

THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS 50+

SENIOR SCENE[®]

FEBRUARY 2026

FREE



Cover Artist:
Lori Hlavsa

We Remember
Jack Benny



Are Heart Attacks
Preventable?

What Is Probate?
The Highway Men



FINANCE | HEALTH | ENTERTAINMENT | CALENDARS | NEWS

HealthFirst

Advanced heart care is here.

Click Twice
to Visit
Website

BEST
REGIONAL HOSPITALS

USNews

BREVARD COUNTY
RECOGNIZED IN 11 TYPES OF CARE
2025-2026



You don't have to travel far for expert care. Experience the highest-quality cardiac care with the latest innovations and treatments — right here in Brevard.

hf.org/heart

A Place to Call Home

“COME FOR THE LIFESTYLE AND STAY FOR A LIFETIME”

Click Twice
to Visit
Website



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.



CancerCareBrevard.com

Shoulder Embolization

Do you have shoulder pain that limits your life? Have you tried joint injections or physical therapy with little relief? Have you been told that shoulder replacement is your only option? Shoulder embolization is a minimally-invasive treatment for patients with shoulder pain that offers long-term pain relief for a majority of patients. Embolization is a non-surgical procedure that **Dr. Derek Mittleider** with

Vascular and Embolization Specialists has been performing for 20 years. There is no scalpel, no stitches, and no prolonged recovery. Patients are discharged home an hour after the procedure. Patients return to full activity within 3 days. Embolization is a painless outpatient procedure that does not use general anesthesia and does not require physical therapy during recovery. For more information, visit our website or call our office to schedule a consultation.



THE
EMBOLIZATION
EXPERTS

VASCULAR & EMBOLIZATION SPECIALISTS

321-321-3001

VascularEmbo.com



MAP



WEBSITE

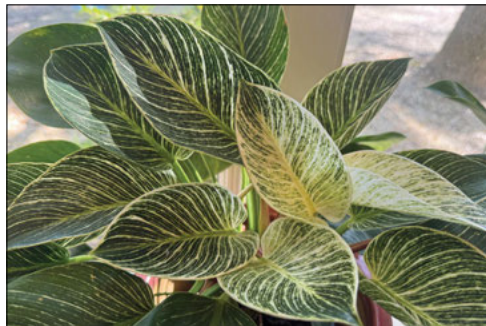
COVER STORY

- 11 **Magical and Inspirational** – Lori Hlavsa



AROUND THE HOUSE

- 16 **How Can I Tell What's Causing My Windows Computer To Bog Down?**
– James Bowman
- 36 **Paw's Corner** – Sam Mazotta
- 43 **Donna Erickson's Best Bites**
- 48 **Philodendron Varieties Add Inspiration To Indoor Space**
– Eddie Smith



COMMUNITY

- 38 **Calendar Highlights**
- 50 **Community Calendar**
- 54 **Senior Calendar**

ENTERTAINMENT

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

FINANCIAL ADVICE

- 13 **What is Probate?** – Truman Scarborough
- 17 **Estate Planning Tips**
– Max ValaVanis

GENERAL INTEREST

- 12 **Beat Scammers at their Own Game!**
– Kerry Fink
- 21 **No Cheap Options**
– Teri Brant, Buena Vida estates
- 23 **HELPING SENIORS OF BREVARD NEWSLETTER**
- 35 **Mom & Me** – Audrey & Kimberley
- 40 **JROTC Air Rifle Competition Brings Out the Best**
- 41 **Veterans Post** – Freddy Groves
- 42 **Join Us for the Journey** – Ash
Wednesday to Easter Sunday
– Reverend Jeff Wood
- 44 **Avoiding the Flu** – Matilda Charles
- 47 **Recharging in Panama City Florida**

NOSTALGIA

- 10 **Highway Men -Artists, Not Thieves**
– Diane Barile
- 12 **Jack Benny** – Happy 39th Birthday
– George Khoury



SENIOR HEALTH

- 19 **Science Factoids**
– 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

Fall in LOVE

*With your surroundings, your friends, your home,
AND your Peace of Mind in your '65 and better'
forever community! Call us to find out how!*

**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



It's already February, how's the diet and exercise going? New Year's resolutions are so over rated! So let's move on to February and Valentine's Day. That's more fun. With that in mind, we have selected one of our favorite artists, Lori Hlavska to grace our cover in celebration of Valentine's Day. There is certainly a need for more love right now.

Did you know that we are providing an on-line directory of senior services here in Brevard County. You will find it at HelpingSeniorsDirectory.com, a reliable listing of services and businesses specially addressing the needs and wants of our readers. As a long-time member of the mature community here in Brevard, we are uniquely qualified to provide such a comprehensive source of information. As you start to utilize this Directory, please let us hear your opinions on any of its attributes.

As we get the opportunity to meet our readers at all of Brevard County's health fairs and expos, we frequently hear how you enjoy reading Senior Scene from "cover-to-cover". Well, we enjoy providing each month's articles and advertisers to you too. You can see some of the up-coming Senior Expos and Health Fairs on our pages this month. I hope you get a chance to attend.

For other fun and informative events, see our Community and Senior Calendars inside. This is usually a busy time for expos and health fairs.

So enjoy February, especially Valentine's Day and 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



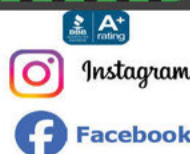
FINANCING AVAILABLE
(w.a.c.)

\$500 off



321-419-1361 • 321-419-1260

www.DCRoofingBrevard.com



SENIOR SCENE®
Magazine



SENIOR LIFESTYLE EXPO

Thursday
APRIL 22

10 am - 1 pm At Melbourne Auditorium

Meet Top Senior Services Experts

Free Coffee & Snacks Stations

Door Prize Winner Every 10 Minutes

Informative Event For Boomers & Seniors

For info. Call/Text 321-773-1454

Highway Men - Artists, Not Thieves

By Diane Barile

The men at the roadside had paintings, not pistols. Propped around the trunk of their cars were oil landscapes of flaming trees, marshes with cypress and oaks and hammock decorated with egrets.

The bank of painters from Ft. Pierce and Vero Beach worked as much to make a living as to be creative.

Nationally known artist A. E. Backus, in the late 1950s, trained a couple of black men in the basics of landscape composition in oils. The trainees became the leaders of a group of twenty-four men and one woman who carried the fast painting technique into a lifetime of production.

The process of creation at times took on aspects of mass production. Several canvasses of Upson board or Masonite were set up and painted in mass production. Painted in half the regular time could be accomplished by one man or several of the team. The aim was paint fast, sell fast. As time passed, picture displays moved from roadside to hotels, offices, banks and local shops. One could have Florida art for less than thirty dollars.

This art became an example of social change. Black artists were seldom shown in commercial galleries. But the reputation of Highway Men art became recognized and led to the acceptance of black artistry in spite of "Jim Crow"

prejudices. The artists were invited to show their work locally, regionally and recently in New York.

The Highway Men depicted connection to the natural wonders of central Florida. The vibrant colors reflected the light of coastal and wetland habitats. Rather than recording actual locations, the pictures related the image of the painters experience as orange grove workers or commercial fishermen. The landscapes of Poinciana trees and sunsets were images familiar to residents of coastal Florida and tokens of visits by tourists.

I bought my first Highway man picture by Newton at Granny's Donut Shop in Palm Bay in 1983 for thirty-five dollars. I was sure the landscape was that of Turkey Creek at Port Malabar. The second oil was found outside a tourist shop in Melbourne. Then the price was three hundred dollars. Today depending on the artist, the pictures are collected with costs in the thousands. 💰



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.**



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.

Explora Journeys sailing the Amazon - February 17th - March 1st, 2027. This is a new cruise line that has luxury all the way around, max of 900 guests, and everything is included other than excursions. I have sailed with them and have never had such a luxurious stateroom, they start at 360sq ft with 75 sq ft balcony

with a daybed, walk in closet with dressing area, heated bathroom floors and so much more. Join me to see some exquisite ports you cannot see on the big ships! All-inclusive rates starting at \$6678 per person based on double occupancy. And remember no extra for specialty restaurants (except Anthology - wine tasting), no additional gratuities and no bar bill at the end of the cruise! Join me as we sail the Amazon and southern Caribbean.

Independent affiliate of Uniglobe
Travel Center
Veteran Owned

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



www.allaboutyoutravelunlimited.com

Magical and Inspirational - Lori Hlavsa



Residing in Florida with her Husband, Lori Hlavsa is an accomplished artist.

"I hope to take the viewer to a place where Imagination and Dreams really do exist".

At a young age, Lori began to sketch and imagine freely. She began to work as a freelance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertising Design, from the Fort Lauderdale Art Institute. In 1985 she and husband expanded their family, with a girl, and 1987 a boy. Working part-time, her signs and murals brightened up, homes, daycares, and Broward County schools.

Through the 90's Lori worked with handmade papers, to escape the commercial art. The paper sculptures evolved into humanlike figures of clowns, fairies and dancers. Her mother helped in the production

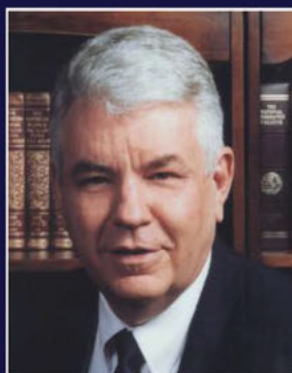


and were sold in art shows, as their children grew up. After 2000, Lori returned to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.

Lori was a featured artist in South Florida and in her 25-year career, she has displayed her work in over 500 exhibits and has received several awards. Customers comment that her work is magical and inspirational.

WEBSITE: www.artbylori.com ®

ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

239 Harrison Street, Titusville, FL

For A Complimentary Copy

Phone 321 - 267 - 4770

TALK WAS.....

Jack Benny - Happy 39th Birthday

By George Khoury



This February 14th marks the birthday of an American classic entertainer-Jack Benny. If I mention his name I know you will smile and tell me your favorite Benny bit or joke. Benny was a success in every media endeavor he tried. He started in vaudeville, went on to star in radio, television and film. I guess you could say he was also a much in demand musician.

Ever 39 years old, we loved him as the cheap miser whose comic timing took second to none. Dean Martin called him "the Satchel Paige of the world of comedy." There is not a comedian today who could get laughs with a pause and an annoyed, "Well!"

Born in 1894, in Chicago, Illinois, Jack grew up in Waukegan. His father was a saloon keeper who had emigrated from Poland. When he was six the family encouraged him to learn the violin. The same instrument that some say he never learned to play. He loved the instrument but hated to practice. He was more interested in playing in local bands and his high school orchestra. Jack was such a poor student that he was expelled from school and wound up playing in vaudeville houses for \$7.50 a week.

In 1929 Jack made two film that went nowhere. Feeling he didn't have a face for movies he took his talent to Broadway. While working Broadway he became fascinated with radio and was invited onto Ed Sullivan's show. The public and Jack both realized he was a natural for this new medium.

Radio history was made with The Jack Benny Program. The weekly show ran from 1932 to 1948 on NBC and from 1949 to 1955 on CBS. For all the years, it was one of the top rated shows. His stage persona was the reverse of everything Jack was in real life. He was not cheap, petty, ego-centric or vain. He allowed his team of supporting players to get the laughs at his expense. He always said, "I don't care who gets the laughs on my show, as long as the show is funny." He believed that the next day people would remember the show and not the character who uttered the lines.

His cast was perfect. Mary Livingston, his wife was the wisecracking girlfriend. His announcer was chubby Don Wilson.

Jack Benny - Happy 39th Birthday continued on pg 49

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



What is Probate?

By Attorney Truman Scarborough

This will be the first in a series of articles on the probate process.

When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign the deceased person's name on checks, deeds, etc. A Power of Attorney does not help, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees.

The process where property is transferred from the decedent to the beneficiaries is called "Probate". There are different kinds of probate depending on the size of the estate and whether there is a Will.

When there is a Will it is called "Testate Administration". The Will by itself does not transfer property to the heirs. The Will has no authority until admitted to probate by the court. If there is no Will, it is called "Intestate Administration", which will be discussed in a later article.

Probate can be further defined as Summary or Formal. "Summary Administration" is available when the assets total

less than \$75,000 in value and there are no creditors, or when the decedent died more than two years ago. Summary Administration will be examined further in a subsequent article. When Summary Administration is not available, "Formal Administration" will be required.

In Formal Administration, the court creates a legal entity (like a corporation) called the "Probate Estate" to take the decedent's place and hold the decedent's assets. The person named in the Will to administer the estate, the Personal Representative (executor), is issued "Letters of Administration" by the Probate Court. This allows the Personal Representative to access and manage the assets.

Some of the problems that can delay opening probate include: 1] The original Will cannot be located. 2] The Will was signed in another state and was not self-proving, requiring the Florida Probate Court to issue a commission for someone in that state to take the oath of the witnesses. 3] An autopsy is required before a death certificate can be issued. 4] A

What is Probate? continued on pg 45

FULL-SERVICE REAL ESTATE SERVING THE SPACE COAST

REMAX
Elite
TEAM CABLE

Click Twice to Visit Website

"He successfully honed in not only on my vision, but on my preferences and presented me the home of my dreams." — Carolyn Cook

Buy or Sell with Confidence

Local Market Expertise
Accurate pricing and strategic guidance built on deep knowledge of Brevard County neighborhoods and market trends.

Professional Presentation
High-quality photography, preparation guidance, and listing strategy designed to make a strong first impression.

Trusted Representation
Clear communication, skilled negotiation, and advocacy from contract to close.

Strategic Marketing
Targeted digital exposure, print placements, and proven marketing channels that reach qualified buyers.

DAVID CABLE, REALTOR®

Let's Discuss Your Real Estate Goals 321.615.0099
davidcable.remax.com

MEMBER MELBOURNE regional CHAMBER OF COMMERCE OF East Florida

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

SPACE COAST HBCA CONTRACTORS ASSOCIATION



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



Beat Scammers At Their Own Game!

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

The December 2025 Woman's World article proclaims, "Don't Fall for It! How To Stay Safe!" The article explains everything on the newest threats - from AI deepfakes to fake Amazon texts.

When you read what the "Bad Guys" are up to, you hear things like AI-generated products, Pig butchering crypto scams, QR code phishing, Toll-payment text scams, Amazon text scams and more. It is so important we learn what these are and how to stay safe.

At our November Scam Jam, at Addington Place Titusville, Cpl Jay Martinez, Brevard County Sheriff's Office, cited his own personal case of an online scam. At the end of the day, he teaches the key is to avoid these "traps" by recognizing them ahead of time:

1. "I know this sounds too good to be true" ... My father often repeated, "They don't put the cheese in the trap because they love the mice." We need to stop when we see that "fabulous" offer that we somehow understand is too good to be true!

2. "If you don't hurry, you'll miss out" ... "FOMO" - Fear of Missing Out - a great technique to get us to part with our money before we have truly "calculated the cost." Many times, our desire to "get that bargain" gets us in trouble. Scammers know how to manipulate us to get the response they want to line their pockets.

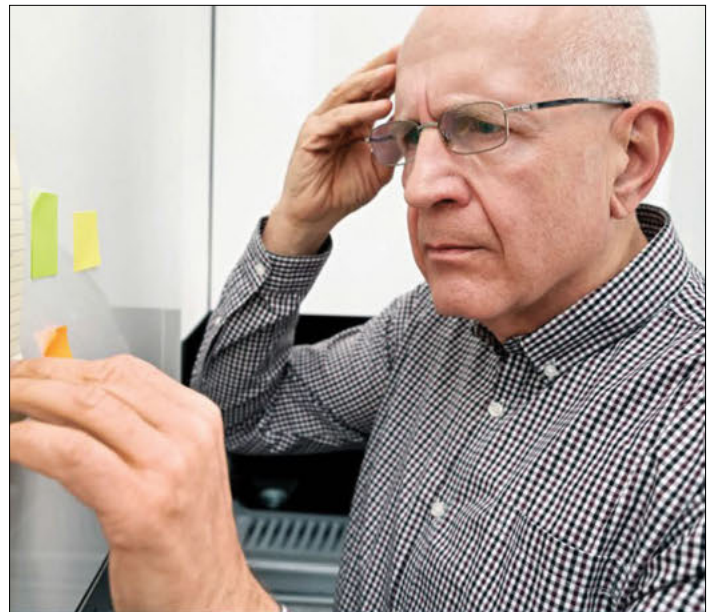
3. "Awful situation, but you can avoid it with gift cards" ... From "Grandson in Jail in Mexico" to "Sheriff's Office on the way to arrest you" scams - they feature a way to "get out of trouble" quickly - per the scam artist. A "solution" involving gift cards, cash payments or now, crypto payments using ATM's at convenience stores, combined with "right now" deadlines, is a sure sign of a setup.

Scam Safety involves STOPPING it before it happens. Law Enforcement wil to try to help BUT there is precious little that can be done when the proverbial "horse is out of the barn."

Our SCAM JAM workshops, in partnership with AARP, have become very popular. We offer these free events throughout Brevard County - we want you to access this 4-hour training session (lunch included) and graduate as a Certificate-holding "SCAM JAMMER" who pledges to stay from scams, and help those around them stay safe too.

Most events also feature a free SHRED event - where you can safely and securely dispose of your sensitive documents

Beat Scammers at their Own Game! 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



How Can I Tell What's Causing My Windows Computer To Bog Down?

By James Bowman, Data Rescue Computer Service

If your Windows computer is slowing down, there are several potential reasons. Here's a step-by-step guide to help you identify the cause:

1. Check Task Manager

- Press Ctrl + Shift + Esc to open Task Manager.
- Look at the Processes tab to view running applications and their resource usage (CPU, Memory, Disk).
- Identify any programs consuming excessive resources.

2. Check Startup Programs

- In Task Manager, navigate to the Startup tab.
- Disable any unnecessary programs that launch at startup to speed up boot time and reduce resource usage.

3. Run a Virus/Malware Scan

- Use Windows Defender or a reputable third-party antivirus software to scan for malware or viruses that could be slowing your system down.

4. Update Software and Drivers

- Ensure your operating system and software applications are up to date.

- Check for driver updates via Device Manager (Win + X > Device Manager).

5. Check Disk Space

- Ensure your hard drive isn't near capacity. Go to This PC to check available storage.
- Remove unnecessary files or use Disk Cleanup to free up space.

6. Check for Hardware Issues

- Inspect your hardware components, such as RAM and hard drive. If your RAM is nearly full, consider upgrading it.
- Run a disk check by typing `chkdsk /f` in Command Prompt (Admin) to scan for disk errors.

7. Check Background Services

- Some background services may consume resources. Check services running in the background and disable any non-essential ones.

8. Performance Settings

- Adjust your Windows performance settings. Search for "Performance Options" in the Control Panel and select "Adjust for best performance" to disable visual effects.

How Can I Tell ... 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



Estate Planning Tips

By Max ValaVanis, CFP®, CFS®

Estate Planning is a valuable opportunity to designate who you want to inherit your assets after you pass away. Unfortunately, the results are not always what you intend. To effectively pass property to your heirs, you must be diligent in creating your estate planning documents. As I like to say, estate planning is a process, not an event. The following are a few mishaps you can easily avoid.

The most common shortcoming of an estate plan is forgetting to update or name beneficiaries. Far too often, I have encountered clients who lack a valid beneficiary in their IRAs, annuities, brokerage accounts, or their life insurance policies. This is the number one estate planning mistake I see with our clients. So, what do I mean by "valid beneficiary"? Well, that depends on you! Sometimes a beneficiary will be a previous spouse or a person who recently passed away. In these cases, the beneficiaries are not organized properly, or the beneficiary percentages may be outdated.

Take the case of the late actor Philip Seymour Hoffman. When he created his will in 2004, his only child was his firstborn, named Cooper. By the time he suddenly passed away in 2014, he and his longtime companion, Marianne O'Donnell, had given birth to two additional children. In

the ten years that passed since he created his will, Mr. Hoffman never updated his beneficiaries. Thankfully, Ms. O'Donnell was the sole primary beneficiary with Cooper as the contingent. If Ms. O'Donnell passed before Mr. Hoffman, then his two youngest children would not be in his estate. There would be a long and tedious probate process to reallocate his assets proportionately between the three children. It is always paramount to carefully consider who you would like for your beneficiaries and review them whenever an important event occurs.

Furthermore, one should avoid probate whenever it is legally possible and reasonable. Creating a will can deliver your assets to your desired heirs, but the process of doing so may be cumbersome. Typically, probate proceedings last several months; and in the meantime, numerous expenses are paid. According to trustandwill.com, the average probate process drains three to seven percent of the estate through costs and fees. To make matters worse, it is an open court proceeding; therefore, the hearing and documents are open

Estate Planning Tips 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.



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.

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

Call (321) 723-8620

TTY 1 (800) 955-8771



Science Factoids

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

Did you know?

- Some authorities estimate that some dogs' sense of olfaction (smelling) is as high as 1 million times greater than ours.
- In an adult there are 100,000 miles of blood vessels.
- From the smallest microprocessor to the biggest mainframe, the average American depends on over 264 computers per day.
- A shrimp has more than a hundred pair of chromosomes in each cell nucleus.
- Every year about 98% of atoms in our body are replaced.
- It takes a plastic container 50,000 years to start decomposing.
- Nerve impulses to and from the brain travel as fast as 170 miles per hour.
- A full-grown moose may be 8 feet high at the shoulder and weigh almost a ton.
- To make a one-pound comb of honey, bees must collect nectar from about two million flowers.
- The average human body contains enough: Sulphur to kill all fleas on average dog, Carbon to make 900 pencils, Potassium to fire a toy cannon, Fat to make 7 bars of soap, Phosphorus to make 2,200 match heads, and Water to fill a ten gallon tank.
- The brain receives about 9 gallons of blood every hour.
- Your stomach produces a new layer of mucus every 2 weeks; otherwise it will digest itself. Every 3 days, our body makes a new lining of your stomach.
- The largest Great White Shark ever caught measured 37 feet and weighed 24,000 pounds.
- Scientists have found that it is impossible to tickle yourself? The cerebellum, a region in the posterior portion of the brain, earns the rest of your brain when you are attempting to tickle yourself.
- Australian scientists have identified some species of baby spiders that bite off the limbs of their mothers and slowly dine on them over a period of weeks.
- A camel can lose up to 30% of its body weight in perspiration and continue to cross the desert. A human would die of heat shock after sweating away only 12% of body weight.
- The average American eats 22 pound of candy per year.
- A blue whale's heart is as big as a compact car. Ⓢ



ValaVanis Financial

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

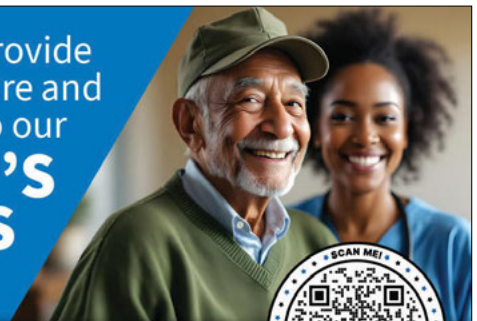
Certified Financial
Planner™ Professional

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

Travel Center /Senior Travel

Portugal and the Douro River Cruise



April 2025

Portugal and the Douro River Cruise			SEPTEMBER 17, 2025	
CAT	STATEROOM / SUITE	DECK	PER PERSON TWIN	SINGLE ROOM ADD
E	Emerald Stateroom	Riviera	\$5,849	+ \$4,095
D	Emerald Stateroom	Riviera	\$6,079	+ \$4,255
C	Panorama Balcony Suite	Vista	\$6,425	+ \$4,495
B	Panorama Balcony Suite	Vista	\$6,529	+ \$4,575
R	Panorama Balcony Suite	Vista	\$6,875	+ \$4,815
A	Panorama Balcony Suite	Horizon	\$7,275	+ \$5,089
P	Panorama Balcony Suite	Horizon	\$7,439	+ \$5,209
SA	Owner's One-Bedroom Suite	Horizon	\$7,955	N/A
RA	Riverview Suite	Horizon	\$8,069	N/A



Call for more details

Chris & Betty 321-978-5211
or travelcenterusa@gmail.com





No Cheap Options

By Teri Brant, Director of Marketing, Buena Vida Estates



When people begin exploring various senior living options, one of the first questions that may come up when considering whether to stay in your own home or relocate to a retirement community is, "What's the least expensive choice?" People are often unsure of what to expect when it comes to senior living costs and whether their retirement savings will be enough.

Choosing a low cost or least expensive senior living and care option might FEEL like the most responsible decision financially. Although there is nothing inherently wrong with taking this approach, other pieces of the senior living decision can be overlooked, including VALUE.

What's often missing from the cost-focused discussions around senior living and care are the intangibles: the things that are hard to measure (especially in advance) but deeply felt-when realities set in:

"How much is peace of mind worth?"

"What is the value of waking up each day without worrying about the home maintenance, transportation, meals or how you'll manage if your health or mobility changes?"

"What is the value of knowing you won't become a burden on your loved ones or force them into crisis decision making?"

The comprehensive 2025 study by the National Opinion Research Center (NORC) at the University of Chicago found that older adults living in senior living communities tend to experience better overall health outcomes compared to peers who remain living independently in the broader community. The same study found that adults in senior housing often live longer and receive more comprehensive home health support than those who age in place.

The sense of freedom...from worry, from responsibility, from constant planning for "what if" scenarios...has real value. We want to emphasize that no single senior living and care option is right for everyone! But if you have done your due diligence and senior living does appear to be a good potential fit, it's important not to dismiss simply because another option seems "cheaper".

Knowing the true costs in a senior living community will make the decision easier. There are no "cheap" options when it comes to care for seniors! Buena Vida Estates allows you to see the whole picture. You pay on the front end, but know what the costs will be for every level of care. That's huge and different from every other community in Brevard. Do the research and know your options. §



BETTERCABINETS
AND BATH
REFINISH REFACE REPLACE

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

Are Heart Attacks Preventable?



ask | ONE
SENIOR
PLACE

Lisa Peake

This sobering statistic from the American Heart Association remains the same year after year: Heart disease is the leading cause of death in the U.S. and it is largely preventable. If you're not focusing on your heart health – please, start TODAY. Harvard Health has 10 good suggestions I'm passing along.

1. Take at least a 10-minute walk each day. Couch potato or work-out buff, 10 minutes of daily walking will increase your heart health.
 2. Give yourself a lift. Pick up a hardcover book or a two-pound weight a few times a day. This can help tone your arm muscles! With time, increase the amount of weight you are lifting.
 3. Eat one extra daily fruit or vegetable. Fruits and veggies are fairly inexpensive, they taste good and are just plain GOOD FOR YOU -- from your brain to your bowels.
 4. Make breakfast count. Start your day with fruit and a serving of whole grains, like oatmeal, bran flakes or whole wheat toast. This "breakfast of champions" can help lower cholesterol levels and increase your heart health.
 5. Stop drinking your calories. Cutting one sugary soda (or latte) per day can save 100 or more calories-- or an annual weight loss of 10 pounds!
- 
6. Choose a handful of nuts. Snack attack? Nuts are packed with healthy fats, protein, fiber, vitamins, minerals and antioxidants. Nix the cookies and grab a handful of heart-healthy nuts. They also make a great salad topping!
 7. Sample the sea. Eat fish and other seafood (instead of red meat) once a week. It's good for the heart, brain and waistline.
 8. Breathe deeply. Try breathing slowly and deeply for a few minutes each day. It can help you relax --and may also help lower your blood pressure.
 9. Wash your hands often. Frequent handwashing with soap and water during the day can protect your heart health. How? The flu, COVID, pneumonia and other infections can put strain on the heart.
 10. Count your blessings. Practice gratitude every day. Positive thoughts and emotions are linked to better health, longer life and greater well-being.

Learn more about what you can do to prevent heart disease. Join me on Friday, February 13 for Senior Health Friday with Nurse Lisa at One Senior Place, when my guest will be Bonnie McClelland from Orlando Health Cardiopulmonary Rehab. Together, we will present a special event on heart health you won't want to miss. RSVP online at OneSeniorPlace.com or by calling 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.

Miss Annual Enrollment? Call for Other Options ! Make An Appointment Today

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

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

HEALTH PLAN MARKETPLACE



Bruce Williams

321-543-3495

bwilliamfl@gmail.com

www.bwilliamsinsurance.com

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

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

FEBRUARY 2026

2026!
Getting
Our Ducks
in a Row!

Making Life
Better for Seniors!



Inside: Getting Your Health & Wellness Ducks in Row!



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



Lizzie Johnson, Esq.
Managing Attorney
Community Legal Services
of Mid-Florida

10am Thursday Feb 26th
Your Aging Plan:
**Older Adult
Legal Services**

Helping Seniors Wellness Series



Jennifer Allen
Director of
Market Development
Vitas Healthcare

11am Thursday Feb 26th
Wellness Series:
**American Heart
Association Certified**

Thursday February 26th - 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



We are Better Together!

Kerry Fink
Executive Director - Helping Seniors

They say it takes a village to raise children. After 15 years of working with Helping Seniors, we've definitely adopted that way of thinking—only for us, it's "It takes a village to take care of our Seniors!"

You may have noticed that we are increasingly exploring ways to expand our service to Seniors and their families through creative associations, collaborations, and partnerships. Our upcoming Scam Jam Workshop & Shred Event on February 13 at Glenbrooke Senior Living in Palm Bay is a perfect example of that collaborative spirit.

Senior scams are a serious and growing issue. Our experience has taught us that prevention is the most effective weapon against fraud. That's why, last year, we formed a strong partnership with our friends at AARP Florida to ensure Seniors receive accurate, timely information to help them stay safe. This collaboration gives us access to the AARP Fraud Watch Network, which tracks the many ways bad actors attempt to steal from Seniors.

Scam Jam also relies on the generosity and expertise of professionals who volunteer their time to help educate our community. Our February 13 program features insights from Jorge Herrada, Director of the Office of Technology Innovation at the Commodity Futures Trading Commission; Elder Law Attorney Greg Schwendeman of Rhodes Law, P.A.; and Jackie Erickson, Vice President and Branch Manager of PNC Bank Palm Bay. These top-tier professionals step away from their busy schedules to help equip Seniors with tools to protect their finances.

Of course, none of this would be possible without our local partners, including Glenbrooke Senior Living, which is graciously providing its elegant clubhouse—and a complimentary lunch for registered participants—making it an ideal venue.

If you haven't registered for the February 13 Scam Jam Certificate Program (10:00 a.m.–2:00 p.m.), please call 321-473-7770. Be sure to stay for our free Shred Event from 2:00 p.m.–4:00 p.m. Together, let's stay SAFE in 2026!

Stay Safe from the Scammers!



Scam Jam - Palm Bay Edition 10am-2pm - Friday February 13th (with Shred Truck 2pm-4pm)

Join us at Glenbrook Senior Living - Palm Bay
Free Workshop - Lunch Provided - Be a "Scam Jammer" and Stay Safe!

Call 321-473-7770 for Info & RSVP
HelpingSeniorsofBrevard.org





Helping Seniors Of Brevard



Our Senior Resource Center
Helping Seniors of Brevard

Nancy Deardorff
Operations Director

By now, most of you know about Helping Senior of Brevard, a charitable organization dedicated to serving our senior community.

Did you also know that we operate the Senior Resource Center of Brevard?

What is the Senior Resource Center? The SRC is a place where seniors can turn for education, information, and resources.

We hold live senior educational events; our senior information telephone line is answered here and just last year alone over 4400 calls came through our Senior Information Line at the Senior Resource Center. We have a Senior Resource Navigator on-site to help seniors navigate through the plethora of issues seniors can face and lead them to the resources they need for help.

The SRC is home to many resident businesses dedicated to serving our senior community including Rhodes Law, Arosa Care, Senior Solutions Mind & Body, Moore Insurance, Synergy Home Care, Flamazing Real Estate, and Time with Terri Podcast.

The SRC is also home to our senior resource library, filled with important resources for seniors.

We are a charitable organization and through the support of our generous donors and sponsors, we've been able to help thousands of seniors. We do not do this alone, but together we can continue our Senior Resource Center, Helping Seniors of Brevard.

The Senior Resource Center - 321-473-7770
1344 S. Apollo Blvd, Ste. 2-C - Melbourne, 32901
www.helpingseniorsofbrevard.org



President's Message

John Harper
President
Helping Seniors of Brevard

2026 brings new excitement to the Senior Resource Center and Helping Seniors of Brevard.

Helping Seniors helped thousands of seniors in 2025 and our 9th annual Car Raffle Fundraiser was a success, bringing so many of our supporters together for a wonderful afternoon of cars, food, entertainment and of course the lucky winner of a brand-new vehicle.

Our raffle could not be possible without the tremendous support of AJ Heirs, the American Muscle Car Museum, and the generosity and support of our community.

This year promises to be our biggest and best as we enter our 15th year of service to Brevard County and our 10th year of the car raffle and we can't wait.

The 2026 Car Raffle fundraising event will once again be held in October at the amazing American Muscle Car Museum, so stay tuned for more on our annual signature event.

Also, Helping Seniors of Brevard will be launching some new and great events and programs that will be unique to our organization and to the community.

Our Senior Resource Center and Helping Seniors of Brevard will continue to provide informative educational programs to help seniors and their families. 2026 promises to be our best year yet, thanks to our generous donors and sponsors. Together with our community partners and supporters, we will continue Helping Seniors of Brevard.

On behalf of our Board of Directors here's to a healthy and happy 2026.



February is
American Heart Month

Vicki Moore
Moore Insurance Solutions

February is American Heart Month; an observance promoting cardiovascular health and preventing heart disease. For the more than 65 million Americans enrolled in Medicare, this awareness effort highlights how critical the right Medicare plan can be in supporting healthy hearts and long-term wellness.

Heart disease remains the leading cause of death in the United States. Medicare plays a decisive role by making prevention and disease management accessible to older adults and individuals with disabilities.

Original Medicare and Medicare Advantage plans cover a wide range of screenings and services that align directly with the goals of American Heart Month including annual cardiovascular risk assessments, cholesterol and blood pressure tests, behavioral counseling, and tobacco cessation support. Many Medicare Advantage plans expand those offerings further.

For individuals already living with heart disease, Medicare ensures predictable access to specialists, prescription drug coverage through Part D or Medicare Rehabilitation services following a heart attack or bypass surgery.

American Heart Month reminds beneficiaries and caregivers that early detection and consistent care matter. By leveraging the tools and benefits available through Medicare plans, individuals can better manage risk factors and reduce preventable complications.

Contact Vicki Moore at 321-272-0218 or visit us at the Senior Resource Center.



Health and Wellness
and Your Aging Plan

Tami Leeberg, AGPCNP-BC
Senior Solutions - Mind & Body

Aging is a natural journey, and how we care for our bodies and minds today shapes quality of life we enjoy tomorrow.

Physical health is the foundation of healthy aging. Exercise strengthens muscles, supports joint mobility, and improves balance, reducing the risk of falls and chronic disease. A balanced diet rich in fruits, vegetables, whole grains, and lean proteins fuels the body while supporting heart and brain health.

Mental and emotional wellness are equally vital. Staying socially connected through family, friends, and community activities can combat loneliness and boost mood. Managing stress and getting enough sleep also play a crucial role in preserving cognitive health.

An effective aging plan goes beyond daily habits. It includes setting realistic goals, understanding personal health risks, and preparing for future needs such as mobility support, healthcare preferences, & financial security. Open conversations with loved ones and healthcare providers ensure that your wishes are respected and your plan remains flexible.

By prioritizing health and wellness now, you invest in a future marked not just by longevity, but by vitality. Partnering with organizations like Senior Solutions Mind & Body, which offers behavioral medication management, cognitive evaluations, and transitional care management, provides the support needed to navigate aging with confidence. Aging well is not about adding years to life, it's about adding life to every year.

See www.sesomindbody.com



Helping Seniors Of Brevard



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

As I meet with Buyers and Sellers in the new year, the sentiment seems resigned to a slowdown in sales of existing homes and new homes. Just in my neighborhood, the newly constructed homes have been rented out. There are 203,587 homes for sale in Florida, down 0.59% year over year. The number of newly listed homes is down 14.2% year over year. Factors such as higher mortgage rates, rising home insurance premiums, and homeowners association fees are contributing to eroding buyers' purchasing power.

Mortgage rates on January 9, 2026, fell below 6% for the first time in years, after Fannie Mae and Freddie Mac began buying \$200 billion worth of mortgage bonds, the latest push to lower costs for Americans. The average interest rate for a 30-year fixed residential mortgage hit 5.99% on Friday morning, down from 6.21% on Thursday, according to data provider Mortgage News Daily. That's the lowest the 30-year average rate has been since February 2023.

Brevard County homeowners who managed to get in and buy when mortgage rates were 4.9% and in the 5% range are reluctant to sell or try to buy a new home. With pressure on prices created by current interest rates Florida housing market is currently showing signs of a slowdown.

Schedule an appointment with me, to identify those crucial features so you can make the most of your sales. Let's make your next move a smart one.

© MARK GALLEGOS, ValueREmsg@gmail.com



Why Do Crowns Fail?

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

Dental crowns are among the most common and successful restorations in dentistry, but they can fail if the underlying conditions aren't right.

A crown is typically recommended when a tooth has lost too much structure to safely hold a filling. If a filling can be placed while preserving the strength of the tooth, that is always the first choice.

When a crown is necessary, the most important factor is having enough healthy tooth structure to hold it in place. If decay has destroyed too much of the tooth, the crown may loosen or fall off. In these cases, a procedure called crown lengthening can expose additional natural tooth structure so the crown can be properly supported.

Another common reason crowns fail is decay. A crown repairs damage, but it does not stop the disease process that caused the damage.

If decay extends close to the nerve, a root canal may be needed to prevent infection. Untreated infection can undermine both the tooth and the crown. Skill and experience matter at every step.

Crowns are most successful when their edges end at or just above the gum line. Crowns placed too far below the gums are harder to clean, harder to fit accurately, and can cause inflammation.

With modern ceramics and digital impressions, today's crowns are more precise and comfortable than ever. When built on a solid foundation and supported by good oral habits, crowns can last many years.



Is Your Home Part of Your
Healthy Long-Term Aging Plan?

Carlett Delliquadri
Flamazing Real Estate

When we think about health and wellness, we often focus on doctors, exercise, and nutrition. But for many seniors, one of the most powerful and often overlooked parts of a long-term aging plan is their home.

The home you live in directly affects your safety, independence, finances, and stress levels. Stairs, narrow hallways, and high maintenance costs, can quietly impact quality of life over time. Planning ahead allows you to make housing decisions before health concerns force them.

A thoughtful wellness aging plan includes important questions. Can my home safely support me five, ten, or fifteen years from now? Is it financially sustainable on a fixed income? Is it close to family, medical care, and shopping?

For some seniors, the healthiest choice is modifying an existing home by reducing fall risks, improving accessibility, and simplifying maintenance. For others, downsizing or relocating to a low maintenance community can ease physical strain and free up equity to support healthcare needs, travel, or long-term care planning.

Real estate decisions are not just about market value. They are about peace of mind. Aging well is not about waiting. It is about planning wisely so your home continues to support the life you want to live.

Carlett Delliquadri, SRES® is the Broker-Owner of Flamazing Real Estate and a retired nurse with more than 25 years of experience helping seniors transition confidently in Brevard County.



Recovering from Surgery:
Why Physical Therapy Makes All the
Difference

Peter Renz, DPT
FYZICAL Therapy & Balance Center

Undergoing surgery whether it's a hip replacement or a routine knee tune-up is a significant investment in your future. It's a brave step toward reclaiming your mobility. The surgeon performs the miracle, and the physical therapist ensures it lasts.

Think of surgery as the kickoff. It gets the ball in play, but the rest of the game determines the win. Once the incision heals, the real transformation begins.

You Shouldn't "Go It Alone"

It is tempting to think that once you're home, the hard part is over. However, your body's instinct is to protect the surgical site by "shutting down" surrounding muscles. Post-operative PT is vital for:

Waking Up Muscles: Safely re-engaging the tissue that has gone dormant.

Banishing Stiffness: Controlled movement prevents scar tissue from locking you up.

Refining Form: You need an expert eye to monitor your form, to ensure you aren't developing compensations that could lead to future pain.

Your Personal Recovery Coaches

At our Indialantic and Melbourne Beach clinics, we treat recovery like an elite training program. We know you'd rather be on the golf course or playing with your grandkids on the beach than sitting in a clinic. That's why we don't do "one size fits all."

We work alongside your surgeon to move you safely and confidently through your milestones. Surgery is just the beginning of your journey; we are here to make sure you finish strong.



Custom-Made Prescription Eyewear:
Enhancing Life for Seniors
with Low Vision

Daniel Singer - Licensed Optician
Tropic Optics Mobile Optician

Low vision can make everyday tasks such as reading mail, recognizing faces, or moving safely around the home more challenging for seniors. Custom-made prescription eyewear offers an effective and empowering solution by addressing individual visual needs that standard glasses often cannot.

Unlike off-the-shelf eyewear, custom made prescription glasses are designed specifically for a person's unique vision condition, lifestyle, and comfort. For seniors with low vision, this may include specialized lens designs such as high-powered magnification, enhanced contrast, or wider visual fields that improve clarity and reduce visual strain.

Comfort and fit are equally important benefits. Custom frames are tailored to sit properly on the face, ensuring lenses are positioned exactly where they provide the best vision. This reduces headaches, eye fatigue, and frustration caused by poorly fitting glasses. Lightweight materials and ergonomic designs also make eyewear easier to wear for extended periods.

Custom prescription eyewear improves safety and independence. Clearer vision helps seniors navigate their surroundings with greater confidence, lowering the risk of falls and accidents. It also supports continued participation in favorite activities.

Most importantly, better vision improves quality of life and helps seniors maintain independence and a stronger connection to the world around them.

Daniel Singer - Licensed Optician
Tropic Optics Mobile Optician - 321-345-9041



Medicare Advantage
Open Enrollment Period

Jerry Hadlock
Medicare Solutions

You can only switch plans once during this period. Coverage starts the first of the month after the plan gets your request.

If you're in a Medicare Advantage Plan (with or without drug coverage), during this period you can: Switch to another Medicare Advantage plan or drop your Medicare Advantage plan and return to Original Medicare and you'll also be able to join a separate Medicare Drug plan.

During this period, you cannot: Switch from Original Medicare to a Medicare Advantage Plan; Join a separate Medicare drug plan if you have Original Medicare; Switch from one Medicare Drug plan to another if you have Original Medicare.

There are some other ways to join, drop or switch Medicare Advantage plans. Initial Enrollment Period (When you first become eligible for Medicare). If you joined a (MAPD) Medicare Advantage Plan during your Initial Enrollment Period, you could switch to another Medicare Advantage Plan or go back to Original Medicare within the first 3 months you have Medicare.

You may be able to change during the Special Enrollment Period or 5-Star Special Enrollment Period, where you can switch from your current Medicare plan to a Medicare plan with a 5-star quality rating.

All of this can seem complicated and cause stress. To take the stress out of this process or if you have any questions, give me a call at 321-720-4526 or send me an email at: wwwjldm253@aol.com



Helping Seniors Of Brevard



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

As I meet with Buyers and Sellers in the new year, the sentiment seems resigned to a slowdown in sales of existing homes and new homes. Just in my neighborhood, the newly constructed homes have been rented out. There are 203,587 homes for sale in Florida, down 0.59% year over year. The number of newly listed homes is down 14.2% year over year. Factors such as higher mortgage rates, rising home insurance premiums, and homeowners association fees are contributing to eroding buyers' purchasing power.

Mortgage rates on January 9, 2026, fell below 6% for the first time in years, after Fannie Mae and Freddie Mac began buying \$200 billion worth of mortgage bonds, the latest push to lower costs for Americans. The average interest rate for a 30-year fixed residential mortgage hit 5.99% on Friday morning, down from 6.21% on Thursday, according to data provider Mortgage News Daily. That's the lowest the 30-year average rate has been since February 2023.

Brevard County homeowners who managed to get in and buy when mortgage rates were 4.9% and in the 5% range are reluctant to sell or try to buy a new home. With pressure on prices created by current interest rates Florida housing market is currently showing signs of a slowdown.

Schedule an appointment with me, to identify those crucial features so you can make the most of your sales. Let's make your next move a smart one.

© MARK GALLEGOS, ValueREmsg@gmail.com



Why Do Crowns Fail?

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

Dental crowns are among the most common and successful restorations in dentistry, but they can fail if the underlying conditions aren't right.

A crown is typically recommended when a tooth has lost too much structure to safely hold a filling. If a filling can be placed while preserving the strength of the tooth, that is always the first choice.

When a crown is necessary, the most important factor is having enough healthy tooth structure to hold it in place. If decay has destroyed too much of the tooth, the crown may loosen or fall off. In these cases, a procedure called crown lengthening can expose additional natural tooth structure so the crown can be properly supported.

Another common reason crowns fail is decay. A crown repairs damage, but it does not stop the disease process that caused the damage.

If decay extends close to the nerve, a root canal may be needed to prevent infection. Untreated infection can undermine both the tooth and the crown. Skill and experience matter at every step.

Crowns are most successful when their edges end at or just above the gum line. Crowns placed too far below the gums are harder to clean, harder to fit accurately, and can cause inflammation.

With modern ceramics and digital impressions, today's crowns are more precise and comfortable than ever. When built on a solid foundation and supported by good oral habits, crowns can last many years.

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**

1344 S. Apollo Blvd. Ste. 2C, Melbourne
SeniorCareAuthority.com/brevardfl
 321-341-8444

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

Total Long-Term Care Consultants **SILVER**

www.TLCCConsultantServices.com
 321-752-0995

CARPET/FLOOR CLEANING

Sunshine Carpet Cleaning **SILVER**

Floor Care for Your Home and Business
 Carpet. Tile. Grout. Upholstery. Pet Stains
 321-536-8883 Info@CarpetCleaningMelbourneFL.com

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

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

Senior Solutions Mind & Body **SILVER**

Member: Joe's Senior Resource Center

Transitional Care & Memory Support
Care That Cares, Solutions That Last
321-429-2677 | SesoMindBody@gmail.com

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

ROOFING
DC Roofing

284 West Dr - Unit B - Melbourne FL 32904
 321-802-9051 DCRoofingBrevard.com

SENIOR LIVING
Residences at Zon Beachside **PLATINUM**

Independent Senior Living
 1898 S. Patrick Drive, Indian Harbour Beach
TheResidencesatZonBeachside.com
 321-777-8840

SENIOR LIVING
Zon Beachside **PLATINUM**

Assisted Living / Memory Care
 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



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



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



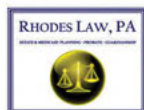
Arosa Care
(321) 321-352-5527
Stacie.Martin@ArosaCare.com



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



Moore Insurance Solutions
(321) 272-0218
VickiMooreInsurance.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.
ATTORNEY AT LAW
Elder Law, Medicaid & Estate Planning

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



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

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

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

Sunshine Carpet Cleaning - (321) 536-8883
Info@CarpetCleaningMelbourneFL.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 love my mother dearly, but I also love my husband and young son. We live six hours in one direction from my mother and father, and six hours in the other direction from my in-laws.

My mother drops in unexpectedly four or five times a month, and stays for two or three days. We have very little privacy as we never know when to expect her.

I hate to hurt her feelings as she is very sensitive. I have tried to discuss the frequency of her visits with her, but all she says is "I want to see you as often as your in-laws".

This is unreasonable because we only see them once a month. My father retired two years ago and he only comes with her once a month.

How do you think I should handle this to avoid hurting her feelings?

Sandy

DEAR SANDY,

Your mother sounds like a woman who is very unhappy in her own marriage. Many long married couples drift off in different directions. When retirement comes they find they are living with a stranger, with nothing they can enjoy doing together.

You must talk to your mother. Tell her how much you love her but also be firm that she is welcome only when you know she is coming and it is convenient for your family. Many older women are accustomed to living their lives through the accomplishments of other people (husband

or children) and your mother must learn to live her own life. Try to talk privately with your father, maybe he could help satisfy some of your mother's emotional needs.

– Audrey

DEAR SANDY,

By my calculations, your mom stays anywhere from 8 to 15 days a month...now that's a lot of time! She's not visiting you; she's living with you! I agree with LIZZIE. The gentlest way to try to change her behavior is to talk to her as opposed to not answering the door when she knocks. Tell her how much you love her and how much you want her to be involved in your family. It does seem she is in some way trying to compete with your in-laws, reassure her that her place in your life is safe and secure.

Since she is your mother and I assume her happiness is important to you, I would also talk with her about why she is spending so much time away from her own home. The amount of time she spends away from her own home may be a sign she needs your help. Is she unhappy about something that she needs to address? Does she feel that since you have a child your relationship with her will not be as close? Also, are there hobbies or other interest you can help her develop?

Your situation is a lesson to all that everyone, both young and old, should have a variety of interest. One is more interesting, life is more enjoyable and one is not inclined to wear out our welcome.

– 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 2/28/26

\$36
Plumbing Inspection
Brevard Residents Only.
Must present coupon to redeem.
Expires 2/28/26



PAW'S CORNER

By Sam Mazzotta

Those Annoying Little Nips

DEAR PAW'S CORNER: We took our 2-year-old German shepherd to the vet last month to have a cyst removed. The surgery went fine; however, ever since Max came home he has been "playfully" biting and nipping at our hands and arms. We thought we trained him out of this behavior. Why has he resumed it?

— Mary G. in Greenville, S.C.

DEAR MARY: Ouch! A playful nip from a puppy can be annoying, but from a nearly adult dog -- especially a big German shepherd -- that nip can be downright painful.

Puppies first exert this behavior with their littermates. Light biting and nipping (mouthing) is a form of play, but like all play, it has a purpose: The puppies are testing each other, trying to see who is the dominant pack member. If you've ever observed the mother of this litter, you know that the puppies rarely try this behavior with her -- because she's the pack leader. Those little nips are silenced by a low but meaningful growl from the parent.

Mouthing is not an acceptable behavior in your home, either, and active and playful dogs often go through

months of consistent training and reinforcement to curb their urge to nip at family members. Max was trained not to do this, but now he has started up again.

Max may have reverted to this behavior because of the stressful event that just took place. Being stretched out on a table, knocked out and operated on can upset anyone, and in this case Max could feel that his place in the world has been upended.

However, just because your dog may be feeling insecure, it does not excuse his behavior. Reinforce his earlier training. Establish the fact that you are the "pack leaders" and will not tolerate playful bites. Keep to a consistent training (and feeding and sleeping) schedule, especially for the next couple of months. Getting Max into his regular routine and letting him know you are still in charge may be the reassurance he needs that everything is all right.

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

(c) 2026 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

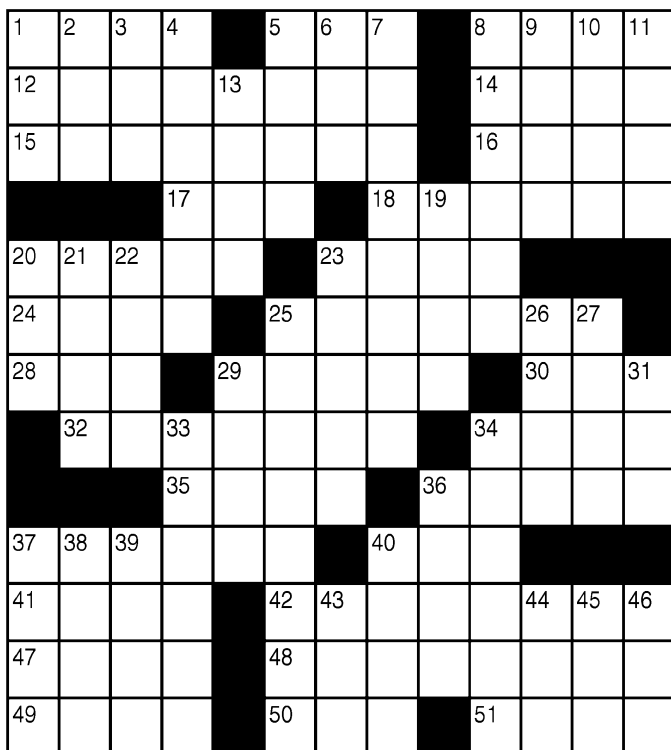
The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

King Crossword

ACROSS

- 1 Post-WWII alliance
5 Life story
8 Quick kiss
12 Challenger's words
14 Oklahoma tribe
15 Misses an opportunity
16 Without acting
17 Prattle
18 Contacts, e.g.
20 Vowel group
23 "— Misbehavin' "
24 Japanese noodle
25 Anthology
28 Pvt.'s superior
29 To the third power
30 Green shade
32 Cruised in style
34 Furnace fuel
35 Region (Abbr.)
36 Natural talents
- 37 Nap
40 Extinct bird
41 "Hulk" star Bana
42 Distributes
47 "Smallville" girl
48 Coffee bar order
49 Org.
50 Two, in Toledo
51 Campus VIP
- 19 Author Bagnold
20 Ger. neighbor
21 Jittery
22 Speck
23 Fossil resin
25 Incensed
26 Atop
27 Bicycle part
29 Guitarist Atkins
31 Gore and Pacino
33 MD's diagnostic order
34 Stopped
36 Dutch word for "farmer"
37 Actress Ward
38 401(k) relatives
39 Drei minus zwei
40 Star athletes, briefly
43 Equi-
44 Sugary suffix
45 Mex. neighbor
46 Great weight
- DOWN**
1 Zilch
2 Hubbub
3 Prof's aides
4 Salem's state
5 Invitation initials
6 Debtor's letters
7 Summarized
8 Unspecified travel destination
9 LAX postings
10 Natalie or Nat
11 Piano pieces?
13 Isaac's eldest



© 2026 King Features Synd., Inc.

**Miss Annual Enrollment?
Call for Other Options !
Make An Appointment Today**

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

**HEALTH PLAN
MARKETPLACE**



Bruce Williams

321-543-3495

bwilliamfl@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!**



**VETERANS
REALTY OF BREVARD**
Residential & Commercial Real Estate
321-868-1833
1980 N. Atlantic Avenue, Cocoa Beach, FL 32931



**Debi and Joe Roth
Licensed Real Estate Brokers**

www.VeteransRealtyBrevard.com



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

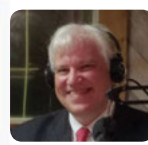
Friday - February 27th - Every Day is Veterans Day

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?	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



Date	Day	Program	Guest	Topic
Feb 4	Wed	Helping Seniors Radio	Bill Johnson, Esq.	William A Johnson, PA Law Office
Feb 11	Wed	Helping Seniors Radio	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC
Feb 18	Wed	Helping Seniors Radio	Yazmin Alfonso (AARP Florida)	Angie Higgins (One Senior Place)
Feb 25	Wed	Helping Seniors Radio	Jennifer Barton	Seniors Helping 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, 32937 P.O. Box FL 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.

JROTC Air Rifle Competition Brings Out the Best

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.

During the winter months, virtually all 14 JROTC units representing all the military services compete or host Air Rifle shooting matches. Bridging Raider Challenge Meets in the Fall and Drill Meets in the Spring, hundreds of cadets practice and compete in Air Rifle events using standing, kneeling and prone positions. In 2024-25 several JROTC programs expanded their Air Rifle facilities and results in early 2026 suggest great cadet improvement this year.

In Brevard County, the premier JROTC Air Rifle Team for years has been the Marines of Palm Bay Jr/Sr Magnet High School. However, others have been improving as well and dozens of Brevard JROTC cadets are off to regional and National JROTC Air Rifle Competition in separate service locations.

The Palm Bay Marine Team, led by Senior Instructor Sgt Maj Roy DeYoung, USMC, Ret, hosted special Champions Cup events which qualified cadets from several schools



to move on to regional and national events. Palm Bay won its 11th consecutive County Championship in that early January series with cadet Misha Hamid placing first in the County with a score of 563!! That score earned her a spot in the National JROTC Marine Air Rifle Championship in February.

Congratulations to all JROTC Air Rifle Teams for the 2025-26 school year. 🏆





*243rd Commemoration of
The Last Naval Battle of
the Revolutionary War*

Saturday, March 21, 2026
Brevard Veterans Memorial Center
400 S Sykes Creek Pkwy, Merritt Island, FL
1000-1100 a.m.

Event will include a Parade, Music, Speakers and Naval Ceremonial Salute



*America's
Semiquincentennial*



Weekly SUDOKU

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

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!

© 2026 King Features Synd., Inc.

Expansion of Veterans Cemeteries

The VA awarded \$77 million in grants for 20 veteran cemeteries across the country during fiscal year 2025. These grants will allow the establishment of the first state veterans cemetery in Alaska (to serve 12,000 veterans) and the expansion of 19 others.

Besides the establishment of a veterans cemetery in Alaska, the grants will allow expansions of existing veterans cemeteries in Arizona (2), Arkansas, Kansas, Kentucky (2), Massachusetts (2), Montana, New Mexico (2), North Carolina (3), Tennessee, South Carolina, Texas, Virginia and Wisconsin.

In fiscal year 2025, more than 43,000 veterans were buried in grant funded cemeteries, with 124 cemeteries supported since the program began in 1980. Over the years, grants have provided over \$1 billion to these state cemeteries. The goal: to provide burial access within 75 miles of home to 94% of all veterans.

As an added benefit, veterans who are buried in VA grant cemeteries are also included on the Veterans Legacy Memorial site (www.vlm.cem.va.gov).

The VLM is an online memorial with the records of over 10 million veterans who are buried at VA National Cemeteries, VA grant funded cemeteries such as the ones receiving grants this year, U.S. Park Service National Cemeteries, and many others. The Legacy page for each veteran is a place for family members, friends and former military comrades to add their own memories of the veteran.

To find a veteran's page, do a search on the VLM website. You need the veteran's first and last name, but you can fine-tune your search by adding year of death, the cemetery you want to search, the branch of service and other information.

If you want to add details to your veteran's legacy page, first look around at other pages to get an idea of the possibilities. You can add awards and decorations, career details, a military timeline, a biography, PDF documents that can include newspaper clippings, photos and much more.

To learn more about the VA's burial and memorial benefits, go to www.cem.va.gov/burial-memorial-benefits. (S)

(c) 2026 King Features Synd., Inc.

www.jointhefun.us

Stefan's Join the Fun Tours
321-594-8392
www.jointhefun.us

JOIN THE FUN
with www.jointhefun.us

TRAVEL GROUPS FOR SENIORS

SENIOR TRAVEL

JOIN THE FUN

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

WELCOME Nashville

CASINO

DEPARTS COCOA & VIERA



Join Us for the Journey - Ash Wednesday to Easter Sunday

Rev. Jeff Wood, First Presbyterian

Each year, the season of Lent begins quietly—with ashes, prayer, and an honest look at our lives. On Ash Wednesday, Christians remember a simple truth from Scripture: “You are dust, and to dust you shall return.” It is a humbling reminder of our mortality, but also a hopeful one. The ashes mark not the end of the story, but the beginning of a journey toward renewal.

Lent is the forty-day period that leads to Easter. It is for reflection, repentance, and re-centering our lives on God. Some people give something up; others take something on—more prayer, more generosity, more attention to God and neighbor. At its heart, Lent is not about self-improvement, but about making room for God to do His work in us.

We invite the whole community to join us Ash Wednesday for worship, where ashes are offered as a visible sign of our need for mercy and our trust in God’s forgiveness. You do not even consider yourself particularly religious to go.

Throughout Lent, we hope you will find a place to pause and be reminded that God is. ^(S)

*Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave,
Sebastian FL 32958 772-589-5656*

welovefirst.org facebook.com/welovefirstsebastian

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

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

Sudoku Answers

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

**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

Toasting to Toast



"I'd like to make a toast!" said my friend at a happy family celebration. Without missing a beat, her nephew burst out, "Don't we need to get the toaster first?"

With all the toasting to 2026, I thought that I'd get literal and stretch the meaning, just like that spontaneous child, and welcome this new year with two recipes using toast. So, "here's a toast to toast!"

AVOCADO TOAST

I keep a stash of avocados in different stages of ripeness on my kitchen counter, never knowing when I'll need one to slice on a bed of fresh greens or mash, season and spread on toast for a tasty morning energy boost. I've been making the latter for years, so no wonder I was surprised while whiling away time on Instagram to find that avocado toast is "on trend," with multiple ways to enjoy it.

Here's how to prepare "Avocado Toast" for two: Peel and pit a ripe avocado. Mash in a bowl with a fork, leaving some chunks. Add a pinch of sea salt and juice from half of a lemon.

Toast two slices of your favorite bread. Spread half of the mixture on each slice, and garnish with some red pepper flakes and a drizzle of good olive oil (optional).

Cook's Tips: Get creative by topping the spread mixture with chopped, cooked bacon, goat cheese, salsa, and crushed tortilla chips -- or cracked pepper, sliced cherry tomatoes, and basil.

EGG IN A HOLE

Create memorable family traditions with your kids and grandkids, starting at breakfast with this whimsical presentation of eggs and toast. Some families call it "Toad in the Hole" or "Bird in a Nest" -- the list goes on. It's really nothing more than an egg cooked in the cut-out center of a piece of pan-made toast, but it's the off-kilter presentation that fancies it up.

Here's how to make one "Egg in a Hole": Use a 2-inch circle biscuit cutter or a similar sized metal cookie cutter to cut out the center of a slice of bread.

In a well-buttered pan, toast one side of the slice and cut-out piece for about 1 1/2 minutes. Flip. Add more butter to the pan.

Crack egg in the open center of the slice. Cover pan and cook slowly until whites are set and yoke thickens, about 3 1/2 to 4 minutes. Season with salt and pepper. Serve with the toasted cutout. Pair with bacon or sausage. §

(c) 2026 Donna Erickson, Distributed by King Features Synd.



The Children's Hunger Project
Brevard County's Backpack Program

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.




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

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)

SENIOR NEWS LINE

Avoiding the Flu

By Matilda Charles

There are some good tips out there for avoiding the flu this winter, and given the nature of the beast this time, it's to our benefit to pay attention.

If you've listened on the news, you know that the flu this year is worse than usual, arriving a month early and launching like a rocket. This one is an influenza A virus, but not the one they were predicting. The vaccine was created for H1N1, but surprise, surprise, what quickly emerged was the H3N2 mutation (also called subclade K), which the vaccine isn't geared up to tackle because it was created for H1N1. Hence the higher than expected number of cases. For the first time in years, the CDC is calling this a high severity for all age groups flu season. During December, in one week alone 19,000 people were admitted to the hospital.

Our job is to avoid the flu this year. Here is the advice from the CDC:

- Get your flu shot. Even though the vaccine isn't aimed at the H3N2, it will still offer a bit of protection.

- Wash your hands — all the time. Scrub for 20+ seconds or use a hand sanitizer that has at least 60% alcohol if there is no soap.
- Wear a good mask if you go out.
- Don't touch your face. If there are germs on your hands, that's how it will infect you.
- Eat right, drink fluids, get enough sleep.
- Get out those sanitizing wipes and disinfect the door knobs, kitchen cabinet handles and surfaces, everything that gets touched in your house.
- Run your air cleaner, if you have one.
- Stay away from sick people. Flu likely spreads via droplets in the air when sick people cough or sneeze or talk. On a scary note, people can have (and pass around) the flu a whole day before they even have symptoms.

- Stay healthy! (S)

(c) 2026 King Features Synd., Inc.



The King Center for the Performing Arts

HOLLYWOOD'S GREATEST Love Themes

February 21st, 2026 | 7:30pm

 BREVARD Symphony ORCHESTRA



FREE FAMILY CONCERT!

The King Center for the Performing Arts

No tickets or registration required.
Seating on a first come basis.

SUPERHEROES OF THE SYMPHONY

Sunday, February 22, 2026 | 2:00PM

 BREVARD Symphony ORCHESTRA 

What is Probate? *continued from page 13*

Floridian died in another state and the death certificate incorrectly showed him/her as a resident of that state 5] The person named as Personal Representative in the will is not qualified to serve.

Once appointed by the court the Personal Representative's initial responsibilities include: 1] Sending an Inventory of assets to the court and beneficiaries, 2] Obtaining a Tax Identification Number (EIN) from the IRS, (once a person dies we can no longer use his/her social security number), 3] Opening an estate account using the EIN, 4] Publishing Notice to Creditors in the newspaper and mailing the Notice to known creditors.

Throughout the process of collecting assets, paying bills, and finally making distribution to the beneficiaries, the Probate Court must be shown that everything is proceeding as required by Florida Statutes and Florida Probate Rules. The word "Probate" essentially means "to prove." Is the Will valid? Is the Personal Representative qualified? Who are the rightful heirs? Have debts, taxes, and estate expenses been paid? You may know that there are not any problems, but the court does not.

In the next article we will continue the discussion by further examining a Personal Representative's responsibilities to the court, the beneficiaries, the decedent's creditors, and the IRS. ☺

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.

How Can I Tell What's Causing My Windows Computer To Bog Down?

continued from page 16

9. Consider a Clean Boot

- To troubleshoot, perform a clean boot to start Windows with a minimal set of drivers and startup programs. This can help identify if background applications are causing the slowdown.

10. Check for Updates

- Make sure your Windows operating system is up to date, as updates can fix bugs and improve performance.

If you follow these steps and still experience slow performance, there may be a more serious underlying issue, such as failing hardware or the need for a system reset or reinstallation.

Contact your local computer store for more help. ☺



The poster for the Lifestyle, Health & Wellness Expo is set against a green background. At the top left is a logo of a stylized person with arms raised. To its right is the logo for The Greater Palm Bay Chamber of Commerce, featuring a palm tree and the text "THE GREATER PALM BAY CHAMBER OF COMMERCE" and "The Gateway to Business on the Space Coast". The main title "LIFESTYLE, HEALTH & WELLNESS EXPO" is in large, bold, white and green letters. Below the title is the tagline "Discover Different Ways to Stay Healthy at Every Stage of Life". The event details are listed: "Saturday, April 18th", "9:00 a.m. - 2:00 p.m.", and "Melbourne Square Mall, 1700 W New Haven Ave, Melbourne". A yellow circle on the right says "FREE TO ATTEND!". Below this, a list of activities is provided: "Top Wellness Expert Panelists (Nutrition, Financial Health, Insurance, Fitness, Mental Health, Aging in Place, Elder Law, Dementia, Alternative Health, and much more!)", "Health Screenings", "Fashion Show", "Giveways", "Health & Lifestyle Industry Tabletops", and "Wellness Walk". At the bottom, it says "Exhibitor Tables & Sponsorships Available!" and provides the website "GreaterPalmBayChamber.com" and phone number "(321) 951-9998".



The advertisement for Kitten Angel Thrift is enclosed in a black border. At the top, the name "KITTEN ANGEL THRIFT" is written in large, bold, black letters inside a white rectangular frame with a black border. Below this, a yellow banner reads "Best Thrift Shop In Town!". Underneath is a red-bordered box containing the text "SENIOR DISCOUNT" in bold black letters, followed by a large, 3D red "20% OFF" graphic. Below the red box, a black banner reads "EVERY TUESDAY" in white bold letters. At the bottom, the address "2740 North Harbor City Blvd, Melbourne" is written in bold black letters, and the hours "Open Tue to Sat. 10 am to 4 pm" are written in red bold letters.

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!

Estate Planning Tips *continued from pg 17*

to the public. So, what can we do? Personally, I am not a fan of drawn-out proceedings that are expensive and strip people of their privacy.

Thankfully, there are three main alternatives to probate. First, you can list a beneficiary on an account like IRAs, bank accounts, or life insurance. With a valid death certificate, these accounts will promptly transfer the ownership to the named beneficiary. There are also titling options that provide survivorship features. For example, a married couple can own their house as Tenants by the Entirety, and when one spouse passes away, the sole ownership of the house can swiftly shift to the surviving spouse. A third strategy for avoiding probate is the creation of a trust. A trust is reasonably affordable,

can promote anonymity, and can quickly shift assets to your heirs. With a trust, you can designate primary and contingent beneficiaries for most of the assets you own.

Most seniors procrastinate planning their estate, but it is vital to have a comprehensive plan. If you are unsure about the steps involved in your family's estate planning, our office is available to help. Please call 321-956-7072 to schedule a private, no-obligation appointment.

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. Ⓢ

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

Beat Scammers at Their Own Game!

continued from pg 15

scammers would just love to otherwise find in your garbage can!

Our next SCAM JAM workshop is Friday, February 13th 2026, at the Clubhouse at Glenbrooke Senior Living, 815 Briar Creek Blvd, Palm Bay 10am-2pm, with SHRED event following 2pm-4pm. Limited to 70 participants, the workshop is free, but please RSVP today with Helping Seniors at (321) 473-7770 or online at HelpingSeniorsOfBrevard.org.

Let's beat Scammers at their own game - by deciding NOT to play! Ⓢ

Recharging in Panama City Florida

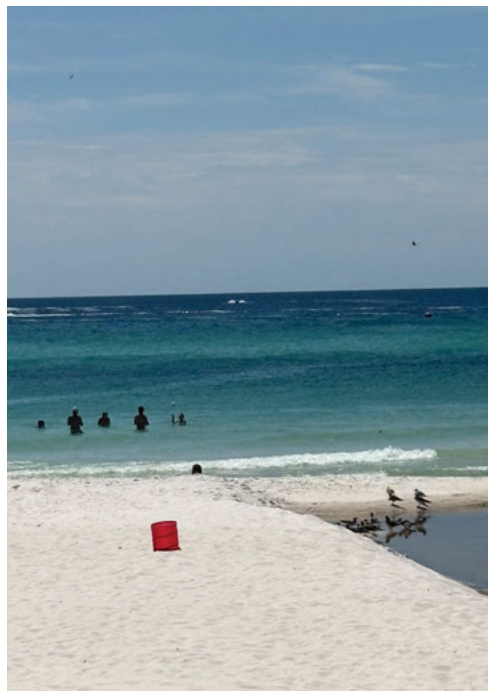
Every once in a while it's nice to play tourist and take a little time off to visit one of Florida's wonderful vacation locations. Even though there are so many great attractions in central Florida (do I really need to list them?), even a good thing can get a little repetitive. So we decided to venture up to the panhandle area to the beautiful town of Panama City. It's just a tolerable 6 hour drive away, one of many great locations in less than a day's drive away from the Space Coast.

Of course Panama City Beach has the reputation as a Spring break destination in addition to a just an enjoyable location to enjoy one of Florida's white-sand, gulf beaches. The beaches are everywhere and not crowded at all. The food is some of the best seafood you will ever enjoy at any of the numerous restaurants,

both locally owned as well as national chains. We lean towards the fried seafood, so good, don't judge!

We travelled over the Holidays and the town was not very crowded, although the interstate highway tended to get a bit crowded. We discovered that the hub of most of the shopping centers around the so-called Pier Park. If shopping is your go to vacation activity, this is the spot. Even though there were a couple of really cold days, the weather was quite nice and conducive to any outdoor activity.

So just as some unsolicited advice, take the time to escape for a while and recharge. We are fortunate to live so close to so many great destinations, both here in Florida and up the Atlantic coast. Just remember to live in the moment. ☺



Trivia test by Fifi Rodriguez

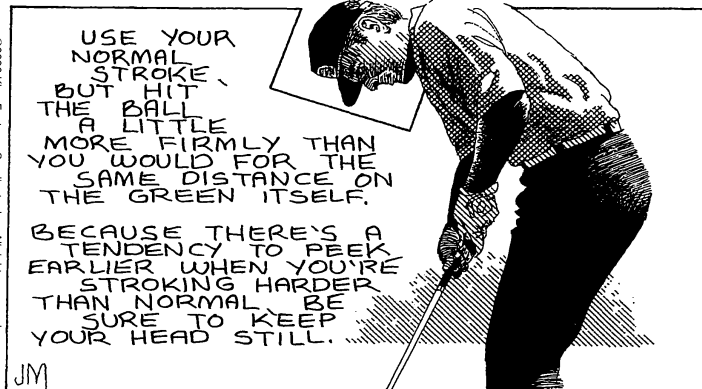
1. HISTORY: What is the Code of Hammurabi?
2. GAMES: Which letters in the English version of Scrabble are worth 10 points each?
3. MOVIES: What is the name of Dr. Evil's cat in "Austin Powers in Goldmember"?

4. MEDICAL TERMS: What is the common name for somnambulating?
5. TELEVISION: What is the name of the town where "Veronica Mars" is set?
6. THEATER: What is the first play written by an African American woman to be produced on Broadway?
7. LANGUAGE: What is the official language of Austria?
8. MATH: What is the smallest prime number?
9. GEOGRAPHY: What is the only U.S. state with a one-syllable name?
10. MYTHOLOGY: What is the home of the Norse gods?

Answers

1. One of the earliest and most complete written legal codes established by the Babylonian King Hammurabi.
2. Q and Z.
3. Mr. Bigglesworth.
4. Sleepwalking.
5. Neptune, California.
6. "A Raisin in the Sun," by Lorraine Hansberry, 1959.
7. German.
8. 2.
9. Maine.
10. Asgard.

Play Better Golf with JACK NICKLAUS



Philodendron Varieties Add Inspiration To Indoor Space

By Eddie Smith, MSU Extension Service

Philodendrons are indoor plants that seem to tell their own story with unique colors, textures and shapes. I recently felt inspired by varieties that made me imagine how they could enhance different spaces in my home and garden.

The Black Cardinal is nothing short of stunning. Its glossy leaves -- a deep burgundy that almost appears black -- immediately caught my eye. New foliage emerges in a vivid maroon, adding a dramatic contrast to the mature, darker leaves. This plant grows just 2 to 3 feet tall and wide. This compact size makes it perfect for creating a bold statement in smaller spaces. Because it is a non-climbing variety, it maintains a tidy, upright habit without needing a trellis or support. Black Cardinal thrives in bright, indirect light yet is forgiving enough to adapt to low-light areas. This slow-growing beauty practically takes care of itself while adding a rich, moody elegance to any room.

Birkin philodendron looks like a living work of art, bringing sophistication and charm to the room. Its leaves are a deep, lush green, but what sets them apart are the creamy-white pinstripes that look almost painted on. As the plant matures, these stripes intensify, creating a striking contrast that I find absolutely stunning. The Birkin philodendron grows up to 3

feet tall indoors with a bushy, full form. This makes it a showpiece in any corner of the house. It thrives in bright, indirect light, which helps enhance its variegation.

If you're dreaming of a lush, tropical vibe, the Xanadu philodendron delivers. This plant is all about texture, with its deeply lobed, glossy green leaves that give it a sculptural, almost architectural quality. Xanadu is larger than Birkin and Black Cardinal philodendron, reaching 2 to 4 feet tall and spreading 3 to 5 feet wide. This size makes it a fantastic choice for filling out a space with greenery. Whether displayed indoors or planted outdoors in a warmer climate, the Xanadu has a way of commanding attention.



Philodendron Varieties... 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



Jack Benny – Happy 39th Birthday continued from page 12

Hipster and cool cat Phil Harris brought wine and women to the show while Dennis Day played the innocent boy singer who though dimwitted, get the best of Benny. Finally, there was the valet-chauffeur, Rochester who was Black but was treated a regular member of the cast and who always outsmarted Jack. Rochester was more of a friend than a butler or employee.

In the real world Benny and the staff refused to stay at hotels if they rejected Rochester. Jack was scrupulous that all scripts did not have racial jokes or harp on stereotypes. One of the most popular member of the gang was Mel Blanc who did the voices of Bugs Bunny and all the Looney Tunes characters as well Benny's Maxwell automobile, train conductor ("Train leaving on track five for Anaheim, Azusa and Cucamonga!")

In 1936 the Benny moved the show to Los Angeles where many of Jack's Hollywood friends could drop in on the show. George Burns, Orson Welles, Frank Sinatra, James Stewart, Judy Garland, Bing Crosby and any one else who was popular all made it to the show.

The television version of the radio show ran from October 28th, 1950 to 1965. Only on television could audiences truly enjoy Jack's body expressions.-his walk; how he held his hands; rolling eyes and all the devices he could draw from to get a laugh. Jack continued to attract the biggest stars like Humphrey Bogart and Marilyn Monroe. By 1964, Jack believed that the camera was a "man-eating monster."By mutual choice, the show was ended by CBS.

In his final years Jack would appear on the Tonight Show since Johnny Carson was a longtime friend. He visited cities and played with their symphonies as fund raisers. He was a serious violin player who could play with the best of the best.

He died on December 26, 1974. Bob Hope provided the eulogy. His personal and professional papers and shows were donated to UCLA. Jack Benny has one star each on the Hollywood Walk of Fame for television, film and radio. In 1991 a US postal stamp was created in Jack's honor. There is a Jack Benny Middle School in Waukegan, Illinois. They are known as the "Home of the 39ers." §

Philodendron Varieties Add Inspiration To Indoor Space continued from page 48

This philodendron loves bright, indirect light. There's something undeniably inviting about its tropical appearance, as it has the ability to transform a space into a green oasis. Each of these philodendrons prefer well-draining soil and moderate humidity which allows foliage to stay vibrant and lush.

Although they thrive indoors, philodendrons can be moved outside during the warmer months of spring, summer and fall to enhance areas in the landscape. §

FEBRUARY 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*

FEBRUARY EVENTS

Feb 1: Taste of Ireland, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 1 - 8: Singin in the Rain, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Feb 1 & 15: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmabayfl.gov, 321-952-3400

Feb 1 - 15: Hairspray, Titusville Playhouse, Titusville, 321-268-1125

Feb 1 - Feb 22: Foxfire, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Feb 1 - Mar 29: Flora and Fauna at the Refuge, Merritt Island National Wildlife Refuge Visitors Center, Titusville, brevardwatersociety.org

Feb 2: Abstract/Modern Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

Feb 2, 9, 16, 23: Drawing Class, CBAA Office & Studio, Rockledge, cbaaartists.com

Feb 3 & 7: Shattered Glass Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Feb 3, 12, 19, 24: Multi Day Abstract Elements in Painting Workshop, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Feb 3 - Mar 1: This is Us - Member Exhibition, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Feb 4 - 6: Florida Living History Festival, Fort Christmas Historical Park, Christmas, myfloridahistory.org, 321-690-1971

Feb 4, 5, 23: Sewing Studio, MyMakerScape, mymakerscape.com, 321-499-3127

Feb 4, 11, 18, 25: Art Instruction Class, CBAA Office & Studio, Rockledge, cbaaartists.com

Feb 5: Vintage Vinyl Live, Melbourne Auditorium, Melbourne, vintagevinylive.com

Feb 5 - 7: CBAA Winter Art Show & Sale, Cape Canaveral Library, Cape Canaveral, cbaaartists.com

Feb 6: EGAD First Friday, Eau Gallie Arts District, egadlife.com

Feb 6: Friday Fest, City of Cape Canaveral, Cape Canaveral, 321-868-1220

Feb 6 & 13: Crushed Glass Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Feb 6 - 22: Gypsy, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillage.com

playhouse.com, 321-724-0555

Feb 7: Cocoa Village Brewer's Bash, Cocoa Riverfront Park, Historic Cocoa Village, visitcocoavillage.com

Feb 7: Intro to Sewing, MyMakerScape, mymakerscape.com, 321-499-3127

Feb 7: Valentine's Gala, Greater Palm Bay Senior Center, Palm Bay, palmabayfl.gov

Feb 7: VW Winter Blitz IX, Intracoastal Brewing, Melbourne, egadlife.com

Feb 7 - Mar 1: Chinese New Year Exhibit, Strawbridge Art League, Melbourne, strawbridgeart.org, 321-952-3070

Feb 7: Art Glass Heart Workshop, Harbor City Art, Melbourne, harborcityart.com

Feb 7: A1A - Jimmy Buffet Tribute Show, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 7, 14, 21, 28: Saturday Farmers Market at Riverview Park, Downtown Melbourne, downtownmelbourne.com

Feb 7, 14, 21, 28: Green Gables Open House, Green Gables, Melbourne, greengables.org, 321-306-8635

Feb 7, 14, 21, 28: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com

Feb 9: Palette Knife Painting Class, The Village Art Gallery, Historic Cocoa Village, the-cocoavillageartgallery.com, 321-338-3368

Feb 9: Pickleball Mixer, Turkey Creek Sanctuary, Palm Bay, palmabayfl.gov, 321-952-3400

Feb 10: Multi Day Abstract Elements in Painting Workshop, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Feb 10: Family Game Night, Cape Canaveral Community Center, Cape Canaveral, capecanaveral.gov

Feb 11: Hat Burning Workshop, MyMakerScape, indialantic.com, mymakerscape.com, 321-499-3127

Feb 12: Art in Public Places Open House, Brevard Cultural Alliance, Melbourne, artsbrevard.org, 321-690-6817

Feb 12 - 16: The Edwards Twins, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com, 321-783-3127

Feb 13: Rock n Roll Revue - Valentine Vibes, Eau Gallie Civic Center, Melbourne, mmband.org, 321-724-0555

Feb 13 & 14: Space Coast Paddle Battle, Cape Canaveral Community Center, Cape Canaveral, capecanaveral.gov

Feb 13 - 22: I Love You, You're Perfect, Now Change, Titusville Playhouse, Titusville, 321-268-1125

Feb 14: Paint Your Valentine, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

Feb 14: Sea Oat Planting Project, Cape

Canaveral Beaches, capecanaveral.gov, 321-868-1220

Feb 14: Raffia Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Feb 14: Out of This World, Satellite High School Auditorium, Satellite Beach, spacecoastsymphony.org, 855-252-7276

Feb 14: Night Ranger, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 14 & 15: Splash! of Watercolor Art Show, Azan Shrine Temple, Melbourne, brevardwatercolorssociety.org

Feb 15: Mickey Freeman Quartet, Brevard Veterans Memorial Center, Merritt Island, spacecoastjazzsociety.org

Feb 15: Lift Every Voice Youth Showcase, Rockledge Civic Hub, Rockledge, artsbrevard.org

Feb 15: Stayin Alive - One Night of the Bee Gees, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 17: Samara Joy, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 18: Afternoon Tea, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Feb 18 & 19: Love Notes - Tales of Passion, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Feb 20: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org

Feb 20: Atlanta Rhythm Section, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 20: The Expanding Man, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 21: Hollywood's Greatest Love Themes, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Feb 21: Till Death Do Us Part... You First, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com, 321-783-3127

Feb 21: Space Coast Writer's Guild Book Fair, Myrt Tharpe Square, Historic Cocoa Village, scwg.org

Feb 21: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Feb 21: Mardi Gras Pub Crawl, George and Dragon English Tavern, Historic Cocoa Village, madhatterpromotions.com, 321-543-1346

Feb 21 - Mar 14: Beginner Acrylic/Oil Painting Workshop, Harbor City Art, Melbourne, harborcityart.com

Feb 21 & 22: Downtown Melbourne Arts and Crafts Festival, Downtown Melbourne, downtownmelbourne.com

Feb 22: Love Notes - Tales of Passion, Community Church of Vero Beach, Vero Beach, mmband.org, 321-724-0555

Feb 22: Central Florida Winds Concert, Suntree United Methodist Church, Melbourne, cfwinds.com, 321-405-2359

Feb 22: Reader's Theater, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com, 321-783-3127

Feb 22: BSO Free Family Concert, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Feb 23: The Price Is Right Live, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 23 & 24: Auditions - Rock of Ages, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Feb 24 & 25: Tina - Tina Turner Muscial, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 25: Poetry + Open Mic Night, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224

Feb 26: So Good! The Neil Diamond Experience, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 26: Spyro Gyra, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 27: Il Divo By Candlelight, King Center, Melbourne, kingcenter.com, 321-242-2219

Feb 27: Evening in Paris Gala, Green Gables, Melbourne, greengables.org, 321-306-8635

Feb 27 & 28: Artistry of Quilts Show, Melbourne Auditorium, Melbourne, seasidepieceemakers.com

Feb 28: Marching to Our Own Beat, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com, 321-783-3127

Feb 28: The Big Brunch, Family Promise of Brevard, Cocoa, visitcocoavillage.com

Feb 28: Ride it Down, Titusville Welcome Center, Titusville, titusville.org, 321-267-3036

Feb 28: Sip n Shop, Myrt Tharpe Square, Historic Cocoa Village, visitcocoavillage.com

CLUBS & ORGANIZATIONS

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

Feb. 6: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Hibachi Buffet, 735 N. Courtenay Pkwy., M.I. on Friday Feb. 6 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

Feb. 19: The Single, Separated, Widowed and Divorced (SSWD) group will have a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach at 12 noon on Thursday, Feb. 19. 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 Veterans for lunch and camaraderie 11:15 AM at: 1st Tuesday monthly, Smokey Bones, 1510 W. New Haven Ave. Melbourne; 1st Thursday monthly, Red Lobster, 215 E. Merritt Isl Cswy, Merritt Island; 3rd Tuesday monthly, Capt. Hiram, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For Info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF, contact us at 321-456-7031 or info@spacecoasthonorflight.org

The Astronaut Trail Shell Club - This active club meets monthly for presenta-

tions, outings, and crafts dedicated to learning and sharing knowledge in seashells and sea life. Monthly meetings: September-May. 1-3pm @ Wickham Park Community Center. 2815 Leisure Way. Melbourne FL. Annual dues: \$15 per family.

FB page: spacecoastseashells

The Genealogical Society of South Brevard meets on the 2nd Wednesday of the month (except July and August) at the Melbourne Public Library, 540 E. Fee Avenue. Doors open at 9:30 a.m. and meeting starts at 10:00 with speakers addressing various aspects of family history. Information: WWcontact@gssb.net.

The Brevard Antiques and Collectibles Club The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM. The third Tuesday meetings are now held at The Eau Gallie Library 1521 Pineapple Ave. Melbourne at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors - not dealers therefore we do not give appraisals.

The Space Coast Weavers & Fiber Artists meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library, W1950 North Courtenay Parkway. Meetings are free and open to the public.

The Italian American Club's hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public. Games are played on Tuesday mornings at 9:00 am at three different

locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit IAC321.com.

Scottish Country Dancing, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntree (8300 Holiday Springs Road in Suntree/Melbourne). FREE (there is no charge for the lessons or the dance evenings). Call Catie at 321-427-3587 for more information.

English Country Dancing, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.

New York State Club on the Space Coast meets the third Tuesday of every month for lunch, and presentations, except December. No meeting in June, July. Find us on Facebook. All New York State friends, and guests welcome. Marie Russo, organizer, (321) 693-1856.

The Space Coast Jazz Society held at the Brevard Veterans Memorial Center in Merritt Island, usually the 2nd Sunday of the month, 2-4pm. General admission is paid at the door. The style and era of traditional jazz music we provide are performed by a variety of hired professional bands and musicians, and we also award scholarships to Brevard County high school seniors. (321)960-4897



Veterans Memorial Center (VMC)
on Merritt Island behind Merritt Square Mall.
Contact VMC or Donn Weaver
(321-453-1776)

CALENDAR OF EVENTS

Contact VMC for any additions or other information.
<https://veteransmemorialcenter.org/other-veterans-events/>

07 Feb - Lights in the Night Gala presented by St Francis Hospice at the Kennedy Space Center Visitor Complex 1800- 2200. A night of shimmering lights and purpose. SFH supports veterans around the county and this evening will be highlight of caring and purpose. Contact Danika Warren for more information at DWarren@ReflectionsLSC.org or 321-634-2211.

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

13 Feb - Valentine's Dinner and Bunco Fundraiser 1800- 2030 at 470 South Brevard, Cocoa Beach. Sponsored by AVET. Couples, \$50 includes dinner and child care (\$10); singles \$30 with Table for 4 guests available to sponsor for \$200. Active Duty Military Free. See www.avet-project.org

19 Feb - The 2026 Liberty Bell

Museum Patriot Awards 1800-2100 at The Grand Manor, 1450 Sarno Rd, Melbourne. Sponsorships and tickets are available via RSVP at 321-373-2311 or honoramericafl@gmail.com

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 - United for Heroes : A gala for Hope and Healing 1700 - 2100 Radisson Resort at the Port 8701 Astronaut Blvd. Dinner, special Guest Speakers". Sheriff Mark Lamb, US Navy Seal Ross Munro, MC by Rachel Sadoff and auction by Sheriff Wayne Ivey. Proceeds to help end veteran and first responder suicides. Contact email: contact@hu2.org or on web site www.hu2h.org.

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

Painting with Anne Sands 1st & 3rd

Tuesdays, 1:30 - 3:30 PM

Japa Meditation with Deb 2nd Tuesday,

2:00 - 2:45 PM

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.

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.

Meditation with Amber

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

Catherine Schweinsberg Rood Central Library & Reference 308 FORREST AVE, COCOA 321-633-1792

Cocoa Beach Public Library 550 N. BREVARD AVE, COCOA BEACH 321-868-1104

Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

Cards with Ree

1st Thursday from 12:30-2:30pm

Cost is \$5 for instruction and \$5 for supplies.

Community Support Advocate

Do you need assistance with jobs/careers,

social security related benefits, senior resources, etc. Contact the reference department to schedule an appointment or Dr. Lisa Montgomery at lmontgomery@brev.org

Tuesday Book Club

2nd Tuesdays at 2pm

Eau Gallie Ukulele Society

1st Saturdays from 12:30pm-2pm

3rd Saturdays from 1030am-12pm

Master Gardener Plant Clinics

2nd and 3rd Fridays from 2pm-4pm

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.

Craftersnoon 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-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404

Coin Talk 4th Tuesday, 6 PM

Sit-n-Stitch 1-3pm, meets 1st & 3rd Weds.

Brevard Investment Education Group

10:30am-1pm. Meets second Mondays.

Books are ALWAYS Better Book Club

3rd Monday, 6:30-8pm

American Needlepoint Guild 2nd

Tuesday, 1 PM

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

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

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 martinanderseniorcenter.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

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 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 gpbssc.org

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;

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

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

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

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

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

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

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

Fitness Fun 9:15-10:15am

Mah Jongg (Asian) 12:30-3:30pm
(1st & 3rd Tues)

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm

(On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

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

Food available to purchase

Bone Builders 9:15-10:15am;

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

Bridge 9:30am-12pm

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

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

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

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct
(Last Saturday of month)

Tour our facility any weekday 8:30am to
4pm. Our Center is run 100% by volunteers.

**Consider becoming a member and
volunteering.**

The Center is available to rent for
seminars, adult birthdays, baby showers,
anniversaries, weddings, etc.

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

MONDAY PROGRAMS

Billiards 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

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

open at 10:00 am

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

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi-8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

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

open at 10:00 am

Pinochle - 12:15-4:00 pm

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

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

SATURDAY PROGRAMS

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm



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

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



★ ★ ★ ★ 9th ANNUAL ★ ★ ★ ★ EVERY DAY IS VETERANS DAY!

FREE EVENT!

- Catered lunch by Palm Cottages
- Junior ROTC Color Guard
- Keynote Speaker: Tom Landwermyer
- Musical Performances
- Veteran Services Vendor Fair

**FRIDAY,
FEBRUARY 27**

10 AM - 1:30 PM



ONE SENIOR PLACE

8085 Spyglass Hill Rd, Viera, FL 32940

PRESENTED BY



Partners in Service: Resources for Those Who Served.

Join us for a welcoming brunch and panel discussion designed to connect veterans and their families with trusted local resources. Topics such as VA healthcare, veterans benefits, care management, end-of-life planning, and community support will be covered. Chief Medical Officer for the VA Clinic, Dr. Brandon Wormsbachor will be a guest panelist.

**Tuesday, February 10th
10:30am**

One Senior Place

8085 Spyglass Hill Rd., Viera, FL 32940

Brunch Sponsored by



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