

# FEBRUARY 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 martinandersenseniorcenter.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

## 500+ Pickup Points in Brevard County.

(Get Your Copy of Senior Scene Before It Gets Gone!)

**SENIOR SCENE®**  
Magazine



## THE ALASKA CRUISE HELPING SENIORS OF BREVARD

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



# FEBRUARY 2026 SENIOR CALENDAR (continued)

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

<b>Monday:</b> <b>10:40 MOVE IT!!!</b>	Non-Members. 1st Class is FREE so come try it out... you won't be disappointed!	<b>Muscle.</b> All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2	seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member
<b>11:00 am: Mahjong:</b> Drop in and play! Bring your board if you have one! \$2 pp		<b>10:40 am: Happy Feet</b>	<b>10:40 Mat Yoga!</b> We provide cushy mats and beginner levels. \$1-2
<b>Monday &amp; Wednesday:</b> <b>9:30 am: Zumba Gold:</b> Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for		<b>11:30 Let's Dance</b>	<b>1:00 pm: Bingo</b>

<b>Wednesday:</b> <b>10:45 am: Chair Yoga</b> (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT... without even leaving your	<b>1:00 Not Your Average Bingo</b>
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## North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

<b>MONDAY</b> <b>No. Brevard Line Dance</b> 10AM-12:30 PM \$3/\$4 Yvette (321)225-4872	<b>TUESDAY</b> <b>Pinochle</b> 10AM-2PM \$2/\$3 Rachel (321)537-5322	<b>WEDNESDAY</b> <b>Line Dance Class Beginners</b> 11am-Noon \$3/\$4 Yvette 321-258-6534	<b>10am</b> Susan 540-220-4831
<b>Gentle Yoga</b> 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782	<b>Muscle Memory Strength Balance</b> 10:00AM-11AM Natine (321)609-0999	<b>Zumba Gold</b> 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945	<b>Zumba</b> 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945
<b>Golden Hearts Senior Fitness-</b> Monday 1PM-2PM \$5/\$6 Robin 321-514-5945	<b>Tap &amp; Jazz</b> 11AM-12PM \$2/\$3 Marsha (321)264-2776	<b>Golden Hearts Senior Fitness-</b> Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945	<b>Zumba Gold Tone/Chair</b> -Thursday 11AM-Noon \$7/\$8 Robin 321-514-5945
<b>Mexican Train Dominoes</b> 1PM-3PM \$2/\$3, Joanne (321)267-5923	<b>Connie's Card Making</b> (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410)598-3755	<b>Hurricane Rug Hooking</b> (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321)298-2796	<b>FRIDAY</b>
<b>Hand &amp; Foot</b> 12:30-3:30pm. \$2/\$3 Donna (407)808-5237	<b>Mahjong</b> 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595	<b>Duplicate Bridge</b> 11:30-3:30pm John 321-269-5525 \$2/\$3	<b>Euchre</b> - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
<b>Poker</b> 10AM-2PM \$2/\$3 321-591-5156	<b>Beginning Tap Class</b> 9am-10am \$2/\$3	<b>Line Dance Class-Intermed</b> 4:45 to 6pm \$3/\$4	<b>Muscle Memory Strength Balance</b> 10:00AM-11AM \$2/\$3 Natine (321)609-0999
<b>Bunco</b> 2nd Monday of the month 9am-noon Carol 332-268-8087	<b>Darling Damsels Bridge-1PM</b> 3:30PM \$2/\$3 Kathy (321)268-4827	<b>Beginning Ballet/Lyrical</b> 9am-10am Susan 540-220-4831	<b>No Brevard Line Dance</b> (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534
<b>Zumba</b> 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945	<b>Tai Chi</b> , 1PM-2:30PM \$4/\$6 Ada (321)848-4689	<b>THURSDAY</b>	<b>Line Dance Social</b> (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534
<b>Strength and Stretch</b> 9am-10am Susan 540-220-4831	<b>Zumba Toning</b> 6pm-7pm \$7/\$8 Robin 321-514-5945	<b>Bingo</b> (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135	<b>SUNDAY</b>
		<b>Beginning Jazz/Contemporary</b> 9am-	<b>Intermed./Adv'd Line Dance Class</b> 2PM-4PM \$5/\$6 Pat (321)268-2333

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

<b>MONDAY PROGRAMS</b> <b>Billiards, Morning</b> 8:30am-noon <b>Billiards, Ladies</b> noon-3:30pm <b>Bocce</b> 9-11am <b>Bone Builders</b> 9:15-10:15am; 10:30-11:30am (Dr's permission req'd) <b>Bridge</b> 12:15-3:30pm <b>Cornhole</b> 11:30am-12:30pm <b>Golden Tones</b> 10am-noon (On break until Sept) <b>Ping Pong</b> 1:30-30pm <b>Poker</b> : Straight 10am-2pm; Noon-3:30pm <b>Sensible Weight Loss with Friends</b> 9-10am <b>Shuffleboard (Indoor)</b> 1-3pm <b>Travel Office</b> open 9am-2pm <b>Vets-to-Vets Café</b> 3:30-5:00pm (4th Mondays) <b>Woodshop</b> 8am-12pm	<b>Fitness Fun</b> 9:15-10:15am <b>Mah Jongg (Asian)</b> 12:30-3:30pm (1st & 3rd Tues) <b>Ping Pong</b> 1-3:30pm <b>Poker, Straight</b> 10am-2pm <b>Poker, Straight</b> 6-9:30pm <b>Sassy Senior Cheerleaders</b> 4-6pm (On break until Sept) <b>Travel Office</b> open 9am-2pm <b>Wood Shop</b> 8am-noon <b>Wii Bowling</b> 10:30am-12:30pm	<b>Travel Office</b> open 9am-2pm <b>Woodshop</b> 8am-12pm	<b>Bridge</b> 12:15-3:30pm <b>Crafts</b> 9:30-11:30am <b>Knotty Habit</b> 9:30-11:30am <b>Poker, Straight</b> 12-3:30pm <b>Travel Office</b> open 9am-2pm <b>Wood Shop</b> 8am-noon
<b>TUESDAY PROGRAMS</b> <b>Billiards, Morning</b> 8:30am-12pm <b>Billiards, PM</b> 12-4pm <b>Hand &amp; Foot</b> 11:30am-3:30pm	<b>WEDNESDAY PROGRAMS</b> <b>Bargain Thrift Corner</b> 9am-12pm <b>Billiards, Open Play</b> noon-4pm <b>Bingo</b> 11:30am-3:30pm Doors open at 9am. Food available to purchase <b>Bone Builders</b> 9:15-10:15am; 10:30-11:30am (Dr's permission req'd) <b>Bridge</b> 9:30am-12pm <b>Darts</b> 4:30-6pm (2nd & 4th Weds) <b>Golf</b> (Crane Creek on 192) 9:20am	<b>THURSDAY PROGRAMS</b> <b>Art Class</b> 9:30-11:30am <b>Bargain Thrift Corner</b> 9am-12pm <b>Billiards, Morning</b> 8:30am-noon <b>Billiards, PM</b> noon-4pm <b>Euchre</b> 12:30-3:30pm <b>Mah Jongg (American)</b> 12:30-3:30pm <b>Movie Night</b> 6:30-9:30pm <b>Ping Pong</b> 1-3:30pm <b>Pinochle</b> 11-3pm <b>Scrabble</b> 9:30am-noon <b>Travel Office</b> open 9am-2pm <b>Woodshop</b> 8am-noon <b>Yoga, Chair</b> 10:30-11:30am	<b>SATURDAY PROGRAMS</b> <b>Saturday Night Dance</b> 6:30-9:30pm Jan-Oct (Last Saturday of month) <b>Tour our facility</b> any weekday 8:30am to 4pm. Our Center is run 100% by volunteers. <b>Consider becoming a member and volunteering.</b> <b>The Center is available to rent</b> for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.
		<b>FRIDAY PROGRAMS</b> <b>Bargain Thrift Corner</b> 3-6pm <b>Billiards, Open Play</b> 12-4:00pm <b>Bingo</b> 6:00-10:00pm Doors open at 4pm. <b>Bridge</b> 9-11am	

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

<b>MONDAY PROGRAMS</b> <b>Billiards</b> 8:30 am-4:30 pm <b>Bones &amp; Balance</b> - 10:00-11:00 am <b>Duplicate Bridge</b> - 12:30-4:00 pm <b>Jazzercise Lo</b> - 8:30-9:30 am <b>Hand &amp; Foot</b> - 9:00 am-12:00 noon <b>Friendly Poker</b> - 1:00-4:00 pm <b>QiGong-Tai-Chi</b> - 8:30-9:30 am <b>Mah Jongg - American</b> - 12:00-3:30pm <b>Pinochle</b> - 12:15-4:00 pm	<b>Bingo</b> - 11:15 am - 2:00 pm - Doors open at 10:00 am <b>Dealers Choice Poker</b> - 11:30am - 4:00 pm <b>Line Dancing for Fun &amp; Exercise</b> - 4:15-5:30 pm	<b>THURSDAY PROGRAMS</b> <b>American Mah Jongg</b> - 9:00- 12:00 noon <b>Strength &amp; Flexibility</b> - 9:30-10:30 am <b>Oil Painting Class</b> - 3rd Thursday 1:00-5:00 pm <b>Bunco</b> - 12:30- 4:00 pm - 1st & 3rd <b>Rubber Bridge</b> - 1:00-4:00 pm <b>Shuffleboard Open Practice</b> - 6:30 pm	<b>Bingo</b> - 11:15 am - 2:00 pm - Doors open at 10:00 am <b>Pinochle</b> - 12:15-4:00 pm <b>Dealers Choice Poker</b> - 11:30 am - 4:00 pm <b>Senior Law</b> - 4th Friday 2:00-4:00 pm
<b>TUESDAY PROGRAMS</b> <b>Chair Yoga</b> - 3:00-4:00 pm <b>Rogue Bridge</b> 12:15-4:00 pm	<b>WEDNESDAY PROGRAMS</b> <b>Billiards</b> - 8:30 am-4:30 pm <b>Duplicate Bridge</b> - 12:30-4:00 pm <b>Euchre</b> - 6:00-9:00 pm <b>Jazzercise Lo</b> - 8:30-9:30 am <b>Tai Chi</b> - 8:30-9:30 am <b>Mah Jongg - Chinese</b> - 1:00-4:00 pm <b>Rummikub</b> - 1:00-4:00 pm	<b>FRIDAY PROGRAMS</b> <b>Billiards</b> - 8:30 am-4:30 pm <b>Jazzercise Lo</b> - 8:30-9:30 am <b>Tai Chi</b> - 8:30-9:30 am <b>Hand &amp; Foot</b> - 8:45 am - 12:00 noon	<b>SATURDAY PROGRAMS</b> <b>Shuffleboard Open Practice</b> - 9:00 am - noon <b>Duplicate Bridge</b> - 12:30 - 4:00 pm <b>Rubber Bridge</b> - 12:30 - 3:30 pm



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

## FEBRUARY 2026 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**SPECIAL EVENT:**  
**Every Day is Veterans Day**  
**10 AM - 1:30 PM**  
 One Senior Place  
 8085 Spyglass Hill Rd., Viera, FL 32940

**FREE Liver Scans**, Monday February 2nd & Wednesday February 18th, 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.

**Big Red Bus Blood Drive**, Monday February 2nd, from 10am - 4pm. Give the gift that costs nothing but means everything - the gift of life. The OneBlood Big Red Bus will be on-site making it easy to donate in a safe, comfortable setting. Every donation can help save up to three lives right here in our community. Walk-ins are welcome, and all donors receive a small thank-you gift while supplies last. Call 321-751-6771 to RSVP.

**Animal Attraction & Rock Painting**, Monday February 2nd, at 2pm. Discover the surprising and creative ways animals try to impress each other - from dances to dazzling displays! Then, join in the fun with rock painting inspired by animal courtship rituals. Can you guess which animal gives its mate a rock as a romantic gesture? Come find out! Presented by Brevard Zoo. Call 321-751-6771 to RSVP.

**FREE Memory Testing**, Tuesdays February 3rd and 17th, 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: Burn Fat Faster**, Tuesday February 3rd, at 10am. Susie Bond, RDN, LDN will present ten proven techniques to boost metabolism and help you lose weight. Call 321-751-6771 to RSVP.

**Benefits of Pre-Planning Your Cremation**, Wednesday February 4th, from 11am and repeats Thursday February 26th, 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.

**Compliment BINGO: Break The Ice. Not The Heart.**, Wednesday February 4th, at 1pm. Make new friends, share a few laughs, or maybe find a date for Valentine's Day! This feel-good twist on BINGO encourages kind words, fun conversation, and easy connections with others. No pressure, no speeches - just simple, uplifting interaction in a welcoming space. Perfect for anyone looking to meet people and enjoy a lighthearted activity. All are welcome! Call 321-751-6771 to RSVP.

**CPR Basic Lifesaving Skills with Project Life Saverz**, Monday February 9th, at 2pm. Would you know what to do in an emergency? Learn the basics of CPR and lifesaving response from certified instructors with Project Life Saverz. This hands-on class covers simple, practical skills that could help you protect a loved one, neighbor, or friend. No medical experience needed and no CPR certification provided - just a willingness to learn and be prepared. RSVP call 321-751-6771.

**Partners in Service: Resources for Those Who Served**, Tuesday February 10th, at 10:30am. Join a panel of local experts dedicated to supporting veterans and their families. Learn about VA health care, disability benefits, honor flights, end-of-life planning, and community programs created for those who served our nation. Enjoy a complimentary brunch while getting

trusted information and answers to your questions. Veterans, spouses, and caregivers are encouraged to attend. RSVP call 321-751-6771.

**Music BINGO!**, Tuesday February 10th, at 2pm. Test your ears and your memory in this lively twist on traditional BINGO! Instead of numbers, favorite songs fill your card as you listen, sing along, and mark the tunes you recognize. It's easy to play, full of laughs, and a great way to meet new friends. No musical talent required - just come ready for fun! Call 321-751-6771 to RSVP.

**20 Years of Memory Health Breakthroughs**, Wednesday February 11th, at 10:30am. Memory science has changed dramatically over the last two decades - and there is more hope than ever before. Flourish Research will share the latest advancements in Alzheimer's and dementia care, early detection, and treatment options. Learn what today's research means for families right now and how you can take part in shaping tomorrow. Ideal for seniors, caregivers, and anyone concerned about brain health. Call 321-751-6771 to RSVP.

**Tax Reduction Secrets**, Thursday February 12th, at 10am. Are your estate and retirement plans set up to minimize taxes - or could your family pay more than necessary? Learn how proper estate planning can reduce estate and inheritance taxes, limit probate costs, and protect assets from unnecessary loss. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

**Wine Glass Painting Workshop**, Thursday February 12th, at 2pm. Relax, create, and enjoy an afternoon of colorful fun! This guided craft workshop will help you design your own hand-painted wine glass to take home or gift to someone special. No artistic experience required - just bring your creativity and a smile. All supplies provided, and good company guaranteed. Call 321-751-6771 to RSVP.

**Senior Health Friday With Nurse Lisa: Understand Your Heart Risk Factors - and What the AHA Recommends**, Friday February 13th, at 10am. Heart health can feel confusing, but it doesn't have to be. Nurse Lisa breaks down the American Heart Association guidelines into plain, everyday language you can use. Learn how blood pressure, cholesterol, lifestyle, and family history affect your risk - and what steps make the biggest difference. A friendly, practical conversation focused on keeping you strong and well. Call 321-751-6771 to RSVP.

**Annual Galantines Day Tea Party**, Friday February 13th, at Noon. Grab your favorite gal pals and join us for a charming Galentine's Day Tea Party! Delight in tea, sweet bites, and friendly conversation while celebrating the power of women supporting women. Whether you come with friends or make new ones, you'll leave with a full heart and a happy smile. Call 321-751-6771 to RSVP.

**AARP Smart Driver Course**, Monday February 16th, 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 call 321-543-3724 to secure your seat.

**iPhone & iPad Users Group**, Tuesday February 17th, 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.

**Law School for Life: Estate Planning 101**, Wednesday February 18th, at 10am. Estate planning isn't just for the wealthy - it's for anyone who loves their family. This beginner-friendly class explains wills, trusts, powers of attorney, and health care directives in clear, simple terms. Learn how to avoid common mistakes and make decisions that protect your home, savings, and loved ones. Call 321-751-6771 to RSVP.

**Medicare Advantage Sales Seminar**, Thursday February 19th and Wednesday February 25th at 10am. Understanding Medicare options can be overwhelming - this seminar makes it easier. Health First Health Plans will review how Medicare Advantage works, what benefits are available, and

how to choose coverage that fits your needs and budget. Get straightforward information with no pressure, plus time for one-on-one questions. Call 1-800-716-7737 to register.

**Tools to Quit Smoking Your Way**, Friday February 20th, 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.

**Who Will Speak For You?**, Tuesday February 24th, at 10am. If you were unable to speak for yourself, who would make your medical and financial decisions? This important workshop explains how to choose the right advocates and put legal protections in place before a crisis happens. Learn about health care surrogates, powers of attorney, and living wills in a caring, easy-to-understand format. Planning ahead is a gift to those you love. Presented by Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

**Medicaid Planning**, Thursday February 26th, at 10am. Long-term care is expensive - but proper planning can help protect your assets and your future. Attorney William Johnson explains how Medicaid works, eligibility rules, and strategies to prepare before care is needed. Get honest answers about nursing home costs, asset protection, and common myths. Designed for seniors, spouses, and adult children navigating tough decisions. Call to RSVP 321-751-6771.

### FUNCTIONAL FITNESS CLASS

**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,

### SUPPORT GROUPS

**Connected: A Spiritual Exploration & Support Group**, Fridays February 6th and 20th, at 10am. Life can bring big questions - this group creates room to explore them together. Through guided discussion and shared stories, participants reflect on spirituality, resilience, gratitude, and inner peace. Whether you're looking for support, understanding, or simply a place to belong, you'll be met with kindness and respect.

**Loss, Grief & Bereavement Support Group**, Thursdays February 12th and 26th, at 10am. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Facilitated by VITAS Healthcare.

**Alzheimer's & Dementia Support Group**, Wednesday February 18th, 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. To support honest conversation and comfort, individuals living with Alzheimer's or dementia do not attend this group.

### RECURRING EVENTS

**Liberty Company: Veteran Social Club**, Wednesday February 4th, 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:

**Jordan Dascoli, Assistant Director**  
 Jordan@OneSeniorPlace.com  
 321-751-6771  
 One Senior Place  
 8085 Spyglass Hill Road, Viera  
 FL 32940



# Helping Seniors Info Series

## FEBRUARY 2026

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

#### Scam Jam Palm Bay:

Friday February 13th - 10am-2pm Workshop & 2pm-4pm Shred Event

Helping Seniors & AARP at Glenbrooke Senior Living - 815 Briar Creek Blvd - Palm Bay

Join our workshop and graduate as a "Scam-Jammer" - learn how to stay safe!

Plus: Free Shred Truck event 2pm-4pm same day to safely dispose of old documents.

Free (including Lunch) but limited to 70 participants - RSVP at (321) 473-7770

#### The Senior Resource Center:

Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Your hub for great Senior Information, Education and Resources and home the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library. Info & RSVP at 321-473-7770. [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org)

#### Thursday - February 12th - 1100am-1230pm - Nourish Your Spirit Cooking Class

Celebrity Chef Jillian Zebris, of Chefs for Seniors, in cooperation with Senior Helps of Melbourne, brings the popular "Nourish Your Spirit" Cooking Class to the Senior Resource

Center for lunch! Learn Doctor approved easy-to-replicate cooking recipes - and enjoy tastings too! - at this free class. RSVP required.

#### Thursday February 26th - 10am-11am - Knowledge College for Aging

"Legal Help for Older Adults" - Lizzie Johnson, Senior Managing Attorney for Older Adult Programs at Community Legal Services of Mid-Florida (CLSMF), specializes in elder law, consumer law, and grandparent rights, helping seniors with issues like title scams and kinship care with free legal aid services.

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

"Comfort-Focused Care" - Jennifer Allen, VITAS Healthcare, shares on comfort-focused care that can ease symptoms, support quality of life, and provide guidance for you or a loved one during life's most challenging times. Let's learn together.

#### AARP/Helping Seniors Events:

#### Friday - February 13th - 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 - February 17th - 1100am-1230pm - Golden Providers B2B Lunch

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.. Great Business-to-Business Learning & Networking for those who serve Seniors

#### Friday - February 27th - Every Day is Veterans Day

One Senior Place - 8085 Spy-glass Hill Rd - Melbourne FL "Every Day is Veterans Day" is an annual patriotic event hosted by One Senior Place, featuring music (like and tributes to honor veterans.

## CALENDAR HIGHLIGHTS



Weekdays on



#### Find SCG-TV:

Spectrum Channel 499  
Comcast (North Brevard) Channel 51  
Comcast (South Brevard) Channel 13  
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Feb 2	Mon	Chaplaincy - What It Means	Concierge Home Care	Understanding Medicare Options	Inclusive Dentistry
Feb 3	Tue	Considerations in Best Home Care	Buying/Selling/Investing in Real Estate	Two Assisted Living Questions	Helping Seniors Travel Club
Feb 4	Wed	The Parts of Medicare	Durable Power of Attorney	Rock Steady Boxing	Guardianship
Feb 5	Thu	Finding Good Place for Mom or Dad	Transitional Care	Guardianship: The Basics	When is Assisted Living Appropriate?
Feb 6	Fri	Great Employment for Seniors	Periodontal Disease	Wellness: Fall Prevention	Capital Update
Feb 9	Mon	Care Management - What It is	Longevity Planning	Probate - What It Is & How It Works	Assisted Living & Memory Care
Feb 10	Tue	Probate: The Basics & the Process	How to Cruise Successfully	Best Home Care Ideas	Psychiatric Care
Feb 11	Wed	Your Aging Plan - What It Is	Chefs for Seniors	Cosmetic Dentistry	Learning About Natural Health
Feb 12	Thu	The Business of Helping Seniors	VA Aid & Attendance Benefits	Helping Seniors Services Directory	Wellness: Foot Care
Feb 13	Fri	Family Home: Keep It, Sell It, Transfer?	Senior Information in Senior Scene	Wellness: Express Thoughts Clearly	Capital Update
Feb 16	Mon	Two Assisted Living Questions	Helping Seniors - 15 Years of Service	Alzheimer's & Walk to End Alzheimer's	Chefs for Seniors
Feb 17	Tue	Rock Steady Boxing	What Happens After the Funeral?	Medicare Supplement or Advantage?	Al Dia Today Newspaper
Feb 18	Wed	Importance Comprehensive Evaluation	Don't Go Broke Paying Nursing Home	Chaplaincy - What It Means	Consideration in Best Home Care
Feb 19	Thu	Turning 65? All About Medicare	Home Care & Veterans Services	Psychiatric Care	The Dental Experience
Feb 20	Fri	Power of Attorney & Super Powers	Finding Good Help at Home	Knowledge College: Senior Home Care	Capital Update
Feb 23	Mon	Best Home Care Ideas	Helping Seniors Travel Club	Home Care & Veterans Services	Durable Power of Attorney
Feb 24	Tue	Balance & Fall Prevention	Care Management - What It is	New to Florida? Know FL Elder Law	Transitional Care
Feb 25	Wed	Top 3 Public Benefits Questions	Things to Know About Elder Law	Buying/Selling/Investing in Real Estate	Great Employment for Seniors
Feb 26	Thu	Senior Living Options	Two Assisted Living Questions	Concierge Home Care	Aging Plan: Long Term Care
Feb 27	Fri	Longevity Planning	Too Many Teeth Being Extracted?	Wellness: A Medication to Know	Capital Update



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Date	Day	Program	Guest	Topic
Feb 4	Wed	Helping Seniors Radio	Bill Johnson, Esq.	Elder Law for Florida Seniors
Feb 11	Wed	Helping Seniors Radio	Dr. Lee N. Sheldon	Health & Wellness for Florida Seniors
Feb 18	Wed	Helping Seniors Radio	Yazmin Alfonso (AARP Florida)	Great Activities & Info for Seniors
Feb 25	Wed	Helping Seniors Radio	Jennifer Barton	Seniors Helping Seniors
				Senior Living for Florida Seniors



*Helping*  
**SENIORS**  
**TRAVEL CLUB**

## 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**

