

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 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

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

Monday:
10:40 MOVE IT!!!
11:00 am: Mahjong: Drop in and play!
 Bring your board if you have one! \$2 pp

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

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

Tuesday:
10:00 am: Crafty Ladies (seasonal)
11:00 am: Euchre

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

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

10:40 am: Happy Feet
11:30 Let's Dance

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

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

Thursday:
10:40 Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo
1:00 Not Your Average Bingo

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321) 267-5923
Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Strength and Stretch 9am-10am Susan 540-220-4831

TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321) 609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321) 264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321) 385-3595
Beginning Tap Class 9am-10am \$2/\$3
Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268-4827
Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945

WEDNESDAY
Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534
Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321) 514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321) 298-2796
Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm \$3/\$4
Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Zumba Gold Tone/Chair- Thursday 11AM-Noon \$7/\$8 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321) 609-0999
No Brevard Line Dance (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$5/\$6 Pat (321) 268-2333

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

MONDAY PROGRAMS
Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm
Bocce 9-11am
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 12:15-3:30pm
Cornhole 11:30am-12:30pm
Golden Tones 10am-noon (On break until Sept)
Ping Pong 1-3:30pm
Poker: Straight 10am-2pm; Noon-3:30pm
Sensible Weight Loss with Friends 9-10am
Shuffleboard (Indoor) 1-3pm
Travel Office open 9am-2pm
Vets-to-Vets Café 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm

TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm

Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wil 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) 12:30:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm
Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am

Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon

SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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

MONDAY PROGRAMS
Billiards 8:30 am-4:30 pm
Bones & Balance 10:00-11:00 am
Duplicate Bridge 12:30-4:00 pm
Jazzercise Lo 8:30-9:30 am
Hand & Foot 9:00 am-12:00 noon
Friendly Poker 1:00-4:00 pm
QiGong-Tai-Chi 8:30-9:30 am
Mah Jongg - American 12:00-3:30pm
Pinochle 12:15-4:00 pm

TUESDAY PROGRAMS
Chair Yoga 3:00-4:00 pm
Rogue Bridge 12:15-4:00 pm

Bingo 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise 4:15-5:30 pm

WEDNESDAY PROGRAMS
Billiards 8:30 am-4:30 pm
Duplicate Bridge 12:30-4:00 pm
Euchre 6:00-9:00 pm
Jazzercise Lo 8:30-9:30 am
Tai Chi 8:30-9:30 am
Mah Jongg - Chinese 1:00-4:00 pm
Rummikub 1:00-4:00 pm

THURSDAY PROGRAMS
American Mah Jongg 9:00 - 12:00 noon
Strength & Flexibility 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco 12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge 1:00-4:00 pm
Shuffleboard Open Practice 6:30 pm

FRIDAY PROGRAMS
Billiards 8:30 am-4:30 pm
Jazzercise Lo 8:30-9:30 am
Tai Chi 8:30-9:30 am
Hand & Foot 8:45 am - 12:00 noon

Bingo 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle 12:15-4:00 pm
Dealers Choice Poker 11:30 am - 4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm

SATURDAY PROGRAMS
Shuffleboard Open Practice 9:00 am - noon
Duplicate Bridge 12:30 - 4:00 pm
Rubber Bridge 12:30 - 3:30 pm



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

FEBRUARY 2026 ONE SENIOR PLACE EVENTS

See the complete calendar of events at
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 iP-hones 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

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 Spyglass 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



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?	AI 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



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



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, FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 PST # 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.