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Groucho Marx**

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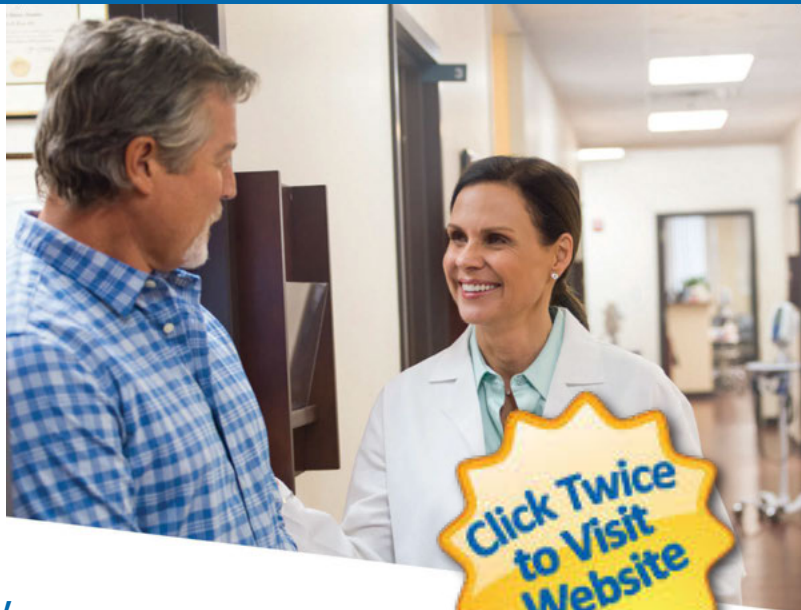
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Letter from the Publisher

Hold on! We are already in April, heading full speed ahead into another great summer. So watch our Calendars and pick your favorite events to enjoy. I hear so many of our readers comment on how many events and activities are available in our area.

Did you know that April is National Volunteer Month? If you don't already volunteer, there is surely a worthwhile organization that can use your time and talent. You can find many such groups in our center section or in one of our two calendar sections.

I don't know about you, but we are using this great time of year to play tourist as much as possible. So get out while the temperatures are great and before the real tourists arrive. We are lucky enough to have the Space Center right here in Brevard. It's filled with space history and fun exhibits, not just for nerds. Did you know that our great Brevard Zoo is nationally recognized? Then of course there are all the world famous theme parks just an hour away. Create new memories with your loved ones and enjoy. It's a great way to disconnect from daily distractions and recharge yourself.

Hold on to hope, good times are ahead. Take care, stay safe and see you next month.

John



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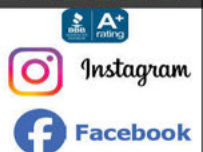
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Where Have All the Sparrows Gone? – to Disney!

By Diane Barile, South Brevard Historical Society

The wild marshes of the St. Johns River lazed on a leisure expanse, a miniature Florida Everglades between Cocoa and Orlando, Florida. Scientist Suzanne Bayley plowed the bow of the motor launch into a spartina, wire grass tussock, rather far from the island of trees set in the sea of grasses, a hard wood hammock.

"Come on," she said, "we get out here." We waded the rest of the way. "Unlock one of the oars and hand it to me," she called over her shoulder as she slogged through black sticky muck and knee-deep water.

I am a reluctant slogger but over the gunnel I went. Halfway between the boat and the tree island I asked, "Why are you carrying that oar? Should it not stay in the boat?"

"No," she assured me, "it's to bat away any water moccasins coming after us." I became a rapid slogger.

Dr. Bayley was hoping to hear, or perhaps see, a Dusky Seaside Sparrow, a bird found only in these wetlands. We did get back to the launch safely but no moccasins and no Dusky. Dr. Herb Kale, ornithologist, had been charting their demise for some time, as did scientists, for the Canaveral National Seashore on Merritt Island.

The tiny, shy Dusksies were originally found only in the salt marshes of Merritt Island and fresh marshes of the St. Johns River west of Cocoa and Titusville. Food and nesting for Dusksies depended on the precise configuration of flooded marsh plants. In the twentieth century, Dusksies were set upon by a large invasive species. Human incursion in a blossoming agricultural economy, wetlands was described as wastelands to be improved for crop yields and human habitation.

While the Dusky Seaside Sparrow depended on a limited and specific environment people could, and did, alter living space to their needs. Settlers faced formidable challenges: (1) heat, (2) land under water or prone to flooding, and (3) mosquitoes.

Conquering heat had to wait for available air conditioning to beat the heat, but wetlands and mosquitoes were related to existing skills in water management. Canals and ditches lowered surface water and pulled the wet out of wetlands. Thus, there were farms, groves, and homes safe from flooding.

Mosquitoes breed in small shallow pools of water. Drainage decreases mosquito breeding and larval

Where Have All the Sparrows Gone?...continued on pg 49

LUXURY VACATIONS

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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THU 24-DEC 2026 Dunedin, New Zealand
FRI 25-DEC 2026 Milford Sound, New Zealand Cruising
MON 28-DEC 2027 Hobart, Tasmania, Australia
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Explora Journeys sailing the Amazon - February 17th - March 1st, 2027. This is a new cruise line that has luxury all the way around, max of 900 guests, and everything is

included other than excursions. I have sailed with them and have never had such a luxurious stateroom, they start at 360sq ft with 75 sq ft balcony with a daybed, walk in closet with dressing area, heated bathroom floors and so much more. Join me to see some exquisite ports you cannot see on the big ships! All-inclusive rates starting at \$6678 per person based on double occupancy. And remember no extra for specialty restaurants (except Anthology - wine tasting), no additional gratuities and no bar bill at the end of the cruise! Join me as we sail the Amazon and southern Caribbean.

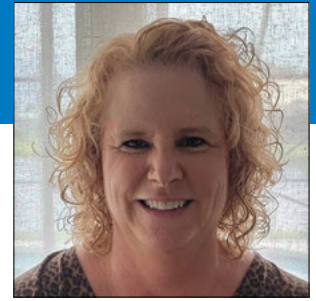
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Coastal Art & Creativity - Jill Garrett

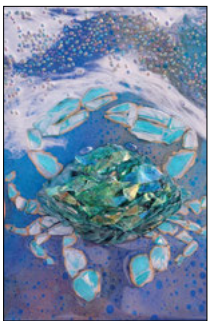


Jill Garrett has been a Melbourne resident for the past ten years, and it is here that she discovered her love for coastal art. About eight years ago, she created her first pieces using glass and resin, and since then, she has developed a variety of techniques, especially in using hand-cut glass to add texture and dimension to her paintings.

Jill, the owner of Barefoot Art Glass Studio, has been an exhibiting artist at the Melbourne Art Festival since 2021; she will be in booth 161 at this year's festival. The 41st Annual Melbourne Arts Festival will be held on April 25 & 26th at Wickham Park, however this could unfortunately be the event's final year.

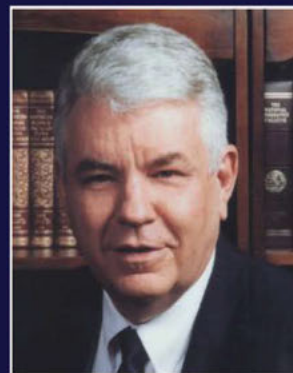
The Melbourne Art Festival is 100% volunteer-run, but they are facing a critical shortage of volunteers this year.

Over the years, too many volunteers have retired without enough people to take their place. Without a renewed wave of support, the festival will not be able to continue in future years.



The Melbourne Art Festival is more than an event. It is a celebration of community, creativity, and culture, that has enriched Brevard County for 41 years. With your help, they can keep this tradition alive. To volunteer, sponsor, apply as an artist, or learn more, please visit melbournearts.org or contact the festival office at (321) 722-1964 as soon as possible. Volunteer today. Help save the Melbourne Art Festival for years to come! ☹

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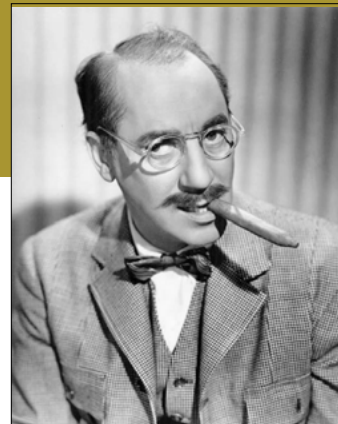
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TALK WAS.....

Groucho Marx: Remembering an American Classic

By George Khoury



This month we honor the birth of an American original- Groucho (Julius) Marx. In 13 feature films, he and his brothers, Harpo and Chico brought a sense of mayhem, madness, irreverence and a strong sense of the absurdities of life as our country suffered under the Depression.

Who could ever forget the stooped posture, the cigar jutting from the mouth, the greasepaint mustache and eyebrows, the glasses and the quick-witted wisecracks?

The Marx family grew up in a section of Manhattan populated by Europeans. Mother Minnie's brother was Al Schoenberg, who morphed into Al Shean. Shean was half of the famous vaudeville team Shean and Gallagher. The brothers loved and respected Al. They sought his opinion on matters about their future.

Mother Minnie pushed the boys toward show business careers. The eldest, Leonard (Chico) was encouraged to play the piano, Julius was discovered to have a pleasing soprano voice. His goal was to become a doctor but to help the family he dropped out of school when he was twelve. Even though he lacked a formal education, Groucho learned to become a voracious reader.

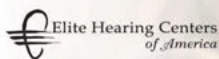
By 1909 Minnie grouped the boys together as a low-quality singing group. The group included Groucho, brother Milton (Gummo), brother Adolph known as Harpo and another boy from the neighborhood.. The boys played the vaudeville circuit across the country.

It happened in Nacogdoches, Texas on a sweaty night years before air-conditioning. The boys were performing and the audience was a bit uncooperative-they were rude, unruly and on the dangerous side. The boys started cracking jokes among themselves on stage and the audience responded. The group now switched on stage from a singing group to a comedy troupe. They "borrowed" an existing comedy skit, "School Days" and now called it, "Fun in Hi Skule". This bootlegged skit would provide their bread and butter for the next seven years.

While cutting their show business teeth in vaudeville, the brothers often performed with fake accents. Leonard, the oldest

Groucho Marx...continued on pg 46

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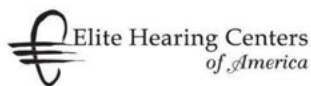
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What is Probate?

By Attorney Truman Scarborough

This is the third in a series of articles on probate. When someone dies, assets titled just in the decedent's name with no 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 court process where property is transferred from the decedent to the beneficiaries is called "Probate".

In these articles, we have been looking at the "Formal" probate process for larger estates. In next month's article we will look at two shorter processes called "Summary Administration" and "Disposition of Personal Property Without Administration". Summary Administration is available: 1] two years after the decedent date of death or 2] when there are no creditors and the probate assets are less than \$75,000. While Formal Probate takes approximately six months (if there are no problems). Summary Administration takes less time. With Summary Administration, the court does not appoint a Personal Representative (executor) to administer the estate but simply enters an order directing distribution of assets to the beneficiaries.

With Formal Probate, the probate court creates a legal entity called the "Probate Estate" and appoints a Personal Representative (executor) to administer the estate. The word "Probate" essentially means "to prove." You may know that there are no problems with beneficiaries or creditors, but the court does not.

In the last article we looked at the Personal Representative's responsibilities to beneficiaries and creditors. We will now look at the Personal Representative's responsibilities for taxes and expenses for administration.

TAXES: The Personal Representative must file a Personal 1040 Income Tax Return for income received while the decedent was living. Income received after the decedent's death is reported on a separate 1041 Fiduciary Tax Return. We cannot use a person's social security after they die and the Personal Representative must obtain a new tax identification number called an EIN from the IRS. For income earned while the decedent was living, 1099s will show the decedent's social security number. Income earned after

What is Probate? continued on pg 45

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With 42 incredible years as a travel advisor, Chris has seen it all—from TV and radio appearances to handling over 134 global cruises. He’s a Brevard radio staple and a proud Vietnam Veteran who goes above and beyond for our heroes. His commitment to sharing practical travel tips keeps our seniors safe, informed, and ready to explore!

Betty’s achievements shine just as brightly! Recognized as a top Women Travel Advisor in the county, she’s a true specialist in helping seniors and their families discover new horizons—always with care, compassion, and a big smile.

We’re excited to share some family pride: our daughter’s acceptance into UF Shands Medical Center means she’s on her way to becoming one of Brevard County’s finest physicians. The future is bright!

Chris’s dedication extends beyond travel—he serves on the Board of Directors for Helping Seniors of Brevard, leads the Helping Seniors Travel Club, and stands out as one of America’s top travel advisors and agency owners. Community and service are always at the heart of his work.

Chris from Senior Travel and John from Odyssey Travel made history by launching Brevard County’s very first TRAVEL EXPO in 2025! Now, Chris and Jean at All About You Travel Unlimited are gearing up for the second TRAVEL EXPO, coming this October. Mark your calendars and get excited—it’s going to be another amazing community event! Stay tuned for more fun and inspiration! STAY TUNED!!

Some of the great amenities that we offer are:

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Senior Day Trips And Cruises continued on page 45

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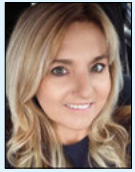
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Clean Home and Your Health

By Tammy Hass, Simply Klean of Brevard 321-698-7973

At Simply Klean of Brevard, we believe a truly clean home is essential to health, comfort, and peace of mind—especially for seniors and those who value a healthier living environment.

As a family-owned and operated company, we provide attentive, detail-driven cleaning services designed to support respiratory health, reduce dust and allergens, and create a calm, hygienic space where our clients can feel their best. We understand that every home tells a story, and we treat each space with the respect and care it deserves. Our team approaches every task with precision, dedication, and genuine pride in our work.

We specialize in residential cleaning, office cleaning, deep cleaning, and move-in/move-out services, with a strong focus on thorough sanitation, odor-free environments, and maintaining beautifully cared-for spaces. Every home we service is treated with respect, professionalism, and a genuine commitment to quality.

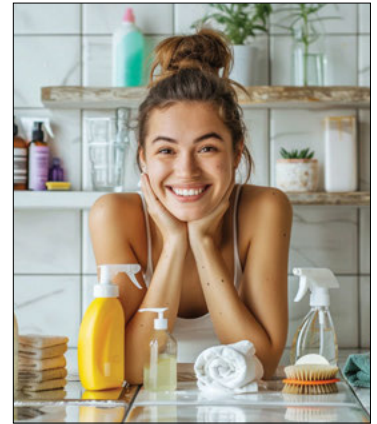
For our senior clients and their families, our services offer more than just cleanliness—they provide reassurance,

dignity, and a safer environment that supports independent living. By reducing environmental contaminants and maintaining a healthier atmosphere, we help clients enjoy their homes fully, with peace of mind and confidence.

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Which Kinds of Businesses Are Least Likely to Be Disrupted By Artificial Intelligence?

By James Bowman, Data Rescue Computer Service

Artificial intelligence tends to disrupt work that is digital, repeatable, and pattern-based. So the businesses least likely to be disrupted usually have the opposite traits: physical, human-centered, trust-based, or highly unpredictable.

Here's a clear breakdown of the most "AI-resistant" types of businesses:

1. Skilled Trades (Hands-On Work)

These are among the safest for a long time because they require physical presence, adaptability, and problem-solving in messy real-world environments.

- Electricians
- Plumbers
- HVAC technicians
- Auto mechanics
- General contractors
- ◆ Why safe: Robots + AI struggle in unstructured environments (every house, wiring setup, or repair is different).

2. Human Care & Relationship-Based Services

Anything where trust, empathy, and human connection matter deeply.

- Therapists & counselors
- Nurses & caregivers
- Childcare providers

- Personal trainers
- Social workers
- ◆ Why safe: People don't just want answers—they want human understanding and trust.

3. Local Service Businesses

Especially ones that require physical presence or quick response.

- Cleaning services
- Landscaping
- Pest control
- Mobile car detailing
- Handyman services
- ◆ Why safe: AI can't physically show up to your house (at least not cheaply anytime soon).

4. Construction & Infrastructure

Large-scale, on-site, constantly changing work.

- Home building
- Roadwork
- Renovation businesses
- Roofing companies
- ◆ Why safe: Requires coordination, physical labor, and adapting to real-world conditions.

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Artificial Intelligence... cont'd on page 47



Guarding your Nest Egg

By Max Valavanis, CFP®, CFS®

Medieval kings built moats and hired knights to protect what they spent a lifetime accumulating. You probably don't have a moat, but protecting your retirement assets requires just as much strategy. Often seniors come to me and present their 401(k)s or IRAs, walking me through their investment choices. What strikes me is that many of them are focused on doubling their money, not protecting it. I will ask you the same question I ask them in these meetings: if you doubled your money today, would it change your lifestyle? Some nod yes, but most are comfortable where they are. Then I ask the harder question: If you lost half of your money tomorrow, would your lifestyle have to change? Nearly all of them would say absolutely yes. This gap, between the potential upside and the downside that could change everything, is exactly why guarding your nest egg matters.

Some of the scariest introductory meetings I have are when a senior doesn't know what they own. At this point, it is my obligation to help them understand types of investments they are devoting to their retirement wealth. Often this also involves understanding your "Risk Tolerance" and how

different investments interact with each other to create a tailored portfolio. As a Certified Financial Planner®, I help clients build properly diversified portfolios suited to their specific risk tolerance. There are thousands of investment options available to you, and finding the right fit can be both challenging and overwhelming.

Moreover, simple and affordable insurance plans can also help you protect your nest egg. Sufficient homeowners' insurance, auto insurance, or umbrella policies can all protect you when an unexpected event occurs in your life. If you haven't reviewed your coverages recently, now might be the best time. A simple plumbing leak or car accident has the potential to derail a retirement plan.

If your goal is to enjoy your life's earnings, but still want to leave a legacy, life insurance might be your answer. While some options can be complicated and expensive, there are straightforward and affordable options available to many retirees. Life Insurance can guard your nest egg in more ways than one. Besides leaving a legacy for your loved ones, it can

Guarding your Nest Egg continued on page 47

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Worldwide Trends In Diabetes

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

With Ebola and Zika grabbing so many headlines these days, it may come as a surprise that the biggest global health crisis affecting all nations is not caused by yet another rare virus we have never heard of, or an exotic tropical parasite, but rather something far too familiar to us all – diabetes.

The condition has been the focus of this year's World Health Day (April 07) – a campaign that aims to increase awareness about the rise of diabetes and the staggering burden it places on health systems, as well as triggering a set of actions to tackle it.

Once a disease affecting mainly richer nations, type 2 diabetes has arisen exponentially in the past two decades in parallel to the obesity epidemic, with more than 80% of diabetes deaths now occurring in low and middle income countries. The number of people living with diabetes in the world has almost quadrupled since 1980 to 423 million adults (8.5% of population). In 2014, more than 1 in 3 adults aged over 18 years were overweight and more than one in 10 were obese.

In 2014, 31 million Americans, or 9.3% of the population, had diabetes. Approximately 1.45 million American children and adults have type 1 diabetes. 1.4 million Americans are diagnosed with diabetes every year. At the same time, in 2014, 87 million Americans age 20 and older had prediabetes condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes.

This dramatic increase of diabetes in the world (and especially in the developing countries) is happening as these countries are struggling to tackle existing and emerging infectious disease such as HIV/AIDS, malaria, Ebola and Zika, along with other diseases such as heart and cancer. Needless to say that this double burden of disease imposes a huge economic strain on health systems, individuals and their families. It also threatens to compromise many of the significant national and international efforts made in the past few decades to reduce the infectious disease burden in these regions.

A new study (published in The Lancet^a) has estimated that the cost of diabetes worldwide is \$825 billion a year, with half of all cases coming from China, India, Brazil, Indonesia and USA. The global diabetes epidemic seems to be driven largely by a combination of social and economic factors such as rapid urbanization, greater consumption of fatty foods and increasingly sedentary lifestyles.

Worldwide Trends In Diabetes continued on pg 45



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The Senior Resource Center

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

The Home of Helping Seniors...



Helping Seniors Founder Joe Steckler had always envisioned a centrally located Resource Center dedicated to meeting the needs of Seniors and their families.

With help from Dr. Craig Deligdish and Omni Healthcare, the 100% local-to-Brevard non-profit has been able to bring this to reality on the 2nd floor of the beautiful Apollo Professional Tower, 1344 S Apollo Blvd, on the medical campus in downtown Melbourne.

Helping Seniors, now celebrating 15 years of service, operates the county's Senior Information Help Line (321-473-7770) - which handled more than 4400 calls last year alone. Helping Seniors is also marking 3 years in its 5600 sq ft Senior Resource Center - the headquarters for the Helpline as well as a hub for all things Seniors.

In addition to ongoing Senior Education programs, the Center also houses the Helping Seniors Media Studios - a state-of-the-art TV, Radio & Podcast studio dedicated to educating Seniors and families through extensive multi-media outreach.

The Center features a number of business partners that provide quality services to Seniors and their families - including organizations such as Rhodes Law, Synergy HomeCare, Moore Insurance Solutions, Arosa Care, Time with Terri Podcast, Senior Solutions Mind & Body, and TYG Media.

The Center is also home to a number of ongoing programs with the best for Seniors in mind - including "A Touch of Excellence" Senior Foot Care, which regularly provides concierge routine foot care by a Registered Nurse, and the location has also hosted Memory Screening Clinics with ClinCloud Research.

There is full schedule of excellent informational, educational, and fun activities that are created with the intention of assisting all who attend in "Getting their ducks

The Senior Resource Center continued on pg 47



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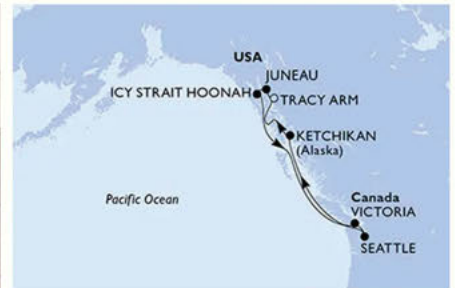
THE ALASKA CRUISE HELPING SENIORS OF BREVARD

Jun 2026 - 7-Night Cruise Round Trip Seattle

Sail with your Brevard Friends!



Let's explore the Majesty of Alaska together June 2026 as you sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Poesia for the Inaugural Alaska season. With our 7-night Round-Trip Seattle sailing, we'll call on Ketchikan, Alaska, Juneau, Alaska and Icy Strait Point, Alaska well as Victoria, Canada - plus cruising the Tracy Arm Fjord.



The Alaska Helping Seniors Foundation Cruise

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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 # 20000881-10 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.

How Do I Know If My Shortness Of Breath Is Normal?



ask ONE SENIOR PLACE

Lisa Peake

Breathe in. Breathe out. Breathing is something we usually don't think about it—until it becomes difficult. Pulmonary health is about the optimal function and well-being of the lungs and respiratory system. As we age, changes in our lungs and respiratory system are common. For many older adults, these changes can affect our activity levels-- and overall quality of life. Understanding what is typical with aging (and what is not) can help us continue living active and fulfilling lives.

Over time, lung tissue can lose some elasticity, the muscles that support breathing may weaken, and our ability to clear mucus from the airways can decline. While these changes are a normal part of aging, they can make seniors more vulnerable to pulmonary conditions and respiratory infections. Shortness of breath, chronic coughing, wheezing, chest tightness, or increased fatigue with activity should never be ignored—especially if they interfere with everyday tasks.

Some of the most common pulmonary conditions seen in older adults include chronic obstructive pulmonary disease (COPD), asthma, pulmonary fibrosis, sleep apnea, and recurrent respiratory infections such as pneumonia or

bronchitis.

Florida seniors may also experience worsened symptoms due to humidity, allergens, or exposure to air pollution


and seasonal illnesses. In many cases, symptoms develop gradually and are mistakenly attributed to "just getting older," delaying diagnosis and treatment.

The good news is that many pulmonary conditions can be managed effectively with early recognition, proper medical care, and healthy lifestyle choices! A pulmonologist (lung health specialist) can help identify the cause of symptoms, recommend appropriate testing, and develop personalized treatment plans.

Some of the most common signs that it's time to see a pulmonologist include:

- Shortness of breath that doesn't go away
- Chronic cough or wheezing
- Recurrent respiratory infections
- Trouble sleeping due to breathing problems
- Chest tightness or pain related to breathing
- Ongoing fatigue that may be linked to low oxygen levels

Seniors can take steps to protect their lung health. Physical activity helps strengthen breathing muscles and improve endurance. Avoiding smoking and secondhand smoke, staying up to date on flu and pneumonia vaccinations, managing allergies, and good indoor air quality all play a role.

Pulmonary symptoms are not something to ignore. With education, support, and the guidance of a pulmonary specialist, many older adults can breathe easier as they age. Questions? Join me for Senior Health Friday with Nurse Lisa on April 10th when Dr. Deepika Aneja of Viera Pulmonary will discuss pulmonary health and aging. RSVP online at [OneSeniorPlace.com/events](https://www.oneseniorplace.com/events) 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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Getting Our Financial Ducks in a Row!

Inside:

**Planning Today
for a Secure Tomorrow.**

**Navigating the
Financial Challenges
of the
Sandwich Generation.**

**Reviewing Your
Florida Estate Plan
to Protect Your Assets.**

Your 2026! Aging Plan!

Making Life Better for Seniors!



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as you GO
on Life's Journey.



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**The Knowledge
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10am Your Aging Plan:

**Well Being &
Home Care**

**Helping Seniors
Wellness Series**



Jaimie & Amy Powell
Owners



11am Wellness Series:

**Making Your Home
Safe as We Age**

**Thursday April 23rd - 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



Let's Pick Up the Pace!

Kerry Fink
Executive Director - Helping Seniors

We're celebrating 15 years of Helping Seniors and 3 years of our Senior Resource Center in Melbourne, FL—and we are picking up the pace! With more seniors than ever before calling Brevard County home, it's more important than ever for us to continue doing our best to make life better for those who connect with Helping Seniors!

To that end, thanks for letting me highlight some great things coming up! And, you can always stay up to date by checking the Helping Seniors calendar in each Senior Scene® Magazine, visiting our website at HelpingSeniorsofBrevard.org, or following us on Facebook, Instagram, X, or LinkedIn. Information is also always just a phone call away at our 321-473-7770 Senior Information Helpline!

(1) Our Senior Planet "Senior Tech Talk" classes held every 2nd Friday 1pm at our Center are expanding our ability to use technology to improve our lives. Join us April 10th to learn what that "mysterious" term "Cloud Storage" really means and how it can be an important tool for you!

(2) Our 4th Thursday Knowledge College at 10am, helps us "Get Our Ducks in a Row" for our aging plans, and our Wellness Series at 11am, focused on maximizing vitality - both make for a great free double-header morning filled with information, good snacks, great people, and door prizes.

(3) Our Nourish Your Spirit events, in partnership with Senior Helpers of Melbourne and Chef Jillian of Chefs for Seniors, return April 9th—a fun way to learn—and taste—nutritious cooking.

A few dates to "save" on your calendar as well... Our popular Scam Jam series with AARP returns to The Brennity at Melbourne in Viera May 15th, so now is a great time to RSVP for your free seat. And, keep Sunday afternoon, October 25th, open for our 10th Annual Car Raffle/Sunday at the Museum fundraiser!

All of our events are free—it's our service to the community as a 501(c)(3). That's why we always ask those who are able to support the work of Helping Seniors!

SENIOR PLANET
FROM AARP

Cloud Storage - What to Know!

1:00pm-2:30pm - Friday April 10th 2026



Brianna "Bit" Prentice
Senior Tech Talk
Coordinator & Speaker



Getting our
"Tech" Ducks
in a Row!

Free Senior Tech Training at the Senior Resource Center
1344 S Apollo Blvd - 2nd Floor - Melbourne FL

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





Planning Today for a Secure Tomorrow.

Nancy Deardoff
Operations Director - Helping Seniors

Have you thought about what financial security means for you as you age? For many seniors, financial planning can feel overwhelming, but taking time now to review and organize your finances can bring peace of mind and greater confidence about the future. Financial planning is not just about numbers, it is about protecting your independence, supporting your lifestyle, and preparing for life's unexpected changes.

One of the first considerations for seniors is understanding income sources. Social Security, pensions, retirement accounts, and investments all play a role in monthly cash flow. Reviewing how and when to draw from these resources can help ensure income lasts throughout retirement.

It may also be helpful to reassess your budget, considering rising costs such as healthcare, insurance, utilities, and daily living expenses. If you own your own home or condo, it is important to consider other expenses such as HOA fees, special assessments, homeowners insurance and property taxes. Don't forget to plan on home maintenance such as a new roof, lawn care, house painting, and home repair costs.

It may be an uncomfortable topic, but vital to getting your financial ducks in a row, it is important to consider the death of a spouse or partner. Will you still be able to support your lifestyle if your spouse/partner passes away and you lose that income.

Healthcare planning is another critical piece of financial security. Medical costs often increase with age, and expenses

such as prescriptions, long-term care, and in-home support can add up quickly.

Seniors should review Medicare coverage, supplemental insurance options, and long-term care planning to avoid unexpected financial strain. Planning ahead allows you to make informed choices rather than rushed decisions during a health crisis.

Estate and legacy planning are also important considerations. Updating wills, powers of attorney, healthcare directives, and beneficiary designations help ensure your wishes are respected and reduce stress for loved ones. Clear planning can prevent confusion and protect the people and causes that matter most to you.

Another key aspect of financial planning is protecting against fraud and financial exploitation. Seniors are often targeted by scams, so staying informed, reviewing accounts regularly, and working with trusted professionals can help safeguard hard-earned assets. Never hesitate to ask questions or seek guidance if something does not feel right.

Finally, remember that financial planning is not a one-time task. Life circumstances change, and regular check-ins allow you to adjust plans as needed. Whether you are newly retired or well into your golden years, proactive financial planning can help you feel more secure, prepared, and confident about the road ahead.

By getting your financial ducks in a row with the right information and support, you can plan for the future while continuing to enjoy life today.



For more info or to donate:
Helping Seniors of Brevard
321-473-7770
HelpingSeniorsofBrevard.org



**Capernaum Place - Thoughtfully
Designed, Affordable Apartments
Now Available to Seniors**

Dwight Bell
Capernaum Place - Wings of Grace

Across Brevard County, one of the most pressing challenges facing our community is access to stable and affordable housing. For many residents, particularly seniors on fixed incomes, finding a safe and affordable place to live can be difficult. Capernaum Place, a new development in Melbourne, was created in response to this need, combining quality housing with a mission rooted in faith, compassion, and service.

Capernaum Place is the result of a partnership between the Wings of Grace Ministries, WAYS for Life, as well as the Housing Authority of Brevard County.

The development provides thoughtfully designed, affordable apartments for older adults, offering a safe and comfortable environment where residents can enjoy independence while staying connected to a supportive community.

The vision for Capernaum Place goes beyond providing housing. It is designed to be a place where residents can thrive physically, socially, and spiritually. Seniors

can participate in community activities, life-enrichment programs, and faith-based initiatives that encourage personal growth and social connection. From communal spaces for fellowship to opportunities for mentorship and volunteering, the development fosters a sense of purpose and belonging.



Clean, Modern Living at Capernaum Place

At the heart of Capernaum Place is a strong spiritual foundation. The name "Capernaum" comes from the biblical town where Jesus performed many of His miracles, bringing healing, teaching, and restoration. This history inspired the development's vision: just as Capernaum was a place of renewal and compassion, Capernaum Place seeks to be a place where lives are strengthened, hope is renewed, and seniors can experience dignity and peace of mind in every aspect of life.



Capernaum Place - 444 Grove Ln - Melbourne FL



Helping Seniors Of Brevard

CAPERNAUM PLACE

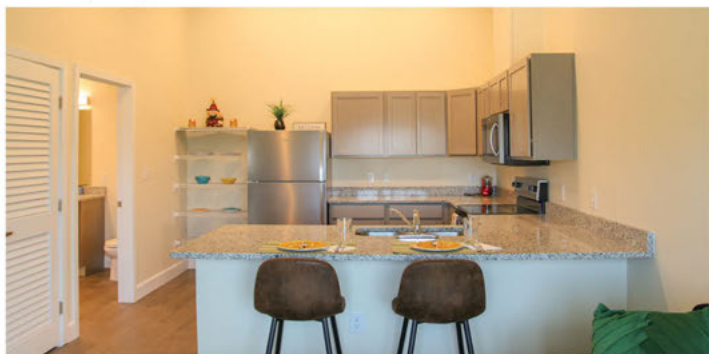


Faith has long guided communities in caring for one another. Older adults in Brevard County have spent lifetimes contributing to their communities, raising families, volunteering, serving in churches, and supporting neighbors. Capernaum Place honors that legacy by creating a safe, welcoming environment where seniors can continue to live full, meaningful lives. Housing stability is essential for maintaining independence, security, and well-being, and the development reflects a commitment to supporting seniors in every aspect of life.

For seniors in Brevard County who value faith, compassion, and community, Capernaum Place is more than housing. It is a place to connect, grow, and live with dignity, a ministry in action, offering hope, stability, and God's love to those who need it most.



Comfortable One Bedroom Dwelling Units



Beautiful Interiors with Vaulted Ceiling

Capernaum Place stands as a testament to what happens when faith and community come together with a shared purpose. Rooted in Christian values and dedicated to service, the development embodies the belief that everyone, especially seniors, deserves a place of safety, encouragement, and belonging.



Large, Easy-to-Access Restrooms

For more information please visit www.capernaumplace.com or phone **Wings of Grace at (321) 327-2164.**



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



National Parkinson's Awareness Month: Celebrating Eight Years of Rock Steady Boxing Melbourne

Janice Moia
Rock Steady Boxing at Advance Fitness



Navigating the Financial Challenges of the Sandwich Generation with Support from Senior Helpers

Kristine Walsh
Senior Helpers of Melbourne

Empowering Brevard's Parkinson's Community Through Fitness and Fundraising

April marks National Parkinson's Awareness Month, a time to spotlight the challenges faced by those living with Parkinson's disease and to celebrate the organizations making a difference.

Rock Steady Boxing Melbourne has proudly served the central and south Brevard communities for eight years, offering specialized non-contact boxing classes tailored for people with Parkinson's. With a dedicated roster of 98 clients, the program provides physical, mental, and social benefits, improving balance, strength, coordination, and overall quality of life.

Rock Steady Boxing's unique approach helps participants manage symptoms, build confidence, and connect with others who understand their journey.

This month, the community is invited to join the Pickleball Fundraiser on April 18, 2026. The event aims to raise funds and awareness, ensuring continued support for Parkinson's fighters. Together, we can knock out Parkinson's one punch, and one paddle at a time.



Please feel free to call us: 321-693-9246
Rock Steady Boxing at Advance Fitness

Many adults today find themselves in the "sandwich generation," juggling the financial and emotional responsibilities of caring for aging parents while still supporting their own children. According to Caregiver.com, this balancing act can grow increasingly stressful as medical costs, caregiving needs, and household obligations mount, all while careers and personal finances require attention.

Financial strain can show up in many ways, from paying for long-term care services to covering everyday needs, all while trying to save for the future. Caregiver.com emphasizes the importance of planning, budgeting, and seeking support, whether that means consulting a financial advisor or tapping into community resources to ease the load. (caregiver.com)

At Senior Helpers, we understand the pressures that come with caring for loved ones while maintaining your own family's well-being. In-home care support can make a measurable difference in both emotional and financial balance. Our trained caregivers can assist with daily tasks, medication reminders, mobility support, and companionship, allowing family members to preserve time for work, kids, and their own self-care.

By partnering with Senior Helpers, families can reduce the risk of burnout, avoid costly emergency trips, and create a level of consistency that benefits everyone involved. We work with you to customize care plans that fit your loved one's needs and your family's budget.



Reviewing Your Florida Estate Planning Documents Is Essential To Protecting Your Assets.

Gregory J. Schwendeman, Esq.
Rhodes Law, P.A.

Estate planning is not something you should create once and then forget. Life changes, laws change, and your financial situation may change over time. Regularly reviewing your Florida estate planning is essential to protecting your assets and maintaining peace of mind.

Life Changes Can Affect Your Plan: Major life events can significantly impact how your estate plan should be structured. Marriage, divorce, the birth of a child or grandchild, the death of a family member, or even relocating to Florida can all affect your estate planning needs.

Florida Law Changes Over Time: Estate planning laws in Florida are not static. Changes in tax law, probate procedures, and trust regulations can impact how effective your plan is.

Your Assets May Have Changed: Over time, most people acquire new assets or change how their assets are titled. You may purchase property, open new investment accounts, start a business, or receive an inheritance.

Ensuring Your Key Roles Are Still Appropriate: Estate plans often designate trusted individuals to serve in important roles such as personal representative, trustee, or agent under the power of attorney. Over time, these individuals may relocate, become unable to serve, or no longer be the best choice for you.

Regularly reviewing your Florida estate planning documents helps ensure your assets are protected and your wishes are honored. Call Rhodes Law, P.A., today, for a free initial consultation at 321.610.4542.



April is Parkinson's Awareness Month: How Physical Therapy Helps Fight Back

Peter Renz, DPT, Owner
FYZICAL Therapy and Balance Centers
Brevard Beaches.

Few people know that boxing exercises are the secret weapon against Parkinson's to reclaim one's life. At our clinics in Indialantic and Melbourne Beach, we witness every day how movement can change lives, particularly through specialized physical therapy and programs like Rock Steady Boxing.

The Science of the "Punch"

Parkinson's disease thrives on stillness, causing stiffness, slower reactions, and a frightening increase in fall risks. At FYZICAL, we combat this with "forced intense exercise." Research shows that THE high intensity, multi-directional movements found in boxing can help the brain "rewire" itself, improving gait and coordination in ways traditional gym workouts cannot.

More Than a Workout. As a proud Rock Steady Boxing affiliate, we don't just offer a class, we offer a community. Our non-contact, boxing-inspired workouts are specifically engineered for those with Parkinson's to improve:

Balance & Footwork: Training the brain to navigate uneven surfaces safely.

Voice Projection: Strengthening the muscles used for speech and swallowing.

Confidence: Replacing the fear of falling with the power of a physical victory.

This April, we invite you to join us in raising awareness, supporting loved ones, and learning more about how physical therapy can help people with Parkinson's live stronger, more confident lives.

To learn more or schedule an assessment, contact FYZICAL Therapy & Balance Centers – Brevard Beaches today.



Helping Seniors Of Brevard



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Brevard County's housing market has entered a more stable and predictable phase in 2026. Average home values are holding near \$336,000, reflecting a modest 3.8% year-over-year adjustment that signals normalization rather than decline. Increased inventory has reduced pressure on buyers and sellers alike, with homes averaging about 51 days on the market.

Strong equity continues to anchor the market. More than 102,000 homes are owned free and clear, and over 195,000 properties carry equity above 50%, limiting distressed sales and supporting price stability. This environment has allowed me to continue achieving successful sales, and I expect that momentum to carry forward throughout 2026.

Many retirees are using this balanced market to downsize, leveraging built-up equity to move into smaller, lower maintenance homes while improving cash flow and simplifying daily living.

With steady employment, consistent demand, and reduced volatility, Brevard County offers seniors a reliable setting for thoughtful real estate decisions. For those considering a move this year,

Understanding your options can make all the difference.

Contact me at:
ValueREMSG@gmail.com



The Doctor as Advisor

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

"You're the doctor, you decide."

I used to accept that premise. I don't anymore.

Over the years, both as a dentist and as a patient, I've come to see the limits of a model of care where decisions are simply handed down. Physicians and dentists bring expertise, experience, and judgment to the table and that matters greatly. But the person sitting across from us brings something just as important: their own knowledge, values, tolerance for risk, and willingness to invest effort in their health.

In dentistry, the connection to overall health is clear. Periodontal disease and cavities are not isolated problems. Yet professional training, medical and dental alike often focuses narrowly on procedures, medications, and protocols, sometimes at the expense of the bigger picture. Good healthcare requires a broader view.

As dentists, we know what we know and we also know what we don't. In our practice, this means offering options, explaining risks and benefits, and sometimes recommending not treating when treatment would not help. Sometimes it's better to watch and wait. That's why your questions, concerns, and opinions are always welcome here.

Today, patients have access to more information than ever before. Used thoughtfully, that knowledge leads to better decisions.

Our role isn't to command. It's to advise, because the best decisions are made with patients, not for them.

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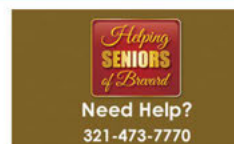
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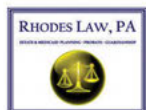
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Mom & Me *by Audrey & Kimberley*

DEAR MOM AND ME,

I have been going to the same doctor for 45 years, we grew old together. He is ready to hang it up, so he referred me to some new young punk in town, he says, "we can go together".

The new doctor is very nice, talks to me, but I don't think he listens. He does not seem to want to give me stuff, just wants to make me comfortable. I want him to give me all of the new medicines to get me better.

Just because I am 85, doesn't mean I want to say good-bye. My mother lived to be 100 and with a little help from a doctor I think I could do the same. Do you think I should go to another doctor?

Henry

DEAR HENRY,

Instant cures and magic pills are what the TV advertisers want us to believe is possible. In most cases this is not true, but life style changes plus selected medicines can help our "quality of life".

As we age most diseases are not cured but if we are lucky they can be stabilized. Most experts try not to do anything radical, as our systems do not respond as they did years ago.

Some treatments are so radical other conditions can develop from the treatment of another illness.

However; if you are not satisfied with your new doctor or his treatment try and find a physician specially trained to deal with the elderly (Geriatrician). Your local physicians' registry could be helpful.

– Audrey

DEAR HENRY,

Faith in your health care provider is essential. If you feel your physician is not listening to you or not tending to your needs, you need to find another doctor. Stereotypes about senior living can be found everywhere and anywhere, the practice of medicine is not immune.

I do not think, not giving you everything you want is equal to not listening to you. Mom is right. There is not a magic pill that will cure all of your ills. The prudent use of medication is often good practice. Medicines have both benefits and risks. I have often seen people having to take pills to counteract the adverse effects of other medicines. Before they know it, they are taking 20 pills a day and have pharmacy costs that are hard to cover.

– Kimberley



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PAW'S CORNER

By Sam Mazzotta

Advancing Animal Rights Starts in the Home and Community

DEAR PAW'S CORNER: I'm 11 years old, and I feel really strongly that all animals should be treated well. Not just pets. But how can I help animals when I'm just a kid? Will people take me seriously?

– May D., Omaha, Nebraska

DEAR MAY: People of all ages can make a difference for animals. Kudos to you for caring and wanting to make the world better. Pets, livestock, wildlife and animals used for testing all deserve consideration and humane treatment.

The first thing to do is get more people on your side. Talk to your parents about how you feel and how you want to take meaningful action to help animals. Tell your friends. Talk to your teachers. Some may want to help right away, but others may not seem interested or even be against certain kinds of animal welfare. Expect that you'll get a little pushback from some people, and don't give up.

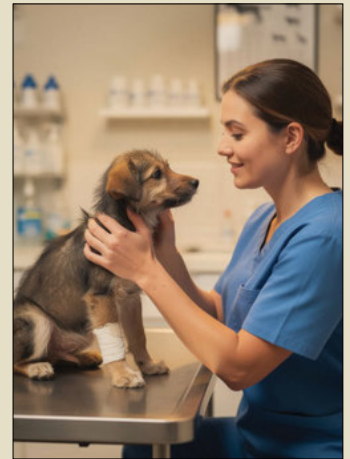
Second, educate the people in your life. Your voice is a powerful asset in advocating for animal rights. Knowledge is also essential. Pick one animal rights issue in your town

or state, learn about it, and tell your family and friends what you've learned.

Third, get involved with groups that actively promote animal welfare. (You'll need your parents' support and permission.) Help with a cleanup, join a peaceful rally, volunteer at a local shelter or write a letter to your local congressperson. These small acts add up to big results that get legislation passed, raise awareness and directly help all kinds of animals.

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

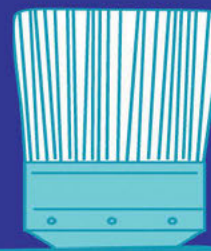
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ACROSS

- 1 Makes a choice
 5 Pear-shaped fruit
 8 "The Black Prince" author Murdoch
 12 High point
 13 Hostel
 14 Central point
 15 "Citadel" actress Chopra
 17 Only
 18 Brooch
 19 Rappers' improvisations
 21 Signaled "Hi!"
 24 — Bator
 25 Battery fluid
 26 Female royal
 30 Roulette bet
 31 Carried on, as war
 32 Pickles on "Rugrats"
 33 Inmate
 35 Chorus syllables

DOWN

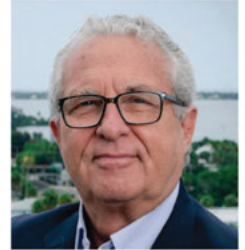
- 36 "I dropped the fruitcake!"
 37 How distant stars shine
 38 Politico Nancy
 41 Parcel of land
 42 Latin 101 word
 43 Archbishops, e.g.
 48 Get overemotional
 49 Slithery fish
 50 Prime-time hour
 51 Villa d'—
 52 Tofu source
 53 Bigfoot's cousin
- 8 Harmonious
 9 Leeway
 10 Between jobs
 11 Beholds
 16 Help
 20 Royal flush, e.g.
 21 Get bent out of shape
 22 Computer brand
 23 Caesar's "I saw"
 24 Implores
 26 Primitive flutes
 27 Wax-coated cheese
 28 Ledge
 29 Do in
 31 Courts
 34 Mollify
 35 Lengthy list
 37 — Perignon
 38 Leaf
 39 Flightless birds
 40 Endure
 41 Easter bloom
 44 Classic car
 45 Dead heat
 46 Sinusitis doc
 47 Six, in Sicily

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Helping Seniors Info Series

APRIL 2026

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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!

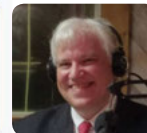
Saturday - April 18th - 1000am-200pm - All European Car Show. American Muscle Car Museum - 3500 Sarno Road - Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

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)



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Finally Laid to Rest after 76 Years. - Korean War KIA Army Soldier Willard Edwards

While the process is very slow and arduous, America has not given up trying to locate its fallen in all wars since WWII who became POW's or Missing in Action. An amazing story of that effort, and a decorated hero of what many call, our Forgotten War, Korea 1950-52, came home to be honored on 27 February.

Private First Class Willard Hoyt Edwards, born in West Virginia, died on his twentieth birthday, 02 December 1950, during the brutal fighting at the Chosin Reservoir in North Korea. He served in the 31st Regiment of the 7th Infantry Division. His combat heroism is reflected in the shadow box which is pictured below and which was assembled by the US Army for his descendants, many of whom now live in Florida. Some came far away to honor him and had not seen each other in 30 years.

Edwards's remains were discovered in North Korea about two years ago and only two months ago were positively identified by the Defense POW/MIA Agency in Hawaii. Finally, PFC Edwards came home. There was a moving, if short, service and sharing memories at the North Brevard Funeral Home in Titusville, followed by interment at the Cape Canaveral National Cemetery.

Rolling Thunder FL-Chapter 1 escorted the hearse and formed an honor line; Tom and Denise Fitzgerald led their new Caisson horse team and Donn Weaver, who served in Korea two decades after Edwards, offered reflections on Edwards's service and sacrifice. He linked Edwards to Cocoa Native Emory Bennett, who fell in Korea in 1952 and was awarded the Congressional Medal of Honor. Bennett is buried at the Pinecrest Cemetery in Cocoa. As far as is known, Edwards becomes the first combat death from a war buried at CCNC. He was finally laid to honored rest and will be neither missing nor forgotten any longer. (S)





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Weekly SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Thefts of Taxpayer Money

Note to thieves: Don't get stopped on a traffic violation while you're carrying a pile of stolen goods and electronics in your car, especially if you're crossing state lines. One pathetic criminal was stopped while transporting electronics that were bought by an in-house thief at the VA who was in charge of buying goods with government credit cards.

The VA thief had handed over part of his \$200,000 stash of stolen electronics to have them sold by his thief partner. Found in the traffic stop were phones, a gun with a magazine, credit cards belonging to other people and a pile of cash. At the VA thief's home additional electronic items were found, including soundbars, headphones and speakers.

Unfortunately, these thieves will only serve a year in prison, but they do have to pay back nearly \$200,000.

The VA's Office of Inspector General (along with the IRS and the Small Business Administration) was in on the investigation of a thief who stole \$1 million in CARES Act funds

-- and bought himself a 9-hole golf course. The Coronavirus Aid, Relief and Economic Security money was to help small businesses stay afloat through the Covid pandemic, a loan to be used for payroll, rent, mortgage and other business-related expenses.

The thief owned four companies at the time (including a bar, a bistro and a grill) and applied for economic injury money on all of them because he wasn't able to get a standard bank loan for the golf course purchase. When applying for the money, he neglected to mention that one of the companies was being sold to someone else at the time.

He could have gotten up to 20 years in prison and a fine of \$250,000. Instead, he was sentenced to only 15 months in prison and a year of supervised release -- after fraudulently obtaining over a million dollars of taxpayer money.

Perhaps taxpayers will get the money back: The golf course is currently for sale. (S)

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The Hope of Easter

Rev. Jeff Wood, First Presbyterian

Easter, celebrated this year on April 5, marks the resurrection of Jesus Christ — a kind of folk rabbi who claimed to a savior like Messiah. He was put to death by the establishment of that day as a blasphemer and a danger to the status quo. However, after a death by certified executioners, his corpse came back to life vindicating his claims. This resurrection of Jesus is the cornerstone of the Christian faith and one of the most hopeful days on the calendar. Easter Sunday bursts forth with its message that Jesus triumphed over death, and that through him resurrection is possible for us.

Churches fill with lilies and music. Families gather around the table. And in the lengthening days and blooming world outside, nature itself seems to join the celebration of new life through Christ.

However you observe it, Easter invites a personal pause: to give thanks, to sit quietly in the spring light, or simply to let hope back in. Wishing you and yours a blessed and joyful Easter. ☺

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King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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

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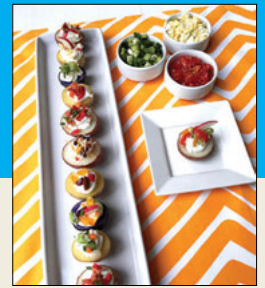
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Donna Erickson's BEST BITES

By Donna Erickson

Prepare Stuffed New Potatoes: A Spanish Tapas Snack



Do your kids snack all day? Some parents call it "grazing." And when kids grab a bite here or there, it's fine -- as long as their quick forays into the kitchen are healthy ones.

Spanish tapas are hearty snacking heaven. They're a specialty of Spain that is enjoyed between meals, and sometimes people combine many different tapas to make a full meal. Typically, tapas may include a simple bowl of cold marinated olives, mushrooms, artichoke hearts, or kid-friendly and popular stuffed potatoes.

These handheld potatoes are a unique and fun after-school snack. Just pop them in the microwave, start reciting the rhyme "one potato, two," and in minutes, they'll be baked! You also might want to put them on your dinnertime menu once in a while. As a satisfying side, you can vary the chopped fixings with the meal and individual tastes.

SPANISH TAPAS STUFFED NEW POTATOES

Makes 12 handheld servings

- 6 red new potatoes, each about 2 inches across
- 1/2 cup sour cream
- Chopped toppings such as hard-boiled eggs, bacon, tomatoes, radishes, cucumber, salad onions, chives and dill

Take a few small bowls from the kitchen cabinet and fill them

with the individual toppings. The results are always colorful and appetizing.

Scrub and clean the potatoes with a little vegetable brush. It only takes 1-2 minutes. Cut each potato in half, then trim a flat piece off each bottom so that the potato halves sit upright.

Place them upright on a microwave-safe plate and cover with microwave-safe wax paper, parchment paper, or a microwave-safe lid. Wrap or cover to allow steam to escape. Cook on high for about 4 minutes, or until tender.

Arrange the warm halves on a flat platter. Use a melon-ball scoop or a teaspoon to dig out a little pocket from the center of each half. (Save and refrigerate the scooped-out portion for a scrumptious Spanish omelet the next morning. Just add a little onion and salsa!)

Now it's fill-'er-up time for your hungry grazers. Spoon a dollop of sour cream in each potato's cavity. Go to the bowls of delectable toppings and spoon or sprinkle choices over the top. Grab a napkin or small plate, and it's ready to enjoy!

Cook's Note: To vary the look and flavor, I grab a variety bag at my local grocery store that contains small red new potatoes, Yukon Gold, and a purple variety. (S)

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Our Reach & Impact

In 15 years, we've grown from feeding 27 students to **over 4,800 weekly** across 60 schools & agencies—improving attendance, behavior, health, and academic success.

Why It Matters

70% of Brevard elementary students qualify for free or reduced lunch programs. That's an estimated **25,000 children**.

For many, that means a **68-hour stretch of weekend hunger**—leading to poor health and academic struggles.

How You Can Help

Just **\$16/month** helps feed a hungry child every weekend. You can also make an impact by **organizing a food drive** or **hosting a fundraiser** to support our mission and raise awareness.



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About Us

The Children's Hunger Project is a 501(c)(3) nonprofit organization committed to ending the growing crisis of weekend hunger among local children.

With the support of a small, passionate staff and a dedicated team of volunteers, we provide elementary school students with kid-friendly food packages—ensuring they don't arrive at school on Monday mornings hungry.

Proper nutrition is essential for academic success. By improving access to nutritious food over the weekend, we help at-risk children return to school better nourished, focused, and ready to learn.

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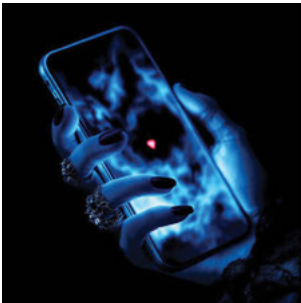
By Matilda Charles

No, the IRS isn't going to send you a text message asking you to pay with a gift card.

No, your water company isn't going to send a message to your phone demanding that you immediately pay the next year's usage in advance because of "a new state law."

And no, you can't be sure the voice on the panic phone call you receive about needing money is really your grandchild.

Don't get taken in by a scam.



The IRS doesn't want gift cards. They want real money. And they'll let you know via letter, not on your phone.

The water company's demand for a year's payment in advance because of a state law you've never heard of ... fake.

And that pitiful voice on the

phone that you believe is your grandchild asking for money, not so fast. One of the worst steps AI (artificial intelligence) has taken lately is the ability to mimic voices.

Some basic rules for this brave, new world:

- Don't be so quick to hand out your cellphone number to just anyone who asks for it. Once it's out there, you have no control over how far (and to whom) it will go. Pause before you give the number out. Feel free to lie: "I don't have a cellphone." Or even just say, "I don't give that number out."
- Create a family code word and use it to ensure who's really on the other end of the phone asking for money.

If you've had your phone for a long time, you have your work cut out for you to battle against those who would try to scam you using that number. Be on guard each time the phone rings or a text message comes through.

Remember: Don't click links! Ⓢ

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What is Probate? *continued from page 13*

the decedent passed away will show the EIN. There is a substantially higher tax rate on a 1041 than on an individual 1040 return. To avoid the higher tax rate, income can be distributed from the estate to the beneficiaries and shown on Schedule K-1s. This way the income is reported on the beneficiaries' individual 1040 tax returns, avoiding the higher tax rate on the 1041.

For large estates, the Personal Representative may also have to file a 706 Estate Tax Return. An individual can pass \$15,000,000 before there is any estate tax. For a couple it is double the amount \$30,000,000. If the first spouse to die has not used his/her full \$15,000,000, the unused balance is available to the surviving spouse.

ADMINISTRATION EXPENSES: The Personal Representative will incur various expenses including attorney's fees. Florida Probate Rules require that every Personal Representative be represented by an attorney unless he/she is the sole interested person. The Florida Statutes suggest a fee for the attorney as well as the Personal Representative of 3% for estates between \$100,000 and a million dollars for ordinary services. The Statutes provides for additional fees for extraordinary services. There are also court filing fees and the cost of publishing Notice to Creditors in the newspaper. Ⓢ

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.

Worldwide Trends In Diabetes

continued from page 19

Obesity is the greatest risk factor for diabetes, and the obesity epidemic too is soaring out of control. A recent study showed that more people in the world now overweight than underweight. This study also found that between 1975 and 2014, the global population's BMI (Body Mass Index) increased at a rate which correlates with every person becoming on average 3.5lb heavier each decade. Today, 66% of adults in the United States are considered overweight, and among them, more than one third (35.7%) are obese.

The burden of diabetes, both in terms of prevalence and number of adults affected, has increased faster in low-income and middle-income people than in high-income people. Research is increasingly demonstrating that diabetes can largely be prevented through healthier lifestyles and diet. However, translating this evidence into policy and practice is not an easy feat and will require significant reform of public health policies, health systems, and changes to the food and build environment.

[^aThe Lancet, April 09, 2016]. Ⓢ

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continued from page 14

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10. We have been promoting our Senior Program for the past 10 years in Florida and for the past 25 years in Los Angeles, California. WE ARE SENIOR EXPERTS! Ⓢ

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travelcenterusa@gmail.com	travelwithpowers@gmail.com
website: www.thetravelcenterusa.info	

developed his Chico voice to convince a gang he wasn't Jewish but Italian. Young Groucho developed a wonderful German accent that had to be stopped because a German U-boat sank the Lusitania. The German character was quickly and repeatedly booed off the stage. This was a stroke of great fortune. Scrambling for a character, Groucho evolved into the stooped and wisecracking image we still love today.

As their popularity grew they next invaded Broadway and struck gold with three hit plays.

By the time the Marx's hit Hollywood, they were already major stars. Their first film was a silent comedy made in 1921 and never released. Ten years later they adapted their Broadway plays to film such as *The Coconuts* and *Animal Crackers*. In all Groucho made 26 movies, including the 13 with his brothers. When the film career came to a halt, Groucho was asked to host a radio quiz show, *You Bet Your Life*. By 1950, it was brought to television. Although it seemed that Groucho was ad-libbing his way through the show, much of it was later revealed to have been scripted.

Songs Groucho introduced as still sung today—"Hooray for Captain Spaulding," "Hello, I Must Be Going," "Whatever it is, I'm Against," and "Lydia the Tattooed Lady." The greasepaint mustache and eyebrows were born one night in vaudeville when Groucho didn't have time to put on pasted ones.

His three marriages ended in divorce. He once described the perfect woman as "someone who looks like Marilyn Monroe and talks like George S. Kaufman."

Despite not having a formal education Groucho carried on correspondence with most of the major figures of his day. The letters are housed in the Library of Congress and are included in his books.

In the 1960s he experienced a rebirth. The films were on television and he became a hot guest on the variety shows. He was a favorite with Johnny Carson, Jack Paar, Dick Cavett, Steve Allen and Merv Griffin.

By the 1970s he started to fail. He died at age 84 on April 21, 1977 in Palm Springs, California. His death, some believe, was overshadowed by the death of Elvis three days earlier.

To this day Groucho impersonators are found in Vegas and cruise lines entertaining another generation with his style and wisdom.

Many years ago I took an assignment to interview Marvin Hamlisch because I knew he was a close friend of Groucho's. When the interview was over Marvin thanked me. I asked if he would honor me by giving Groucho my address for a signed photo. He agreed. Weeks turned into months until one day a 9X 12 brown envelope arrived. Inside was a photo of all the brothers with Groucho's inscription, "To George, You Bet Your Life. Groucho."

To this day it is one of my most cherished keepsake.

Hooray for Captain Spaulding!!!!!!!!!!!!!!

Some of the most famous Groucho Comments:

- Alimony is like buying hay for a dead horse.
- Are you going to believe me or what you see with your own eyes?
- Why was I with her? She reminds me of you. In fact, she reminds me more of you than you do!
- A man is only as old as the woman he feels
- As soon as I get through with you, you'll have a clear case for divorce and so will my wife. ☺



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Which Kinds Of Businesses Are Least Likely To Be Disrupted By Artificial Intelligence? *continued from pg 16*

5. High-End Craftsmanship & Custom Work

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- Custom furniture makers
 - Specialty chefs
 - Tattoo artists
 - Luxury designers
- ❖ Why safe: AI can generate ideas, but people pay for authenticity and craftsmanship.

6. Complex, High-Stakes Decision Roles

Jobs where responsibility, liability, and judgment matter.

- Trial lawyers
 - Surgeons
 - Executives / business owners
 - Crisis managers
- ❖ Why safe: Even if AI assists, humans remain accountable.

7. Businesses Built on Trust & Reputation

Especially in local communities.

- Financial advisors (relationship-driven)
 - Real estate agents
 - Insurance brokers
- ❖ Why safe: People trust people, especially for big life decisions.

■ What's MOST at risk (for contrast)

These are the kinds of businesses AI is rapidly changing:

- Data entry / admin services
- Basic content writing
- Simple coding
- Customer support centers
- Bookkeeping (entry-level)

■ The Big Rule of Thumb

If a business depends on:

- Physical presence ❖ safer
- Human trust & relationships ❖ safer
- Complex judgment ❖ safer

If it depends on:

- Repetition ❖ at risk
- Digital-only tasks ❖ at risk
- Predictable workflows ❖ at risk

■ Bottom Line

The safest businesses are those that combine:
"Hands-on work + human connection + unpredictability." Ⓢ

Guarding your Nest Egg

continued from pg 17

help your spouse pay off a mortgage or supplement lost Social Security.

These are just a few ways to guard your nest egg. No two people reading this article will have the same financial situation or personal goals. This is why it is important to curate a financial plan that is specific to you and your needs. As a board-Certified Financial Planner®, not only do I have the experience, but the knowledge to assist all of my clients with their goals. If the concept of guarding your nest egg interests you, I encourage you to book a free, no obligation appointment with me at ValaVanis Financial. We are located in downtown Melbourne, but also take introductory appointments via Zoom and phone. To book an appointment, call (321) 956-7072.

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The Senior Resource Center

continued from pg 20

in a Row" - something that Helping Seniors advocates that all Seniors (and soon-to-be Seniors) do.

The 4th Thursday Senior Education series is a great double-header that offers a 10 am Knowledge College for Aging meet and then an 11 am Helping Seniors Wellness Series event - with great information, snacks, and door prizes too!

Knowledge College for Aging sessions help each of us develop our own Aging Plan - we call it "Getting Your Ducks in a Row". Each class offers tips and ideas to help each person get ahead of the "Aging Curve" by tackling topics that represent the 7 Pillars of a good Aging Plan.

The Helping Seniors Wellness Series offers a great moment to learn about topics that will maximize our Health and Wellness in our Senior years.

The Center is also a licensed location of the AARP OATS Senior Planet program that helps us gain mastery of all things online - smartphones, computers, etc. Each 2nd Friday, 100pm-230pm, Senior Planet Tech Talks, under the leadership of millennial Bri Prentice, guides Seniors in making the best use of technology. Classes are free and are designed to maximize user success with common digital tasks.

The Senior Resource Center hosts many special programs as well - including the popular "Nourish Your Spirit" event hosted by Senior Helpers of Melbourne featuring Chefs For Seniors Executive Chef Jillian Zebris. Each class is not only a great learning experience to help us master healthy and nutritious meal preparation, but also serves as a great tasting experience as well!

Always check your Senior Scene Magazine - or call us at 321-473-7770 - to learn of the calendar of upcoming events! We hope to see you here soon! Ⓢ

A Variety of Azaleas Bring Spring Blooms

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 Syn 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. 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. ☺



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Where Have All the Sparrows Gone? - to Disney! *continued from page 10*

development. Similarly, mosquitoes do not breed in deeper water. Along the Indian River Lagoon some saltwater wetlands were flooded to eliminate mosquito habitat. There were fewer mosquitoes hatched but Dusky were soon gone completely.

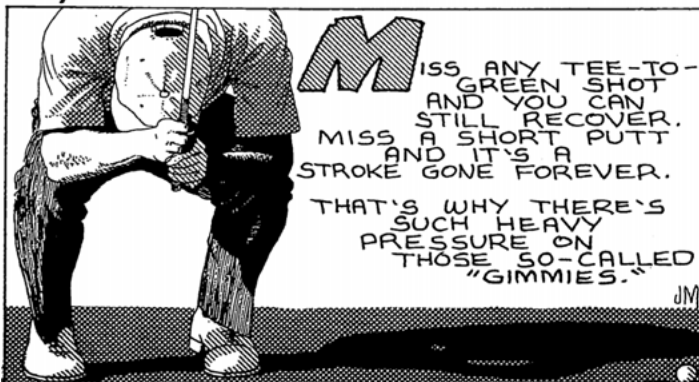
During World War II trials for the insecticide DDT were conducted on the barrier island with consequences across many species. The human species thrived with each "improvement" to the demise of our reclusive sparrow. The Dusky dwindled first on Merritt Island. Then they were found only west of Cocoa where Dr. Bayley and I slogged in 1975.

The swan song for the Dusky Seaside Sparrow came with

the construction of the Beeline Expressway (now called the Beachline). The four-lane highway sliced through the last Dusky habitat. The bird population decreased almost before scientists noticed.

By 1979 only seven males survived, six were captured, and just like sports heroes, the six went to Disney World's Wild Kingdom. Breeding with the related Scott Seaside Sparrow was unsuccessful. The last Dusky died in 1987. Dr. Bayley moved to Alaska to race sled dogs. Dr. Kale died too soon. No one listens for the Dusky Seaside Sparrow anymore and I haven't slogged in a long, long time. (S)

Play Better Golf with JACK NICKLAUS



APRIL 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

APRIL EVENTS

Apr 1 & 2: Why So Serious, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Apr 1 - 27: Between Worlds - Solo Exhibition, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Apr 1 - 29: Art Instruction Class, CBAA Office & Studio, Rockledge, cbaartists.com

Apr 1 - May 3: Follow the Line - The Artwork of Sonia Mueller, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Apr 2: Gary Owens - No Hard Feelings Tour, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 2: Resin Trinket Tray Workshop, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

Apr 2 - 23: Handbuilding Pottery Series, Harbor City Art, Melbourne, harborcityart.com

Apr 3: EGAD First Friday, Eau Gallie Arts District, egadlife.com

Apr 3: Friday Fest, City of Cape Canaveral, CapeCanaveral.org, 321-868-1220

Apr 3: Little River Band, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 3, 10, 17, 24: Painting with Alex Staniewicz, CBAA Office & Studio, Rockledge, cbaartists.com

Apr 3, 10, 17, 24: Sip and Paint Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

Apr 3 - 26: One Man Two Guvnors, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Apr 4: What's Hoppin', Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Apr 4: Founder's Day, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Apr 4: Raffia Baskets Workshop, Harbor City Art, Melbourne, harborcityart.com

Apr 4: Inside the Palette with Michael Harding, Azan Shrine Temple, Melbourne, brevardwatercolorssociety.org

Apr 4: WFIT Sonic Waves Music Festival, Intracoastal Brewing Company, Melbourne, egadlife.com

Apr 4: Bad Bunny Easter Pub Crawl, Cocoa Elks Lodge, Historic Cocoa Village, visitcocoavillage.com

Apr 4: Leonid & Friends, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 4, 11, 18, 25: Green Gables Open House, Green Gables, Melbourne, greengables.org, 321-306-8635

Apr 4, 11, 18, 25: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com

Apr 4, 11, 18, 25: Saturday Farmers Market at Riverview Park, Downtown Melbourne, downtownmelbourne.com

Apr 5 & 19: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmabayfl.gov, 321-952-3400

Apr 6, 8, 9: Sewing Workshops, MyMakerScape, mymakerscape.com, 321-499-3127

Apr 6, 13, 20, 27: Drawing Class, CBAA Office & Studio, Rockledge, cbaartists.com

Apr 8: Crystal Gayle, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 9: Beginning Watercolor Painting Class, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Apr 9: Art in Public Places Open House, Brevard Cultural Alliance, Melbourne, artsbrevard.org, 321-690-6817

Apr 9: Samantha Fish & Tab Benoit, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 9 - 12: The Odd Couple - "Pop-up" Dinner Theatre, Serenity Venue, Melbourne, foundrytheatrecollective.com

Apr 10 & 11: Ladies of the 80s, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Apr 10 - 12: NBAL's Spring Art Show, Holiday Inn, Titusville, northbrevardartleague.com, 321-383-7441

Apr 10 - 12: Willy Wonka Jr., Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Apr 10 - 19: The Civil War, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Apr 11: Botanical Fest, Downtown Melbourne, downtownmelbourne.com

Apr 11: Family Day Paint Party, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

Apr 11: Twined Rope Bowl Workshop, Harbor City Art, Melbourne, harborcityart.com

Apr 11: Neurographic Drawing Class, Breakers Art Gallery, Satellite Beach, breakersartgallery.com

Apr 11: Tommy Castro & The Painkillers, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 11 & 18: Hands in Motion Drawing Workshop, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Apr 11 - May 3: Make Your Own T-Shirt Design Exhibition, Strawbridge Art League, Melbourne, strawbridgeart.org, 321-952-3070

Apr 12: The Golden Steppers... And All That Jazz, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Apr 12: Showcase of 2026 Scholarship Winners, Brevard Veteran's Memorial Center, Merritt Island, spacecoastjazzsociety.org

Apr 12 - 13: The Music Man, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 15: Afternoon Tea, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Apr 16: Ali Campbell & UB40, Riverfront Park, Cocoa Village, visitcocoavillage.com

Apr 17: Casino Night Fundraiser, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Apr 17: Miro String Quartet, St. Mark's Methodist Church, Indialantic, melbournechambermusicociety.org, 321-213-5100

Apr 17: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org

Apr 18: Fused Glass Workshop, Harbor City Art, Melbourne, harborcityart.com

Apr 18: Cocoa Village Bookfest, Riverfront Park, Cocoa Village, visitcocoavillage.com

Apr 18: Mini Workshop, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

Apr 18: Skit Happens Bingo, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Apr 18: Season Finale: Creation, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 18: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Apr 19: Chielì Minucci & Special Efx, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 19: Adiogo Sax Quartet - A Saxy Spring, Harbor City Baptist Church, Melbourne, mmband.org, 321-724-0555

Apr 20 - 21: Painting Through the Photographers Eye with Xi Guo, Hester Wagner Community House, Melbourne, brevardwatercolorssociety.org

Apr 21 - May 26: Watercolor Series, Harbor City Art, Melbourne, harborcityart.com

Apr 22 & 29: Perspectives Drawing Workshop, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Apr 22 - May 27: Drawing Series, Harbor City Art, Melbourne, harborcityart.com

Apr 24: The Rush Tribute Project, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 25: Green Gables Classic Motorcycle Show, Green Gables, Melbourne, greengables.org, 321-306-8635

Apr 25: Spring Fling Plant Sale and Bees, Butterflies, and Bloom Festival, UF IFAS Brevard County Extension, Cocoa, titusville.org

Apr 25 & 26: Melbourne Art Festival, Wickham Park, Melbourne, melbournearts.org

Apr 26: Art in the Park, Riverwalk Park, Rockledge, cbaartists.com

Apr 28: Brit Floyd - The Wall, The Moon, and Beyond, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 29: Theresa Caputo, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 29 & 30: Conductor's Choice, Melbourne Auditorium, Melbourne, mcorchestra.org, 321-724-0555

CLUBS & ORGANIZATIONS

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

Apr 10: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Coaster's Tap House, 5675 N. Atlantic Ave., Suite 122, Cocoa Beach on Friday, April 10 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

Apr 16: The Single, Separated, Widowed and Divorced (SSWD) group will hold a potluck lunch in the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach. 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 Suntime / 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/>

04 Apr – Easter Egg Hunt presented by Georgianna Church for almost 1000 kids. BVMC Park. 0900- 1300

11 Apr – Heroes for Military Kids 5 K Kids Dash. 0800-1030 at the Avenues in Viera. Sponsored by AVET. Check out www/avet-project.org.

11 Apr. – Space Coast Honor Flight #1 of 5 2026 visits by veterans to see their monuments and memorials in Wash DC. Starts at 0400 hours at Melbourne International Airport Main Terminal with Welcome home set 2030 hours same evening. Come out and honor these veterans, some from the Korean War era and their Guardians that will travel with them. MOAACC Good Deeds funds FIT

ROTC Cadets and Veterans in the VA sponsored FIT Psych PhD program to serve as guardians throughout the year. Contact schf.org for more information and to sign up on the waiting list for both honorees and guardians.

17 Apr – 30th Annual Stars and Stripes Patriotic Golf Classic hosted by the Military Affairs Council of Accelerate Brevard 1100-1800. At the Cocoa Beach Country Club on 5000 Tom Warriner Blvd, Cocoa Beach. Sign up to Golf or come for auctions and raffles. See Accelerate Brevard Events Web site for info.

17 Apr – NEW VENUE Second Annual Space Coast Military Enlistment Ceremony 1500-1600-1800 Ceremony.

Viera High School Football Field Support more than 300 young men and women who have elected to enlist in all military service branches at or near high school graduation. Contact Donn Weaver, 757-871-6576 for more information.

18 Apr – USAF and Space Force JROTC Drill Meet at Melbourne High 0800-1200. Suggest Visit between 0930- 1100. Trophies also funded by MOAACC Good Deeds Foundation. Contact Donn Weaver for more information..

24 April – 5th Annual NVHS Golf Tournament Fundraiser 0700-1400 at Rockledge Country Club. Sponsors needed and registration at \$125 per golfer available at: event@nvhs.org. Prizes, Lunch, Hole in One free Car and much more, all to support the work of NVHS to prevent veteran family homelessness. and help those who are.

25 Apr – Civil War Day at Liberty Bell Museum 1601 Oak Street Melbourne. 1000- 1500. Re-enactments, period uniforms and equipment, displays, family friendly activities. Free admission. All ages welcome. Contact. DUVCWFL15@Gmail.com for more info.

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

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.

Intro to Stamping and Card Making with Donna

1st Thursdays, 1:00 - 2:00 PM

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, Book Club

1st Friday, 11:00AM

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

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

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

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 10AM - 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 THIRSD 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 THIRSD 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, P.A., Thursday, April 9th, at 2pm. Join Rhodes Law, P.A. 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, P.A. 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 DeLaura, RIFS 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 DeLaura 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 Alonso 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 10am. 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 9-11pm. 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

Visit OneSeniorPlace.com

Click Twice
to Visit
Website



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!

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

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

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

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.

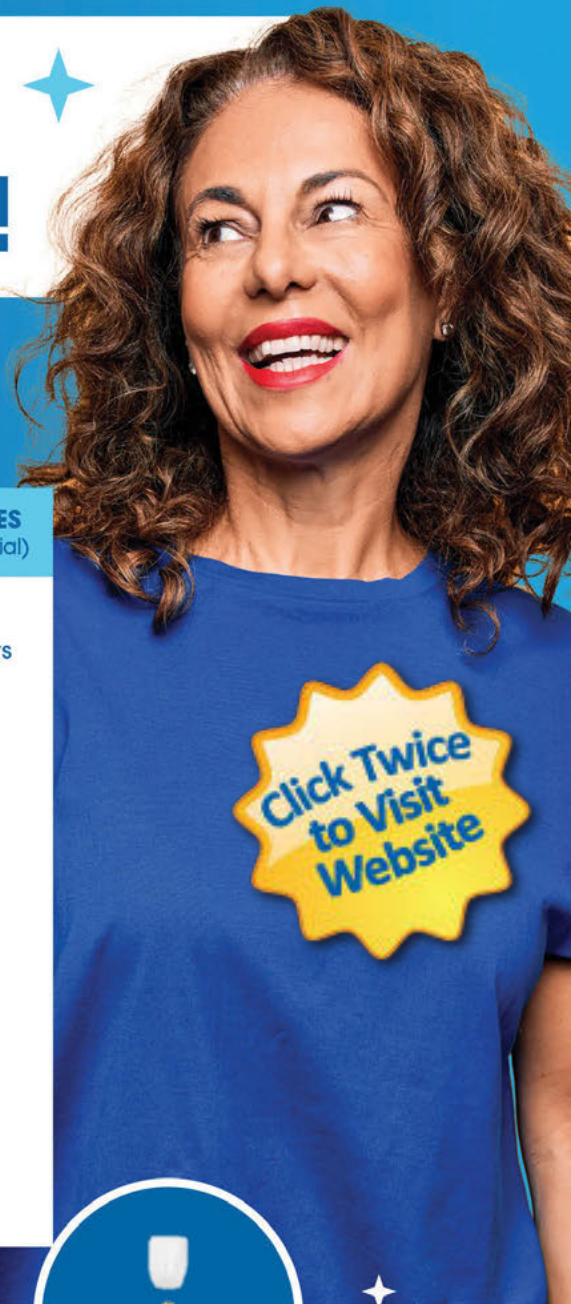
- Fashion Show
- Signature Cocktail/Mocktail
- Hors D'oeuvres
- Self-Care Vendors

RSVP to 321.339.0551

FREE
EVENT AT
ONE SENIOR
PLACE!



WE OFFER DENTAL IMPLANT SERVICES!



Learn why dental implants are the superior tooth replacement option.

TOOTH REPLACEMENT TREATMENTS	IMPLANT	BRIDGE	DENTURES (Full or Partial)
Longevity	Can last a lifetime with good oral hygiene	7-10 Years	5-7 Years
Natural Look & Feel	Yes	No	No
Same Care As Your Natural Teeth	Yes	No	No
Preservation Of Healthy Adjacent Teeth	Yes	No	No
Prevent Bone Loss & Preserve Facial Appearance	Yes	No	No
Need Regular Adjustments	No	Yes	Yes
Accelerated Loss Of Adjacent Teeth	No	Yes	Yes

OUR IMPLANT SERVICES

- **Single Implants** - A great option for patients who are missing one or multiple teeth
- **Overdentures/Snap-On Dentures** - No more gluing your dentures in! This type of denture uses implants for support so you can snap them in!



Bright Now!® Dental
& ORTHODONTICS

READY TO RESTORE YOUR SMILE?
CALL OUR OFFICE FOR A CONSULTATION!

Satellite Beach
1324 Jimmy Buffett Mem Hwy
Satellite Beach, FL 32937
321.773.6666

Melbourne
1770 N Wickham Rd
Melbourne, FL 32935
321.253.0606

Palm Bay
1051 Port Malabar Blvd NE
Palm Bay, FL 32905
321.729.6060