony at the Cape Canaveral National Cemetery. WAA also made sure a record 11,000 wreaths were available to cover every in-ground grave site. On 13 December more than a dozen other Brevard cemeteries were the scene of other WAA location coordinators arranged ceremonies to mark and honor as many as possible veterans resting there.



WAA/CCNC was led this year by a new volunteer, Marine Veteran Ruth Osborne as location coordinator with Katie Beauseigneur, a longtime CCNC WAA Section lead as Assistant and Army Veteran CPT Donn Weaver as Deputy. This year plans were made to have the

wreaths arrive the day before and thus create more than 5 hours when family and friends could personally place wreaths on their loved ones' graves. Over the two days an estimated 2,800 people visited including more than 400 volunteers, who placed wreaths one by one on all the other graves before the 1100 am Ceremony. Over 800 attended the moving Ceremony which included:

- Stuart Smith, Army Vet and Former FAVOB CEO (MC)
- Chaplain Chip Hanson, USMC Vet for Invocation
- Patrick Composite Civil Air Patrol as Color Guard
- LTC Cynthia Watkins-Pishdad USA, Ret National Anthem
- North Brevard Honor Guard for Rifle Salute Col Phil Rogers, USA CO
- Caisson for Service Wreaths - Tom Fitzgerald USMC
- Linda Clark USAF Vet, TAPS
- Wreath Layers for Each Service with CPT Donn Weaver, USA Former, Handing Out and LTC Hans Hunt, USA, Ret in Revolutionary War Military Uniform escorting:
 - Army – LTC Tim Thomas, USA, Ret
 - Marines – PFC Jim Carlton, Ret, Purple Heart
 - Navy – CDR Ken Lowe, USN Ret Helo Pilot
 - Air Force – MSgt Emily Darnell, USAF, Active Duty
 - Space Force – Maj Michael Waters - USSF, Active Duty
 - Coast Guard – CWO4 Dan McIntyre, USCG Ret, also presenting in memory of RADM Wayne Justice USCG, Ret who passed away in November and was buried at CCNC on 16 Dec.

- Merchant Marines – Joe Bishop, Senior machinist USMM, former
- POW/MIA – Ed Benemann, Rolling Thunder FL-1



Special thanks to the great CCNC staff led by Director Cindy Van Bibber; to Walmart and Ashley Furniture which provided three trucks for the delivery and two dozen Walmart volunteers; Waste Pro of Titusville which is providing five recovery bins for the 03 January wreath pick up at no cost; Space Coast Daily TV for filming and downloading to YouTube; Roger Scruggs for still photos; and the hundreds of WAA volunteers who worked many hours over the two days. ☺

Weekly SUDOKU

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

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!

© 2025 King Features Synd., Inc.

The VA Year In Review

Veterans who have a relative who gets medical care under CHAMPVA (Civilian Health and Medical Program of the Department of Veterans Affairs) will be happy to know that the massive backlog of applications has been eliminated.

CHAMPVA covers the 900,000 veterans' dependents, survivors, caregivers and spouses who need care. Until recently there were over 70,000 applications that were stuck in a backlog, some taking 150 days to process.

That backlog no longer exists, even though 4,000 new applications are coming in per week. As of now, the process has been automated, which speeds things up. Appeals have seen similar success with a recent 20,000 appeals being reduced to 1,000.

Other things have been happening at the same time, per a VA news release:

The VA has set over a million appointments in the early morning, during evenings and on weekends to make it easier to get an appointment.

They're spending \$800 million to improve facilities.

This year they broke a previous record and processed 3,000,000 disability claims.

The VA hooked up with Medicare and Medicaid to pinpoint \$106 million in duplicate billing.

Permanent housing was found for over 51,000 homeless veterans.

The VA canceled the plan to install \$77 million worth of electric charging stations.

And in big dollar amounts, the VA has stepped up to deal with a potential \$272 million in medical bills that were caused when the previous administration halted the processing of co-payment claims for community care. The problem at the time was the PIT, the Program Integrity Tool, which was supposed to identify waste and fraud in community care billing. Instead, it was creating duplicate claims, overwriting claims and more. (The VA Office of Inspector General identified 18 defects in the program, which they estimated consisted of 40 million community care claims.)

As of last month, PIT is processing claims again. (S)

(c) 2025 King Features Synd., Inc.



Call for your FREE estimate today!

Better Cabinets and Bath specializes in kitchen and bath transformations by changing your existing doors with a new updated style and color.

Additional options include changing the color of your existing kitchen cabinets with a professional factory finish.

We also offer custom kitchen modifications to make your kitchen one of a kind.

From this...



To this...



Call - 321-373-1249 Visit - www.BetterCabinetsAndBath.com



Good Inputs for a Good Year

Rev. Jeff Wood, First Presbyterian

Psychiatrist J.T. Fischer wrote, "If you were to take the total of all authoritative articles ever written by the most qualified of psychologists and psychiatrists on the subject of mental hygiene -- if you were to combing them and refine them ... -- if you were to take the whole of the meat and none of the parsley, and if you were to have these unadulterated bits of pure scientific knowledge concisely expressed by the most capable of living poets, you (would) have an awkward and incomplete summation of the Sermon on the Mount. And it would suffer immeasurably through comparison. For nearly two thousand years the Christian world has been holding in its hands the complete answer to its restless and fruitless yearnings." The best thought by the best thinkers, condensed and refined, would head awkwardly toward, but never exceed or ever best, the teachings of Jesus.

We all want to start the New Year in the strongest of ways. That will mean gym memberships, dry January, a new budget,... and perhaps new inputs for our mental and spiritual well-being. May I simply commend as an input, what psychiatrist J. T. Fisher commends, The Sermon on the Mount in the Gospel of Matthew of the New Testament, and along with it all the rest of that gospel and the other three as well - Mark, Luke, and John. Surely in them are answers to our yearnings for a good year... and a good life. ☺

HOBBS PHARMACY
"IMPROVING HEALTHCARE SINCE 1964"

Your Trusted Hometown Pharmacy

Delivering all your pharmacy needs

- Prescriptions
- Compounds
- Supplements
- Compression Stockings
- Wound Care
- Vaccinations

321-452-0010

www.hobbsrx.com

King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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

BUGS AT BAY, NO STINKY SPRAY
GUARANTEED, THAT'S ZAP!

SENIOR
DISCOUNT

ZAP

PEST CONTROL®



30 Years Experience in Brevard ■ Both Residential & Commercial

- Insect and Rodent Pest Control
- Free Inspections and Estimates
- 30 Years Experience
- Locally Owned (Victor W. Gibbs)
- Satisfaction Guaranteed
- High Customer Satisfaction

321-427-5677

ZapPestControlInc@gmail.com
www.ZapPestControlBrevard.com



Donna Erickson's BEST BITES

By Donna Erickson

Make Peppermint Bark Holiday Candy

The holiday season tastes like peppermint, and most of us can't get enough. Peppermint mocha brightens the morning, peppermint ice cream makes us dreamy at night, and cute red-and-white-striped candy canes evoke festive childhood memories during the hours in between.

While on the topic of peppermint whatever's, I can't leave out yummy -- and trendy -- peppermint bark. Who can resist the sweet layers of dark and white chocolate topped with crunchy peppermint bits? The bright holiday tins filled with the confection at high-end kitchenware stores are tempting to buy, but they're also pricey.

This year, make your own batch or two of peppermint bark with this easy, economical version using ingredients from the baking section and candy aisle of the grocery store. Older kids can melt the candy coating (almond bark) in the microwave, while preschoolers can pound candy canes into small bits with a toy hammer to sprinkle on top. Working together with you, the entire prep takes less than half an hour. The kids can scoot off to another activity while the bark cools and hardens.

EASY HOLIDAY PEPPERMINT BARK

Makes about 1 3/4 pounds


- 1 pound good-quality chocolate confectionery coating, broken into pieces (Look for it in the grocery baking section, sometimes labeled "almond bark" or "candy coating.")
- 1 1/2 teaspoons pure peppermint extract
- 12 ounces good-quality white vanilla-flavored confectionery coating, broken into pieces
- 1/2 cup crushed candy canes

Line a baking sheet with foil sprayed with nonstick cooking spray. In a microwave-safe bowl, heat chocolate coating uncovered for 90 seconds on high power, and stir. Continue to microwave and stir at 30-second intervals until almost melted. (Be sure to use a dry bowl and utensils.)

Add 1 teaspoon peppermint extract, and stir until smooth. Pour onto the foil-lined baking sheet. Spread evenly into a thin layer, approximately 10 by 14 inches.

In another microwave-safe bowl, heat white coating as you did with chocolate. Add 1/2 teaspoon peppermint extract (optional) and stir until smooth. Spoon evenly over chocolate layer, which should be setting up but not hard, as you want the white layer to bond with the base layer.

Immediately sprinkle peppermint pieces all over and lightly press them into the white layer with a spatula or a spoon. Don't wait on this step, or the top layer will harden and the candies won't stick.

Let stand for an hour, or refrigerate until hardened. Break into pieces. 

(c) 2025 Donna Erickson, Distributed by King Features Synd.

BRAZITO Locally
Owned...
We Pay More

COINS & COLLECTIBLES



**COINS
BUY & SELL**



Call 405-990-4411

Email - billnorfleet@hotmail.com

By appointment only

- NGC (Numismatic Guaranty Corporation)
- PCGS (Professional Coin Grading Service)
- ANA (American Numismatic Association)



Our Reach & Impact

In 15 years, we've grown from feeding 27 students to **over 4,800 weekly** across 60 schools & agencies—improving attendance, behavior, health, and academic success.

Why It Matters

70% of Brevard elementary students qualify for free or reduced lunch programs. That's an estimated **25,000 children**.

For many, that means a **68-hour stretch of weekend hunger**—leading to poor health and academic struggles.

How You Can Help

Just **\$16/month** helps feed a hungry child every weekend. You can also make an impact by **organizing a food drive** or **hosting a fundraiser** to support our mission and raise awareness.



AMAZON WISHLIST



DONATE NOW



About Us

The Children's Hunger Project is a 501(c)(3) nonprofit organization committed to ending the growing crisis of weekend hunger among local children.

With the support of a small, passionate staff and a dedicated team of volunteers, we provide elementary school students with kid-friendly food packages—ensuring they don't arrive at school on Monday mornings hungry.

Proper nutrition is essential for academic success. By improving access to nutritious food over the weekend, we help at-risk children return to school better nourished, focused, and ready to learn.

The Children's Hunger Project
26 Forrest Ave. Cocoa, FL 32922
Office: (321) 610-1900
info@thechildrenshungerproject.org

Here's To A Better 2026

By Matilda Charles

Here we are, ready to wrap up another year. And there's a new one just around the corner. What can we learn from this year to help us in the next one?

Many seniors have had a rough time financially, and it doesn't look as though things are going to get better soon. Grocery costs have been a big part of that. What we've learned is that every time we go to the store, the items we usually buy will cost more and more. And the cost of the coat we've been eying is much more than last year. And our electric bill just isn't going to go down.

But we've also learned that the people who run the food bank are kind and helpful. And we've learned that we can get one more year out of our winter coat. And we've learned that wearing a vest at home can make up for the one degree we turn down the thermostat.

While it wasn't as bad as during the Covid pandemic lockdowns, our sense of isolation this year was made worse by finances because we didn't dare spend on too many lunches out with friends. For some of us, the sense of loneliness and

anxiety took a toll on our health.

But all is not lost. We can look for free activities that bring us in contact with others: Book clubs at the library, art classes at the local museum and board games at the senior center all give us opportunities to socialize. Ask about organizing a karaoke night!

Even exercise can be free and can combine fitness with socialization. Look for pickleball at the rec center, and chair yoga at the senior center. Do you have an Advantage plan that covers Silver Sneakers workout classes?

The New Year can be better than 2025. Make your plans! 🍷

(c) 2025 King Features Synd., Inc.

A promotional poster for a concert titled "MOZART MEETS ROSSINI". On the left, a young man in a dark suit is playing a violin. The background is a gradient of blue and green. The title "MOZART MEETS ROSSINI" is written in large, white, serif capital letters. Below the title, the date "January 24, 2025" is written in a white, serif font. Underneath the date, the website "KINGCENTER.COM" is written in a white, sans-serif font. At the bottom left, the times "2pm & 7:30pm" are written in a white, serif font. On the right side, the "Brevard Symphony Orchestra" logo is displayed, featuring a stylized palm tree and the words "Brevard Symphony Orchestra" in a white, serif font.

MOZART
MEETS
ROSSINI

January 24, 2025
KINGCENTER.COM
2pm & 7:30pm

BREVARD
Symphony
ORCHESTRA

What New Scams Should I Be Watching For This Holiday Shopping Season?

continued from page 16

5. Fake Charity & Donation Requests

Holiday goodwill means more solicitations — but fake charities and bogus crowdfunding pages are abundant. Scammers exploit seasonal generosity via phone calls, texts, and social media. AARP Local

Tip: Only donate through verified charity databases like Charity Navigator or Give.org.

6. Account Takeovers and Phishing

Fraudsters use social engineering to get your login credentials for retail, bank, or travel accounts, then drain funds or loyalty points. This year the FBI has flagged a rise in account takeover fraud tied to holiday phishing. Federal Bureau of Investigation
Protect Yourself:

- Enable multi-factor authentication (MFA)
- Use strong, unique passwords
- Don't enter credentials from links in texts or emails

7. Mobile & QR Scams

QR codes and mobile shopping apps make life easier — but they're also being exploited. Fake QR codes can redirect you to malicious pages that collect info or install malware. Schneider Downs


Best practice: Scan codes only from trusted sources and use official apps from Apple App Store or Google Play.


■ Bonus Red Flags to Watch For

- Requests for payment via gift cards, cryptocurrency, or wire transfer — these are strong signs of a scam. TheStreet
- Emails or texts claiming your card was declined but actually aim to extract more account info. AARP Local
- Deepfake calls/texts that sound like someone you know or a recognizable brand.

■ How to Protect Yourself

Here are some proven safeguards for the season:

- Use credit cards — they offer dispute protection. TheStreet
- Research sellers before purchasing. <https://www.wdtv.com>
- Bookmark trusted retailers so you don't get redirected to phishing sites. BECU
- Be skeptical of deals that seem too good to be true — because they usually are. 



THE GREATER PALM BAY CHAMBER OF COMMERCE
The Gateway to Business on the Space Coast


As we start 2026, we want to thank our Trustees, Partners, Sponsors, Ambassadors, Volunteers, and everyone who joined us at events, or initiatives throughout the year. Your support and involvement make a real difference and help keep our business community strong.

Together, we're starting 2026 ready to grow, connect, and move forward.

January 2026: Featured Events

Jan. 14	NEW! SCATI AI Business Lab
Jan. 14	January Luncheon with "The State of the Space Coast Panel Discussion"
Jan. 20	Jumpstart the New Year with High-Impact Networking
Jan. 22	Multicultural Networking Group After Hours Mingle!
Jan. 28 - 30	SPACECOM: The Global Commercial Space Conference & Exposition The GPBCC is a proud sponsor!
Jan. 29	SCATI - Space Coast Alliance for Tech & Innovation with Chris Larsen, CEO of Aerospace Technology Group

Scan the QR Code for More Information and Registration:





45TH ANNUAL SPACE COAST SEASHELL FESTIVAL

Presented by Astronaut Trail Shell Club

JANUARY 17-18, 2026
9:30-4:00

Wickham Park Community Center
2815 Leisure Way
Melbourne, FL 32935

- ★ Vendor Displays
- ★ Scientific & Artistic Exhibits
- ★ Door Prizes & Raffles
- ★ Kids Corner

FREE ADMISSION

Visit us on Facebook - **Space Coast Seashells**

Custom Jewelry Made on Premises

Jewelry Repairs - Same Day Service
Master Goldsmiths On Location

**Watch
Battery**

Installed • Most Watches

\$4.67

(Limit 2 per customer)

*The
Jewelry Store*

321-253-1413

1801 POST RD • MELBOURNE 32935



Mon 9am - 2pm Tues-Fri 9am - 5pm Sat 9am - 2pm

Our 39th
Anniversary
Sale is Going
On!

Do You Need A Financial Plan? *cont'd from pg 17*

Usually, this entails (at a minimum) annual meetings and collective adjustments from both the advisor and client.

Similar to painting the walls in your house, taking time and having patience may be the difference between a successful and a poor financial plan. Using a Certified Financial Planner™ could benefit your financial health. Whether you are planning for retirement, higher education, or simply leaving a legacy to your heirs, CFP® practitioners can utilize the financial planning process to map out a plan for you. If you are interested in learning more about the financial planning process and how it may help you, give our office a call at (321) 956-7072. We offer a no-obligation, free meeting to all readers of the Senior Scene. I hope to see you soon.

Securities offered through J.W. Cole Financial, Inc. (JWC) Member FINRA/SIPC. Advisory services offered through J.W. Cole Advisors, Inc. (JWCA). ValaVanis Financial and JWC/JWCA are unaffiliated entities. Ⓢ

Celebrating 27 Years of Birding, Conservation, and Community

continued from page 11

for participants to enjoy nature without extensive travel or strenuous activity.

At its heart, the Space Coast Birding & Wildlife Festival is about more than birds - it's about protecting the places we love and ensuring future generations can enjoy them too. Festival proceeds support SCBWA's year-round conservation efforts, educational programming, and community outreach, including initiatives that introduce young people to birding and environmental stewardship. By attending the festival, participants play a direct role in supporting local conservation and helping safeguard Florida's natural heritage.

The 27th Annual Space Coast Birding & Wildlife Festival takes place January 21–25, 2026, with events headquartered at the Radisson Resort at the Port, Cape Canaveral. Flexible registration options allow attendees to choose individual field trips, lectures, or multi-day passes - making it easy to tailor the experience to personal interests and schedules. Whether you come for the birds, the learning, the camaraderie, or simply a few days immersed in nature, SCBWF promises a memorable and uplifting experience.

For more information or to register, visit scbwa.net. Ⓢ

The Goal of a Good Nonprofit *continued from pg 15*

We thank you for your trust, support and dedication to helping us in the work of Helping Seniors! We appreciate every donation, every volunteer and every organization that helps us to do our mission every day! We pledge to work to be sure we are a "Good Nonprofit" here in Brevard County! Ⓢ



everything
WE LIVE LOCAL WE DO LOCAL **brevard**.com

Showcasing **Good Living** on
Florida's Space Coast | SINCE 2011

- Monthly Stories
- Business Directory
- Events Calendar
- Promotions

BREVARD'S LARGEST ONLINE COMMUNITY

ARTS | BUSINESS | COMMUNITY | CULTURE | EATS | EDUCATION | EVENTS
FAMILY | MONEY | OUTDOORS | SHOPPING | TECHNOLOGY | SPORTS | WELLNESS

www.EverythingBrevard.com | Info@EverythingBrevard.com

It was said that one of his favorite themes was “the wrong man.” This man is an innocent dupe that events just seem to fall upon him. He might be accused of a crime, or a victim of mistaken identity – circumstances that could happen to any common man.

“The only way to get rid of my fears is to make films about them”

His heroines were always beautiful-bright, smart, capable, cool. He said that his ladies “don’t drip sex,” but “sex is discovered in them.”

“When an actor comes to me and wants to discuss his character, I say, ‘It’s in the script.’ If he says, ‘But what’s my motivation?’ I say ‘Your salary.’”

He looked at childhood fears and exploited them within an adult context. He used such themes as fear of heights, enclosed places, open places, guilt, complexity, delusion, misunderstanding, misinformation, insecurity and isolation. His world was not steeped in reality. People lied; manipulated events had the luxury to bend time and events. Clearly watching a Hitchcock required the viewer to think and suspend belief.

“Blondes make the best victims. They’re like virgin snow that shows up the bloody footprints”

He not only was a great director and writer, but he was also a student of film making. He once wrote the production section for the Encyclopedia Britannica. He could take a simple item as a glass of water and create a sense of impending doom around it.

“Always make the audience suffer as much as possible”

Ever the control master, he was one of the smartest businessmen in Hollywood. He became a multimillionaire via wise investments. He also was one of the earliest directors to gain complete control over every aspect of his films—screenplay, casting, photography, post production editing and editing.

His first American film, “Rebecca,” earned his an Oscar as the best film of 1940. He was also nominated for directorial Oscars five times for “Rebecca,” “Lifeboat,” “Spellbound,” “Rear Window,” and “Psycho” in 1960.

“I am a typed director. If I made Cinderella, the audience would immediately be looking for a body in the coach”

I suggest viewing, “North by Northwest,” “The Birds,” “Suspicion,” “Rear Window,” “Notorious,” “Vertigo,” and “39 Steps.” Take your time enjoying them – he did. §

When Does Diminished Capacity Prevent A Person From Creating An Estate Plan?

continued from page 13

determination of testamentary capacity, they can be very helpful.

Separate from general testamentary capacity is the legal concept of insane delusions. This occurs when someone believes something that is not factually true. A person can possess general testamentary capacity and yet suffer from an insane delusion. If the insane delusion impacts only a portion of the estate plan, only that portion is void.

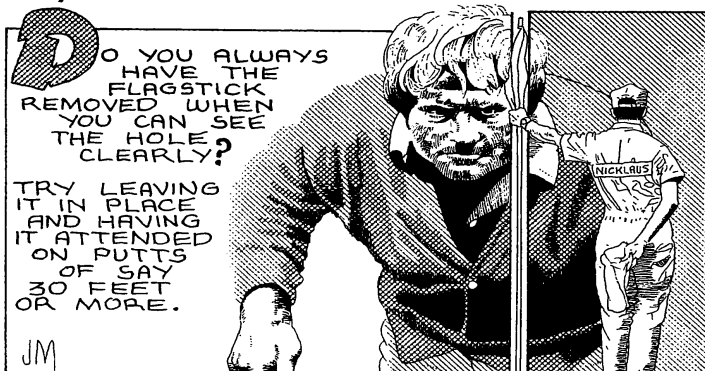
Even a partial loss of mental capacity can increase the risk of a challenge to the estate plan based on “undue influence”. The law recognizes a person may be persuaded by trusted individuals to do things that he/she would not otherwise do. Although lack of capacity and undue influence are separate

issues, the potential for undue influence increases as capacity diminishes.

Under Florida law a Will or Trust is null and void when obtained by “undue influence”. Furthermore, there is a presumption of undue influence anytime the person exercising the influence: 1] substantially gains as a beneficiary 2] occupies a confidential relationship, (like a child or caregiver) and 3] was “active in procuring” the gift, which includes involvement in the preparation of the estate plan. §

For further information 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.

Play Better Golf with JACK NICKLAUS



Evergreen Shrubs Have Year-Long Garden Beauty

By Eddie Smith, MSU Extension Service

While searching for colorful evergreen shrubs to enhance my landscape, I discovered two exceptional options: Juliet Cleyera and Miss Lemon Abelia.

Juliet Cleyera is a striking evergreen shrub known for its dynamic, multi-colored foliage. New leaves emerge in radiant shades of bronze or deep red, gradually transitioning to glossy green with elegant, cream-colored edges. This continuous color transformation creates a stunning, year-round display that adds depth and interest to gardens.

Growing 6-8 feet tall and 4-6 feet wide, this compact shrub thrives in U.S. Department of Agriculture zones 7-10 and prefers full sun to partial shade. While it tolerates more sun in cooler climates, it benefits from afternoon shade in hotter regions. Juliet Cleyera grows best in moist, well-drained soil with a slightly acidic to neutral pH. Adding organic matter such as compost at planting time improves soil quality.

For care, regular watering is essential during the first growing season to establish a strong root system. Once established, the plant is drought-tolerant but appreciates occasional deep watering during dry periods. Fertilize in early spring with a balanced, slow-release formula designed for

shrubs to support healthy growth and colorful foliage. This variety requires minimal pruning but benefits from shaping or removing damaged branches in late winter or early spring. A 2- to 3-inch layer of mulch around the base helps retain soil moisture, regulate temperature and suppress weeds, but be sure to keep mulch away from the trunk.

Miss Lemon Abelia is another exceptional evergreen shrub that adds color and texture to the landscape. Its standout feature is variegated foliage, with bright yellow margins surrounding rich green centers to create a luminous effect year-round. During summer and fall, its delicate clusters of fragrant, pale pink or white trumpet-shaped flowers attract pollinators.



Evergreen Shrubs... continued on pg 49

BREVARD'S ONLY LOCALLY OWNED & OPERATED MOVIE THEATER

**CHECK OUT
OUR DEALS**

**\$5.00 Tuesdays &
Free Popcorn Wednesdays!**

1800 W. Hibiscus Blvd
Melbourne, FL 32901
321-953-3388
www.oaks10.com



Oaks Stadium 10



@premeireoaks10

f Follow us on Facebook!



WOMEN-OWNED. SKILLED. RELIABLE.

321-348-8586

Registered and Insured



Evergreen Shrubs Have Year-Long Garden Beauty continued from page 48

Compact and tidy, Miss Lemon Abelia grows 3-4 feet tall and wide, making it ideal for small gardens, containers or low hedges. It is hardy in USDA zones 6-9. This plant thrives in full sun to partial shade, with the best variegation and flowering occurring in sunny locations. It adapts well to various well-drained soils but prefers slightly acidic conditions.

To care for Miss Lemon Abelia, water regularly during the first year to establish roots. Once mature, it is moderately drought tolerant. Like most plants, it benefits from supplemental watering during prolonged dry spells. Apply a slow-release fertilizer in early spring and mid-summer to promote lush foliage and blooms. Mulch around the base helps conserve moisture and reduce weed competition.

Prune lightly after the blooming season to maintain its naturally rounded shape and remove spent flowers or damaged branches. Avoid heavy pruning, which can delay flowering. This plant is relatively pest-free, although occasional aphids or leaf spots may require attention. It also shows good resistance to deer.

With their vivid evergreen foliage and multi-season interest, both Juliet Cleyera and Miss Lemon Abelia are standout additions to the landscape. Their low-maintenance nature and ability to thrive in diverse conditions make them excellent choices for gardeners seeking lasting beauty and structure. §

Mosquito Attacks continued from page 10

He had grown up in the Sebastian fishing community and was concerned about the impacts he was seeing in the Indian River Lagoon. He visited professors at Florida Tech for help in understanding ecosystem changes caused by isolating the marshes from the richness of the lagoon. His inquiry led to further study.

It was found that the marshes were key to the fisheries of the Indian River Lagoon. Fish mostly spawn in the marsh where fry nurture until they move to open water. The solution

for Mosquito Control Districts is to install large pipes or culverts into the levee. By using boards to block water flow at particular levels in the breeding season and completely open the rest of the year, mosquitos are managed and the ecosystem functions.

Each county along the Indian River Lagoon has its own Mosquito Control District. Research in the districts like that of Jim David at the St. Lucie District have won the battle of mosquito attacks and found ways to protect the lagoon. §

JANUARY 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*

JANUARY EVENTS

Dec 30 – Feb 1: Stripes – Solo Exhibit
by Linda Schuler, Fifth Ave Art Gallery,
Melbourne, fifthavenueartgallery.com,
321-259-8261

Jan 2: EGAD First Friday, Eau Gallie Arts
District, egadlife.com

Jan 2: Friday Fest, City of Cape Canaveral,
CityofCapeCanaveral.org, 321-868-1220

**Jan 2 – 30: Open Painting with
Peggy**, CBAA Office & Studio, Rockledge,
cbaaartists.com

Jan 3 & 24: Intro to Sewing, MyMaker-
Scape, mymakerscape.com, 321-499-3127

**Jan 3 – 31: Saturday Farmers Market
at Riverview Park**, Downtown
Melbourne, downtownmelbourne.com

Jan 3 – 31: Green Gables Open House,
Green Gables, Melbourne, greengables.org,
321-306-8635

**Jan 3 – 31: Space Coast Farmer's Mar-
ket**, Eau Gallie Square Park, Melbourne,
spacecoastfarmersmarket.com

**Jan 3 – Mar 29: Flora and Fauna at the
Refuge**, Merritt Island National Wildlife
Refuge Visitors Center, Titusville,
brevardwatercolorssociety.org

Jan 4, 5, 7: Sewing Studio, MyMaker-
Scape, mymakerscape.com, 321-499-3127

Jan 5: Auditions – BSYO, Eau Gallie High
School Performing Arts Center, Melbourne,
bsyo.us, 321-216-7804

Jan 5: Foundations of Drawing,
MyMakerScape, Indialantic,
mymakerscape.com, 321-499-3127

Jan 5 & 12: Flower Head Class, Galleria
of Art and Photography, Melbourne,
artcreatedwithsoul.com, 321-338-9787

Jan 5, 12, 19, 26: Drawing Class, CBAA
Office & Studio, Rockledge, cbaaartists.com

Jan 7: Become an Artist Class, Galleria
of Art and Photography, Melbourne,
artcreatedwithsoul.com, 321-338-9787

Jan 7 & 10: Art Around the World,
MyMakerScape, mymakerscape.com,
321-499-3127

**Jan 7, 14, 21, 28: Art Instruction
Class**, CBAA Office & Studio, Rockledge,
cbaaartists.com

**Jan 8: Art in Public Places Open
House**, Brevard Cultural Alliance,

Melbourne, artsbrevard.org, 321-690-6817
Jan 8 & 9: Sonoma Wine Dinner, Cafe
Margaux, Cocoa Village, margaux.com,
321-639-8343

**Jan 8, 15, 22, 29: BWS Art Escape
Studio**, Highland Art Studios, Melbourne,
brevardwatercolorssociety.org

Jan 8 & 16: Hat Burning Workshop,
MyMakerScape, mymakerscape.com,
321-499-3127

**Jan 8 – 29: Floral Shadows Watercol-
or Series**, Harbor City Art, Melbourne,
harborcityart.com

Jan 9: Chicago Piano Quartet, St.
Mark's Methodist Church, Indialantic,
melbournechambermusicssociety.org,
321-213-5100

**Jan 10: General Meeting and Work-
shop Demo**, Wickham Park Community
Center, Melbourne,
brevardwatercolorssociety.org

Jan 10: Glimpses of India, Cocoa Village
Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Jan 10: Two Day Collage Workshop,
Derek Gores Gallery, Melbourne,
derekgores.com, 321-468-3251

Jan 10: Photo Class for Artists, Fifth
Ave Art Gallery, Melbourne,
fifthavenueartgallery.com, 321-259-8261

**Jan 10 – 18: Space Coast Renaissance
Fair**, Space Coast Daily Park, Melbourne,
spacecoastrenaissancefair.com,
855-386-3836

**Jan 10 & 31: Featured Author – Gina
DiDesidero**, Moon River Cafe, Downtown
Melbourne, themoonrivercafe.com

**Jan 10 – 31: Intro to Hand-Building
Pottery**, Harbor City Art, Melbourne,
harborcityart.com

Jan 11: Larry Brown Quintet, Brevard
Veterans Memorial Center, Merritt Island,
spacecoastjazzsociety.org

Jan 11: Flashback Fever, Riverside
Presbyterian Church, Cocoa Beach,
mmband.org, 321-724-0555

Jan 11: Jazz, Lies and Alibis, Mel-
bourne Auditorium, Melbourne,
mmband.org, 321-724-0555

Jan 13: Glass Succulents, The Plant
Shack, Cocoa, mymakerscape.com,
321-499-3127

**Jan 13 – Feb 17: Beginner Watercol-
or Series**, Harbor City Art, Melbourne,
harborcityart.com

**Jan 14 – Feb 18: Drawing for Be-
ginners**, Harbor City Art, Melbourne,
harborcityart.com

**Jan 14 – Feb 18: Watercolor Portrai-
ture**, Harbor City Art, Melbourne,
harborcityart.com

Jan 15: Sip & Shop, Twin Rivers Local
Vintage, Melbourne,
twinriverslocalvintage.com, 321-499-3050

Jan 15: Raffia Basket Workshop, Harbor
City Art, Melbourne, harborcityart.com

Jan 15: Mania – The ABBA Tribute, King
Center, Melbourne, kingcenter.com,
321-242-2219

Jan 16: Friday Fest, Cocoa Beach
Mainstreet, cocoabeachmainstreet.org

**Jan 16: Michael Lington & Adam Haw-
ley**, King Center, Melbourne,
kingcenter.com, 321-242-2219

**Jan 16 & 17: Chief Cherry and His Red
Beans & Rice**, Cocoa Village Playhouse,
Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Jan 16 – Feb 22: Foxfire, Melbourne
Civic Theatre, Melbourne, mymct.org,
321-723-6935

Jan 17: Gatehouse Market, Field Manor,
Merritt Island, fieldmanor.org,
321-848-0365

Jan 17: Key Lime Pie Festival, Brevard
Veterans Memorial Center, Merritt Island,
flkeylimepies.com, 321-285-9600

Jan 17: Rain Barrel Workshop, Green
Gables, Melbourne, greengables.org,
321-306-8635

Jan 17 & 18: Auditions – Godspell, Co-
coa Village Playhouse, Historic Cocoa Village,
cocoavillageplayhouse.com, 321-724-0555

Jan 17 & 18: Winter Art and Craft Expo,
Wickham Park, Melbourne,
artandcraftexpo.com

Jan 18: Sunday Stroll, Eau Gallie Arts
District, egadlife.com

Jan 18: Kevin James – Eat the Frog,
King Center, Melbourne, kingcenter.com,
321-242-2219

Jan 19: ShuttleFest V, American Space
Museum, Titusville, spacewalkoffame.org,
321-264-0434

Jan 20: Jesse Cook, King Center,
Melbourne, kingcenter.com, 321-242-2219

Jan 21: Diana Krall, King Center,
Melbourne, kingcenter.com, 321-242-2219

**Jan 23: Art Martin & The Rock n Roll
Revue**, Cocoa Village Playhouse, Historic
Cocoa Village, cocoavillageplayhouse.com,
321-724-0555

Jan 24: Mozart Meets Rossini, King
Center, Melbourne, brevardsymphony.com,
321-345-5052

W

Jan 24: Mini Workshop, Wickham Park
Community Center, Melbourne,
brevardwatercolorssociety.org

Jan 24: Chicago Transit, King Center,
Melbourne, kingcenter.com, 321-242-2219

Jan 24: Car Show, Green Gables,
Melbourne, greengables.org, 321-306-8635

Jan 25: The Glenn Miller Orchestra,
King Center, Melbourne, kingcenter.com,
321-242-2219

Jan 25: Pitch and Pages, Moon River
Cafe, Downtown Melbourne,
themoonrivercafe.com

**Jan 26: An Evening with Larry the
Cable Guy**, King Center, Melbourne,
kingcenter.com, 321-242-2219

Jan 28: Poetry + Open Mic Night, The
CAPE Center, Cape Canaveral,
cityofcapecanaveral.org, 321-868-1224

**Jan 28 & 29: A Symphonic Mystery
Tour**, Melbourne Auditorium, Melbourne,
mcorchestra.org, 321-285-6724

Jan 30: Zimbalist Piano Trio, St. Mark's
Methodist Church, Indialantic, melbour-
nechambermusicssociety.org, 321-213-5100

Jan 31: CBAA Workshop, CBAA Office &
Studio, Rockledge, cbaaartists.com

Jan 31: Food and Wine Festival, Down-
town Melbourne,
spacecoastfoodandwine.com

Jan 31: Green Gables Car Show, Green
Gables, Melbourne, greengables.org,
321-306-8635

CLUBS & ORGANIZATIONS

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

**Jan 2: The Single, Separated, Wid-
owed and Divorced (SSWD)** group will
meet for lunch at Carrabba's Italian Grill, 60
Palmetto Ave., Merritt Island on Friday, Jan.
2 at 12 noon. All are welcome to join the
group. For additional details, please call
(502) 299-8949.

**Jan 15: The Single, Separated, Wid-
owed and Divorced (SSWD)** group will
hold a potluck lunch at the Angel Room,
Church of Our Saviour, 5301 N. Atlantic
Ave., Cocoa Beach at 12 noon on Thursday,
Jan. 15. Please bring a dish to share. All are
welcome to attend. For additional details,
please call (502) 299-8949.

Space Coast Honor Flight invites all Veter-
ans 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 Sun-tree / 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/>

17 Jan – Key Lime Pie Festival – BVMC Park. Again, pending Park completion and Parks and Rec Approval.

February

02 Feb – Immortal Four Chaplains Ceremony BVMC Plaza and Gray Hall. 1400- 1530. Supported by the Marine Corps League, Brevard Detachment 513.

07 Feb – JROTC Run and Shoot, BVMC Park 0700-1200

07 Feb – 14th Annual Pioneer Day at Luke's Episcopal Church and Sam's House/Pine Island 1000-1500. History exhibits, guided tours, food, pioneer

parade and much more. Check out mipioneerday.com

14 Feb– JROTC Drill Meet #1, BVMC Park 0630- 1230

27 Feb – Every Day is Veterans Day presented by One Senior Place, 8085 Spyglass Rd, Viera. 1000-1330. Vendors with tents in outdoor layout, door prizes, food and lots of valuable information for veterans who are senior. Call 321-751-6771 for more information and to register as a vendor.

28 Feb – JROTC Drill Meet #2, BVMC Park 0630-1230

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

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

Purly Girls Knitting Club

Tuesdays 10am to 1pm

Community Support Day: 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

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.

Scrabble Club, 4th Wednesday, 10AM

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-Vienna 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

JANUARY 2026 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

JANUARY 2026 SENIOR CALENDAR (continued)

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

Monday: 10:40 MOVE IT!!!

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

Monday & Wednesday:

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

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

Tuesday:

10:00 am: Crafty Ladies (seasonal)

11:00 am: Euchre

Tuesday & Thursday:

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

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

10:40 am: Happy Feet

11:30 Let's Dance

Wednesday:

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

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

Thursday:

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

1:00 pm: Bingo

1:00 Not Your Average Bingo

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

MONDAY

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

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

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

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

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

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

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

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

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

TUESDAY

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

Muscle Memory Strength Balance

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

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

Connie's Card Making (2nd Tues)

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

(410) 598-3755

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

Beginning Tap Class 9am-10am \$2/\$3

Darling Damsels Bridge-1PM-3:30PM
\$2/\$3 Kathy (321) 268 4827

Tai Chi, 1PM-2:30PM \$4/\$6 Ada

(321) 848-4689

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

WEDNESDAY

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

Zumba Gold 9:15AM-10:15AM \$7/\$8

Robin (321)514-5945

Golden Hearts Senior Fitness- Wednes-
day 11AM-Noon \$5/\$6 Robin 321-514-5945

Hurricane Rug Hooking (2nd& 4th Wed)

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

Duplicate Bridge 11:30-3:30pm John

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

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

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

THURSDAY

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

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

Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831

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

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

FRIDAY

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

Muscle Memory Strength Balance

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

No Brevard Line Dance (impr/Intermed)

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

Line Dance Social (last Friday of the month)

noon-3:00pm \$5 Yvette 321-258-6534

SUNDAY

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

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

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;

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

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

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

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

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

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

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

Fitness Fun 9:15-10:15am

Mah Jongg (Asian) 12:30-3:30pm

(1st & 3rd Tues)

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm

(On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

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

Food available to purchase

Bone Builders 9:15-10:15am;

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

Bridge 9:30am-12pm

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

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

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

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct

(Last Saturday of month)

Tour our facility any weekday 8:30am to

4pm. Our Center is run 100% by volunteers.

Consider becoming a member and

volunteering.

The Center is available to rent for

seminars, adult birthdays, baby showers,

anniversaries, weddings, etc.

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

MONDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

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

open at 10:00 am

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

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi-8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

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

open at 10:00 am

Pinochle - 12:15-4:00 pm

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

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

SATURDAY PROGRAMS

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm



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

JANUARY 2026 ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday January 5th & Wednesday January 21st, 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.

Large Cats Talk, Monday January 5th, at 2pm. Lions and jaguars and bobcats – oh my! Join us for a lively chat about the cats of Brevard Zoo. We'll explore their unique adaptations, how they survive in their natural ranges, and what sets each species apart. Come learn what makes these feline predators so fascinating! Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays January 6th & 20th, from 10am – 2pm. Flourish Research - Merritt Island will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Dietitian Series: Meal Planning, Tuesday January 6th, at 10am. Susie Bond, RDN, LDN will present the power of meal planning. Learn how to plan a healthy meal and how to eat throughout the day so you feel your best. Call 321-751-6771 to RSVP.

Ask The Property Appraiser, Tuesday January 6th, at 1pm. This session offers a plain-language explanation of how and why property assessments are done, followed by an overview of common exemptions that may help reduce taxable value, including homestead and senior exemptions. Presented by Brevard County Property Appraiser, Dana Blickley. Call 321-751-6771 to RSVP.

Benefits of Pre-Planning Your Cremation, Wednesday January 7th, from 11am and repeats Thursday January 22nd, 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.

Discover S.A.I.L.: Senior Adventures in Learning, Wednesday January 7th, at 2pm. Explore how S.A.I.L. keeps seniors mentally engaged and socially connected through lifelong learning. Learn about upcoming classes, topics, and how easy it is to participate. RSVP call 321-751-6771.

Is Your Estate Plan Ready for 2026?, Thursday January 8th, 10am. Life changes, and your estate plan should keep up. This seminar highlights why regular updates matter and what seniors should review to ensure their wishes are still protected. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa: Common Eye Diseases, Friday January 9th, at 10am. Learn about common eye conditions affecting older adults, warning signs to watch for, and ways to protect your vision. A helpful session for maintaining eye health and independence. Presented by Dr. Garcia w/ Space Coast Ophthalmology. Call 321-751-6771 to RSVP.

Ask The Doctor, Tuesday January 13th, at 10:30am. While this is no longer a lunch & learn and does not include a complimentary meal, attendees can still expect valuable health information, trusted medical insight, and time for questions in a comfortable, welcoming setting. Presentation will be by Dr. John Haig – more details to come. Call 321-751-6771 to RSVP.

BINGO!, Tuesday January 13th, at 2pm. Grab your lucky seat and get ready for an afternoon of laughter, friendly competition, and classic Bingo fun. It's free to play, easy to join, and always a good time with great company! Call 321-751-6771 to RSVP.

Medicare Advantage Info Event, Friday January 16th and Tuesday January 27th at 1pm. This session provides a clear overview of Medicare basics, including Parts A, B, C, and D, important enrollment periods, and what to know when reviewing 2026 Medicare Advantage plan options in Brevard County. This presentation is for educational purposes and is not for current Health First Health Plans members. Call 1-800-716-7737 to register.

Creating a Wellness Routine That Feels Good, Tuesday January 20th, at 2pm. Discover simple, realistic ways to build a wellness routine that supports your body and mind without feeling overwhelmed. Designed to help seniors feel better in everyday life. Call 321-751-6771 to RSVP.

iPhone & iPad Users Group, Tuesday January 20th, 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.

Tools to Quit Smoking Your Way, Friday January 23rd, 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.

Why an Elder Law Attorney Matters, Tuesday January 27th, at 10am. Understand how an elder law attorney can help protect your assets, plan for long-term care, and navigate aging-related legal issues with confidence. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

AARP Smart Driver Course, Wednesday January 28th, 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.

The Power Health Hour: Three Experts, Three Topics, 20min Each, Wednesday January 28th, at 10am. Three trusted professionals. Three vital topics. 20 minutes each. This fast-paced hour covers brain and memory health, estate planning, and healthy aging in place – delivering valuable information without information overload. Call to RSVP 321-751-6771.

FUNCTIONAL FITNESS CLASS - LIMITED TIME

Stay Steady, Stay Strong, Mondays & Fridays, at 8am. This 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

Loss, Grief & Bereavement Support Group, Thursday January 8th & 22nd, 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.

Stroke Support Group, Wednesday January 21st, at 2pm. This supportive group provides a welcoming space for stroke survivors and their caregivers to connect, share experiences, and find encouragement. Sessions focus on coping strategies, emotional support, and resources that help navigate life after a stroke.

Alzheimer's & Dementia Support Group, Wednesday January 21st, 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 January 7th, 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.

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 PlaceW
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.



This year marks a special milestone at One Senior Place as we proudly celebrate our 20th year of helping seniors and families navigate aging with confidence. Thank you for your trust, support, and partnership!

WE OFFER DENTAL IMPLANT SERVICES! ✨

Learn why dental implants are the superior tooth replacement option.

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

Click Twice to Visit Website

OUR IMPLANT SERVICES

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



 **Bright Now!® Dental**
& ORTHODONTICS

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

Satellite Beach
1324 Jimmy Buffett Mem Hwy
Satellite Beach, FL 32937
321.773.6666

Melbourne
1770 N Wickham Rd
Melbourne, FL 32935
321.253.0606

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