

APRIL 2026 SENIOR CALENDAR

CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458 55plusclubofsb.com

Bingo each Monday at SB Civic Center, doors open 9:30am, game begins 11am. Card fees apply.

Line Dancing Tuesdays and Thursdays at Schechter Community Center, 1pm-2pm. Fee paid at the door.

Game Night each Wednesday at Schechter Community Center, 6-9pm. Free!

Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am at Schechter Community Center Gym. Free!

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

MONDAY
Andersen Quilters 9:00-12:00
Bone Builders 9:00-10:00
Busy Fingers Crafts 9:00-11:00
Intermediate Tap 10:30-12:00
Party Bridge 12:15-4:00
TUESDAY
Art & Painting 9:00-12:00
Morning Stretch & Exercise 9:00-10:30

Grief Counseling 2nd & 4th Tues 10:00-12:00
Line Dancing 12:00-1:30
Gentle Yoga 2:00-3:00
Tai Chi 2:00-3:00
WEDNESDAY
Bone Builders 9:00-10:00
Writing Workshop 10-11:30
Spanish Conversational Class 12:30-2:30

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

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

500+ Pickup Points in Brevard County.

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

SENIOR SCENE
 Magazine



Grand Drawing
 Sunday at Museum
 1pm-4pm - October 25th 2026
 at the
 American Muscle Car Museum
 3500 Sarno Rd - Melbourne FL

1 ticket \$25 or 5 tickets for \$100 donation



For the Roadster You ...
 2026 Mazda Miata



For the Explorer You ...
 2026 Jeep Compass Sport



For the Hauler You ...
 2026 Chevrolet Colorado



For the Sporty You ...
 2026 Dodge Hornet



For the Stylish You ...
 2026 Mitsubishi Outlander



For the Elegant You ...
 2026 Mazda3 Sedan



For the Upscale You ...
 2026 Kia Sportage



Scan for
 Tickets!

Pick Your Winning Car!
HelpingSeniorsCarRaffle.com

Support
 the work of
 Helping Seniors
 Charity

APRIL 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 Cafe 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm
TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm

Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm
WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am
FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm
Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am

Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon
SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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

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

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker- 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm
WEDNESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Duplicate Bridge - 12:30-4:00 pm
Euchre - 6:00-9:00 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi-8:30-9:30 am
Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS
American Mah Jongg- 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco -12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice- 6:30 pm
FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle - 12:15-4:00 pm
Dealers Choice Poker- 11:30 am - 4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm
SATURDAY PROGRAMS
Shuffleboard Open Practice - 9:00 am - noon
Duplicate Bridge - 12:30 - 4:00 pm
Rubber Bridge - 12:30 - 3:30 pm



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

APRIL 2026 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:

Taste of Senior Living - Chef Competition & Senior Living Options Day

Friday, April 17th 11am - 1pm

Center for Collaboration

1100 Rockledge Blvd, Rockledge, FL 32955

SAVE THE DATE

Women's Day

Friday, May 1st 10 AM - 1 PM

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Wednesday April 1st, from 11am and Thursday April 23rd, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. Call 321-751-6771 to RSVP.

20th Anniversary Celebration! Thursday, April 2nd, from 4pm - 6pm. For 20 years, you've trusted One Senior Place as your go-to resource. Join us for a celebratory cocktail hour as we say thank you with live music, delicious refreshments, and great company. Sponsored by: Estate Planning & Elder Law Center of Brevard (Powered by: The Law For All) & Senior Partner Care Services. Call 321-751-6771 to RSVP.

"Now Is When Fitness Matters The Most!" Seminar w/ Mike Peterson, Are We Living, Friday April 3rd, at 10am. Join fitness expert Mike Peterson, owner of Are We Living, to learn how safe movement and strength can help you stay independent, prevent injury, and feel your best as you age. Call 321-751-6771 to RSVP.

FREE Liver Scans, Monday April 6th and Wednesday April 15th, from 10am - 2pm. ClinCloud is offering FREE Fibro scans 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.

Don't Get Scammed! Safeguard Your Identity and Assets w/ Fifth Third Bank, Monday April 6th, at 2pm. Join Fifth Third Bank for an informative session on how to recognize scams, protect your personal and financial information, and take steps to safeguard your identity and assets. Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays April 7th and 21st, from 10am - 2pm. Flourish Research - Merritt Island will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Dietitian Series: Preventing Osteoporosis, Tuesday, April 7th, at 10am. Join Registered and Licensed Dietitian/Nutritionist Susie Bond as she discusses how poor diet and lifestyle habits can lead to the debilitating bone disease osteoporosis. Call 321-751-6771 to RSVP.

Veterans Day Out w/ VITAS & National Cremation, Wednesday, April 8th, at 8am. Join us for a FREE lunch and day trip to the Veteran's Memorial Center and the Cape Canaveral National Cemetery. This event is open to veterans, their spouses, and surviving spouses of veterans. Must Call 321-751-6771 to RSVP.

Lunch & Learn - "Parkinson's Care at Home: Are You Prepared?", Wednesday, March 8th, 11:30am - 1pm. Enjoy lunch and an open Q&A discussion with local panel of experts as they share guidance, resources, and support for caring for someone with Parkinson's at home. Call 321-751-6771 to RSVP.

Chakras 101: Understanding Your Body's Energy Centers w/ Sue Rapley, Wednesday, April 8th, at 2pm. Join Sue as she introduces the body's energy centers and how they influence your overall wellbeing. Learn to recognize imbalances and discover simple ways to bring more balance and energy into your daily life. Call 321-751-6771 to RSVP. Incapacity Happens w/ Estate Planning & Elder Law Center of Brevard powered by The Law For All, Thursday April 9th, at 10am.

Incapacity Happens w/ Estate Planning & Elder Law Center of Brevard powered by The Law For All, Thursday April 9th, at 10am. Incapacity can strike unexpectedly. Without planning, guardianship may be required - costly, time-consuming, and stressful for your loved

ones. Join us for knowledge and proactive solutions to maintain your independence. A Q&A session will follow. Call 321-751-6771 to RSVP.

Egg-Cellent Spring Craft Social w/ Rhodes Law, PA, Thursday, April 9th, at 2pm. Join Rhodes Law, PA for an Egg-Cellent afternoon of creativity and fun! Make your own decorative decoupage egg, enjoy great company, and celebrate the season together - no experience needed. Call 321-751-6771 to RSVP.

Senior Health Friday with Nurse Lisa "Pulmonary Health & Aging: Protecting Your Breath!" Friday, April 10th, at 11am. Join Nurse Lisa and her guest, Dr. Aneja, for this informative session and take a proactive step toward protecting your pulmonary health. Call 321-751-6771 to RSVP.

BUNCO! w/ Senior Partner Care Services, Friday, April 10th, at 2pm. Roll the dice and join the fun at this lively Bunco afternoon filled with laughter, friendly competition, and great company. No experience needed, just come ready to play and enjoy! Call 321-751-6771 to RSVP.

SNACK BINGO! Tuesday April 14th, at 2pm. Join Senior Partner Care Services and VITAS for a fun and lively afternoon of Bingo, where you can enjoy friendly competition, great company, and chances to win prizes. RSVP Required, call 321-751-6771 to RSVP.

Law School For Life: Guardianship Law 101, Wednesday, April 15th 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 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar, Thursday, April 16th, at 10am. 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 or call 1-800-716-7737 to register.

A Taste of Senior Living: Chef Competition & Senior Living Options Day, Friday, April 17th at 11am. Join us for a day to remember, where you can compare Brevard's best senior living communities, all in one place! Enjoy appetizers and dessert samples during our Chef Competition and vote for the Best Chef in Senior Living! Call 321-751-6771 to RSVP. *This event will be held at the Center for Collaboration; please refer to the top for address.

Estate Planning, Tuesday April 21st, at 10am. William Johnson, PA, will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate, and homestead. Call 321-751-6771 to RSVP.

Puzzle Swap: Bring a Puzzle, Take a Puzzle! Tuesday, April 21st, at 2pm. Join us for a fun community puzzle swap! Bring a puzzle to exchange and discover a new one to take home. Puzzles can be UP TO 500 pieces & any theme. All used puzzles must be sealed in a baggie and labeled as complete or unsure if complete. Please NO missing pieces. Call 321-751-6771 to RSVP.

iPhone and iPad Users Group with MacMad, Tuesday, April 21st, at 5:30pm. This meeting will feature presentations on topics of interest to Apple products enthusiasts. Presented by Jim DeLauro, RJFS and MAC Mad. For more information contact Dennis Crowley at dcrowley1@cl.r.com.

Stay Steady: Foot Care for Healthy Aging, Wednesday, April 22nd, at 10am. Join Senior Partner Care Services and guest speaker Liz Taylor, RN, owner of Touch of Excellence Senior Foot Care, and learn how proper foot care supports safety, mobility, and independence, helping you stay comfortable and confident on your feet. Call 321-751-6771 to RSVP.

Financial Reset: Understanding Your Finances, Wednesday, April 22nd, at 2pm. Learn how to simplify and refocus your finances at this helpful seminar with Financial Advisor Jim DeLauro of Raymond James. Gain practical tips to help you feel more confident about your financial future. Call 321-751-6771 to RSVP.

Dolly Parton BINGO! Hosted by Zon Beachside, Friday, April 24th, at 2pm. Grab your boots and join us for a Dolly Parton Bingo Party! Enjoy classic bingo, great music, and plenty of country-style fun. Come dressed in your best country or Dolly-inspired outfit and get ready for an afternoon of laughter and friendly competition at One Senior Place. Call 321-751-6771 to RSVP.

Dealing with Debts After Death: Your Legal Options, Tuesday, April 28th, at 10am. Join the Estate Planning & Elder Law Center of Brevard for an informative seminar on managing debts after the loss of a loved one. Learn about your legal responsibilities, options for resolving outstanding obligations, and strategies to help protect the estate. A Q&A session will follow to address your specific questions and concerns. Call 321-751-6771 to RSVP.

Looking for Relief from Neuropathy? Tuesday, April 28th at 2:00 PM. Join Dr. Haig John of Families First Physicians for an informative seminar on neuropathy, including common causes, symptoms, and ways to manage nerve pain. Learn helpful tips to

support nerve health, improve comfort, and better navigate life with neuropathy. Call 321-751-6771 to RSVP. AARP Safe Driver Class, Wednesday April 29th, 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 register.

What to Know Before You Need Memory Care, Wednesday, April 29th, at 10am. Join Attorney Anna Howard and Memory Care Specialist Melissa Alonzo for an informative seminar on planning ahead for cognitive changes. Learn when to consider memory care, how to prepare legally and financially, and what steps you can take now to protect your future and bring peace of mind. Call 321-751-6771 to RSVP.

Medicaid Planning, Thursday April 30th, at 10am. Attorney William Johnson will discuss the new planning opportunities that are available under the new Medicaid laws, including legal and financial strategies that can help preserve your assets from nursing home costs even after you or a loved one has entered a nursing home. Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Connected: A spiritual Exploration & Support Group, Fridays, April 3rd & 17th, 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, April 9th and 23rd, 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, April 15th, 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, April 24th, 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, April 3rd, 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, April 10th, 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, April 8th, 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, April 10th at 11:45am. Located at YOURLife of West Melbourne (2395 Minton Rd, West Melbourne, FL 32904). Call 321-220-0295 to RSVP.

RECURRING EVENTS

Liberty Company: Veterans Social Club, Wednesday April 1st, at 10am. Connect with fellow veterans over coffee and hear from guest speakers sharing valuable information about resources and services available specifically for veterans. Every first Wednesday of the month. ** Special Guest Speaker: Tony Ingram, Facility Administrative Officer Viera & Palm Bay VA Healthcare System. **

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. Powered by Senior Partner Care Services. *For max comfort please bring towel and water bottle*

THE CLUB ACTIVITIES

Membership \$10 a year - New members are welcome! The Club each Monday 9-1pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

CONTACT INFORMATION:

Jordan Dascoli, Assistant Director

Jordan@OneSeniorPlace.com

One Senior Place, 8085 Spyglass Hill Road, Viera, FL 32940

(321) 751-6771

Helping Seniors Info Series

APRIL 2026

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

The Senior Resource Center:

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

Your hub for great Senior Information, Education and Resources and home the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library.

Info & RSVP at 321-473-7770.
HelpingSeniorsofBrevard.org

Thursday - April 9th - 1100am-1230pm - Nourish Your Spirit Cooking Class

Celebrity Chef Jillian Zebris, of Chefs for Seniors, and Senior Helpers of Melbourne, bring the

popular "Nourish Your Spirit" Cooking Class to the Senior Resource Center for lunch! Doctor-approved easy recipes + tastings too! Free class. RSVP required..

Friday - April 10th - 100pm-230pm - Senior Planet - Senior Tech Talk

Senior Planet is our free program help older adults build technology skills. This month: "Cloud Storage" - with millennial expert Bri Prentice. Free, fun & informative.

Thursday - April 23rd - 10am-11am - Knowledge College for Aging

"Getting Good Help at Home" with Carlos Cuesta (Synergy Home Care) - Tips on Home Care and how to find the right help at the right time. Coffee/Snacks + great info!

Thursday - April 23rd - 11am-12nn - Helping Seniors Wellness "Making Your Home Safe" -

Jaimie & Amie Powell (Next Day Access) share tips on Ideas and Home Modifications to keep our homes safe as we get older. Coffee/Snacks

Thursday - April 9th + April 16th + April 23rd + April 30th - Intro to Holistic Health

Free 4-part College Course "Intro to Holistic Health" with Dr. Kevin Kilday, Dean & Founder of Faith College of Natural Health. RSVP Required - Class size limited

AARP/Helping Seniors Events:

Friday - April 3rd - 1100am-100pm - AARP Chapter #1413 Meetup Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

Friday - April 10th - 845am-945am - AARP Walk with a Doc. Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Join Lydia Rivera, ARNP, Walk with a Doc - on-site for a fun & healthy morning together.

Monday - April 20th - 1100am-100pm - AARP Chapter #2622 Meetup

BCASCA Center - 2174 Harris Avenue - Palm Bay

More Great Events:

Tuesday - April 21st - 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

Wednesday - April 22nd - 1000am-100pm - Mega Senior Expo Melbourne Auditorium - 625 E Hibiscus Blvd - Melbourne FL

Join Helping Seniors at this great Platinum Expos FREE Senior Mega event.

Friday - April 24nd - 1000am-200pm - Boomer Bash Senior Fest Viera Community Center - 2300 Judge Fran Jamieson Way - Viera FL. Join Helping Seniors at this great Platinum Expos FREE Senior Mega event.

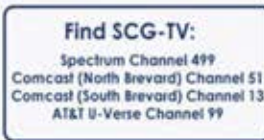
Helping Seniors Car Raffle Fun:

Saturday - April 18th - 800am-1200pm - Praise & Pistons Car Show. Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

Saturday - April 18th - 1000am-200pm - All European Car Show. American Muscle Car Museum - 3500 Sarno Road - Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

Saturday - April 25th - 300pm-600pm - Brevard Alzheimer's BBQ & Car Raffle. American Muscle Car Museum - 3500 Sarno Road - Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Apr 1	Wed	Understanding Medicare Options	Wellness: Skin Health	Buying/Selling/Investing in Real Estate	Avoiding Probate
Apr 2	Thu	Rock Steady Boxing	Finding a Good Place for Mom or Dad	The Parts of Medicare	Senior Info in Senior Scene
Apr 3	Fri	Wellness: Mind and Body	The Helping Seniors Directory	Periodontal Disease	Capital Update
Apr 6	Mon	What an Elder Law Attorney Can Do	Cosmetic Dentistry	Considerations in Home Care	Wellness: Footcare & Wellness
Apr 7	Tue	Making Plans for Retirement	Senior Expos & Events	Helping Seniors Travel Club	Turning 65? All About Medicare
Apr 8	Wed	Durable Power of Attorney	Checking Out Zon Beachside	Transitional Care	In Home Care Giving
Apr 9	Thu	Medicare Supplement or Advantage?	Faith College of Natural Health	Hometown News / AARP	Rock Steady Boxing
Apr 10	Fri	The Business of Helping Seniors	Best Home Care Ideas	Finding a Good Place for Mom or Dad	Capital Update
Apr 13	Mon	Buying/Selling/Investing in Real Estate	Chefs for Seniors	Understanding Medicare Options	Probate - What it is/What it Does
Apr 14	Tue	Considerations in Home Care	Concierge Home Care	New to Florida? Elder Law to Know	Two Assisted Living Questions
Apr 15	Wed	Senior Info in Senior Scene	Care Management - What it is	Learning about Natural Health	Helping Seniors - 15 Year of Service
Apr 16	Thu	Wellness: Express Thoughts Clearly	Safe & Secure at Home	The Vial of Life	Wellness: Mind & Body
Apr 17	Fri	Periodontal Disease	Wellness: College of Natural Health	Your Aging Plan: Medicare/Medicaid	Capital Update
Apr 20	Mon	Finding a Good Place for Mom or Dad	Two Assisted Living Questions	Best Home Care Ideas	Safe and Secure at Home
Apr 21	Tue	Finding Good Help at Home	Rock Steady Boxing	Important: Comprehensive Evaluation	Your Aging Plan: Long Term Care
Apr 22	Wed	Hometown News / AARP	Power of Attorney & Super Powers	Chefs for Seniors	Considerations in Home Care
Apr 23	Thu	Transitional Care	Helping Seniors Travel Club	The Business of Helping Seniors	The Helping Seniors Directory
Apr 24	Fri	Your Aging Plan: Your Legal Plan	Golden Provides Business to Business	Concierge Home Care	Capital Update
Apr 27	Mon	Helping Seniors - 15 Years of Service	Best Home Care Ideas	Periodontal Disease	How to Cruise Successfully
Apr 28	Tue	Things to Know Elder Law	Medicare Supplement or Advantage?	Senior Info in Senior Scene	Don't Go Broke Paying Nursing Home
Apr 29	Wed	Faith College of Natural Health	Great Employment for Seniors	Transitional Care	Finding a Good Place for Mom or Dad
Apr 30	Thu	Two Assisted Living Questions	Turning 65? All About Medicare	Rock Steady Boxing	Buying/Selling/Investing in Real Estate



Date	Program	Special Guest
Apr 1	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)
Apr 8	Helping Seniors on Your Smile	Dr. Lee N. Sheldon (Solid Bite)
Apr 15	Helping Seniors on Scam Jam	Karen Civitate (AARP Brevard)
Apr 22	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help Seniors)
Apr 29	Helping Seniors on Medicare/Medicaid	Jerry Hadlock Jr. (Medicare Agent)

321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com



A Taste of Senior Living

FREE EVENT!



Chef Competition & Senior Living Options Day

PRESENTED BY:

RHODES LAW, P.A.

Enjoy food samples from the Chef Competition and vote for the **Best Chef in Senior Living!**

While you're here, **compare Brevard's best senior living communities** all in one place!

WHEN:
Friday, April 17, 2026, 11am-1pm
Registration 10:30am, Doors open 11:00am

WHERE:
Center for Collaboration
1100 Rockledge Blvd (Hwy 1), Rockledge

- Appetizer & Dessert Samples
- Senior Living Resources
- Giveaways
- Vendors & Information

THANK YOU TO OUR SPONSORS



RSVP to 321-339-0551

AND BE SURE TO JOIN US FOR WOMEN'S DAY!

Friday, May 1, 10:00am – 1:00pm

We want to celebrate YOU! Join us for a day of fashion, fun, and fabulous finds.

- Fashion Show
- Signature Cocktail/Mocktail
- Hors D'oeuvres
- Self-Care Vendors

RSVP to 321.339.0551

FREE EVENT AT ONE SENIOR PLACE!





Helping
SENIORS
TRAVEL CLUB

THE 7TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 9th-16th 2027 - 7-Night Cruise Round Trip Port Canaveral

Sail with Brevard Friends to Ocean Cay and More!



Meet your Helping Seniors friends back on the luxurious MSC Grandiosa for our 7th Annual Helping Seniors Foundation Cruise - and bring the whole family! Make January 2027 special on our 7-night Bahamas & Mexico sailing! We look forward to welcoming you on board!



7th Annual Helping Seniors Foundation Cruise

- Pricing shown includes:
- * Cabin * All Port Charges * All Taxes
 - * Gratuities * Meals * Beverage Package
 - * Wi-Fi * Special Events
 - * Travel Insurance
 - * Donation - Helping Seniors of Brevard

Balcony - As low as \$1,402 pp including Gratuities
Outside - As low as \$1,341 pp including Gratuities
Inside - As low as \$1,182 pp including Gratuities
Yacht Club - \$3,586 pp including Gratuities
 (based on double-occupancy)

Contact:
Helping Seniors of Brevard Travel Club
Chris Morse 818-430-1480 Cell



Senior Travel
 Your Senior Travel Specialist
 a division of The Travel Center
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