MARCH 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 begins11am. 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 atSchechter Community Center Gym. Free!

Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersenseniorcenter.com

MONDAY
Andersen Quilters 9:00-12:00
Bone Builders 9:00-10:00
Busy Fingers Crafts 9:00-11:00
Intermediate Tap 10:30-12:00
Party Bridge 12:15-4:00

TUESDAY
Art & Painting 9:00-12:00
Morning Stretch & Exercise 9:00-10:30
Grief Counseling 2nd& 4th Tues 10:00-12:00
Line Dancing 12:00-1:30
Gentle Yoga 2:00-3:00
Tai Chi 2:00-3:00

WEDNESDAY
Bone Builders 9:00-10:00
Writing Workshop 10-11:30
Spanish Conversational Class 12:30-2:30
New Horizons Jazz Band 9am-12pm

THURSDAY
Water Colors (Begin/Inter) 9:00-12:00
Gentle Yoga 2:00-3:00
Morning Stretch & Exercise 9:00-10:30
Intermediate Tap 10:30-12:00
Karaoke 11:00-3:00

FRIDAY
Art & Painting 9:00-12:00
Bone Builders 9:00-10:00
Party Bridge 12:15-4:00
Spanish Class-Beginner Plus 12:30-2:00
Ballroom Dancing Class 2:00-3:00

500+ Pickup Points in Brevard County.

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

SENIOR SCENE® Magazine

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

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

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

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

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

THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-10am Susan 540-220-4831
Zumba 6:00PM-7:00PM $7/$8 Robin (321)514-5945
Zumba Gold Tone/Chair- Thursday 11AM-Noon $7/$8 Robin 321-514-5945

FRIDAY
Euchre - Friday 10AM-1PM $2/$3 Barbara 321-750-2679
Muscle Memory Strength Balance 10:00AM-11AM $2/$3 Natine (321)609-0999
No Brevard Line Dance (impr/Intermed) Noon-2pm $3/$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month) noon-3:00pm $5 Yvette 321-258-6534

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

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

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

TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm

THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12-3:30pm
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– 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise - 4:15–5:30 pm

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

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

FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo – 8:30–9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot – 8:45 am – 12:00 noon
Bingo - 11:15 am - 2:00 pm – Doors open at 10:00 am
Pinochle – 12:15-4:00 pm
Dealers Choice Poker- 11:30 am - 4:00 pm
Senior Law – 4th Friday 2:00-4:00 pm

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

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

MARCH 2026 ONE SENIOR PLACE EVENTS

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

SAVE THE DATE
20TH Anniversary Cocktail Hour
Thursday, April 2, 2026
4 PM – 6 PM
One Senior Place

SAVE THE DATE
A Taste of Senior Living: Chef Competition & Senior Living Options Day
Friday, April 17, 2026
11 AM – 1 PM
The Center for Collaboration
1100 Rockledge Blvd, Hwy 1, Rockledge, FL 32955

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

Reptiles: Up-Close Encounters, Monday March 2nd, at 2pm. Join us for a fun, up-close encounter with real live reptiles! Brevard Zoo is bringing their animal ambassadors for an interactive afternoon filled with fascinating facts, memorable moments, and plenty of "wow!" Call 321-751-6771 to RSVP.

Dietitian Series: Healthy Eating At Home, Tuesday, March 3rd, at 10am. Join Registered and Licensed Dietitian/Nutritionist Susie Bond as she discusses how to reduce sugar, salt and fat at home by substituting healthier ingredients, using healthful convenience food items, and taking advantage of new kitchen gadgets that make healthy eating easy and quick. Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays March 3rd and 17th, 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.

Benefits of Pre-Planning Your Cremation, Wednesday, March 4th, from 11am and Thursday March 26th, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of pre-planning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. Presented by National Cremation Society. Call 321-751-6771 to RSVP.

Max Meditation, Wednesday, March 4th, at 2pm. Join Spiritual Guide Sue Rapley for a gentle, guided meditation to help you relax and reset. This experience by Bridge for Wellness is designed for both beginners and seasoned meditators. Call 321-751-6771 to RSVP.

Fire Safety: Are You Protecting Your Home?, Thursday, March 5th, at 10am. Join Senior Partner Care Services and Brevard County Fire Rescue Inspector Lucas "Luke" Mulvehill for an engaging fire safety session, including proper fire extinguisher use and helpful take-home materials. Call 321-751-6771 to RSVP.

Ask An attorney, Legal Happy Hour, Thursday, March 5th, at 5:30pm. Join us for a Complimentary casual Q&A Style happy hour presented by Rhodes Law P.A. Topics cover wills, probate, Medicaid & more. Call 321-323-7325 to RSVP.

Mastering Your Phone w/Gerald Delvaille, ITX Solutions, Friday, March 6th, at 2pm. Learn how to make your phone work for you! In this hands-on seminar, IT professional Gerald Delvaille will walk you through common features, answer questions, and provide one-on-one support to help you feel more confident and comfortable using your device. Call 321-751-6771 to RSVP.

Ask The Doctor Brunch & Learn Series: "The Damage You Don't Feel Until It's Too Late: Liver Health", Tuesday, March 10th, from 10am. Learn how liver damage can develop silently and what you can do to protect your health with Dr. Laird. Complimentary brunch provided by ClinCloud, for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday, March 10th, at 2pm. Hosted by Senior Partner Care Services. Play free, win prizes, fun for all! Call 321-751-6771 to RSVP.

Nutrition & Weight Loss Made Easy, Tuesday, March 10th, at 5pm. Join us for an informative session with Dr. Haig John, DC, and special guest speaker Dr. Ben Lerner on making nutrition and weight loss more sustainable. They will share practical ways to optimize your health, better understand your body, and discover foods that support overall wellness. Call 321-751-6771 to RSVP.

Brunch & Learn: Know Your Care Options Before A Crisis: Palliative vs. Hospice Care, Wednesday, March 11th, at 10am. Learn the differences between palliative and hospice care with Dr. Mohan Shah, MD, with a complimentary Panera brunch provided by VITAS Healthcare. Call 321-751-6771 to RSVP.

Let's Talk Downsizing! Wednesday, March 11th, at 1pm. Thinking about moving but not sure where to start? Join our friendly panel of experts for helpful tips, practical advice, and real-life solutions to make downsizing simple, stress-free, and maybe even exciting! Call 321-751-6771 to RSVP.

Your Legacy, Your Way: Protect, Plan & Pass It On, Thursday, March 12th, at 10am. Shape your legacy with intention! This seminar will cover estate planning essentials, how to ensure your wishes are respected, and how to distribute your assets according to your desires. Presented by the Estate Planning & Elder Law Center of Brevard. Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa "Senior Living Communities: Not All Options Are The Same!" Friday, March 13th, at 10am. Join Nurse Lisa Peake, RN, CCM along with Stacey Clark and Jamie Lemon of Virtuous Senior Living Consultants for an informative discussion on the different types of senior living options in Brevard County. Learn what to look for, key differences between communities, and important things to consider before making a decision. Call 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar, Thursday, March 12th & 19th, at 1pm. This session provides a clear overview of Medicare basics, including Parts A, B, C, and D, important enrollment periods, and what to know when reviewing 2026 Medicare Advantage plan options in Brevard County. This presentation is for educational purposes and is not for current Health First Health Plans members. Visit: hf.org/brevardma to register.

Feet First: The Foundation of Mobility and Independence, Monday, March 16th, at 2pm. Join Dr. Karen Fischborn of Melbourne Mobile Podiatry for practical tips on foot health, balance, and staying steady on your feet. Learn simple ways to support your mobility and independence from the ground up! Call 321-751-6771 to RSVP.

Special Needs Trusts, Tuesday March 17th, at 10am. Join Attorney William A. Johnson, P.A. for an educational seminar on how special needs trusts can help protect your loved one's future. Learn how these trusts work, how they can preserve eligibility for Medicaid and SSI, and the different types available to fit your family's needs. Call 321-751-6771 to RSVP.

iPhone and iPad Users Group with MacMad, Tuesday, March 17th, at 5:30pm. This meeting will feature presentations on topics of interest to Apple products enthusiasts. Presented by Jim DeLaura, RJFS and MAC Mad. For more information contact Dennis Crowley at dcrowley1@cfl.rr.com.

Law School For Life: Medicaid Planning 101, Wednesday, March 18th at 10am. This 2026 Seminar Series is designed to help you protect yourself and your family by avoiding common legal mistakes and gaining peace of mind for the future. Attend every class and earn a Perfect Attendance Award while building knowledge that supports confident, informed decision-making. Call 321-323-7325 OR 321-610-4542 to Register.

Asset Protection, Geriatric Managers, and Building Your Team, Tuesday, March 24th, at 10am. This seminar will help you understand how to protect your assets as you age and the important role a geriatric care manager plays in planning for your care. Learn who should be on your planning team and how working together with the right professionals can reduce stress and support your future. Presented by Estate Planning & Elder Law Center of Brevard Powered by The Law For All. Call 321-751-6771 to RSVP.

Lunch & Learn: The Myths of Senior Living Communities, Tuesday, March 24th, at 11:30am. Join Stacey Clark of Virtuous Senior Living Consultants for an informative discussion that clears up common misconceptions about senior living. Learn about the top senior living options and what truly matters when making a decision – all while enjoying a complimentary lunch. Call 321-751-6771 to RSVP.

AARP Safet Driver Class, Wednesday March 25th & Monday, March 30th, at 9am. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs $20 for AARP members (bring card) and $25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

Your Vote Your Voice, Wednesday, March 25th, at 10am. Join us for an informative seminar with Brevard County's Supervisor of Elections, Tim Bobanic, as he answers your election-related questions. Learn how to register to vote, update your voter information, and request a mail ballot for the 2026 election cycle. Call 321-751-6771 to RSVP.

VA Benefits, Thursday, March 26th, at 10am. William Johnson, P.A. will take a comprehensive look at how to qualify for the VA Aid & Attendance Program with an emphasis on asset protection & Medicaid preservation. Call 321-751-6771 to RSVP.

Discover the Green Side of Healing, Friday, March 27th, at 11am. Curious about medical marijuana? Join Dr. Robert Davison to explore how plant-based therapies are helping people find relief from chronic pain, anxiety, sleep issues, and more. Finger foods and light refreshments provided. Call 321-751-6771 to RSVP.

Museum of Brevard, Tuesday, March 31st, at 10am. Ever wonder what makes museum collections so extraordinary? Join us for a seminar filled with insight, stories, and surprises! Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Connected: A spiritual Exploration & Support Group, Fridays, March 6th & 11th, at 10 am. Recurring Every Other Friday All are welcome–regardless of religious background, spiritual experience, or belief system. This is a space for open-minded exploration, respectful listening, and personal growth.

Grief, Loss & Bereavement Support Group, Thursdays, March 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, March 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.

Tools to Quit Smoking, Friday, March 20th, from 12pm. Programs cover all forms of tobacco. FREE: Nicotine replacement patches, gum or lozenges *if medically appropriate and 18 years of age or older. Participant workbook & materials. Presented by Tobacco Free Florida, MUST register by calling 407-716-6392.

SUPPORT GROUPS IN OUR COMMUNITY

Dementia & Alzheimer's Support Group at Zon Beachside, Friday, March 6th, at 5:30pm. Located at Zon Beachside (1898 South Patrick Dr, Indian Harbour Beach, FL 32937). Open to the public. Call 321-777-8840 for any questions.

Grief Support Group A Journey of Healing at Zon Beachside, Friday, March 13th, at 1:30pm. Located at Zon Beachside (1898 South Patrick Dr, Indian Harbour Beach, FL 32937). Open to the public. Call 321-777-8840 for any questions.

Caregiver Support at Market Street Viera, Tuesday, March 10th, at Noon. Located at Market Street Viera (6845 Murrell Rd, Melbourne, FL 32940). Call 321-253-6321 for more information.

Circle of Friends Luncheon at YOURLife of West Melbourne, Friday, March 13th at 11:45am. Located at YOURLife of West Melbourne (2395 Minton Rd, West Melbourne, FL 32904).

Call 321-220-0295 to RSVP. Re4.

RECURRING EVENTS

Book Club – Legacy Club, Thursday afternoons at 1pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. *Currently FULL*

Stay Steady, Stay Strong Functional Fitness Pop-Up Class – Mondays & Fridays at 8am. Functional Fitness class with certified professional trainer, Mike Peterson of Are We Living!

Chair Yoga – every Wednesday at 3:30pm. Join us for Free Chair Yoga starting March 4th. Powered by Senior Partner Care Services. *please bring towel and yoga mat*

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

Helping Seniors Info Series

MARCH 2026

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

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

Friday - March 13th - 100pm-230pm - Senior Planet - Senior Tech Talk

Senior Planet is the flagship program of Older Adults Technology Services from AARP and the "Senior Resource Center" is now a licensed location for free programs that help older adults build technology skills to allow them to improve their health, make new friendships, save money, and advocate in their communities. This month: "Healthcare & Tech at a Glance" - Let's learn to navigate technology safely and efficiently with millennial expert Bri Prentice. Free, fun & informative.

Thursday - March 26th - 10am-11am - Knowledge College for Aging

Join Helping Seniors Executive Director Kerry Fink for a hands-on planning session to help us get our Aging Plans organized this year! Coffee/Snacks + great info!

Thursday - March 26th - 11am-12nn - Helping Seniors Wellness

"Holistic Approach to Addiction Recovery" - Dr. Kevin Kilday (Dean/President/Founder of Faith College of Natural Health" draws on his lifetime of experience in Addiction Counseling to provides insight into help families navigate the complexities of all forms of addictions and paths for recovery.

AARP/Helping Seniors Events:

Friday - March 6th - 1100am-100pm - AARP Chapter #1413 Meetup
Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

Friday - March 13th - 845am-945am - AARP Walk with a Doc
Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

Join special guest Walk leader and long-time friend of Helping Seniors, Dr. Lee Sheldon, of Drs. Sheldon & Furtado - Solid Bite, and your friends from Helping Seniors on-site for this fun and healthy morning together.

Monday - March 16th - 1100am-100pm - AARP Chapter #2622 Meetup
BCASCA Center - 2174 Harris Avenue - Palm Bay

More Great Events:

Tuesday - March 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

Helping Seniors Car Raffle Fun:

Saturday - March 28th - 1000am-300pm - Celebration of Cars
American Muscle Car Museum - 3500 Sarno Road - Melbourne. Look for Helping Seniors on-site at the fun event presented by the Antique Auto Club of Cape Canaveral and get your Helping Seniors Car Raffle tickets on-site

CALENDAR HIGHLIGHTS

Helping SENIORS TV

Weekdays on SCG TV

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

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Mar 1	Mon	Learning about Natural Health	Checking Out Zon Beachside	Things to Know Elder Law	Care Management - What it is
Mar 2	Tue	Periodontal Disease	Helping Seniors Directory	Psychiatric Care	Senior Information in Senior Scene
Mar 3	Wed	Considerations in Best Home Care	Finding a Good Place for Mom or Dad	Medicare Supplement or Advantage?	Guardianship: The Basics
Mar 4	Thu	Longevity Planning	Buying/Selling/Investing in Real Estate	Chaplaincy - What it Means	Wellness: Footcare
Mar 5	Fri	Understanding Medicare Options	Wellness: Skin Health	Rock Steady Boxing	Capital Update
Mar 9	Mon	Faith College of Natural Health	Chefs for Seniors	How to Cruise Successfully	Aging Plan: Retirement Finances
Mar 10	Tue	Concierge Home Care	Elder Law Services	Turning 65? All About Medicare	Two Assisted Living Questions
Mar 11	Wed	Updating Your Estate Plan	Probate - What it is & How it Works	AARP / Hometown News	Importance Comprehensive Evaluation
Mar 12	Thu	Helping Seniors Travel Club	Transitional Care	Best Home Care Ideas	Considerations in Best Home Care
Mar 13	Fri	Great Employment for Seniors	Advances in Medical Research	Aging Plan: Medicare/Medicaid	Capital Update
Mar 16	Mon	Home Care & Veterans Services	Alzheimer's & Walk to End Alzheimer's	Buying/Selling/Investing in Real Estate	Learning about Natural Health
Mar 17	Tue	Downsizing & Seniors	Rock Steady Boxing	Finding Good Help at Home	Aging Plan: Your Legal Plan
Mar 18	Wed	Family Home:Keep, Sell, Transfer?	When is Assisted Living Appropriate?	Senior Expos & Events	Durable Power of Attorney
Mar 19	Thu	Care Management - What it is	Senior Information in Senior Scene	Balance & Fall Prevention	Helping Seniors Travel Club
Mar 20	Fri	Psychiatric Care	The Parts of Medicare	Longevity Planning	Capital Update
Mar 23	Mon	In Home Care Giving	Too Many Teeth Being Extracted?	What Happens After the Funeral?	Downsizing & Seniors
Mar 24	Tue	Power of Attorney & Super Powers	Considerations in Best Home Care	Faith College of Natural Health	Senior Living Options
Mar 25	Wed	Chaplaincy - What it Means	Helping Seniors & MSC Cruises	Cosmetic Dentistry	Home Care & Veterans Services
Mar 26	Thu	Two Assisted Living Questions	Understanding Medicare Options	Don't Go Broke Paying Nursing Home	Transitional Care
Mar 27	Fri	Concierge Home Care	Wellness: Fall Prevention	Wellness: Express Thoughts Clearly	Capital Update
Mar 30	Mon	Finding a Good Place for Mom or Dad	Probate: The Basics & The Process	Helping Seniors Directory	Wellness: Senior Health Mind & Body
Mar 31	Tue	Buying/Selling/Investing in Real Estate	Longevity Planning	Senior Information in Senior Scene	Great Employment for Seniors

Helping SENIORS RADIO

90.3 FM WEJF

12pm - 1pm Wednesdays
Listen on 90.3 WEJF-FM Radio or online WEJF.net

Date	Program	Special Guest
Mar 4	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)
Mar 11	Helping Seniors on Your Smile	Dr. Lee N. Sheldon (Solid Bite)
Mar 18	Helping Seniors on Good for Seniors	Kerry Fink (Helping Seniors
Mar 25	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help 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

SeniorTravel
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