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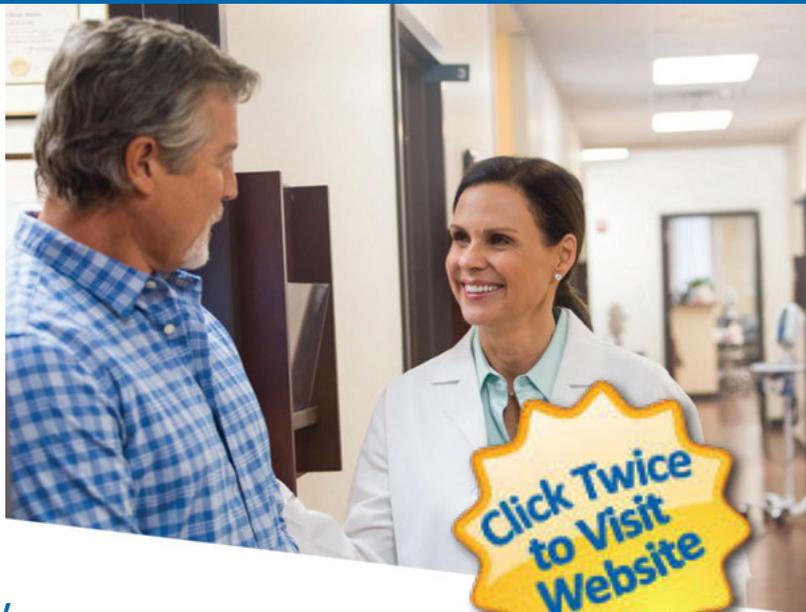
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Letter from the Publisher



Have you recently stopped to think what a great place Brevard County is? Great weather, community events, shopping, schools, elder services, on and on. It's so easy to gripe if it goes below 60 degrees or if we get stuck in 5 minutes of traffic. For those of us with roots up North, it's easy to forget about 12 inches of snow or an hour commute. So enjoy what we have here and spread the smile.

We at Senior Scene like to believe that we are in the business of serving our seniors here in Brevard. Unfortunately this environment can expose us to too many personal losses. Sadly we recently experienced the loss of our good friend Bobby Rhines. Bobby and his wife Dorothy were not only our friends but great supporters of Senior Scene Magazine, in addition to being active in our community. Bobby eagerly helped to promote and distribute our magazine to his friends, neighbors and local organizations. Dorothy has contributed her wonderful art to numerous monthly covers, including our premiere issue. We trust that with the support of her family and all our prayers, Dorothy will continue on as best possible. I can truly say that I am better for having known him. Bobby, we will miss you.

In the spirit of volunteerism and civic involvement, I implore all our readers to speak out and speak up when you see anything unjust or threatening to our rights. Whether it is joining like-minded public organizations, serving on government volunteer organizations, writing to your government representatives or simply speaking your beliefs to your acquaintances, the time is NOW.

Please take care and stay safe. See you next month.

John

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Zora Neale Hurston At Home in Eau Gallie

By Diane Barile

She was an extraordinary product of the Black Florida, the Harlem Renaissance and American academia. Yet Eau Gallie, Florida was a creative bed rock for her 1930s success. She died forgotten in Ft. Pierce at age sixty-nine.

In Eatonville, the all Black community outside Orlando, she "jumped at the sun", asked questions about everything and everybody. At thirteen her mother died ending her childhood. Put out to work for relatives, she worked her way through a Baptist Academy for high school, and then moved to Baltimore.

By 1919, she lied about her age by ten years and enrolled in Howard University becoming editor of the newspaper. With an AA degree she ascended to the adventure of the Black Renaissance of Harlem in New York with an association with poet Langston Hughes. Two women sponsored Zora at Barnard and Columbia Universities in New York where she studied under Franz Boaz, father of American Anthropology. In the next few years, Hurston travelled collecting stories and documenting Black culture in the South, often in Florida, but also in the Caribbean and Mexico.

Eau Gallie became a refuge for here in 1929 where she lived in a cottage on the edge of the Black section of town. It

was here in Eau Gallie where she reviewed her research notes and wrote her first book, Mules and Men. When her financial support ended, Zora relied mostly as a free-lance writer of short stories and special news reports. She wrote plays, books and essays incorporating Black culture and dialogue.

Eau Gallie once again was home in the 1950s. The small house was surrounded by gardens, flowers and even a fish pond. Work included some substitute teaching and some special newspaper work. Hurston worked at the Pan American Tech Lab at Patrick Air Force Base as the librarian until fired because she was "too educated for the job."

Allegations of misconduct with a boy proved unfounded, but devastated her local reputation and may have forced her move to Ft. Pierce in the 1950s. The last ten years of her life, her health was failing and she worked as a domestic, dying in 1960 obscure in a public care facility.

The Eau Gallie section of Melbourne had been home to Zora Neale Hurston through failed marriages and the uncertainty of her academic and writing careers. The little cottage had been the happy and productive haven. ☺

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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.

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MON 21-DEC 2026 Napier, New Zealand



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WED 23-DEC 2026 Christchurch, New Zealand
THU 24-DEC 2026 Dunedin, New Zealand
FRI 25-DEC 2026 Milford Sound, New Zealand Cruising
MON 28-DEC 2027 Hobart, Tasmania, Australia
TUE 29-DEC 2027 Hobart, Tasmania, Australia
THU 31-DEC 2027 Sydney, Australia Docked 8:00AM
FRI 1-JAN 2027 Sydney, Australia Docked
SAT 2-JAN 2027 Sydney, Australia Docked - 2:00PM
SUN 3-JAN 2027 At Sea Cruising
MON 4-JAN 2027 Melbourne, Australia Debark 7:00AM
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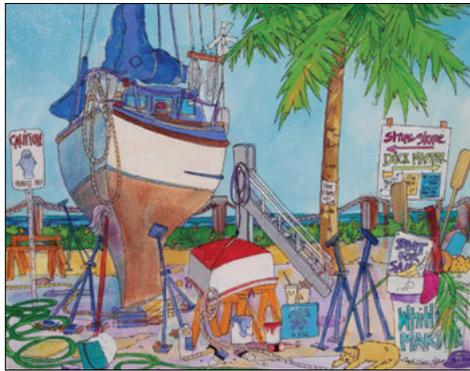


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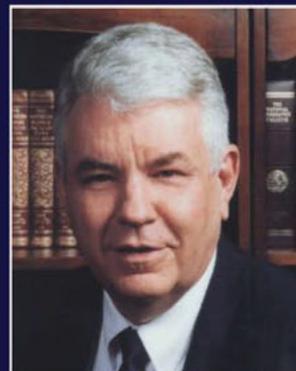
COVER STORY

Colorful and Whimsical - Carolyn Seiler

Twenty years in Key West shaped Carolyn Seiler's colorful whimsical style. Working in oils, watercolors, pastels and acrylics, she paints and draws the world around her. Her cats, the hurricanes, or the changing light on the Indian River are all sources of inspiration. Original paintings and prints of these efforts decorate the colorful Cocoa Village Gallery where she now hosts over 30 local artists. ©



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TALK WAS.....

Gene Barry - Richer Beyond Money and Glamour

By George Khoury



Little Eugene Klass, growing up in Brooklyn knew what his destiny would be. While in high school, he tried out for every theatrical production available. His only interests in school were the dramatic clubs and English class. "I was unlike any other boy. I was always careful not to sound like the guys on the street. I never ran with gangs or packs. I was always a well-dressed loner."

Although a gifted violin prodigy with a baritone voice, he gave up the fiddle when he broke his arm playing football and focused on singing. While a senior in high school he won a musical scholarship to a school of music. After studying there for two years his persistence got him a regular job singing on the radio show, Arthur Godfrey's Talent Scouts. After that, he took many jobs. While working in the Catskills, he changed his name to honor his acting idol-John Barrymore.

Gene realized that his future was the stage and in 1940 he caught a break when he joined the road company of "Pins & Needles." Next came an off-Broadway play, then a 1942 production of "Rosalinda" and the aggressive and talented 21 year old Gene was on his way and working regularly.

In 1944 a young actress Julie Carson and Gene met on a double date. Three weeks later Julie and Gene were married on October 22, 1944.

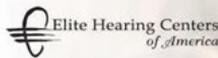
During the next two years Gene was in four plays and they all flopped. To earn money, Gene went back to theater and put together a nightclub act. "Never once did she nag me, discourage me or ask me to take work I didn't want just so we would have no worries. She's been my true partner from the first day of our life together. It's because of her backing me all the way that I was able to finally make the grade. In a very real sense, I owe my success to her."

Moving to Hollywood was good to them. In 1951 he got a Paramount contract for \$1,000 a week and he made 20 films. He even appeared briefly in the Eve Arden television series, "Our Miss Brooks."

But his fame was assured when he accepted the role of Bat Masterson. He was not impressed with doing a western but

Gene Barry - Richer Beyond Money... contd on pg 46

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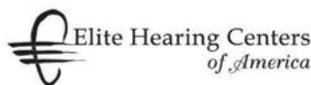
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What is Probate?

By Attorney Truman Scarborough

This is the second in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. A Power of Attorney does not help, since it ends when the creator dies. It is similar to an employer – employee relationship, where if an employer goes out of business there are no employees.

The legal procedure used to transfer property from a decedent to the beneficiaries is called "Probate". In Formal Probate the court creates a legal entity (like a corporation) called the "Probate Estate" to hold the decedent's assets. A Personal Representative (executor) is appointed by the court to administer the probate estate.

In the Formal Probate process, the Court must be shown that everything is proceeding as required by Florida Statutes. The word "Probate" essentially means "to prove."

There is also a simplified Summary Administration which is available: 1] two years after the decedent died or 2] when there are no creditors and the assets are less than \$75,000. This will be discussed in a later article.

In Formal Probate, the Personal Representative has responsibilities to 1] the beneficiaries, 2] the decedent's

creditors, 3] the IRS, and 4] for expenses in administering the estate. In this article we will look at the Personal Representative's responsibilities to beneficiaries and creditors.

BENEFICIARIES: When someone must rely on the honesty and diligence of another person to protect his/her property, it creates a fiduciary relationship. Under the law, there are different levels of proof to show misconduct. At one end of the spectrum is the proof needed to show "beyond a reasonable doubt" that someone is guilty of a crime. At the other end is the responsibility of a fiduciary to clearly show he/she has protected the beneficiaries' interests. A fiduciary breaches his/her duty not only when he/she fails to protect the beneficiaries' interest but also when he/she is unable to clearly show that he/she has.

The Probate Code requires that beneficiaries be provided with a copy of the Will, Petition for Administration, Notice of Administration, Letters of Administration, the Inventory (showing date of death values), the Accounting (showing what has occurred with estate assets from the Inventory to

What is Probate? continued on pg 40

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Senior Travel Day Trips are dedicated to making every outing enjoyable for our senior community and their families. Recognized as Brevard County's leading Senior Travel Agency, we take pride in collaborating with senior groups and local city centers to create memorable experiences. Our friendly team is always ready to help and ensure each trip is filled with fun and laughter for everyone involved.

Thank you for choosing us and trusting us, joining other seniors and their families on exciting day trips and cruises. We're committed to offering you the best prices for your adventures, whether it's a relaxing day out, a cruise, or hotel bookings around the globe. Our promise is to make travel affordable and accessible, so you can focus on making great memories.

As a beloved travel company among seniors and communities, we're known for our excellent service and unbeatable prices. Understanding the importance of budget and retirement plans, we offer flexible options for all senior travelers. We look forward to meeting you and making your next trip a wonderful experience for both you and your loved ones.

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from our travel vendor friends, sharing a piece of their profits to help seniors thrive.

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1. Our friends at Martin Anderson Senior Center
2. Helping Seniors of Brevard

Senior Day Trips And Cruises continued on page 45

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The Health Impact of a Clean Home for Seniors

For older adults, the home environment is a critical component of health, safety, and long-term independence. Maintaining a clean, well-sanitized living space is not merely a matter of comfort or appearance—it is a proven contributor to reduced health risks, improved well-being, and enhanced quality of life.

Reduced Risk of Falls and Injury

Falls remain one of the leading causes of injury and hospitalization among seniors. Cluttered walkways, unclean floors, and poorly maintained bathrooms significantly increase this risk. Routine cleaning and organization help eliminate trip hazards, improve mobility, and create safer living conditions that support aging in place.

Improved Respiratory and Environmental Health

Indoor environmental factors such as dust, mold, pet dander, and pests are known to exacerbate asthma, COPD, allergies, and chronic respiratory infections. Regular cleaning improves indoor air quality, reduces allergen load, and minimizes exposure to environmental triggers that commonly affect older adults.

Lower Infection Risk and Immune Support

Seniors are more vulnerable to infections due to age-related immune decline. Pathogens can persist on high-touch surfaces including countertops, door handles, and bathroom fixtures. Consistent cleaning and disinfection reduce bacterial and viral exposure, lowering the likelihood of skin, respiratory, and gastrointestinal infections.

Mental Health and Cognitive Benefits

A clean, organized home supports psychological well-being by reducing stress, anxiety, and cognitive overload. For seniors, especially those with early cognitive decline, an orderly environment promotes routine, focus, and a greater sense of control—key factors in maintaining emotional stability and mental clarity.

Preserving Independence and Dignity

A safe, sanitary home enables seniors to live independently for longer while maintaining dignity and self-confidence. Clean living spaces encourage social engagement, support daily functioning, and reduce the need for emergency or institutional care.

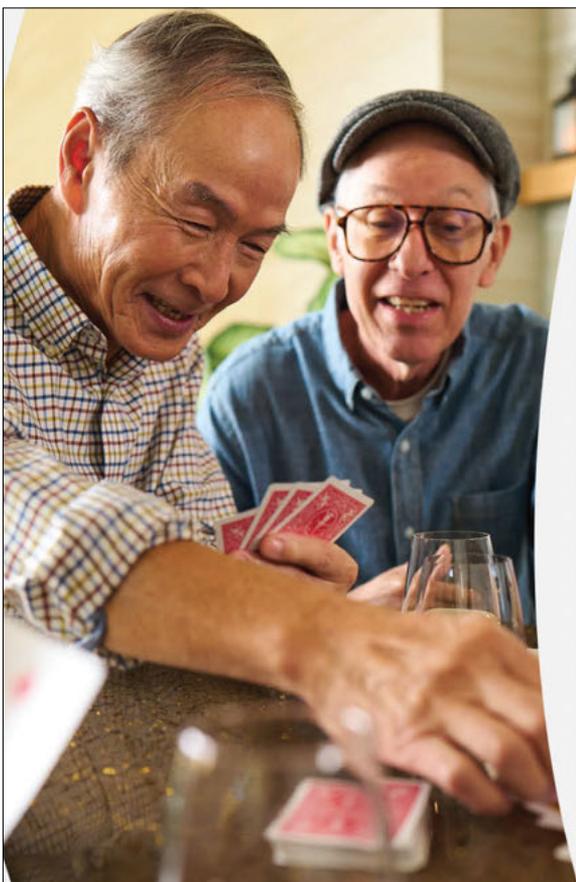
A Preventive Approach to Healthy Aging

From a medical and preventive care perspective, a clean home is a foundational element of senior health. Whether maintained independently or with professional assistance, regular home cleaning supports safety, reduces preventable health risks, and enhances overall quality of life.

A clean home isn't optional for seniors—it's a critical component of healthy aging.

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What Are These Bitcoin Atm Scams Targeting The Elderly, So I Can Warn My Parents?

By James Bowman, Data Rescue Computer Service

Bitcoin ATM scams targeting seniors — how they work

1. It always starts with fear or urgency

The scammer contacts them and pretends to be someone trusted:

- Bank fraud department
- Social Security / IRS / police
- Amazon / Apple / Microsoft tech support
- A grandchild in trouble
- A “romance” partner

They claim something like:

- “Your bank account is hacked”
- “You missed jury duty — there’s a warrant”
- “Your Social Security will be suspended”
- “Your computer has been compromised”

The goal is panic so they don’t think.

2. They isolate the victim

They often say:

- “Do NOT tell your family”
- “Stay on the phone with me”
- “This is time-sensitive”

Some victims are kept on the phone for hours while withdrawing money.

3. They send them to a Bitcoin ATM

These are usually in:

- Gas stations
- Grocery stores
- Convenience stores

They tell the victim to:

1. Withdraw cash from their bank
2. Go to a specific machine
3. Scan a QR code or type a code
4. Feed in the money

That QR code sends the money directly to the scammer’s crypto wallet.

4. Once the cash goes in — it’s gone

Bitcoin ATM payments are:

- Not reversible
- Not protected like credit cards
- Extremely hard to trace

That’s why criminals love them.

■ How big this problem is

- Americans lost \$333+ million in 2025 to these scams.

What Are These Bitcoin Atm Scams... cont’d on page 43



Mattress Money

By Max Valavanis, CFP®, CFS®

In recent years, more and more people have been holding onto their money in savings accounts and cash. Understandably. With the growing concern over the economy, we can feel hesitant to invest. As a Certified Financial Planner™, I see seniors walk through my door all the time worried about what may happen to their nest egg if they trust the markets. Sometimes this concern drives them to have thousands of dollars hidden in the nooks and crannies of their home. I like to call this Mattress Money. Whether you are sequestering cash under your bed, in the closet or the bank, doing so can potentially do more harm than good for you and your family's well being.

As the cost of living climbs, many retirees are recognizing the reality of how far their money can take them. Inflation continuously rears its ugly head and eats away at our buying power. In fact, The Bureau of Labor and Statistics reports a 23.3% inflation rate since January 2020. As our cost of living rises, the value of Mattress Money deteriorates. Coupling this with people commonly living into their late 80s and 90s, preserving the value of our money has never been more important.

A popular way to outperform inflation is investing in the stock market. Unfortunately, this also poses a problem for many seniors. With the markets at all-time highs and their volatility echoing the weather of a Florida summer afternoon, many want to steer clear of this type of investing completely.

In the past couple of years, many savvy investors have decided to shift their attention to interest rates. The same interest rates that make it difficult to purchase a home or car can offer a good opportunity to invest. Many of these interest-rate investments have a fixed rate of growth over a select period of time. This is the same way the bank may be making money off your mortgage, but instead of you borrowing the money, you are lending it. Over the past decade, these fixed interest rates didn't hold the same growth potential as they do today, giving conservative investors a fresh opportunity to earn a consistent return and help combat inflation. The Federal Reserve is considering decreasing these interest rates back to the levels they were

Mattress Money continued on page 45

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



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Dr. Chenet
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Why Should We Pray?

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

Do religious beliefs provide a selective advantage? Some scientists argue that science does away with the need for God or any other creator being. Yet religious belief seems to be thriving even in this 'age of reason'.

One provocative suggestion is that susceptibility to religious belief is built into the human psyche, like an innate fear of snakes, because it provides a survival advantage. People of similar religious background will bond, work together and thrive better than non-believers lacking such social glue.

There is a little evidence to support the idea of survival benefit. Belonging to a faith group does provide a few health advantages – you can expect to live slightly longer and be slightly happier. On the other hand, one can point out the potentially huge cost of religious belief – the willingness to die for one's belief or endure great pain, and to devote considerable valuable resources to activities such as temple, mosque or cathedral building of no obvious survival benefit (in the physical world).

Another speculative explanation is that a belief in a creator is a by-product of the brain's desire to provide explanations for observations. The brain is not a passive observer but interprets input it receives in order to plan actions. It draws conclusions and makes assumptions (not always correctly, as optical and other illusions reveal).

It is easy to see that this skill is an advantage, as it can help us make predictions about the future and plan accordingly. So the brain may 'want' an explanation for the existence of life. The existence of a 'maker' may provide a suitable explanation, and can never be proved wrong.

Genetics sheds some light on the aspect of human behavior. Twin studies, which can be used to explore the relative contributions of genes and the environment, suggest people's religiousness is influenced by genes. Two identical twins, raised apart, are likely to be more similar in religious beliefs than two separated non-identical twins.

What might these genes be doing? The likelihood is that they affect our brain chemistry. Brain imaging studies suggest that dopamine-based brain networks are especially involved in religious experience. It is notable that extreme religious behavior in, for example, some cases of obsessive-compulsive disorder or schizophrenia is associated with high activity in these regions. ©



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We're Going to Need Your Help!

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

Hopefully, that got your attention!

We're asking for your help to better understand what "Seniors Need" in Brevard County.

In addition to serving as Executive Director of the Helping Seniors nonprofit, I am privileged to serve on the Brevard Commission on Aging, a body authorized by the Brevard County Board of County Commissioners. The Commission is chaired by Dr. John Potomski, President of the Brevard County Medical Directors Association and a highly respected geriatric medicine physician.

The Commission's mission is to assist in planning for the future of the elderly population in Brevard County and to foster a community that supports, accommodates, and values aging.

Why This Matters

In 2015, Helping Seniors launched a "Senior Needs Survey" to better understand the most pressing concerns of Brevard County residents. It was a simple 10-question survey that our founder, Joe Steckler, introduced to assess how well the County was doing in making Brevard a great place for seniors to live and thrive.

At that time, we learned a great deal about the areas where Helping Seniors could advocate more effectively and help individuals connect with needed resources. Interestingly, the results closely mirrored the needs Joe had identified decades earlier when he launched the Brevard Alzheimer's Foundation in the mid-1990s.

A Growing Senior Population

Since our 2015 survey, Brevard County's 65+ population has increased by 39.8%. The share of residents aged 65 and older has grown from 20.4% to 24.7%.

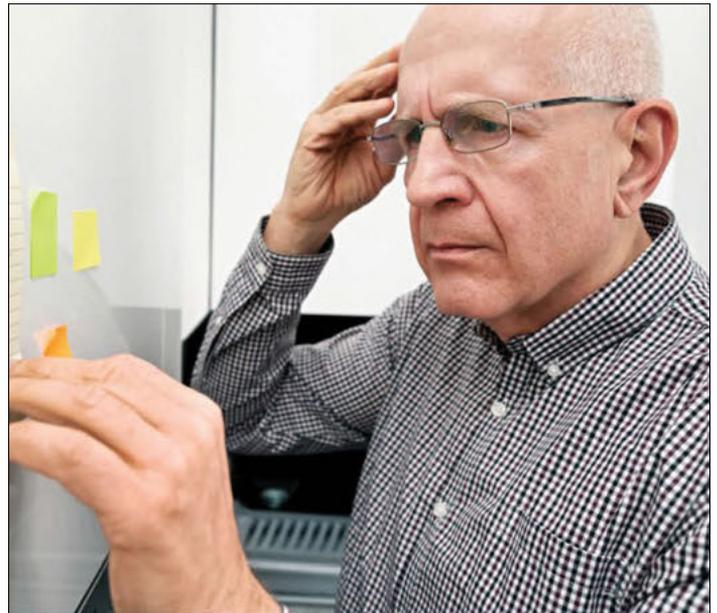
Simply put, we have more seniors than ever before — and that number continues to rise rapidly.

The 2026 Senior Needs Survey

To that end, the Brevard Commission on Aging is preparing to launch a new Senior Needs Survey. Our goal is to revisit and better understand what matters most to today's seniors and their families, so we can advocate for improved systems, services, and resources for those who call the Space Coast home.

The survey will launch on April 1. Please be on the lookout — and most importantly, please participate. Your honest and thoughtful responses will help ensure we gather accurate information that truly reflects the needs of our community.

We're Going to Need Your Help! continued on pg 45



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How Do I Know Which Type Of Senior Living Community Is Right For My Mother?



ask | ONE SENIOR PLACE

Lisa Peake

Not all senior living communities are the same -- and here in Central Florida, older adults and their families have more options than ever. Understanding the differences between communities is crucial to making an informed decision that supports safety, independence, and quality of life. Each type of living scenario serves a different purpose, and the "right" choice depends on an individual's health needs, support requirements and lifestyle preferences.

55+ Active Adult Communities are age-restricted neighborhoods of single family homes, villas, townhomes or condos that focus on an active lifestyle, social engagement, and recreation -- with amenities like golf, tennis or pickleball, lap pools and clubhouses. Residents enjoy early retirement without the distractions of excessive home maintenance in a community designed for activity.

Independent Living Communities are designed for older adults who are still active and able to manage their daily lives but want the convenience of a maintenance-free lifestyle. These communities often offer private apartments or villas, social activities, dining options, transportation, and housekeeping -- ideal for those who want connection and amenities without personal care services.



One Senior Place offers a free, impartial consultation. Call 321-751-6771

Assisted Living Communities provide a higher level of support while still encouraging independence. Residents in private or semi-private apartments receive help with activities of daily living such as bathing, dressing, medication management, and meals. Assisted living is a good option for those needing some assistance, but not around-the-clock care.

Memory Care Communities specialize in supporting individuals with Alzheimer's disease or other forms of dementia. These communities offer structured routines, enhanced security, and staff trained specifically in dementia care. The physical environment is designed to reduce confusion and promote safety while maintaining dignity and quality of life for residents.

Skilled Nursing Facilities (Nursing Homes) provide the highest level of care outside of a hospital. They are appropriate for individuals with complex medical needs, those recovering from surgery or illness, or those who require 24-hour nursing supervision. Some residents stay short-term for rehabilitation, while others require long-term care.

Continuing Care Retirement Communities (CCRCs) offer multiple levels of care on one campus, allowing residents to transition from independent living to assisted living or skilled nursing as their needs change. An entrance fee acts as a down payment for future care needs and can provide peace of mind for individuals who want to plan for the future.

Don't wait for a crisis to learn more. Join me on March 13 for a deeper dive into senior living communities. RSVP online at OneSeniorPlace.com or call 321-751-6771 in Viera. ☎

Lisa Peake is a Registered Nurse, Certified Dementia Practitioner and Certified Care Manager for One Senior Place Care Management, Viera. Ms. Peake hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.' One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Submit your questions to AskOSP@OneSeniorPlace.com. For immediate help, call 321-751-6771 or visit One Senior Place, The Experts in Aging.

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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

MARCH 2026

Making Life Better for Seniors!

Your 2026! Aging Plan!



Inside:
Good Information to help you
Navigate Your Plan!

Getting Our Legal Ducks in a Row!



Joe's Senior Resource Center
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Things to Know
as you GO
on Life's Journey.



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**Helping Seniors
Wellness Series**



Craig Lansing
Project Manager



Dr. Kevin Kilday
President/Dean



Janney Roofing

10am Your Aging Plan:
**The Value in Keeping
our Homes Repaired**



11am Wellness Series:
**Holistic Approach
to Addiction Recovery**

**Thursday March 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



A New Planet.

Kerry Fink
Executive Director - Helping Seniors

There's a **NEW** planet in the Helping Seniors universe—thanks to our friends at AARP and Older Adults Technology Services. It's called **Senior Planet**, and Helping Seniors of Brevard is now an officially licensed Senior Planet location! This partnership allows us to offer free, expert-led technology classes designed to help older adults build confidence and sharpen digital skills.

Senior Planet partners with more than 450 community-based sites across 35 states, delivering a proven curriculum that brings world-class technology training to local communities. Now that Helping Seniors has "landed" on **Senior Planet**, we're building on the success of last year's Senior Tech Talk programs and expanding opportunities for seniors and their families to stay connected and informed in today's digital world.

Our first official **Senior Planet** class, "**Healthcare & Tech at a Glance**," will be held at 1:00 p.m. Friday, March 13th, at the Senior Resource Center under the auspices of **Bri Prentice**, our "millennial" instructor, who leads this next phase of our program to equip Seniors, and their families, with the technology tools required of us as we advance in coming years.

While you're calling to RSVP for this free class, be sure to reserve your seat for our FREE & FUN 4th Thursday Education Series as well. At 10:00 a.m., **Craig Lansing** of **Janney Roofing** will present at Knowledge College for Aging on the importance of home maintenance and protecting your investment. At 11:00 a.m., **Dr. Kevin Kilday** will lead the Helping Seniors Wellness Series with a presentation on a holistic approach to addiction recovery.

Join us March 26 from 10:00 a.m. to 12:00 noon (and every 4th Thursday) at the Senior Resource Center, 1344 S. Apollo Blvd., 2nd Floor, Melbourne. All programs are free and open to the public. Enjoy learning, community fellowship, snacks, and door prizes! Call us at 321-473-7770 to RSVP or please visit HelpingSeniorsofBrevard.org for details.

See you at the Senior Resource Center soon!

Healthcare & Tech at a Glance.
SENIOR PLANET
FROM AARP

Senior Tech Talk:
Helping Seniors Feel Confident with Technology
1:00pm-2:30pm
Friday - March 26th 2026



Brianna "Bri" Prentice
Senior Tech Talk
Coordinator & Speaker



Getting our
"Tech" Ducks
in a Row!

RSVP
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Free Event at Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Call 321-473-7770 for Info & RSVP
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Helping Seniors Of Brevard



Planning Ahead: Understanding VA Support for In-Home Care

Julie Goulet
Thrive USA Home Care

On the Space Coast, planning ahead matters—whether it's preparing for hurricane season, managing health changes, or helping a loved one stay safe at home. The best outcomes usually come from having a plan before a crisis.

For many veterans and surviving spouses in our community, there may be additional support available through VA benefits that can help make aging at home safer and more manageable. These benefits may help cover in-home assistance such as help with daily activities, mobility support, meal preparation, respite for family caregivers, or companionship. The purpose is to support independence and reduce stress on families.

The challenge is that many people don't know what they may qualify for, what documentation is needed, or where to start. VA programs can feel complicated, and it's easy to postpone the process until care is urgently needed—when decisions feel rushed and overwhelming.

That's why it can help to speak with a trusted local resource early. Thrive USA Home care supports veterans and families by helping them understand VA-related options, organize next steps, and connect with appropriate in-home care resources so seniors can remain safely at home for as long as possible.

If you or a loved one served, consider adding a "VA benefits review" to your planning checklist. Learning what may be available now can make a meaningful difference later. Call 321-407-2727 or email julie@thriveusahomecare.com



It's a New Year! Let's Review!

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

It's a new year. That means it is time to review the past year. You should be getting your documents together and reviewing your legal, financial, and medical records.

Review your legal documents such as your last will and testament, revocable living trust, durable power of attorney, designation of health care surrogate and living will. Do these documents reflect your current wishes? Has there been a major life event in the family that would change the persons named in the documents? Has there been a death, birth, divorce, or other event that warrants changing your documents?

A new year means tax time! So, review your financial records and get them in order for your tax preparer. Have you made your contributions to your retirement plans? Have you received the records to show any capital gains from the buying or selling of securities, crypto currency, real estate, etc.? Review your investments. Do your investments meet your current goals? Are you retiring soon? What effect will that have on your portfolio?

Lastly, has your health changed in the past year? What does that mean for your legal, financial, and medical documents? Will you need long-term care soon? Will you be able to stay home? What effect will these decisions have on who will be your decision maker in the event you cannot make your own decisions?

If needed, get with an elder law attorney to help navigate these tricky questions. FloridaElderLaw.net



Getting Your Legal Ducks in a Row!

Katie Jackson Stolz
Law Office of Amy B Van Fossen

All too often, a loved one talks about their wishes but never puts them in writing. When this happens, even the best intentions can lead to confusion and family conflict. Getting your legal ducks in a row starts with putting a clear plan on paper.

A smart first step is executing a Durable Power of Attorney (DPOA). This legal document allows you to appoint a trusted agent to handle your financial and legal affairs if you become incapacitated or otherwise unable to act for yourself. Without a valid DPOA, your family may be forced to seek costly court intervention just to manage routine matters.

Not all DPOAs are created equal. There are a lot of inadequate DPOAs out there. Unfortunately, you may not discover that your DPOA is inadequate until it is too late to sign a new one. A DPOA drafted by an experienced elder law attorney can avoid future headaches and will include provisions specifically designed for the aging process, such as planning for long-term care, benefits, and asset protection.

Other essential estate planning documents may include a Living Will and Health Care Surrogate, Last Will and Testament, Revocable Living Trust, and a Declaration Naming Preneed Guardian.

While there are many benefits to having an aging plan in writing, one of the most important is peace of mind. Clear legal documents help prevent misunderstandings and unnecessary stress. A little planning now can spare your loved ones a great deal later. AmyBVanFossen.com



Staying Active with Confidence!

Liz Taylor RN
Touch of Excellence Senior Foot Care

March in Florida means warmer weather, longer days, and opportunity to increase outdoor activities. As the weather becomes more beautiful, you make plans to go outside for a walk, spend time gardening, traveling or enjoy community events. March also includes National Senior Games Week, March 16-22, 2026. This event celebrates healthy movement and it may inspire you to be active too!

Regular physical activity supports strength, balance, circulation, and mental well-being. However, foot health is frequently overlooked when discussing mobility and fall prevention. As a healthcare professional, who works with seniors in their homes, I often see how foot discomfort can quietly limit activity. Pain, thickened nails, and calluses can negatively impact balance and make walking uncomfortable, increasing the risk for falls, joint strain, and back pain. Routine, preventative foot care supports comfort, stability, and confidence with movement.

Whether training for a Senior Games activity, enjoying a walk, or simply staying busy with family, friends, or hobbies, it is easier to stay active when your feet feel better. Warmer weather encourages movement and connection. National Senior Games Week is a reminder that it is never too late to stay active. This March, focusing on foot health can help support safe movement, independence, and confidence - in the comfort of your home. Contact Liz Taylor RN at 321-341-7925 or visit www.Touch-of-Excellence.com



**No Leprechauns Required;
Simple Steps to Protect Your Wishes**

**Cheryl Ward, Esq.
Law Firm of Cheryl A. Ward, PL**



**The Care Gap
No One Talks About**

**Jennifer Barton
Seniors Helping Seniors**

March brings St. Patrick's Day shamrocks and reminders of good fortune. But when it comes to your legal affairs, protecting your wishes shouldn't be left to luck.

"Getting Your Legal Ducks in a Row" simply means making sure the right planning documents are in place before a crisis occurs. Families often encounter court involvement because no plan existed when illness or incapacity arose.

A few key steps can make all the difference:

- Have a Will or Trust in place to direct how your assets pass.
- Sign a Durable Power of Attorney to authorize someone to handle finances if you cannot.
- Complete healthcare directives to guide medical decisions.
- Ensure property deeds and beneficiary designations align with your plan.
- Store documents safely but accessibly and tell trusted individuals where to find them.

Without these tools, families may face Guardianship or Probate, causing emotional strain during already difficult times. The government has a process for those who don't plan; however, it's not often the route you'll want to take.

The Law Firm of Cheryl A. Ward, PL focuses on Elder Law, Estate Planning, Probate, and Guardianships. We deal with these issues daily. We help individuals and families prepare so their wishes are honored and loved ones are protected.

Call at (321) 372-8177 to discuss how we can assist you and your family – no luck required.

When families, and seniors themselves, think about "senior care", they often imagine a crisis. But for many older adults, challenges begin much earlier, in a quieter space often overlooked: the care gap.

This is the stage where a senior may still live independently, yet subtle changes begin to surface. Fatigue, shortness of breath on simple walks, or withdrawing from social routines can be early indicators of heart health concerns. Vision changes are just as easy to miss, increasing safety risks and isolation.

Because these changes happen gradually, they're often dismissed as "just aging." But left unaddressed, they can impact independence and overall well-being. Early, non-medical support can make a meaningful difference.

At Seniors Helping Seniors®, caregivers spend unhurried time with clients in their homes, sharing meals, providing companionship, and assisting with daily routines. This consistency allows caregivers to notice subtle shifts and communicate concerns early, before small issues become larger problems.

Equally important, companionship itself supports wellness. Staying connected, gently active, and emotionally supported plays a role in both heart health and overall quality of life.

Care doesn't always begin with a crisis. Sometimes, the most effective support comes earlier, by paying attention, and offering help - preserving independence for as long as possible.

Visit SeniorsHelpingSeniors.com/Brevard or call 321-722-2999.



Understanding Medicare Plans: PPO, HMO, and HMO-POS Explained Simply

Kara Davis
Moore Insurance Solutions

When choosing a Medicare Advantage plan, many seniors feel overwhelmed by unfamiliar terms like PPO, HMO, and HMO-POS. Understanding the basic differences can make choosing the right coverage much easier.

An Health Maintenance Organization (HMO) plan is usually most budget-friendly option. With HMO, you choose a primary care doctor and generally stay within the plan's network. Referrals are often required to see specialists. If you value lower costs and don't mind staying within a set group of doctors, an HMO may work well.

A PPO (Preferred Provider Organization) plan offers more flexibility. You can see doctors in or out of the network, and referrals are typically not required. PPO plans are popular with seniors who want freedom to choose providers, though monthly premiums and out-of-pocket costs may be higher.

An HMO-POS (Point of Service) plan is a blend of both. You still select a primary care doctor and primarily use the network, but you may have limited out-of-network coverage when approved. This option works well for people who want structure with some flexibility.

There is no one-size-fits-all Medicare plan. Your doctors, prescriptions, travel habits, and budget all matter.

At Moore Insurance Solutions, we help seniors understand these options in simple terms and choose coverage that truly fits their needs. If you have questions or want help reviewing plans, I invite you to reach out. Call 321-272-0218 ext. 2 or email at kdavis.agent@gmail.com



Getting Your Roof Inspected

Craig Lansing
Janney Roofing

As homeowners, we're told to "get our legal ducks in a row" when it comes to wills, insurance policies, and important documents. But one area people often overlook is their roof, and it plays a bigger role in your legal and financial protection than you might think. Your roof isn't just a structure; it's a documented asset.

Insurance companies rely heavily on proof: proof of condition, maintenance, & damage. Without clear documentation, even the most well-written policy can leave you exposed. That's where a professional roof inspection becomes more than maintenance task, it becomes part of your legal preparedness.

A thorough inspection provides dated photos, written findings, and a baseline of your roof's condition. If a storm hits and you need to file a claim, that documentation becomes your strongest evidence. It eliminates questions about pre-existing damage, speeds up the claims process, and protects you from unnecessary out-of-pocket expenses.

As someone who's spent decades in the insurance world and now serves homeowners through Janney Roofing, I've seen how powerful proper documentation can be. A simple inspection today can prevent disputes, delays, and financial stress tomorrow.

Getting your roof inspected isn't just smart homeownership, it's smart legal planning, and it's one of the easiest steps you can take to protect your home and your peace of mind. To schedule roof inspection with Janney Roofing. Call me at 321-480-2095 and I'll take care of you.



Helping Seniors Of Brevard



A Cleaner Home
Can Mean a Safer Home

Jamie Nissen
Sunshine Carpet Cleaning



Trusted Handyman Services
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As we age, many of us focus on staying healthy, active, and independent. While doctor visits and legal planning often top the list, one important factor is sometimes overlooked: the cleanliness and safety of our home environment.

Carpets, rugs, and upholstered furniture can quietly collect dust, allergens, pet dander, and even bacteria over time. For seniors, especially those with respiratory conditions, allergies, or compromised immune systems, these hidden irritants can affect overall health and comfort. In addition, soiled or worn carpeting can increase the risk of slips and falls—one of the most common causes of injury among older adults.

Professional carpet and upholstery cleaning do more than improve how your home looks. Deep cleaning helps remove embedded debris, improves indoor air quality, and can restore traction to carpet fibers, making walking surfaces safer. Clean upholstery also reduces odors and allergens, creating a fresher, more comfortable living space for both residents and visiting family members.

At Sunshine Carpet Cleaning, we understand the unique needs of seniors. Our trained technicians use safe, effective cleaning methods designed to protect your home while delivering thorough results. We take pride in being reliable, respectful, and mindful of our customers' comfort throughout the cleaning process.

A clean home supports peace of mind—and peace of mind supports independence. Call us at 321-536-8883 or visit CarpetCleaningMelbourneFL.com.

Hansen's Handyman Services is a family-owned and operated Christian business that has proudly served Palm Bay and the surrounding Brevard County area since 2009 and have helped homeowners feel confident and comfortable in their homes by providing reliable, honest handyman services they can trust.

We understand that as homes age, small repairs and maintenance items can quickly become frustrating or even unsafe. This is where we come in.

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To learn more about our services, please visit HansensHomeRenovations.com

We look forward to earning your trust and helping you stay safe, comfortable, and confident in your home.



The Brevard County Real Estate Market

Mark Gallegos
Real Broker, LLC

Today I want to touch on two topics that come up in real estate conversations: current market trends in Brevard County and the role of service dogs.

First, the market - Brevard continues to show steady activity with a median home sale price of \$369,900, reflecting a stable pricing environment. The median rent sits at \$2,095 per month, giving both renters and investors a clear sense of local affordability. Homes are taking a bit longer to sell, with average days on market rising to 83, an increase of about 10.67% year over year. Inventory is healthy, too, around 7,800 active listings, which creates a balanced market where buyers have options and sellers can still price strategically. Overall, it's a market that rewards patience, preparation, and good guidance.

Second, service dogs & property - In Brevard County, individuals with disabilities are legally entitled to be accompanied by a service animal. These dogs are trained to perform specific tasks for the individual. Emotional support dogs, while not classified as service animals, provide comfort for conditions such as anxiety, panic disorders, PTSD, and social phobias. Understanding the difference between service animals and emotional support animals helps buyers, sellers, and landlords navigate situations with clarity and compassion. After all, our dogs are family, and in real estate, that emotional connection often matters just as much as the numbers. Make your next move a smart one. © MARK GALLEGOS at ValueREmsg@gmail.com



Why Your Bite May Matter More Than Cavities or Gum Disease

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

When we talk about oral health, most people think about cavities and gum disease. But there is a third factor that is often overlooked...your bite.

We don't use our teeth only for chewing. Our teeth support the jaw. When we close our mouths, up to 28 teeth (excluding wisdom teeth) are designed to share that load. When only a few teeth touch, those teeth absorb far more stress than they were designed to handle.

Recently, I saw a patient who had only three teeth in contact when she closed her mouth. One of those teeth, a front tooth—was loose, and she was preparing to have it extracted. Before discussing surgery, I checked her bite. My first recommendation wasn't extraction—it was adjusting the bite so more teeth could share the load.

Imagine one or three teeth absorbing pressure when fourteen teeth on one arch should be working together.

You can do a simple screening at home using thin cellophane. Cut it into strips about a quarter inch wide and three inches long. Bite down gently on one pair of upper and lower teeth. The teeth should grip the cellophane. If it slides out easily, that tooth is likely not in contact.

This simple "cellophane test" can reveal how bite forces are distributed and give you valuable information to discuss with your dentist about protecting your teeth long-term

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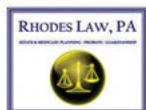
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

Our grandchildren now aged twelve, fourteen and sixteen have come to visit us alone for two weeks every summer. The early years were delightful but two years ago it started to become very difficult.

We live on the water and there are many exciting things to do. In addition there is a small town very close. We have always tried to have some special events planned for their visits.

This summer we have had it! We sent them back home (across the country) in eight days. After six days of constant activity, going places, the younger one asked, "what do you have planned for the rest of our visit?"

These kids demand to be constantly entertained. They seem to be unable to amuse themselves. They must have the TV on from dawn to dusk, they have games and books, plus our boats, swimming pool, etc. etc., but they expect us, in our early seventies to be their personal activities director. Is this the way other teen grandchildren act today?

Leigh

DEAR LEIGH,

I also think the kids of today are demanding, self-centered, out of control freaks. Some of course are not like this at all, and are a joy to have around.

Many stay at home mothers entertain their children all day long, every day. The single working mothers are made to feel so guilty if

they can't do the same. This adds even more pressure to the already overburdened mother. The parents have been sold a bill of goods by all of these "child experts". I am glad I will not be around in twenty years to see the outcome.

– Audrey

DEAR LEIGH,

Come on ladies! If you had always planned activities for your grandchildren's visits, why would they expect anything different? And Mom, demanding, self-centered, out of control freaks is a bit harsh, don't you think? When you are not around kids for any length of time you forget how demanding and self-centered they are. It is normal. Kids that are passive and do not test their limits and are not normal.

The teen age years are notoriously difficult years. If you find it difficult, different arrangements need to be made. I am not suggesting that you need to put up with it. Perhaps, cutting the visit in half, asking that their parents to join them on the next visit, or maybe visiting for a while by phone or e-mail.

I remember being told I was self-centered and too demanding during my teen age years. But I turned out OK, and Mom and I enjoy a wonderful relationship.

– Kimberley



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PAW'S CORNER

By Sam Mazzotta

Spotting A Cat's Toothache

DEAR PAW'S CORNER: In the past few days, my cat "Albert" hasn't been eating much food, and he's avoiding hard kibble. He also doesn't like being picked up and meows loudly when I try to pet his head, scratches and tries to get away. This is different behavior for him. Could it be because he recently had a spat with "Jake," my other cat?

– Harry in Sioux Falls

DEAR HARRY: A profound behavioral change could signal a hidden injury or an infection. It may or may not have been caused by a fight with another cat, so don't treat Jake any differently because of their disagreement.

Because Albert isn't eating much and is sensitive to being petted on the head, he could also have a toothache. His eating pattern is in line with a dental problem, but don't rule out a possible injury. Regardless, a call to the veterinarian is the best step to take at this point.

The vet will be able to take a closer look at Albert and perform blood, urine and stool tests to see if an infection is present or if something else is going on. If they suspect a tooth problem, Albert will undergo a dental cleaning and

evaluation (under anesthesia) and the vet will design a treatment plan for him. Afterward, a prevention regimen of daily brushing and/or special cat chews will help both Albert and Jake keep their teeth healthy.

You can find a list of toothache symptoms in cats here: vcahospitals.com/know-your-pet/dental-pain-in-cats. Because cats instinctively hide their illness or injury, it's important to watch for subtle signs that they are suffering. You did this, and it'll be a huge help for Albert because he will get timely treatment and be feeling better quickly.

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

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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 life-time 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



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



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)

Vascular and Embolization Specialists: Leading Brevard County in Clinical Innovation

At Vascular and Embolization Specialists, we are defining the future of vascular care. As the only medical practice in Brevard County selected as a site for multiple pivotal clinical trials, we offer our patients exclusive access to next-generation therapies months—or even years—before they are available to the general public.

While other practices rely on standard-of-care treatments, our involvement in these groundbreaking studies allows us to utilize cutting-edge devices designed to save limbs, restore mobility, and eliminate pain without major surgery. With more than 200 embolization procedures performed in the past year alone, we have established ourselves as the clear region leaders in the embolization space.

Our Exclusive Clinical Trials

■ **Magical BTK (Below-the-Knee):** We are fighting the most aggressive forms of Peripheral Artery Disease (PAD) with the MagicTouch Sirolimus Coated Balloon. Unlike standard balloons that simply open a vessel, this device delivers a specialized drug directly into the artery wall to prevent it from narrowing again, offering new hope for limb salvage.

■ **FREEFLOW:** For patients with Chronic Total Occlusions (CTOs)—arteries that are completely blocked and difficult to cross—we are utilizing the FastWire ultrasonic system. This

technology uses high-frequency vibration to gently pass through calcified blockages that traditional wires cannot penetrate, restoring flow to legs that might otherwise face amputation.

■ **VENOS-3:** We are revolutionizing dialysis access with the Velocity system. Instead of the traditional open surgery required to create a fistula, this trial allows us to create a high-functioning percutaneous arteriovenous fistula (pAVF) using a minimally invasive catheter approach, preserving vessel health and speeding up recovery.

■ **RESORB:** We are at the forefront of treating knee osteoarthritis with the RESORB trial for Genicular Artery Embolization (GAE). This study utilizes Nexsphere-F, a unique bio-resorbable embolic. It blocks the tiny inflammatory vessels causing knee pain and then dissolves over time, leaving no permanent foreign body behind while providing long-term relief.

By choosing Vascular and Embolization Specialists, patients are not just receiving treatment; they are accessing the future of medicine today. We are not just participants in the field of embolization; we are the experts moving it forward. Ⓢ

Derek Mittleider, MD FSIR
321-321-3001 (Phone), 321-321-4001 (Fax)
VascularEmbo.com



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Veteran Groups and Eagle Scout Come Together to Create a Special Flag Pole

With the \$8.2 Million project to build an amphitheater and other huge improvements to the Veterans Memorial Center Park on Merritt Island nearly complete, there was a special item not in the contract won by Ivey's Construction in 2024. Because the BVMC already had a Flagpole by the older buildings, no provision for one outside the amphitheater could be made. So, the veterans of the county came together to raise over \$3000 for the pole and related pavers while working closely with Eagle Scout candidate Justin Gregoire of Troop 343 on Merritt Island to also make it part of his project.

of America, VFW Post 10131 of Cape Canaveral, Rolling Thunder FL Chapter 1, Military Order of the Purple Heart Chapter 453, Association of their United States Army Space Coast Chapter, Brevard Chapter of the Sons of the American Revolution and the Eagle Scout Project.



On 08 February the pavers surrounding the flag pole, many already engraved were placed by 15 Scouts let by Justin to have the great addition in place before the expected grand opening of the new Park in March.

Many thanks to Bob Meyer and the Ivey's Constriction Team for the pole installation and precise measuring for the paver space and to Chad and Kitty Stoudt of CSpray who trained the Scouts and engraved the pavers as they have done for hundreds at the BVMC plaza since 2011. When the expanded VMP officially opens and the flag pole has lights, a large American Flag will fly atop followed by the POW/MIA Flag and, for the rest of this year, an America 250 Flag. No matter the event, the project will remind thousands who visit in the coming months and years (Capacity is over 3000 for concerts) that they are in Brevard's Veterans Memorial Park!!

Funds, including for the pavers, were provided by the Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officers Association

What is Probate? *continued from page 13*

the time of distribution), and the Petition for Discharge (which shows the proposed distribution). If not satisfied, beneficiaries have the right to file objections with the court.

CREDITORS: All reasonably ascertainable creditors must be mailed a "Notice to Creditors" advising that they have 30 days from the receipt of the notice to file a claim with the court. Other creditors have three months from the date Notice is published in the newspaper to file a claim with the court. If a questionable claim is filed, the Personal Representative has 30 days to file an objection with the court. Once an objection is filed, to pursue the claim the creditor must bring an independent legal action within 30 days.

Not all assets in probate are subject to creditors' claims, including \$20,000 in furniture and appliances, plus two motor vehicles. When the home is going to certain relatives, the court can determine that it is "protected homestead" free of most creditor claims. However, the home is still subject to mortgages on the property, IRS liens, liens for work performed on the property, and real estate taxes.

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.

Weekly SUDOKU

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

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!

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Two Very Different Scammers

Scammers come with varying motives, intelligence levels -- and with different intentions.

While it's disturbing that anyone steals from the VA, it's twice as bad when the scammer is a veteran. Here is a guy, a veteran, who claimed he was disabled and couldn't work due to service-connected injuries; he therefore received VA disability benefits.

You'd think he would stay home, being so disabled, but instead he used his benefit money on luxury international vacations, worked out several times a week, ran his own business and had a very active lifestyle.

His scam netted him nearly a quarter of a million dollars before he was stopped. After pleading guilty to 10 counts of theft, he was only sentenced to 18 months in prison (not long enough) and will have to pay back the money as well as a \$20,000 fine.

Then there's the young computer hacker who broke into the U.S. Supreme Court 25 times, as well as the VA health system computers and AmeriCorps, by using stolen login credentials. Bragging about what he'd done, he took screenshots of someone's personal information and posted it all online. Then, using other stolen credentials, he got into the VA's "MyHealthEVet" website and grabbed his victim's personal information -- and posted it online.

Among other pieces of information, he got the victim's name, email address, phone number, home address, date of birth and the answers to three security questions. For other victims he was also able to get (and post) information about citizenship status, Social Security number, veteran status, blood type and list of medications prescribed.

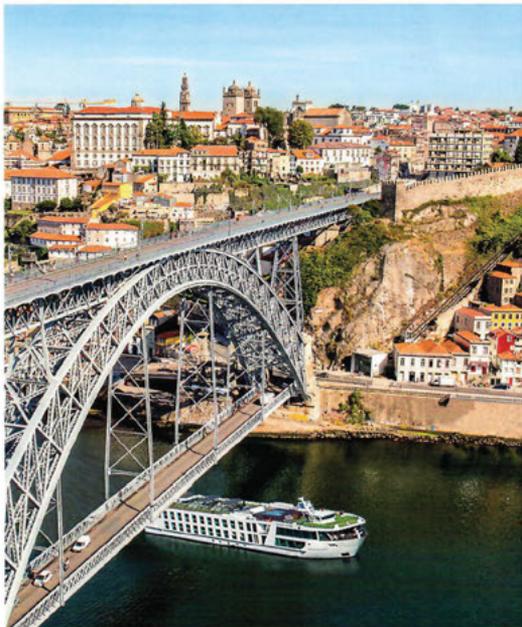
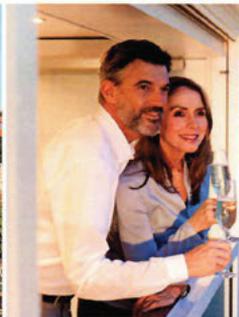
For all this fraud against others, leaving them shocked and feeling

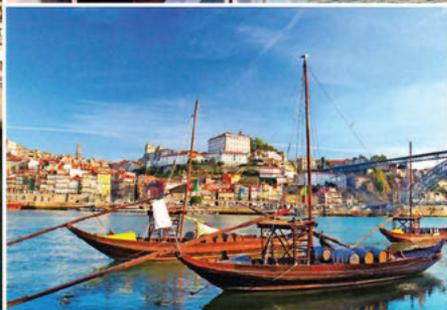
violated and at risk for identity theft, he could get a mere one year in prison (not long enough) and a \$100,000 fine. It appears that he didn't try to sell the information, that he only wanted the bragging rights for his hacking. Ⓢ

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April 2025

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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



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LENT: "The Slowing for Grace"

Rev. Jeff Wood, First Presbyterian

Every year, the season of Lent invites us into something our hurried world rarely encourages—slowing down long enough to notice what is happening inside us. Whether or not you observe Lent in a formal way, this season offers a gentle invitation to pause, reflect, and rediscover what truly matters.

One of the most beautiful images in Scripture is the wilderness. It's a place where distractions fade and essentials come into focus. Jesus spent forty days in the wilderness before beginning his public ministry. He didn't rush. He didn't multitask. He listened. He prayed. He prepared. Lent mirrors that journey, inviting us to step away from noise and toward clarity. Lent is about making space—space for reflection, space for healing, space for hope.

Grace meets us as we slow and he is at work, shaping us in ways we may not yet see.

May this Lent be a time of renewal for you. May we discover again comes from walking in Lent with God. Join us or your church for ASH Wed service at 6pm, MAUNDY Thur service at 7 pm, and Easter services at 7 am (sunrise outside) and 10 am (traditional).

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

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Solution Time: 21 minutes

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T	I	O		A	V	O	N		I	R	A	S	
F	O	O	D	B	A	N	K		P	I	N	S	
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F	I	N	N			S	T	A	N		D	R	S

Sudoku Answers

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

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Donna Erickson's BEST BITES

By Donna Erickson

Make Cinnamon-Toast Heart Crisps



Sometimes during the winter months, I just need a "day brightener" when it's dark and dreary outside. And this is where my spunky friend Carol fits in. On a recent morning jog, when I popped by her cheery house to see what she was up to, I was greeted at the door with her wide smile and the tempting aroma of cinnamon and good coffee wafting from her kitchen.

After stepping inside, I had barely removed my wool scarf when she pulled from the oven a large cookie sheet that was filled with her signature cinnamon-toast heart crisps. She challenged me, "I bet you can't eat just one!"

Brighten your Valentine's Day with these easy-to-prepare, cookie-like treats using very thinly sliced bread and everyone's favorite combination: cinnamon and sugar. They'll be a hit with the whole family! Here's what you'll need for 25-30 hearts:

- 1 loaf of thin-sliced, enriched white bread such as Pepperidge Farm Very Thin Bread
- Cinnamon and sugar mixture
- Butter or margarine
- 3-by-3-inch heart-shaped cookie cutter
- Cookie baking sheets

Here's the fun: Preheat oven to 350 F. Spread butter or margarine on each slice of bread and sprinkle with cinnamon and sugar mixture.

Cut out a heart shape with the cookie cutter on each slice and place on ungreased cookie sheets. Don't throw out crusts or leftover pieces! Put them on another cookie sheet.

Bake for 12-15 minutes, or until crisp. Cool. Serve hearts and extra crusts and pieces with a big glass of cold milk, a mug of hot chocolate, or a cup of tea. Store extras in a cookie tin.

Tips: If you don't want to use an entire loaf at once, simply put the remaining bread in the freezer. Thaw the amount you wish and make more hearts or other cookie-cutter shapes, such as a shamrock for St. Patrick's Day, a bunny for Easter, etc.

If you prefer using a favorite bread from your local bakery, ask to have it sliced extra thin, or slice it very thin yourself when you're ready to make the recipe. (S)

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What Are These Bitcoin Atm Scams Targeting the Elderly... *Cont'd From Page 16*

- Median victim age in some cases: around 71.
- Seniors are several times more likely to be targeted.

■ Why scammers target older adults

- Less familiar with crypto / ATMs
- More likely to trust authority voices
- More savings / retirement funds
- More likely to act on fear (benefits, arrest, bank loss)

Tell them this simple rule:

ANYONE who tells you to use a Bitcoin ATM is a scammer. Period.

Other warning signs:

- Urgent threats
- Payment in crypto, gift cards, or wire
- Being told to keep it secret
- Unexpected calls about their money or computer
- Being walked step-by-step through a transaction

■ Real example (this is happening in Florida too)

An 80-year-old man was told his bank account was compromised and started feeding \$60,000 into a Bitcoin ATM while on the phone with the scammer — police had to

What Are These Bitcoin Atm Scams... cont'd on page 45



Debi and Joe Roth
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Almost Hacked!

By Matilda Charles

I received a text message from a company I do a lot of business with, this time thanking me for my recent order and saying the automatic payment would be made that night as soon as I verified one little piece of information. I hear from them frequently, and have for many years. When I heard from them again, in that text message on my phone, I didn't think much about it at first. I went to press the link in the message ...

Wait, I said to myself, that company doesn't have my cellphone number. They only have my email address. They couldn't have sent me the text message. At the last minute I pulled my hand away and did not click that link.

I called the company in question and asked if they had sent me a text message about an order. No, they said. I asked for the fraud department, beginning to panic.

The man on the other end of the call was professional, and fast, firing off a lot of questions, but most especially asking if I had clicked the link. No. After asking several more questions, he determined that I was safe -- this time.

The moral of this little story is, for me, to slow down! I was all too willing to jump right ahead with what I thought was a genuine text message from a company I know. I won't make that mistake again.

Some hints:

- Don't do banking or any kind of internet business on your cellphone.
- Keep a throwaway email address for the times you are in contact with companies.
- And most of all, do not click any links in text messages unless you are one hundred percent certain you know who sent the message. ☹

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The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

Senior Day Trips and Cruises

continued from page 14

3. The North Brevard Senior Community Center
4. Buena Vida Retirement Community Center
5. One Senior Place (prior to Covid)
6. The Moose Clubs
7. The Elks Clubs
8. Many 501C3 fun-raising companies
9. Supporters at Indian River Country Club (IRCC)
10. Guests at Chateau Madeleine

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- We love working with seniors that think they can never travel again.
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- The hugs and BIG “thank you” from our seniors when they return from their trips.

Contact Us:

Chris Morse-President/Founder
818-430-1480 (Merritt Island)
Chris’s e-mail:
travelcenterusa@gmail.com

Betty Powers- The Travel Center
818-618-1211 (Merritt Island)
Betty’s E-mail:
travelwithpowers@gmail.com
www.thetravelcenterusa.info ☎



We’re Going to Need Your Help!

continued from pg 20

Surveys will be distributed by the Brevard Commission on Aging, Helping Seniors, Aging Matters in Brevard, the Brevard Alzheimer’s Foundation, and numerous community partners, including local media. The survey will also be available online.

Survey collection will take place throughout April and May 2026, with responses accepted through June 30, 2026.

What Happens Next?

The Brevard Commission on Aging will review and tabulate all responses and share the results publicly. Most importantly, the findings will provide the Brevard County Board of County Commissioners with a valuable and accurate planning tool to help guide future decisions and resources that support seniors and their families in achieving successful aging.

We truly need your help. Together, we can ensure that Brevard County remains a community where seniors are supported, respected, and able to thrive. ☎

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Mattress Money continued from pg 17

for most of the past decade. As a result, many investors are locking into these guaranteed rates for years before the Federal Reserve cuts them.

As a Certified Financial Planner™ (CFP®), I specialize in assisting seniors and retirees with their retirement planning. If you are interested in a fixed return or are seeking a better way to store your Mattress Money, I welcome you to a complimentary appointment at our office. You can call ValaVanis Financial at (321) 956-7072. I look forward to seeing you soon.

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What Are These Bitcoin Atm Scams Targeting the Elderly... Cont'd From Page 43

physically stop him.

■ The 5 rules that protect your parents

You can literally print this for them:

1. No real company or government takes Bitcoin for payment
2. Hang up on unexpected calls about money
3. Call the bank using the number on the card
4. Talk to family before moving large amounts of money
5. Never scan a QR code someone texts you for payment

■ The best family protection strategy

Set a standing rule:

“If anyone tells you to move money urgently — call me first.”
That alone stops most scams. ☎

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Gene Barry – Richer Beyond Money and Glamour *continued from page 12*

when he learned that the role would require him to be attired in black derby, polished boots, dark pin striped suit with black tie, gold vest and a gold-headed cane, the clothes-horse jumped at the opportunity. "Bat Masterson certainly has been big for me. I, in turn, am crazy about him. He's elegant, dapper and colorful, with human failings and human attributes. Not just a one-dimensional saddle type, but a sophisticated gentleman of the West."

He stayed away from television for almost three years until the script for "Burke Law" was presented. The character seemed familiar. "He had a gentle manliness; he was a gentle man, a gentleman. I said, 'O.K., let's make a deal.'"

Gene then became Captain Amos Burke, Chief of Detectives of the Los Angeles Police Department. Burke visited crime scenes in his chauffeur-driven Rolls Royce and lived in a magnificent mansion.

In September 1965 Burke was retired and reborn as "Amos Burke: Secret Agent." His new series placed him as a rich agent who has the world as his back drop. The show was shot in black and white and died an early death when it went against "I Spy" which was shot in color and Burke in black and white.

Gene was very much a man of his time. He campaigned for Robert Kennedy and was on the podium the night of the assassination. He formed a production company and installed his children as producers and writers. He made guest shots

on almost every television show and found a new career doing commercial voice-over work. Gene went back to his love of theater but now his lovely wife joined him on stage.

Gene lived a life as a working man, a family man and after gaining success-never forgetting where he came from. He was open to new adventures on television, Broadway, films and stage. He even played a homosexual lover in the musical La Cage aux Folles.

Gene Barry passed away on December 9, 2009 at the age of 90 years old.

"If you want to enjoy the simple things in life, you've got to be rich, Burke's Law." Gene Barry was rich in ways an accountant could never count. ☺

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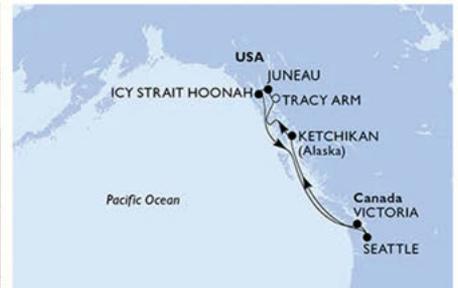
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(Round Trip Seattle)

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.

Plants With Colorful Leaves Make Gardens Always Shine

By Eddie Smith, MSU Extension Service

I love reminding gardeners that flowers aren't the only way to add color to the landscape. Some of the most dependable color comes from plants with bold, beautiful foliage. Whether you're gardening in full sun, deep shade, or somewhere in between, colorful leaves can make your garden shine all year long.

Let's start with Syngonium Neon, often called the pink arrowhead plant. This gorgeous plant brings a soft, rosy glow wherever I use it. Its bright pink leaves have a subtle metallic sheen that catches the eye. I've had great success growing Syngonium Neon in bright, indirect light, but it also performs well in lower-light areas, making it ideal for porches, patios and indoor garden spaces. Outdoors, place it in filtered shade where it is protected from harsh afternoon sun.

Syngonium prefers well-drained potting mix and evenly moist soil, but not soggy roots. Water when the top inch of soil begins to dry. During the growing season, feed it lightly with a balanced, water-soluble fertilizer every few weeks. This plant appreciates humidity, which makes it especially happy in our Southern climate or when grown near other plants. If stems start to stretch, simply pinch it back to encourage a fuller, more compact shape.

If I'm looking to brighten a shady area, the Blondie fern is hard to beat. Fern fronds emerge a brilliant golden yellow and hold their color beautifully, especially in filtered shade or morning sun. Too much direct afternoon sun can scorch the foliage, so always give this fern some protection.



Blondie fern thrives in moist, well-drained soil rich in organic matter. Consistent moisture is key, as ferns don't like to dry out completely. Mulch around the base helps retain soil moisture and keeps the roots cool, especially during hot Southern summers. This fern benefits from regular watering and occasional feeding with a gentle, slow-release fertilizer.

Plants With Colorful Leaves... continued on pg 49

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March 14th, 2026 | 2 pm & 7:30 pm
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Tropical Rock

March 28th, 2026 | 7:30 pm
The King Center for the
Performing Arts



BREVARD
Symphony
ORCHESTRA

Plants With Colorful Leaves Make Gardens Always Shine continued from page 48

The soft texture and glowing color of the Blonde fern make it a standout in woodland gardens, shaded beds and containers.

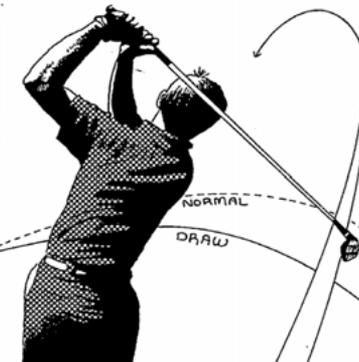
For sunny landscapes, *Duranta erecta* Golden Edge delivers bold, long-lasting color. Its leaves are edged in chartreuse to golden yellow, creating a vivid contrast against the deep green centers. Full sun really brings out the brightest color and keeps the plant compact and dense.

Golden Edge *duranta* thrives in well-drained soil and is surprisingly tough once established. It appreciates regular watering during its first growing season and then becomes

quite drought-tolerant over time. Prune it occasionally to maintain its shape and encourage fresh, colorful growth. Golden Edge *duranta* responds well to light fertilization during the growing season. In our Southern heat, it shines as a hedge, accent shrub or large container plant, and it holds up beautifully through summer.

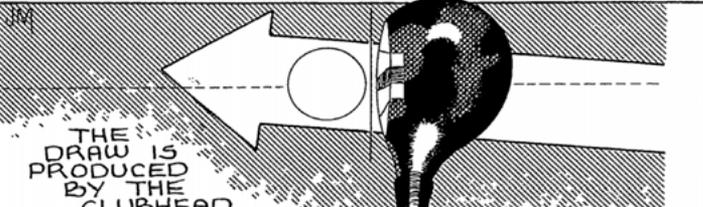
As you consider plants to add to your garden spaces, consider plants that shine with their foliage. Long after the flowers have faded, these plants with colorful leaves continue to carry the landscape, adding beauty, texture and personality through every season. (S)

Play Better Golf with JACK NICKLAUS



DRAWING THE BALL FROM RIGHT TO LEFT ADDS DISTANCE BY REDUCING HEIGHT AND INCREASING ROLL.

FIRST INGREDIENT IN LEARNING TO SHAPE SHOTS THAT WAY IS KNOWING WHAT YOU MUST ACHIEVE AT IMPACT.



THE DRAW IS PRODUCED BY THE CLUBHEAD TRAVELING INTO THE BALL FROM IN TO OUT ACROSS THE TARGET LINE, WITH THE FACE SLIGHTLY CLOSED TO THAT SWING PATH.

SO, BE SURE TO SET UP AND SWING IN A WAY THAT PROMOTES THOSE TWO FACTORS WHEN YOU SEEK THE "STRONG" SHAPE.

MARCH 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

MARCH EVENTS

Mar 1: Swan Lake, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 1: Zonta Chocolate Festival, Grand Manor, Melbourne, zontaspacecoast.org

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

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

Mar 2, 9, 16, 23: Drawing Class, CBAA Office & Studio, Rockledge, cbaartists.com

Mar 2 - 15: Sewing Workshops, MyMakerScape, mymakerscape.com, 321-499-3127

Mar 3 - 29: Elise Geary Solo Exhibition, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Mar 3 - 31: Master's Series, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Mar 4 & 5: TV Tunes Tonight 4, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Mar 3 - 31: Art Instruction Class, CBAA Office & Studio, Rockledge, cbaartists.com

Mar 4 - Apr 8: Drawing for Beginners, Harbor City Art, Melbourne, harborcityart.com

Mar 5: Tusk - Fleetwood Mac Tribute, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 6: Leonkoro String Quartet, St. Mark's Methodist Church, Indialantic, melbournechambermusicsociety.org, 321-213-5100

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

Mar 6: Friday Fest, City of Cape Canaveral, CapeCanaveral.org, 321-868-1220

Mar 6 & 7: Palm Bay Multi-Cultural Art Show & Festival, Fred Poppe Regional Park, Palm Bay, palmabayfl.gov

Mar 6 & 13: Costal Resin Clock Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Mar 6, 13, 20, 27: Painting with Axex Staniewicz, CBAA Office & Studio, Rockledge, cbaartists.com

Mar 6 - 29: Prince of Egypt, Henegar Center, Downtown Melbourne,

henegarcenter.com, 321-723-8698

Mar 6 - Apr 12: Prince of Egypt, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Mar 7: Theresa's Paint Evening, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

Mar 7: Boys in the Band, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 7: Arts and Crafts by the River, Riverview Park, Sebastian, sebastianriverartclub.com, 772-321-9333

Mar 7: The Man in Black, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 7 & 8: Cocoa Village Spring Fine Art and Craft Fair, Historic Cocoa Village, visitcocoavillage.com, 321-631-9075

Mar 7 - Apr 5: SAL's Color of the Year Exhibition, Strawbridge Art League, Melbourne, strawbridgeart.org, 321-952-3070

Mar 8: Ron Pirtle & Friends, Brevard Veteran's Memorial Center, Merritt Island, spacecoastjazzsociety.org

Mar 8 & 9: Auditions - Shrek, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Mar 9: Improve Your Still Lives with Frank Spino, Hester Wagner Community House, Melbourne, brevardwatercolorssociety.org

Mar 9: Cheap Trick with James Hatem, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 11: Dirty Dancing in Concert, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 11 & 27: Hat Burning Workshops, MyMakerScape, mymakerscape.com, 321-499-3127

Mar 12: Dog Man: The Musical, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 13: Wall Hanging Weaving Workshop, Harbor City Art, Melbourne, harborcityart.com

Mar 13 & 27: Poetry Night, Moon River Cafe, Melbourne, themoonrivercafe.com

Mar 13 - 15: Murder Mystery Dinner, Green Gables, Melbourne, greengables.org, 321-306-8635

Mar 13 - 29: Oliver! Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Mar 14: Exclusively Tchaikovsky, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Mar 14: Wishbone Ash, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 15: Springtime Swing Concert, Suntree United Methodist Church, Melbourne, mmband.org, 321-724-0555

Mar 15: Swing into Spring, Merritt Island High School Auditorium, Merritt Island, communitybandofbrevard.com, 321-338-6210

Mar 15 & 16: Auditions - Prelude to a Kiss, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

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

Mar 20: Get the Led Out, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 20 - 29: Honky Tonk Angels, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Mar 20 - 29: Godspell, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Mar 20 - Apr 26: One Man, Two Guvnors, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Mar 21: Irish Celebration, Community Women's Club, Cocoa, friendsoflawndale.com, 321-288-3014

Mar 21: Afternoon Tea, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Mar 21: Turkey Creek Spring Art Show, Tony Rosa Community Center, Palm Bay, palmabayfl.gov

Mar 21: Cocoa Village Sidewalk Sale, Main Street, Historic Cocoa Village, visitcocoavillage.com

Mar 21: Nestor Torres, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 21: Bonsai and Cheers Tour, Intracoastal Brewing Company, Melbourne, egadlife.com

Mar 21: Don McLean - Starry, Starry Night Tour, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 22 & 23: Auditions - The Cottage, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Mar 23: Spring Break Day Art Camp, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

Mar 23 & 24: Auditions - Spring Awakening & 1776, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Mar 24: The Beach Boys, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 25 & 26: Murder on the Symphonic Express, Melbourne Auditorium, Melbourne, mcorchestra.org, 321-724-0555

Mar 27: Twined Rope Bowl Workshop, Harbor City Art, Melbourne, harborcityart.com

Mar 28: Tropical Rock, King Center, Melbourne, brevardsymphony.com, 321-345-5052

Mar 28: Coffee and Bake Fest, River Road Coffee, Historic Cocoa Village, visitcocoavillage.com

Mar 28: Movie at the Pool, Palm Bay Aquatic Center, Palm Bay, palmabayfl.gov, 321-952-2833

CLUBS & ORGANIZATIONS

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

Mar. 6: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Florida's Seafood, 480 W., Cocoa Beach Cswy., Cocoa Beach

on Friday, March 6 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

Mar. 19: The Single, Separated, Widowed and Divorced (SSWD) group will hold a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, March 19 at 12 noon. 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 presentations, outings, and crafts dedicated to learning and sharing knowledge in seashells and sea life. Monthly meetings: September-May. 1-3pm @ Wickham Park Community Center. 2815 Leisure Way. Melbourne FL. Annual dues: \$15 per family. FB page: [spacecoastseashells](https://www.facebook.com/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.

Spanish Study Group meets every Monday 1 - 3 pm at Providence Place, Room 106, 17 E. Hibiscus Blvd. Melbourne. If you already have some capability and want to improve. Participation is free. Information (321)726-8883.



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/>

13 Mar – Welcome Dinner for Medal of Honor Day 5K
Sponsors including four special guests who received the Congressional Medal of Honor (1600-2100) BVMC Gray Hall. By Invitation and Ticket Only.

14 Mar – 5k and Car Show to Recognize National Medal of Honor Day. 5K in Park (0800-1000); Car Show also included in Park, 0900-1500. Register and pay here: <https://veteransmemorialcenter.org/medal-of-honor-5k/> Four Medal of Honor Recipients expected to attend with proceeds going to support local veterans in need, veteran 501c3 projects and cadet youth of Brevard County. Contact BVMC Vice President Don Pearsall for more information or to help sponsor in the meantime on 321-453-1776, ext 1.

14 Mar – JROTC District Championships Drill Meet, BVMC Park 1000-1300 after Medal of Honor 5K Fundraiser. Support more than 200 cadets from at least 10 schools as they compete in Color Guard, Squad and Platoon Drills as well as Rifle Demonstration. Best time to see all JROTC Action and help award trophies is 1200 - 1330. Contact Donn Weaver 757-871-6576 for any questions.

14 Mar – Bataan Death March Remembrance 0800-1100 at Space Coast High School All Air Force JROTC Units join Space Force JROTC of Space Coast to walk in commemoration of one of the major tragedies of WWII. MOAACC Good Deeds Sponsoring. Contact Donn Weaver for more information.

21 Mar – Last Naval Battle Remembrance 0930-1100 BVMC Park. Presented by the Brevard Sons, Daughters and Children of the American Revolution. Contact SAR and Donn Weaver for any questions.

26 Mar – National Vietnam War Veterans Day Honoring Their Service and Legacy, 1630-2000 at the Eau Gallie Civic Center, 1551 Highland Ave, Melbourne. Sponsored by DAV Chapter 32 to raise funds for DAV Veteran Services and support of vets and families in distress. Includes Dinner, Vietnam War Exhibit, Purple Heart Exhibit and the Missing Man Table.

28 Mar – Am Legion AUX 344 Easter Egg Hunt for Vet Kids. NEW/VENUE. Kiwanis Park 0900-1300.

REVIEW BREVARDFL.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

Friends of the Library Bag Book Sale

Fill a bag with books for \$5! Thursday and Friday, March 5-6

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

Neurographic Art with Deb

2nd Tuesday, 3:00 - 4:30 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 DeGroot Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

DeGroot 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	Tuesdays, 1:00PM – 2:00PM Line Dancing Class with "Dance Lady" Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	Crafternoon 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
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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. 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
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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 International Plastic Modelers 2nd Tuesdays, 6-7:45 pm	Neighbors Book Club 3rd Thursdays, 2:00-4:30 pm Tai Chi Class with Brad Saturdays, 9:30-10:30 am Multiple Myeloma Support Group 4th Mondays, 10:30 am-12:30 pm
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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

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 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!
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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	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
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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:

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

1:00 pm: Bingo

1:00 Not Your Average Bingo

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

MONDAY

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

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

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

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

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

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

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

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

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

TUESDAY

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

Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999

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

Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755

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

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

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

Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689

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

WEDNESDAY

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

Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945

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

Hurricane Rug Hooking (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796

Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3

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

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

THURSDAY

Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135

Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831

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

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

FRIDAY

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

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

No Brevard Line Dance (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534

Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534

SUNDAY

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

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

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

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

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

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

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

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

Fitness Fun 9:15-10:15am

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

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm (On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

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

Food available to purchase

Bone Builders 9:15-10:15am;

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

Bridge 9:30am-12pm

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

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

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

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct

(Last Saturday of month)

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

Consider becoming a member and volunteering.

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

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

MONDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am

Dealers Choice Poker- 11:30 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 Fibrosans 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 Rappley 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 PA. Topics cover wills, probate, Medicaid & more. Call 321-323-7325 to RSVP.

Mastering Your Phone w/Gerald Delvalle, ITX Solutions, Friday, March 6th, at 2pm. Learn how to make your phone work for you! In this hands-on seminar, IT professional Gerald Delvalle 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

321.339.0551
8085 Spyglass Hill Road
Viera, Florida 32940
Monday–Friday 8:30 am–5 pm

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WHEN:

Friday, April 17, 2026 • 11am-1pm

Registration 10:30am, Doors open at 11:00am

WHERE:

Center for Collaboration

1100 Rockledge Blvd (Hwy 1), Rockledge

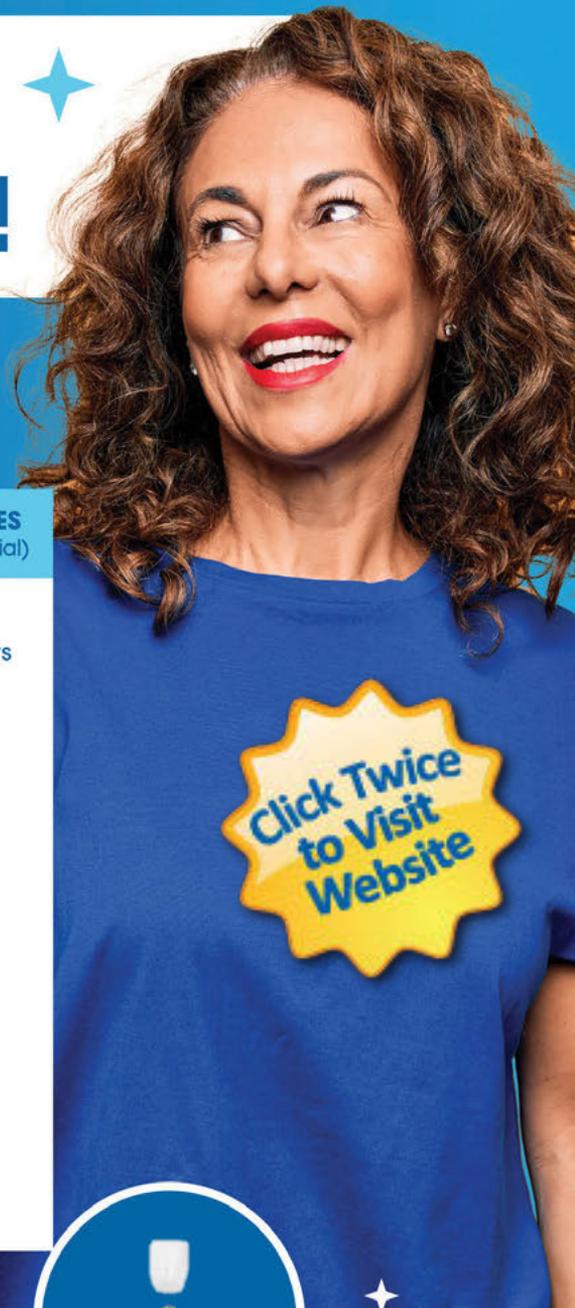
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321.729.6060