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MAY 2026

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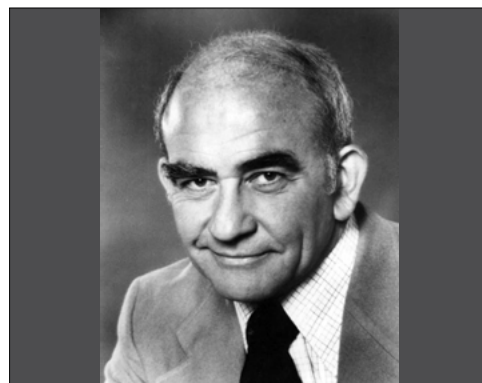
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# Letter from the Publisher

The month of May has special meaning for many of us. During this month we celebrate our Moms on May 10. Whether she is still here with us or not, it can be a time to share some wonderful memories. The other special day in the month of May is Memorial Day Holiday, May 25. We all know someone who has served in our military. Please remember to thank them, either in person or at one of the many celebrations around the Space Coast.

One of these events this year is the Annual All Veterans Reunion at Wickham Park May 7-10. It is an educational and emotional experience that is well worth a visit.

Our staff and I have had the opportunity to meet many of our loyal readers at the many health fairs and expos over the last few months. We always love hearing how much you enjoy reading our magazine cover-to-cover and enjoy all the informative articles. Have you had a chance to visit us on facebook yet? It's a great way to keep up with any special news items we have for you.

On a lighter note, for those of us who saw Star Wars in May 1977 in the theater, let's join in celebrating May 4. May the 4th be with you.

So with another busy month behind us, another is on the way. See you next month.




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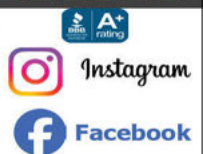
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# Seventy Years of Ice Cream

By Diane Barile, South Brevard Historical Society

A remnant of the 1950s decorates 402 US 1 in Melbourne. The ice cream cone sign and drive up stand are beacons to one of the town's oldest and most tasty businesses. For seventy years, since 1956, the roadside outdoor shop has been a community landmark. It's the place where grandparents bring grandchildren for soft serve treats; the same place they brought their children.

For thirty years the place was a Tastee Freez franchise until owner Delbert C. Schmadel took it private as Del's Freeze in 1968. Del was known as "the sweetest guy in town". It was his habit to show up with cool treats at community or church events even to his sponsored ball games.

Today the enterprise is owned by Alvin and Lisa Pope. Lisa counts the best memories of childhood working for Del while in high school. She found a mentor and kindred spirit in Del. He sold the shop to Lisa before he died in 2008.

The Del's Freez building is a cultural icon. It is a classic drive up with one window for ordering from the handmade menu signs. You pick up your treats from the second window. The red, white and blue building includes an

attached, open air pavilion where you are seated to enjoy your indulgences. There is in a sense of a bygone era as you chat with fellow customers.

The shop is open from 11:00 am until 10 or 11:00 pm. Often, especially in the evening, the line threads zigzag to the street. Usually conversation in line includes how many years you and your family have enjoyed the place and the people behind the counter.



While all purchases at Del's are cash only, the variety of offerings is excessive. Of course there are cones of various sizes and combinations of vanilla and chocolate with homemade strawberry and peanut butter. There are shakes and sundaes with endless lists of toppings. Of course there are freezes and banana splits, but add beef hot dogs.

So enjoy some history of the 1950s in a most delicious way. ☺

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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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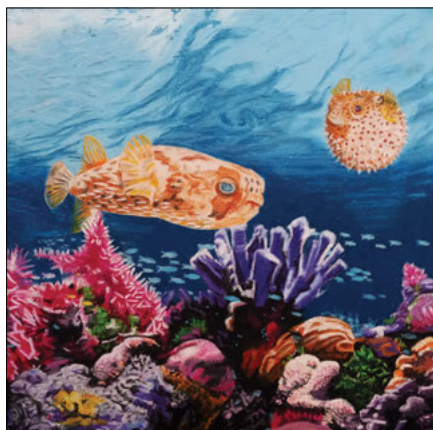
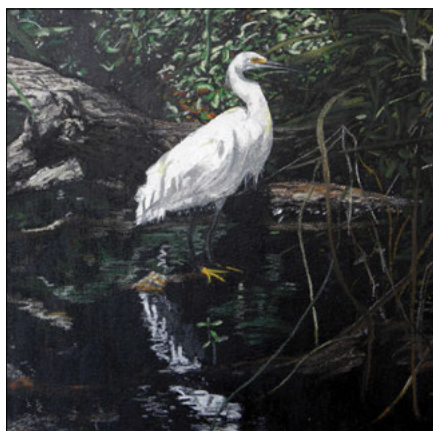
## COVER STORY

# Sergio Torres - Pastels with Passion

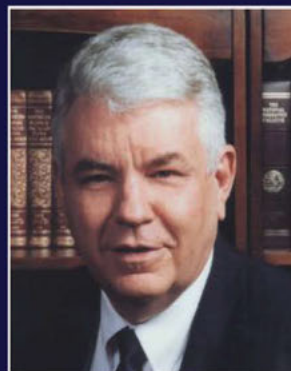
Oil pastel, soft pastel, and mixed media are the preferred medium of Miami artist Sergio Torres. At his art shows people stop and wonder if the paintings are photographs.

His paintings hold one's focus to taste the experience of each brushstroke, each intentional color scheme, each detail that changes from a closeup view to a distant view. Themes range from women pondering in space, athletes excelling in their sport, nature and its awe-inspiring dimensions of form, the wonders of an endless space canvas, military in action...

The Great White Heron, 2010, oil pastels on canvas, reflects the heron's image off a still body of water. Edge of Tranquility, 2008, oil pastels on paper, has a quaint house perched on a mountainside surrounded by a quiet, green landscape. Cosmic Cross, 2008, soft pastels on Bristol paper, depicts the tangled, enigmatic beauty of space, and Atomic Lust, 2008, soft pastel on Bristol paper, bursts into the never-ending creation in space. ©



## ESTATE PLANNING BOOKLET



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TALK WAS.....

# Ed Asner Is Juggernaut of Convictions, Ideas and Talent That Never Slows Down

By George Khoury

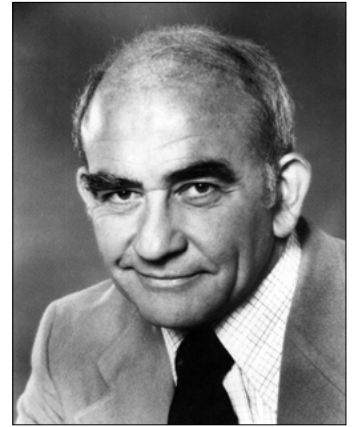
He is the only actor to win Emmy awards for both Comedy (The Mary Tyler Moore Show) and Drama (Lou Grant) while playing the same warm and loveable supportive character.

Asner could have taken his Emmys, continued to act on stage, do voice over work, star in television shows or continue in films but he didn't. Over the years he has also added "Activist" to his distinguished resume.

His critics have called him a Socialist and it is alleged that he is a member of Democratic Socialists of America. He has taken unpopular positions against racism, nuclear power and has his own opinion about 9/11 and what took down Building 7.

"When you think about 9/11, no one was punished. No one was fired, lost their job or anything like that. We don't want answers. We have become what I call, American Sheeple," he said during our recent interview. He has been affiliated with a group of architects who have questioned why Building 7 went down without being damaged. "People want to believe in the American Myth that we would not participate in a 9/11 act."

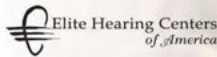
Asner has paid a high price for speaking out. While Lou Grant was a successful show, he signed a letter attempting to raise money for medical supplies for the rebels fighting in El Salvador. The issue was that the rebels were fighting against a US-backed but corrupt and oppressive regime. A few advertisers cancelled their contracts and within two weeks CBS cancelled the show. "I took that as a personal "\_\_\_\_\_ you" from the CBS Chairman."



Asner speaks in a colorful and raw style. Granted (what?) the Lou Grant role was rough around the edges and the real Asner speaks in a salty and direct manner that is refreshing. He does not mask or cloud his ideas. You might not like his politics but it is compelling to hear his logic and ideas.

Ed Asner...continued on pg 46

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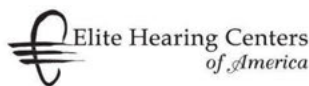
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# What is Probate?

By Attorney Truman Scarborough

This is the fourth in a series of articles on the probate process in Florida. In the prior articles we have discussed “Formal Probate”, which is required if the decedent died within the last two years and the assets to be probated are valued at more than \$75,000. In this article we will look at two shorter processes called “Summary Administration” and “Disposition of Personal Property Without Administration”.

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

The process where property is transferred from the decedent’s name to beneficiaries is called probate. In “Formal Probate”, a legal entity (like a corporation) called the Probate Estate is created by the court to take the decedent’s place and hold the decedent’s assets. A Personal Representative (executor) is appointed to manage the estate. Step-by-step the Probate Court must be shown that everything is proceeding in accordance with the Florida Probate Code and Probate Rules. This includes publishing Notice to Creditors in the newspaper and waiting three months to see if any unknown creditors file claims. From the time pleadings are first filed with the court, it takes approximately six months to close the estate if everything runs smoothly.

In addition to Formal Probate, there is Summary Administration which is available when there are no creditors and the assets to be probated total less than \$75,000. Two years after the date of death, creditors’ claims are barred and Summary Administration can be used regardless of the estate’s value. In this abbreviated process there is simply a petition to the court and a court order directing distribution of the assets to the specific beneficiaries.

One problem that we have encountered with Summary Administration is that financial institutions in other states at times do not honor a Florida Order of Summary Administration. Therefore, before filing anything with the court, we forward a copy of the proposed order to the financial institution to be sure they will comply with the Order.

Another possible concern with Summary Administration is that creditors (unless they are barred by the passage of two years from the decedent’s death) can seek payment directly from the recipients of the distribution.

*What is Probate? continued on pg 46*



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## SENIOR SCENE MONTHLY TRAVEL TIPS

# Cruise Line Gratuities: Where Do Your Tips Really Go?



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**W**e know at Senior Travel we might disturb our cruise line vendor family, but we feel it is important to give you important information that reflects our passion for traveling on cruise ships and with tour operators.

When passengers set sail on a cruise, they often leave gratuities to show appreciation for the crew's hard work and hospitality. However, few realize that these tips don't always go directly into the pockets of

the staff members who provide service (cabin stewards, waiter staff etc.).

In fact, on

most cruise lines, gratuities are pooled and distributed among various crew roles all over the ship or land operator rather than being handed straight to individuals that made your trip wonderful!

Some of you might remember in the past when taking a cruise, you were handed envelopes from the cabin steward, the assistant cabin steward, the head waiter and the assistant waiter and possibly the Maître D' in the restaurant. That was it. You put cash in the envelope and in person you gave each cruise member the envelope with a hardy "thank you."

Not so anymore. The cruise line has now enacted a daily charge on your cruise account the gratuities of between \$16-\$22 per person per day.

According to industry practices, a portion of the gratuity is used to supplement the actual pay of all of the crew, not just the staff that work for you personally. This means that your daily charge contributes to the overall compensation package rather than serving only as a bonus.

In some cases, cruise companies retain a share of the gratuities to cover administrative expenses or balance pay structures across all departments. While this system helps ensure that all staff receive fair compensation, it also means guests' generosity is shared among many employees, not just those they interact with directly.

*Cruise Line Gratuities... continued on page 45*

### Understanding How Cruise Companies Allocate Passenger Gratuities

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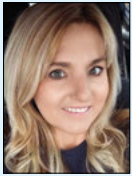
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# Refresh Your Home This Spring: Gentle, Professional Cleaning Made Easy for Seniors

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

**A**s the days grow longer and warmer, spring brings a wonderful opportunity for renewal—not just in nature, but right in your own home. For many seniors, however, the thought of deep cleaning can feel overwhelming. Moving heavy furniture, climbing ladders to dust ceiling fans, or spending hours on hands and knees scrubbing floors simply isn't as easy (or safe) as it once was.

That's where we come in. At Simply Klean of Brevard, we specialize in senior-friendly spring-cleaning services that bring fresh, sparkling results without the strain or stress.

## Why Spring-Cleaning Matters More for Seniors

A thorough spring clean does more than make your home look beautiful. It delivers real benefits for health and well-being:

- Improved air quality — We dust high places, wash curtains and bedding, and clean vents to reduce dust, allergens, and mold that can affect breathing.
- Fall prevention — Cluttered walkways, loose rugs, and hidden trip hazards are quietly removed or secured.

- Peace of mind — A fresh, organized space feels lighter and less stressful, helping you feel more in control and comfortable at home.
- Safety checks — While we're there, we can spot issues like expired items in the fridge or medicine cabinet and help keep everything accessible.

Many seniors tell us that after our visit, their home not only looks better—it feels better. They sleep easier, move around more confidently, and even notice fewer aches from avoided bending and reaching.

## Our Senior-Focused Spring-Cleaning Service

We understand that every senior has different needs and energy levels. That's why our spring cleaning is fully customized and gentle:

- Room-by-room approach — We work at your pace, focusing first on the spaces you use most (kitchen, bathroom, living room).

*Refresh Your Home This Spring... continued on page 47*



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# What To Know Before Clicking "Sign In With Google"

By James Bowman, Data Rescue Computer Service

"Sign in with Google" (from Google) is convenient—but it's not just a login button. You're linking accounts and sharing data. Here's what actually matters before you click it.

## ■ What it really does

When you use Google to sign in to another site:

- You're using OAuth (a secure login system) instead of creating a new password
- The site gets limited access to your Google account info
- Google confirms your identity so the site doesn't store your password

■ What you might be sharing  
Before approving, check what the app requests. Common items include:

- Your name and email address
  - Profile picture
  - Sometimes contacts, calendar, or Drive files (this is where it gets risky)
- If an app asks for more than basic profile info, slow down—that's a red flag unless you truly need that feature.

■ Biggest risks people overlook

1. Over-permission creep  
Some apps request way more access than they need. That access can

persist indefinitely.

## 2. Account chaining risk

If someone gets into your Google account, they may also access every site connected to it.

## 3. Shady or abandoned apps

A random site with weak security can still hold valid access to your Google data.

## 4. Data resale / tracking

Even legit apps may use your info for marketing or analytics.

## ■ Smart habits before clicking

### ■ Check the app's reputation

- Is it a known company?
- Look up reviews if unsure

### ■ Read the permission screen carefully

- Don't just hit "Allow" automatically

### ■ Use a secondary Google account

- Especially for games, quizzes, or unknown services

### ■ Periodically review access

- Go to: Google Account /Security /"Third-party access"
- Remove anything you don't use

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What To Know Before Clicking "Sign In.... cont'd on page 39



# Safety and Growth - On the Same Dollar

By Max ValaVanis, CFP®, CFS®

In my years helping retirees plan their finances, I am consistently faced with this priority decision: where can we achieve strong returns while minimizing risk? As any Financial Advisor can attest, this is a common question. Unfortunately, many advisors fail to see the potential pitfalls of placing too much faith in the financial markets. Do not forget that the stock market was an uncommon place to invest in until the last 50 years! With the advent of mutual funds, variable annuities, and retail brokerage accounts, consumers have almost unrestricted access to the stock market. This can be good for some people and, of course, has been a disaster for others.

A relatively new retail investment exists for those who wish to invest in the stock market but fear losing money. In 1995, an insurance-based investment hit the retail market, albeit slowly. In that year, investments were a paltry \$200 million nationwide. By 2024, sales are expected to top a staggering \$100 billion. Yes, that's a billion with a 'B'! Why such demand? The answer is simple: The opportunity for safety and growth - on the same dollar.

The investment is called a "Fixed Indexed Annuity" or "FIA". As with all annuities, the growth is not taxed until

withdrawn, and the assets bypass probate at death. But that is not why nationwide sales are skyrocketing. In an FIA, the investor can index upwards with the market: the Dow Jones, S&P 500, the NASDAQ, or all three. Interest is added to the annuity annually, and the resulting balance creates a new guaranteed minimum for the following year. In the event of a down market, the principal is protected. Yes, it's true! The account can grow in a positive market and does not lose money in a negative market. Heads, you win! Tails, you don't lose!

The next feature of the FIA is ingenious. Unlike most other investments, the profit-taking is automatically done for you. In a year with a gain, it is paid as interest and locked in! In many different investments, your profits are still at risk of being lost the following year. We have all seen this in the stock market, a good year can be eliminated by a subsequent lousy year, and so on. An FIA removes this risk altogether. We call this feature the "annual reset." The worst market return for an FIA is a zero gain for the year, which is monumentally better than losing a fortune. With only the upside and none

*Safety and Growth - On the Same Dollar cont'd on page 39*

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## Meditation - The Calm Before The Panic Attack

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

**M**editation can bring about a wide variety of thoughts and emotions – some are peaceful, others are not. We've all heard about the benefits of meditation and nauseam. Those disciplined enough to practice regularly are awarded with increased control over the brainwaves known as alpha rhythms, which leads to better focus and may help ease pain. In addition to calming the mind and body, meditation can also reduce the markers of stress in people with anxiety disorders. Rigorous studies have backed health claims such as these to convince therapists, physicians, and corporate gurus to embrace meditation's potential.

What contemporary and ancient meditators have always known, however, is that while the hype may be warranted, the practice is not all peace, love, and blissful glimpses of unreality. Sitting zazen, gazing at their third eye, a person can encounter extremely unpleasant emotions and physical or mental disturbances. Zen Buddhism has a word for the warped perceptions that can arise during meditation: makyo<sup>a</sup> which combines the Japanese words for "devil" and "objective world". Philip Kapleau, the late American Zen master, once described confronting makyo as "a dredging and cleansing process that releases stressful experiences in deep layers of the mind".

However, this demanding and sometimes intensely distressing side of medication is rarely mentioned in scientific literature. Both, Dr. Lindahl (in Religious Studies) and Dr. Britton (in Psychiatry) in Brown Univ. – and both are meditators, had documented and created a taxonomy for the variant phenomenology of meditation. They say that just because something is positive and beneficial doesn't mean we shouldn't be aware of the broader range of possible effects in might have.

To conduct their research, the pair interviewed 60 western Buddhist meditation practitioners who had all experienced challenging issues during their practice. They included both rookies and meditation teachers, many of whom had accumulated more than 10,000 hours of meditation experience in their lifetime. All belonged to either Theravāda, Zen, or Tibetan tradition.

The researchers identified 59 kinds of unexpected or unwanted experiences, which they classified into seven domains: cognitive, perceptual, affective (related to moods), somatic, conative (related to motivation), sense of self, and social. Among the experiences described to them

Meditation... continued on pg 45



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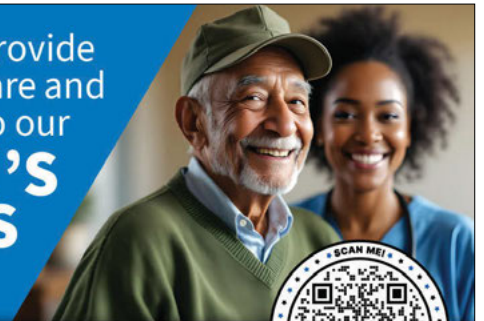


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## Cars & Cuisine & Community

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

Often said that “it takes a Village to raise a child” - and we agree and, actually, have learned along the way, we are ALWAYS much better together than trying to do things on our own. Therefore, “it takes a Village” applies to almost everything we try to accomplish in our Helping Seniors organization.

When retired Navy Captain Joe Steckler launched Helping Seniors 15 years ago, his words to all of us were “it’s never easy to raise funds to keep a non-profit going” and so he always looked for fun ways that people could get involved and share in work of the organization, but also in a fun and rewarding way.

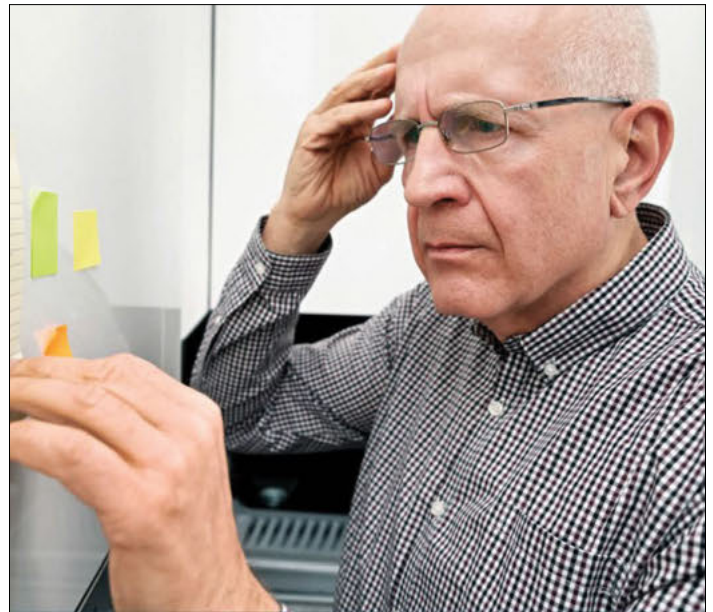
With that in mind, on June 27th, we are celebrating with a special “Open House” event at our Senior Resource Center, located at 1344 S Apollo Blvd - Melbourne FL. We decided to open up on that Saturday, 10am-2pm, with a free-to-attend Car Show outside and a free-to-attend Open House inside on the 2nd Floor, where our center is. (It is also a fundraiser for Helping Seniors - more on that in a moment!)

**Cars** - Our great friend and car show organizer extraordinaire Bill Antonetz, known for Praise & Pistons Car Show at Calvary Chapel and much more, is inviting all of his car show friends to present a free car show for fun on the grounds of the Senior Resource Center outside. We’ll also - of course! - have a few of the great cars you can select from when you win in our 10th Annual Helping Seniors Car Raffle October 25th at the American Muscle Car Museum!

**Cuisine** - Here’s the fundraiser fun that day: Celebrity Chef Jillian Zebris, of Chefs for Seniors, is gathering a dozen TOP NAME chefs in the Brevard area - including Stuart Borton, of the amazing Yellow Dog Café, who are bringing some of the best tastes in Brevard out to our Center. Affordable Taste Cards (for donation) offer up the opportunity to sip and stroll your way through some wonderful food experiences - complete with entertainment and more that Saturday!

**Community** - In addition to the Cars & Cuisine, many great Community Partners will be on-site at the Senior Resource Center at our free open house. Visit us and check out where our monthly education programs happen, see the Helping Seniors Helpline Center, and even record your own greeting in our state-of-the-art Podcast studio! It is free to visit and get good information for your Aging plan too!

We hope you will join us for a good Saturday for the Community on June 27th! Learn more by calling (321) 473-7770 or visit us online at our website [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org). Let’s enjoy our time together “in the Village!” ☺



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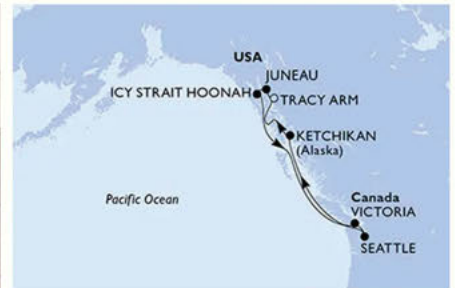
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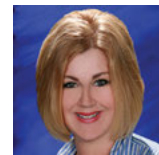
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**Contact:**  
**Helping Seniors of Brevard Travel Club**  
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Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937.P.O. 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.

# I Just Retired To Florida – Do I Need A Hurricane Plan?



**ask** | ONE SENIOR PLACE  
Brenda Lyle

**H**urricane season starts June 1 and AccuWeather has released its official prediction for 2026: A developing El Niño is likely to reduce the season somewhat to 11 to 16 named storms, including four to seven hurricanes and two to four major hurricanes (Category 3 or higher). But there's no need to panic. A little advance preparation will take much of the stress out of weathering the storm.

## Start Planning Now

Have a conversation with your family. Is your house safe enough to shelter-in-place? Is your home in danger of flooding from storm surge? Check a FEMA.gov map to see if your address is in a flood zone. Knowing whether you'll stay or go will help you create the appropriate hurricane kit.

## Evacuation

If you decide to evacuate, where will you go? Are family or friends nearby? A public shelter is a refuge of last resort. If you have pets, make sure the shelter is pet friendly. Taking oxygen? Shelters are listed at FloridaDisaster.org, where you will need to register in advance if special needs assistance is required. If you rely on caregivers from an agency, discuss

their storm plans NOW. If there's a chance you will leave, check out AARP.org's emergency "Go Bag" essentials.

## Important papers

Make copies of personal documents (proof of address, deed/lease from home, passports, birth certificates, insurance cards and policies). Don't forget your advance directives, trust papers, banking information and medications list with prescribing practitioners. Put all copies in a waterproof document holder and keep originals in a safe place.



## Hurricane Prep Kit (basic)

- Water- one gallon per person, per day (2-week at-home supply). Buy it now, to avoid empty store shelves.
- Food- non-perishable, easy to prepare items.
- Flashlights, extra batteries and battery-powered (or hand cranked) radio.
- First aid kit, medications (7-day supply) plus medical, hygiene items and continence supplies. Floridians may fill a 30-day emergency supply of maintenance medication in counties under a hurricane warning.
- Cell phone with charger (consider an additional power bank)
- Extra cash (ATM's might be inoperable)
- Extra fuel for generator or car
- Pet food and supplies

## Stay Informed

Register for voice, email or text notifications from your county Emergency Operations Center. Keep up with the weather, but avoid obsessing over storm coverage as the hurricane creeps closer.

To learn more, attend the hurricane preparedness event at One Senior Place in Viera on May 27, when an expert panel will include representatives from the National Weather Service, Brevard Fire/Rescue and Nurse Care Management. RSVP at OneSeniorPlace.com or call 321-751-6771. ☎

*Brenda Lyle is a Certified Care Manager and Certified Dementia Practitioner with One Senior Place, Greater Orlando. 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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## Your 2026! Aging Plan!

Inside:

Let's Celebrate  
Older Americans Month



CHAMPION YOUR HEALTH: MAY 2026

Staying Active After 65

Aging & Your Voice:  
What Seniors Need to Know

Expert Insights from Vitas

Aging in America

Health Aging Starts  
with a Plan!



## Getting Our Ducks in a Row!

## CHAMPION YOUR HEALTH

OLDER  
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**Grant Southwell**  
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Stroke Awareness Month

11am Wellness Series:

**Let's Talk  
About Stroke**

**Thursday May 28<sup>th</sup> - Learning Series  
Free & Fun Morning at  
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1344 S Apollo Blvd - 2nd Floor - Melbourne FL  
Call to RSVP: 321-473-7770



**Champion Your  
Online Health!!**

**Kerry Fink**  
Executive Director - Helping Seniors

Yes! May is Older Americans Month and this year the theme is Championing Your Health! Inside Helping Seniors News, you will find all kinds of great information that supports living your best life through wellness!

For a minute, though, let's talk about your Online Health! We are talking about that, more often than not, our Medical Providers, Insurance Companies and our Pharmacies are looking for us to be on their "Apps" to take care of common medical things like checking in for appointments to seeing if our prescriptions are ready.

But for many of us, "App" could be a foreign word and the usual answer is "Ask your 9-year-old grandkids ... they know!" Much better, though, is learning these skills for yourselves - in case that wonderful grandchild is not immediately available!

Helping Seniors, dedicated to all things Senior Navigation, is really leaning into this idea - now as a licensed Senior Planet location - with our Senior Tech Talks led by our millennial instructor, Bri Prentice. Every 2nd Friday, 1pm, is our workshop and, this time, May 8th, Bri is covering AI and Disinformation - so call (321) 473-7770 and RSVP your seat today.

And AI and Disinformation is a great lead-in to the Second part of talking about Online Health ... i.e., staying safe from Scams. I'd like to remind you that you are invited to RSVP for our free May 15th Scam Jam Viera edition that happens 10am-2pm on that Friday at The Brennity at Melbourne.

Great speakers to include State Attorney Will Sheiner, who publishes The Monthly Brief, a monthly exposé of the latest scams that the bad guys are trying, as well as Elder Law Attorney Greg Schwendeman, who shares on the Top 10 Scams against Seniors. Plus, friends from the Brevard County Sheriff's Office and the AARP Fraud Watch Network will join us well. Lunch is free - as is the Official "Scam Jammer" certificate awarded to all at end of Session but space is strictly limited to 50 participants so please call today and ensure your spot. Call us today (321) 473-7770 and let's Champion Your Online Health!

**SENIOR PLANET**  
FROM AARP



**AI & Disinformation**

1:00pm-2:30pm - Friday May 8<sup>th</sup> 2026



Britanna "Bri" Prentice  
Senior Tech Talk  
Coordinator & Speaker



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**Call 321-473-7770 for Info & RSVP**  
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## Let's Celebrate Older American's Month.

**Nancy Deardorff**  
Operations Director - Helping Seniors

Older Americans Month established in 1963 as Senior Citizens Month and later renamed, highlights how older Americans strengthen families, workplaces, and communities via caregiving, volunteering, mentoring, military service, and civic leadership. It also invites the nation to consider the opportunities and challenges that come with longer life expectancy such as staying healthy physically, mentally, emotionally, and cognitively.

Helping Seniors is dedicated to helping Brevard County Seniors by providing Senior Care Navigation, information, education, advocacy, and resources. Also we are encouraging and helping seniors to develop a personalized aging plan, or longevity plan if you will. Your Aging Plan is one that prepares you for the future. Seniors are living longer today than ever before, and it is vital that we plan. An Effective aging plan includes a plan for health and wellbeing, legal needs, financial needs, household needs, transportation, senior living, end of life issues and so much more.

As we come together in May, let us take time to celebrate Older Americans Month and bridge the generational gap, we have much to learn from each other. younger generations and younger

Older Americans Month affirms dignity, promotes inclusion, and encourages planning so people can age safely, engaged, and with choices.

Thanks to all who support our charitable organization. We cannot do this alone, but together we can continue Helping Seniors!



## May is Older Americans Month.

**Tami Leeberg ARNP**  
Senior Solutions Mind & Body

Older Americans Month, observed each May, is a meaningful time to celebrate the strength, wisdom, and contributions of older adults while emphasizing the importance of maintaining overall health.

Staying physically active is one of the most effective ways seniors can support their health. Activities such as walking, gentle yoga, or light strength training can improve balance, flexibility, and cardiovascular function. Movement not only helps prevent chronic conditions like heart disease and diabetes but also reduces the risk of falls, one of the leading concerns for older adults.

Mental health is important. Many seniors experience loneliness, life transitions, or memory concerns that impact emotional well-being. Social connections, hobbies, and cognitive activities can help maintain mental sharpness and improve mood. Simple steps like staying connected with loved ones or participating in community programs make a meaningful difference.

Senior Solutions Mind & Body, LLC helps seniors who have had to be hospitalized transition home more easily. We serve as the bridge between the hospital or rehabilitation facility and your other physicians. We also support mental health needs and provide cognitive evaluations in the privacy and comfort of your home.

Older Americans Month reminds us that aging can be a vibrant and fulfilling stage of life. By supporting both physical and mental health, we empower seniors to continue thriving.



**Staying Active After 65:  
Supporting Your  
Body and Your Mind.**  
**Cheryl A. Ward, Esq.**  
**Law Firm of Cheryl A. Ward**

Staying active as we age is one of the most effective ways to maintain independence, improve health, and support emotional well-being. It doesn't require rigorous workouts to make a meaningful difference.

Simple activities like a daily walk can help strengthen the heart, improve balance, and lift mood by reducing stress. Gentle stretching also helps keep the body flexible and can ease everyday tension. For those with limited mobility, exercises that can be performed sitting down provide a safe way to stay strong while also improving circulation and energy levels.

Most importantly, be sure to listen to your body and move at your own pace. Small, regular efforts can lead to lasting improvements in both body and mind.

Just as your physical and emotional health benefit from care and attention, so does planning for the future. Taking simple steps now can help protect your independence and bring peace of mind for you and your loved ones. Proactive planning through estate planning, elder law, and business strategies can help protect your independence and provide peace of mind.

Whether preparing wills and trusts, navigating probate, or addressing guardianship needs, having a plan in place ensures your wishes are honored.

To learn more about safe and supportive ways to stay active, or to start your estate planning journey, contact the Law Firm of Cheryl A. Ward at (321) 372-8177.



**Healthy Aging  
Starts with a Plan.**  
**Denise Bergman**  
**Senior Care Authority**

May is recognized as Older Americans Month, as well as a time to focus on senior health and fitness. While we often think of health in terms of diet and exercise, there is another important piece that is frequently overlooked, having an aging plan.

As families, we tend to wait until something happens before discussing next steps. A fall, a hospitalization, or noticeable changes in memory can quickly turn into urgent decisions that feel overwhelming. In those moments, it's easy to feel unprepared. Taking a proactive approach can make all the difference.

Healthy aging isn't just about staying physically active, it's about understanding your options, having open conversations with loved ones, and putting a plan in place before it's needed. This might include exploring what different levels of support look like, from in-home care to independent living, assisted living, or memory care.

Starting these conversations early allows seniors to express their preferences and maintain a sense of control.

Every situation is unique, and having someone to guide you through the process can help bring clarity and peace of mind. If you've been thinking about "what's next," this is the perfect time to start the conversation.

Denise Bergman  
Owner, Certified Dementia Practitioner,  
Certified Senior Advisor.  
Senior Care Authority: 321-341-8444

**VITAS**<sup>®</sup>  
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Expert insights  
from VITAS during  
Older Americans  
Month.

At VITAS® Healthcare, Older Americans Month serves as a reminder of our mission to deliver compassionate end-of-life care with heartfelt empathy. For nearly five decades, VITAS has been a trusted leader in hospice, ensuring patients and families feel seen, heard and supported during some of life's most challenging moments. If you or a loved one has an advanced illness, keep these tips in mind:

Consider hospice as soon as you or your loved one is eligible, when life expectancy is six months or less. Hospice services can be provided in the privacy of your own home, or in assisted living, memory care, or long-term care setting.

Ask hospice providers if they offer specialized care for specific diagnoses. For example, VITAS earned the American Heart Association (AHA) Palliative/Hospice Heart Failure certification. This recognition means that hospice-eligible seniors who choose VITAS will receive personalized care aligned with AHA science-based, evidence-driven standards for heart failure care at the end of life.

Find out about the support hospice providers offer for acute, complex, or uncontrolled symptoms. Our team can provide around-the-clock care at VITAS Inpatient Hospice Center at Rockledge on a temporary basis, when needed. Once a patient's symptoms are stabilized or they no longer require 24/7 monitoring, they can be transitioned to routine hospice care in the environment they call home.

Learn more at [VITAS.com](http://VITAS.com).  
Vitas Healthcare: 321-751-6671



**Aging and Your Voice:**  
What Seniors Need to Know.

Shavonne Mariscal MS, CCC-SLP, MBA  
Proclaim Communication

As we age, changes can impact our voice, often making communication more challenging.

### How Aging Affects Your Voice

Natural aging affects vocal quality due to brain, muscle, and hormone changes. The size and strength of vocal muscles decrease, while hormonal changes can shift pitch, lower for women and higher for men. This can cause a weaker, breathier voice that tires easily and is harder to hear in noisy environments or on phone calls.

#### Simple Steps to Protect Your Voice

Take steps to maintain vocal health:

- **Stay Hydrated:** Drink water regularly to keep your vocal cords lubricated.
- **Minimize Irritants:** Limit exposure to dust and smoke and reduce or eliminate smoking and alcohol use.
- **Practice Good Posture:** Stand tall and breathe deeply to support a stronger voice.
- **Avoid Overuse:** Rest your voice when tired and avoid vocally abusive behaviors such as grunting and shouting.

### Seeking Support

If you notice persistent hoarseness or trouble projecting your voice, consult an ENT (Ear, Nose, and Throat doctor). They can evaluate your condition and refer to a speech-language pathologist for voice therapy. Therapy can strengthen vocal folds, improve breath support, and help you regain control over pitch and volume.

Protecting your voice helps you stay engaged with loved ones and your community. For more information, call Shavonne at Proclaim Communications 321-209-0171.



**Guiding Seniors with Experience,  
Compassion, and Care**

**Carlett Delliquadri, Broker Owner  
Flamazing Real Estate Inc.**

When it comes to real estate later in life, the decision is about so much more than selling a home, it's about your health, safety, finances, and your future.

Many agents hold the Senior Real Estate Specialist (SRES) designation, which provides a helpful foundation for serving clients 50+. It's an important credential, and I always encourage seniors to work with a realtor who understands their unique needs.

What sets my approach apart is the depth of experience I bring as a nurse of more than 30 years, caring for seniors in Brevard County and walking alongside families through life's transitions, while partnering with a trusted team of professionals to support you every step of the way.

I understand how mobility impacts your home. I can help you evaluate whether aging in place is still safe, or if it's time to consider other options. I don't just list homes, I help create a thoughtful, personalized transition plan that supports you every step of the way.

As a Broker, SRES, and nurse, I bring both professional expertise and genuine compassion to every client I serve. My goal is to make this next chapter feel more manageable, supported, and even empowering.

Call me for a free consultation. Let's create a plan together, so you can make these decisions on your terms.

**Carlett Delliquadri, Broker Owner  
Flamazing Real Estate Inc.**

Cell: 321-223-5665



**Aging in America**

**Carlos Cuesta CDP  
SYNERGY HomeCare Brevard**

Aging in America is reshaping the nation's social, economic, and healthcare landscapes. As life expectancy rises and birth rates decline, the proportion of older adults continues to grow. This shift brings both opportunities and challenges. On one hand, older Americans contribute valuable experience, mentorship, and volunteerism to their communities.

An aging population also places increased pressure on healthcare systems and social services. Chronic conditions such as heart disease, diabetes, and dementia become more prevalent with age, driving demand for long-term care and specialized support. Programs like Social Security and Medicare face sustainability concerns as fewer workers support a larger retired population.

Social isolation is another critical issue. Many seniors live alone, which can negatively impact mental and physical health. Communities are responding with initiatives that promote engagement, accessibility, & age-friendly environments.

Hiring a home care agency for companionship and personal care is also very popular and cost effective. Most seniors prefer to stay at home.

Technology is playing a growing role in improving quality of life for older adults, from telehealth services to smart home devices that support independent living. Still, access and digital literacy remain barriers for some.

Addressing aging in America requires coordinated efforts to promote healthy aging, so that longer lives are not only possible, but meaningful and dignified.



**May - A Time for Growth,  
Renewal and Meaningful Change**

**Dr. Kevin Kilday  
Faith College of Natural Health**

May is recognized as Mental Health Awareness Month, a time when the energy of spring encourages growth, renewal, and a deeper commitment to personal well-being. This time of year offers a powerful opportunity to check in with ourselves and make intentional choices that support balance between mind, body, and spirit.

Let's begin with the mind. In today's world prioritizing mental health is a sign of strength, not weakness. If needed, seeking help from a therapist or counselor can provide valuable tools to manage stress, anxiety, depression, or unresolved challenges. Consider supplementation for help with anxiety and depression. These are all backed by clinical studies but talk with your doctor first.

Physical health is just as essential. Partnering with a nutritionist or personal trainer can help develop practical, personalized plans for movement, nourishment, and overall wellness. These approaches emphasize long-term vitality, increased energy, and confidence.

Spiritual well-being brings everything together. Taking time for prayer and meditation, connecting with your God, can foster a sense of peace and purpose. By supporting the mind, body, and spirit, we position ourselves to grow, heal, and thrive, not just in May, but throughout the year.

Dr. Kevin Kilday, PhD, State Certified Recovery Specialist, Dean @ Faith College of Natural Health, [www.fcnhedu.com](http://www.fcnhedu.com),  
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## The Brevard County Housing Market

**Mark Gallegos**  
Real Broker, LLC

As I speak to potential home buyers during 2026, buyers are more concerned about the economy and mortgage rates than they are about home prices. The average rate on the 30-year fixed mortgage hit a low of 5.99% the day before the Iran war started and is now near 6.5%.

The 2026 spring housing market is well underway, yet analyst's expectations are falling short due to the war in Iran and its impact on both the U.S. economy and consumer sentiment, so buyer demand is dropping, and homes are sitting on the market longer.

Buyers tell me that mortgage rates remain the primary reason they are not yet submitting offers. The average rate on the 30-year fixed mortgage hit a low of 5.99% the day before the Iran war. It is now hovering around 6.5%.

Locally, we expect low single-digit price appreciation (or flat prices in many metros) rather than big gains. Forecasts predict 1% or less price growth in 2026, for most Florida cities.

In Palm Bay Active Inventory is currently at 976 Units. This reflects a 4.3-month supply of inventory as reported by Florida Realtors Sun Stats. Median Time to Sale is reported as 120 days.

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](mailto:ValueREMSG@gmail.com)



## The Hidden Disruptors: Why "Sugar-Free" Labels are Leading Us Astray.

**Dr. Lee Sheldon**  
Drs. Sheldon & Furtado | Solid Bite

In our modern food landscape, the "Total Sugar" line on a nutrition label rarely tells the whole story. While many of us try to avoid sugar, a new generation of processed additives has taken its place.

Maltodextrin is perhaps the most pervasive offender. Frequently found in everything from "healthy" protein powders to salad dressings and snacks, it is a white powder made from corn, rice, or potato starch. While it isn't legally an "added sugar," it possesses a glycemic index higher than table sugar. This means that consuming it causes a rapid spike in blood glucose and insulin, contributing to systemic inflammation, metabolic fatigue, and even dental erosion.

Other "hidden" culprits include refined starches and the family of sweeteners ending in "-ose," such as dextrose and maltose. These are often paired with emulsifiers, chemicals used to improve texture, which have been shown to disrupt the delicate balance of the gut microbiome. When we consume these "hidden" refined carbs, we bypass the body's natural signaling for fullness, leading to overconsumption and the dreaded "afternoon slump."

The front of a package is marketing; the back of the package is the truth. To protect your long-term health, stop looking only at the calorie count and start scanning the ingredients list.

By shifting back to whole, single-ingredient foods, we stop being a captive audience for the processed food industry and start fueling our bodies with the stability they deserve.

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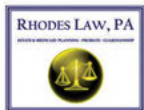
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## SENIOR SERVICES DIRECTORY

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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

I have been sick for eight months. I go to the doctor and he never seems to do anything, just talks and then gives me another prescription.

My wife and the doctor seem to talk to each other, but I had the feeling I was being kept in the dark.

Then one day I overheard one of their telephone conversations. I picked up another phone, and just as I had thought, they were talking about me.

Apparently I have an inoperable tumor and they have decided to deny me treatment and just leave it alone and let me drift off. I was furious. I am not prepared to drift off and want all of the drastic treatments available.

I may be 86 but I want to be in control. I want to decide what treatment I get - not have my wife and doctor decide. What is your opinion?

Alexander

## DEAR ALEXANDER,

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 ALEXANDER,

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

## Pet First Aid: Preparing Before A Dog Or Cat Is In Distress

**DEAR PAW'S CORNER:** My dog "Alfie" was rushed to the vet with bloat. My friend who was visiting first noticed the symptoms and told me it was an emergency. He's recovering well, but I feel so guilty. How could I not recognize that he was suffering and could have died? Are resources out there for pet owners who want to know more about how to recognize serious health issues in their pets?

– Carl G. in San Francisco

**DEAR CARL:** I'm glad to hear Alfie is on the mend. To answer your question, yes, there are educational resources available to learn how to recognize illness or injury in pets and know what steps to take.

The American Red Cross now teaches a pet first aid course. It's a 35-minute online course, so you can sign up from anywhere and gain a good, basic foundation that will help you recognize and respond to pet health issues. Students learn to take pets' vital signs, do rescue breathing and respond to cardiac emergencies. First aid for injuries and bleeding is also covered, as is preventative care. Learn more at [redcross.org](http://redcross.org).

Your local library or community center may offer a similar course. Check their online calendar or call and ask what they offer.



The Animal Humane Society recommends creating a first aid kit just for your pet. It should have many of the items in a regular first aid kit -- gauze, non-stick pads, tape, saline wash, a thermometer, disposable gloves and antibiotic ointment. It should also include clean towels, a small flashlight, a muzzle, extra collar and leash, and a laminated card with the veterinarian's contact information and your pet's medications.

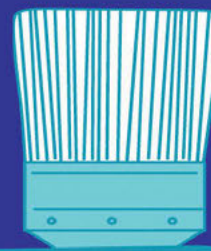
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 55 Half a sextet  
 56 Actress Falco  
 57 — tizzy (worked up)  
 58 Lingerie fabric  
 59 Beloved  
 60 A gazillion years  
 61 Park — -joon of "The Marvels"
- 12 Crunchy candy bar  
 19 Minivan alternative  
 21 Consumed  
 23 Gen- — (baby boomer's kid)  
 25 One of HOMES  
 26 — Linda, Calif.  
 27 Mideast airline  
 28 Tibia's place  
 29 Jared of "Panic Room"  
 30 Cupid's alias  
 31 Droop  
 35 Tiara jewel  
 38 Service charge  
 40 Capote nickname  
 42 Wartime riveter  
 45 Boy, in Barcelona  
 47 Showy flower  
 48 Scrabble piece  
 49 Singer Ono  
 50 Last letter in London  
 51 Chemical suffix  
 52 Actress Long  
 54 Prohibit

## DOWN

- 1 Con job  
 2 Killer whale  
 3 Buddies  
 4 "The Raven" writer  
 5 Future tulip  
 6 Mixes up  
 7 Crime-solving aids  
 8 Rage  
 9 Pickle holder  
 10 Hoosier st.

1	2	3		4	5	6		7	8	9	10	
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50	51	52			53		54		55			
56					57				58			
59					60					61		

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— 2026 —



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Brevard County Sheriff's Office

Fifteen (15) Mayors from cities and towns in Brevard County will provide an update on the development in their respective Municipalities.

Friday, May 15th | 7:30 - 11:30 a.m.  
Space Coast Convention Center  
301 Tucker Ln, Cocoa

RSVP Required. \$50 for Chamber Partners, \$60 for Future Partners and Guests if register before Monday, May 4th. After this date, the prices will be \$55 for Chamber Partners and \$65 for Future Partners and Guests. | Includes Breakfast



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# Helping Seniors Info Series

## MAY 2026

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

### Scam Jam Palm Bay:

**Friday May 15th - 10am-2pm Workshop**

Helping Seniors & AARP at The Brenny at Melbourne - 7300 Watersong Ln - Viera FL

Join our workshop and graduate as a "ScamJammer" - learn how to stay safe!

Free (including Lunch) but limited to 570 participants - RSVP at (321) 473-7770

### More Key Events:

**Wednesday - May 13th - 1100am-100pm -**

**AARP Florida Senior Appreciation Day**

One Senior Place - 8085 Spyglass Hill Rd - Viera  
Join your Helping Seniors & AARP Florida friends for a free and fun lunch time at One Senior Place

as AARP Florida presents "Senior Appreciation Day!"

### The Senior Resource Center:

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

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

Info & RSVP at 321-473-7770.

HelpingSeniorsofBrevard.org

**Friday - May 8th - 100pm-230pm - Senior Planet - Senior Tech Talk**

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

**Thursday - May 28th - 10am-11am**

**- Knowledge College for Aging**

"Travel is the Best Medicine" with Chris Morse (Helping Seniors Travel Club) - All about safe and cost-effective Senior Travel and the joy it brings! Coffee/Snacks + great info!

**Thursday - May 28th - 11am-12nn - Helping Seniors Wellness**

"Let's Talk about Stroke" - Grant Southwell (stroke survivor) shares important information during National Stroke Awareness month. Let's learn together! Coffee/Snacks

**Tuesday - May 19th - 900pm-300pm - AARP Driver Safety Course**

Low-cost Driver Safety Course presented by AARP. Earn your Safe Driver certificate - with potential insurance savings as well! Call (321) 473-7770 for details.

### AARP/Helping Seniors Events:

**Friday - May 1st - 1100am-100pm - AARP Chapter #1413 Meetup.** Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

**Friday - May 8th - 845am-945am - AARP Walk with a Doc** Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Special Speaker: Jeaneen Mullenhard (AARP Florida) - Come join the fun!

**Monday - May 16th - 1100am-100pm - AARP Chapter #2622 Meetup**

BCASCA Center - 2174 Harris Avenue - Palm Bay

### More Great Events:

**Thursday - May 7th - 730am-930am - 14th Annual Space Coast Prayer Breakfast**

The Grand Manor - 1450 Sarno Rd - Melbourne FL.

Prayer Breakfast on the 75th National Day of Prayer - Space-CoastPrayerBreakfast.com

**Tuesday - May 19th - 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

**Saturday - May 23rd - 800am-1200pm - Baba Senior Outreach Walk & Expo**

Wickham Park - 2500 Parkway Dr - Melbourne FL

Join Helping Seniors as we support our friends at BabaSeniorOutreach.org!

**Helping Seniors Car Raffle Fun:** Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

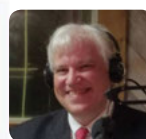
**Saturday - May 16th - 800am-1200pm - Praise & Pistons Car Show**

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
May 1	Fri	Wellness: Footcare & Wellness	How to Cruise Successfully	Durable Power of Attorney	Capital Update
May 3	Mon	Two Assisted Living Questions	Best Home Care Ideas	Concierge Home Care	Chefs for Seniors
May 4	Tue	Probate - What it is / What it Does	Learning About Natural Health	Hometown News / AARP	Buying/Selling/Investing in Real Estate
May 5	Wed	Turning 65? All About Medicare	Senior Events & Expos	The Parts of Medicare	The Helping Seniors Travel Club
May 6	Thu	Great Employment for Seniors	Express Thoughts Clearly	Guardianship - The Basics	Wellness: Mind & Body
May 7	Fri	Periodontal Disease	Considerations in Best Home Care	Longevity Planning	Capital Update
May 11	Mon	Rock Steady Boxing	The Business of Helping Seniors	Cosmetic Dentistry	Helping Seniors Services Directory
May 12	Tue	Probate: The Basics	Transitional Care	Understanding Medicare Options	Considerations in Best Home Care
May 13	Wed	Helping Seniors - 15 Years of Service	Concierge Home Care	Helping Seniors & MSC Cruises	Power of Attorney & Super Powers
May 14	Thu	Finding a Good Place for Mom or Dad	Buying/Selling/Investing in Real Estate	Best Home Care Ideas	Aging Plan: Medicare/Medicaid
May 15	Fri	Senior Info in Senior Scene	Safe & Secure at Home	Checking Out Zon Beachside	Capital Update
May 18	Mon	The Helping Seniors Travel Club	Importance of Comprehensive Eval	Golden Providers - Biz to Biz	Don't Go Broke Paying Nursing Home
May 19	Tue	Psychiatric Care	Finding Good Help at Home	What is Holistic Health	Wellness: Express Thoughts Clearly
May 30	Wed	Medicare Supplement or Advantage?	Aging Plan: The Building Blocks	Rock Steady Boxing	Two Assisted Living Questions
May 21	Thu	Chefs for Seniors	Things to Know About Elder Law	Buying/Selling/Investing in Real Estate	Turning 65? All About Medicare
May 22	Fri	Hometown News / AARP	Senior Info in Senior Scene	Wellness: Natural College of Health	Capital Update
May 25	Mon	Best Home Care Ideas	Helping Seniors - 15 Years of Service	The Business of Helping Seniors	Guardianship
May 26	Tue	Considerations in Best Home Care	Finding a Good Place for Mom or Dad	Transitional Care	Your Aging Plan: Your Legal Plan
May 27	Wed	Buying/Selling/Investing in Real Estate	When is Assisted Living Appropriate?	Periodontal Disease	Concierge Home Care
May 28	Thu	Understanding Medicare Options	Faith College of Natural Health	The Parts of Medicare	Wellness: Rock Steady Boxing
May 29	Fri	Safe & Secure at Home	Helping Seniors & MSC Cruises	Great Employment for Seniors	Capital Update



Date	Program	Special Guest	Listen On	Podcast On
May 6	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)	90.3 WEJF-FM (online WEJF.net)	
May 13	Helping Seniors on Your Smile	Dr. Lee Sheldon (Solid Bite Dental)	90.3 WEJF-FM (online WEJF.net)	
May 20	Helping Seniors on Non-Profits	All About Baba Senior Outreach	90.3 WEJF-FM (online WEJF.net)	
May 27	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help Seniors)	90.3 WEJF-FM (online WEJF.net)	

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## What To Know Before Clicking "Sign In With Google" *continued from pg 16*

### ■ When it's actually a good idea

Using "Sign in with Google" is often safer than creating a weak password if:

- The site is reputable
- Permissions are minimal (just name/email)
- You use 2-factor authentication on your Google account

### ■ When NOT to use it

Avoid it if:

- The site looks sketchy or unfamiliar
- It asks for email access, Drive files, or contacts without clear reason
- You're dealing with sensitive accounts (finance, healthcare, legal)

### ■ Bottom line

It's not inherently dangerous—but it's trust transfer. You're letting another service piggyback on your Google identity. Treat that permission like giving out a spare key—not just a username. Ⓢ

## Safety and Growth – On the Same Dollar *continued from pg 17*

of the downside market risk, this may be an interesting product for nervous investors.

As with any investment, the devil is in the details. FIAs are issued only by insurance companies, and they all have particular contract provisions and designs. With hundreds of different options, no two FIAs are alike. The nitty-gritty needs to be understood before any investing begins. If you like the idea of a safety net underneath your nest egg and still want better returns than the bank or other low-rate products, this may be an option for you. If this interests you, please give our office a call. We offer free, no-obligation appointments for all readers of the Senior Scene and can meet at our Melbourne or Rockledge offices or via Zoom. You can call ValaVanis Financial at (321) 956-7072.

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# Over 240 Celebrated At Viera HS Enlistment Ceremony As They Prepare To Join Military Services

On 17 April, a warm and beautiful day, more than 3000 gathered at, the Viera HS Football Stadium to welcome and celebrate over 240 graduating and recently graduated high school students. They had made the decision and been accepted into all branches of our uniformed military services. One by one their names and new service branches were read, while family friends and the crowd applauded their selfless decision.

The event was the Second Annual Space Coast Military Enlistment Ceremony sponsored by BPS, The Education and Citizenship Military Coalition of the Space Coast, and supported by many veteran and community groups. Rep Mike Haridopolos offered comments and congratulations along with MC and BPS School Board Chair, Matt Susin; BPS Superintendent Dr. Mark Rendell, himself a veteran; and Space Launch 45 Delta Commander, Col Richard Chatman. LTC Cynthia Watkins -Pishdad, USA, Ret sang the National Anthem as the BCSO Helicopter made a flyover and the Sons of the American Revolution of Brevard joined the Viera HS Army JROTC Color guard in a special America 250 presentation of the colors. The Naval Ordnance Test Unit Saluting Submarine Deck Gun Battery ended the festivities with a 10 round salute to the enlistees.

The enlistees were escorted into the stadium by over 200 JROTC cadets from all 14 BPS JROTC programs. A special motorcycle review by Rolling Thunder FL-1, American Legion Riders, Combat Vet Riders and Patriot Guard Riders saluted the enlistees with a roaring entry into the stadium. Family, friend and veterans in the bleachers applauded every enlistee in a shared community event that all hoped the enlistees would never forget, Each Received an Enlistment Ceremony Challenge Coin from Col Chatman and funded by 8 Brevard veteran organizations. It was their first of many, as the community showed in a very positive way how they, less than one percent of the American population who chooses to serve, are appreciated and respected. Many from the media were there to record and share the special event. Good luck to our newest enlistees into the best military services in the world. 🇺🇸



## Weekly SUDOKU

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

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!

## Additional Education Benefits

**H**ave you been using your veterans educational benefits? Are you running out of time because you're coming to the end of the standard 36 months of benefits you received? Because of two new rulings, you might be one of a million veterans who are eligible for an additional 12 months.

The rulings in question (*Rudisill v. McDonough* and *Perkins v. Collins*) say that certain veterans could get more education benefits under the Montgomery GI Bill and the Post-9/11 GI Bill. Adding 12 months of benefits will bring you up to 48 months.

It started two years ago when the Supreme Court decided that, under one of the rulings, veterans who had more than one qualifying period of service (one for the Montgomery GI Bill and another for the Post-9/11 GI Bill) were eligible to combine them for 48 months of benefits. Then, last year, the appeals court decided that veterans with only one qualifying period of service could get benefits under both the Montgomery GI Bill and the Post-9/11 GI Bill programs.

Here is how it's going to work:

You no longer need to pick one program over the other and be limited to 36 months.

The VA is looking at eligibility under both of the rulings for any veteran who used benefits after August 2018 and who now has less than three months of benefits remaining or a veteran who was enrolled during the last six months.

Then, the VA is looking at veterans under one of the rulings to see if additional benefits are available. They're starting by automatically approving the standard 36 months of benefits. Those veterans who are eligible for the additional time will be told.

If you're new to filing for education benefits, download VA Form 22-1990 ([www.va.gov/forms/22-1990](http://www.va.gov/forms/22-1990)) to either apply or ask to change an existing benefit. Family members can scroll down to Form 22-1990e and use that form.

If you've previously filed for education benefits, download Form 22-1995 ([www.va.gov/forms/22-1995](http://www.va.gov/forms/22-1995)) to ask for any changes. © (c) 2026 King Features Synd., Inc.



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






**About Us**

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

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

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

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## What's Happening at Churches in May

Rev. Jeff Wood, First Presbyterian

**M**ay is a remarkable month on the Christian calendar — and if you've been meaning to visit a church, or come back to one, this might be the month to do it. There are three observances in rapid succession, each one distinct, each one worth your time.

First, the National Day of Prayer Thursday of May 7. Who wouldn't say we need prayer? Prayer is the one thing people across every background, tradition, and political conviction can still agree to do. You don't have to have prayer all figured out. You just have to try.

Ten days after National Day of Prayer comes one of the most overlooked observances in the Christian year: Ascension Sunday. This is the day the church marks Jesus departing from his disciples and ascending to the Father — not abandoning them, but completing one chapter so that another could begin.

Then comes Pentecost — the birthday of the church, the day the Holy Spirit arrived like fire and wind and turned a group of ordinary people into something the world couldn't ignore. Pentecost is the answer to the question the Ascension raises. You're not left alone. Someone — comes alongside you. ☺

Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave, Sebastian FL 32958 772-589-5656 [welovefirst.org](http://welovefirst.org)  
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## King Crossword Answers

Solution Time: 21 minutes

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

## Sudoku Answers

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

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# Donna Erickson's BEST BITES

By Donna Erickson

## Bake a Fresh Apricot Buckle



**J**uicy, slightly tart, ripe apricots in a butter cake, often referred to as a buckle, is a treat for dessert. Shop for ripe apricots with your young kids, letting them count up to 5-7 (depending on size) for this recipe, or let them weigh about 1 1/4 pounds' worth. Look for firm fruit that gives under light pressure.

When you return home, wash the apricots and gather ingredients. While you wait for the butter to come to room temperature, your school-aged child may zest a lemon, and another may butter and flour the pan while you slice the fruit. Now everything will be ready to go together in a snap!

### FRESH APRICOT BUCKLE (Makes 9 large servings)

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup unsalted butter, at room temperature
- 1 cup granulated sugar
- 2 large eggs
- 1 1/2 teaspoons grated lemon zest
- 1/3 cup milk
- 3 cups firm, ripe apricots, pitted and cut into 1/3-inch wedges

### Topping:

- 1 tablespoon sugar
- 1/2 teaspoon ground cinnamon
- Powdered sugar (optional)

To prepare oven, pan: Preheat oven to 325 F. Butter an 8-inch square glass baking pan. Dust with flour, knocking out any excess. Set aside.

To make cake batter: In a medium bowl, let your child measure and combine flour, baking powder, nutmeg and salt. Set aside.

In the bowl of an electric mixer, beat butter and 1 cup sugar at high speed until smooth and light. Add eggs one at a time, beating well after each addition. Beat in lemon zest. Stir half of flour mixture into butter mixture. Add milk. Gently stir in remaining flour mixture, only until blended and smooth.

To arrange apricots: Spoon batter into prepared pan. Smooth the top with a spatula. Arrange apricot slices, slightly overlapping in rows or decoratively over the batter. Combine 2 tablespoons sugar and cinnamon. Sprinkle over batter and apricots.

To bake cake: Bake for 45-50 minutes until golden and until toothpick inserted in center comes out clean. Cool on wire rack.

To serve: Slice. Serve warm or at room temperature. Dust with powdered sugar, if you wish.

Shopper's note: Firm ripe plums can be substituted for apricots. ©  
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# Avoiding Cognitive Decline

By Matilda Charles

Scroll around the internet to look for ideas about avoiding cognitive decline, and you'll find a wide variety of suggestions and studies. One thing many of them agree on, however, is the value of playing games.

UCLA has it narrowed down to four types in particular. Brain training games came in at the top of their list after they did a review of studies about improving cognitive function. Brain games were found to help with our ability to plan and focus, to remember information we hear, to recall information and to help with information processing speed. Crossword puzzles, next on the list, have value even if we only do them once a month. But more often has a greater impact.

Number puzzles, it is said, can have a powerful impact on memory, reasoning and attention. Again, the more often you do them, the greater the result.

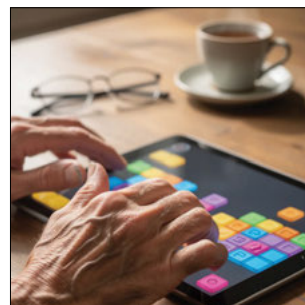
Last on their list is three-dimensional video games (such as Super Mario). Memory improved after only playing for two weeks.

But the various universities and research groups don't all agree.

Columbia University concluded that crossword puzzles were better than computer video games for memory function. One study that went on for years determined that training for brain processing speed still had benefits decades later.

To be considered: Even if you don't have any signs of cognitive decline, starting early to keep ahead of it is no doubt valuable. And since the studies don't agree about which method is best, perhaps we should sample among all of them. A crossword puzzle per day, some time spent on computerized games, working on cognitive brain games for a few hours each week, joining others to work on a jigsaw puzzle, playing chess or mahjong or even solitaire ... surely it all adds up, right? ☺

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## Meditation – The Calm Before The Panic Attack

continued from page 19

were feelings of anxiety and fear, involuntary twitching, insomnia, a sense of complete detachment from one's emotions, hypersensitivity, to light or sound, distortion in time and space, nausea, hallucinations, irritability, and the re-experiencing of past traumas. The associated levels of distress and impairment range from "mild and transient to severe and lasting. Most would not imagine that these sides – effects could be hiding behind the lotus-print curtains of your local meditation center.

However, the survey respondents didn't necessarily perceive every non-euphoric event as negative. In fact, the researchers deliberately avoided the word "adverse" in their study for this reason. Instead, they chose "challenging", which better captured the meditators' varied interpretations of their experiences. For instance, a person who came away from a retreat feeling "very expanded and very unified with other people in the world" might have found their oneness with the universe distracting once they returned home (That's challenging, not tragic.)

The goal of the study was to look for patterns in the common accounts of unwanted reactions. Who runs into

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the unexpected hurdles? What are the unique set of factors involved? In which ways do teachers assist students who are struggling? (And do they blame inner demons for the upsets, or maybe something you ate at lunch?) The answers, which still require future research, may one day be relevant to the ways meditation is used as therapy.

<sup>a</sup> The Zen concept 'Makyo' or 'Makkyo' is often translated into English as either the "ghost cave" or "devil's cave." It is meant to refer to a chimera, illusion or hallucination, which is believed to lead to a demonic state or region. (S)

## Cruise Line Gratuities: Where Do Your Tips Really Go? continued from page 14

As one of the top travel advisors in the US, I do not think that you and I should have to pay salaries for taking a cruise. This is an expense borne by the cruise line, not us. All the staff that have jackets have a nice salary. The staff in the engine room have a nice salary. The staff at all the shops get a nice salary. The Cruise Director gets a great salary. We should not have our gratuities go to pay these specific valuable staff members.

The distribution and use of gratuities can vary depending on each cruise line's policies. However, I have found if one company does it, they all do it. They all mirror each other's salary programs to stay competitive.

At Senior Travel- The Travel Center- Corporate Travel, the leading agencies in Brevard County and Florida here is what we recommend and why:

1. On the second day of the cruise when the line at the service desk is low, go and ask them to remove your gratuities from your on-board account.
2. Ask the service desk for 5 -6 envelopes

3. Your normal gratuities, as an example, that would have been charged (\$16 per day per person) would have been \$224 on a 7-day cruise
4. In the envelope for your cabin steward, give him \$50. The assistant cabin steward should get \$30. The head waiter should get \$50; the assistant waiter should get \$30.
5. Before you cruise, go to your bank and get \$50 in \$2 bills. That is the tip that you give your bar tender or bar personnel that delivers your drinks. Tip \$2 each time they give you service. The bar staff loves \$2 bills!

When following this policy, the hard-working staff that interface with you will get their guaranteed salary and the money that you give them directly, they can keep and send home to their families or use to buy clothes and accessories that they cannot get on the ship.

Please remember if you have any questions regarding traveling the world or just want any information, reach out to us at 818-430-1480. (S)

## Ed Asner Is Juggernaut of Convictions, Ideas and Talent That Never Slows Down

Continued from page 12

Asner was born November 15, 1929 in Kansas City to an Orthodox Jewish family. The family ran what is now considered a Thrift store. He attended the University of Chicago. Later he served with the Army Signal Corps and appeared in touring plays.

During the 1950s and 1960s Asner appeared in almost every television show. He has played police officers, a slave catcher in *Roots*, and even Pope John XXIII. By the way he has also played Santa Claus five times and is active in Jewish causes. Last year he returned to Kansas City to perform his one-man show, *Asner as FDR* for the Jewish Community Center of Greater Kansas City.

As President of Screen Actors Guild, he was instrumental in the 1980 SAG strike. He has lent his voice and image for prison reform, and single-payer health care in California. He is a member of the Comic Book Legal Defense Fund, an advisor for the Rosenberg Fund for Children. He has sought and fought for new investigations into 9/11.

He is a parent and grandparent of a child with autism and is involved with Autism Speaks. He is a member and active member in organizations too numerous to cite.

Asner is an intellectual tiger who will not go gently into that good sleep. Long may your banner wave Ed! ☺

## What is Probate? Continued from page 13

When there is no real property, some small estates may qualify for a process called "Disposition of Personal Property Without Administration" which is designed to eliminate the need for an attorney. It may be utilized 1] where assets exempt from creditors (including household furniture, furnishings, and appliances in the decedent's usual place of abode up to \$20,000 in value and two motor vehicles) are going to the decedent's spouse or children and 2] where non-exempt assets are used to pay up to \$6,000 in medical expenses for the last 60 days of illness and funeral expenses. Information on

this process and forms are available from the Brevard County Clerk's office and on the Clerk's web site.

In the next article, we will look at how the probate procedures differ depending on whether the decedent did or did not have a will. ☺

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.



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continued from pg 15

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# Evergreen Shrub Temple Bells Shines in the Spring

By Eddie Smith, MSU Extension Service

Sometimes it seems that spring is all about the flowers, but trees and shrubs play a significant role in the landscape waking up from winter.

At my house, an early bloomer I look forward to seeing each year is Temple Bells, a beautiful evergreen shrub that shines in late winter and early spring.

Temple Bells produces large, waterfall-like clusters of white, bell-shaped flowers that hang gracefully beneath the foliage. The blooms resemble delicate strings of little porcelain bells that last for weeks.

I especially like how the plant displays these flowers. Instead of sitting upright on top of the plant, the clusters hanging down create a soft, cascading look. When the plant is covered in blooms, it almost looks like a living chandelier in the landscape.

The foliage adds another layer of beauty throughout the year.

The leaves are an ovate shape, or basically egg-shaped, with a broad base that tapers to a narrower, rounded tip. These leaves emerge in attractive shades of red to bronze before maturing into a rich, glossy dark green.

That color transition gives the shrub interest well beyond the flowering season and helps it stand out, even when it's not in bloom.

Temple Bells is a small- to medium-sized evergreen shrub with a slow growth rate, which makes it easy to manage in the landscape. It works well as a specimen plant, in mixed shrub borders or as part of a foundation planting. It grows slowly and maintains a naturally attractive shape, rarely requiring much pruning.

Another interesting fact about Temple Bells is that it is a member of the blueberry family.



*Evergreen Shrub Temple Bells... continued on pg 49*

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Questions? Visit [brevardsymphony.com](http://brevardsymphony.com) or call the BSO Office at (321) 345-5052.

## Evergreen Shrub Temple Bells Shines in the Spring *continued from page 48*

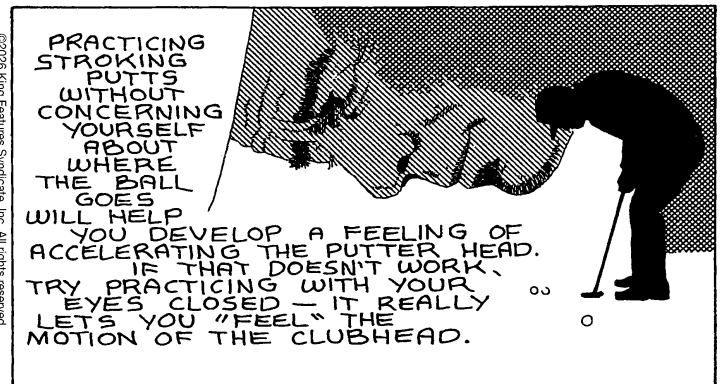
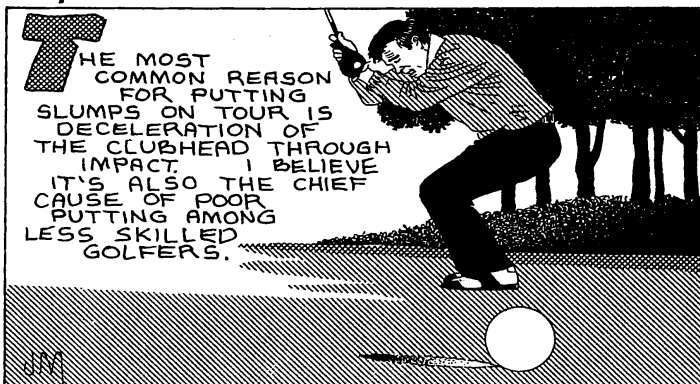
Like many of its relatives, it prefers acidic, well-drained soil and appreciates soil that is rich in organic matter. If you already grow plants like azaleas, camellias or gardenias successfully, Temple Bells will likely feel right at home in your landscape.

One of its greatest strengths is its ability to tolerate shade. While it appreciates some morning sun, Temple Bells performs beautifully in filtered light and even does quite well in shady areas of the garden where many flowering shrubs struggle.

Temple Bells is a wonderful choice for gardeners looking to add year-round structure along with beautiful, early-season blooms. It is elegant, dependable and a real standout when very little else is flowering in the landscape.

Early spring plants like this remind me why I love Southern gardening so much. ☺

## Play Better Golf with JACK NICKLAUS



# MAY COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,  
visit the BCA website at [www.ArtsBrevard.org](http://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*

## MAY EVENTS

**May 1: Encaustic Painting Fundamentals**, Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**May 1: EGAD First Friday**, Eau Gallie Arts District, [egadlife.com](http://egadlife.com)

**May 1: Friday Fest**, City of Cape Canaveral, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**May 1: Parkhurst Academy - Mary Poppins**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 1 - 17: Prelude to a Kiss**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**May 1 - 17: Rock of Ages**, Cocoa Village Playhouse, Historic Cocoa Village, [cocoavillageplayhouse.com](http://cocoavillageplayhouse.com), 321-724-0555

**May 1 - 24: Spring Awakening**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**May 1 - 29: Sip and Paint Class**, Galleria of Art and Photography, Melbourne, [artcreatedwithsoul.com](http://artcreatedwithsoul.com), 321-338-9787

**May 1 - 29: Open Painting**, CBAA Office & Studio, Rockledge, [cbaartists.com](http://cbaartists.com)

**May 1 - 31: 100% Pure Florida Juried Exhibition**, Fifth Ave Art Gallery, Melbourne, [fifthavenueartgallery.com](http://fifthavenueartgallery.com), 321-259-8261

**May 1 - 31: A Dual Media Exploration**, Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**May 2: Oh Golly Dixieland Band - A Night on Bourbon Street**, Suntree/Viera Library, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**May 2: Seed Swap**, Turkey Creek Sanctuary, Palm Bay, [palmabayfl.gov](http://palmabayfl.gov), 321-676-6690

**May 2 & 16: Pastel Painting Techniques with Isha Venkatesh**, CBAA Office & Studio, Rockledge, [cbaartists.com](http://cbaartists.com)

**May 2, 9, 15, 23: Expressive Landscapes in Encaustics and Mixed Media**, Studios of Cocoa Beach, Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3840

**May 2 - 30: Space Coast Farmer's Market**, Eau Gallie Square Park, Melbourne, [spacecoastfarmersmarket.com](http://spacecoastfarmersmarket.com)

**May 2 - 30: Saturday Farmers Market** at Riverview Park, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**May 2 - 30: Green Gables Open House**, Green Gables at Historic Riverview Village, Melbourne, [greengables.org](http://greengables.org), 321-306-8635

**May 3: BSYO Spring Finale Concert**, Eau Gallie High School, Melbourne, [bsyo.us](http://bsyo.us), 321-216-7804

**May 3 & 17: Free Ranger Led Tours**, Turkey Creek Sanctuary, Palm Bay, [palmabayfl.org](http://palmabayfl.org), 321-952-3400

**May 4: Sewing Studio**, MyMakerScape, Indialantic, [mymakerscape.com](http://mymakerscape.com), 321-499-3127

**May 4: Pickleball Mixer**, Ted Whitlock Community Center, Palm Bay, [palmabayfl.gov](http://palmabayfl.gov), 321-952-3231

**May 4, 11, 18, 25: Drawing Classes**, CBAA Office & Studio, Rockledge, [cbaartists.com](http://cbaartists.com)

**May 5 - 27: Art Instruction Classes**, CBAA Office & Studio, Rockledge, [cbaartists.com](http://cbaartists.com)

**May 8: Killer Bee**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 8 - 31: Shrek The Musical**, Henegar Center, Downtown Melbourne, [henegarcenter.com](http://henegarcenter.com), 321-723-8698

**May 9: Brevard Ballet Academy Spring Performance**, King Center, Melbourne, [brevardballet.com](http://brevardballet.com)

**May 9: Putta Palooza**, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com)

**May 9 & 10: Summer Art & Craft Fair**, Main Street, Historic Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com)

**May 12: America 250 Gnome Paint Party**, MyMakerScape, Cocoa Village, [mymakerscape.com](http://mymakerscape.com), 321-499-3127

**May 13 & 14: 321 Jazz - Hometown Composers**, Melbourne Auditorium, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**May 14: Art in Public Places Open House**, Brevard Cultural Alliance, Melbourne, [artsbrevard.org](http://artsbrevard.org), 321-690-6817

**May 15: Friday Fest**, Cocoa Beach Mainstreet, [cocoabeachmainstreet.org](http://cocoabeachmainstreet.org)

**May 15: Treats, Beats, and Eats**, Palm Bay City Hall, Palm Bay, [palmabayfl.gov](http://palmabayfl.gov)

**May 15: Rodney Carrington Live**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 16: Gatehouse Market**, Field Manor, Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**May 16: BWS Mini Workshop**, Wickham Park Community Center, Melbourne, [brevardwatercolorsociety.org](http://brevardwatercolorsociety.org)

**May 16: Lets Talk About Snakes**, Turkey Creek Sanctuary, Palm Bay, [palmabayfl.gov](http://palmabayfl.gov), 321-676-6690

**May 16: 2026 U.S. Astronaut Hall of Fame Induction**, Kennedy Space Center, Merritt Island, [kennedyspacecenter.com](http://kennedyspacecenter.com), 1-855-433-4210

**May 16: Classic Albums Live: Creedence Clearwater Revival**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 17: EFSC Jazz Band Combo**, Brevard Veteran's Memorial Center, Merritt Island, [spacecoastjazzsociety.org](http://spacecoastjazzsociety.org)

**May 17 & 18: Auditions - Green Day's American Idiot**, Cocoa Village Playhouse, Historic Cocoa Village, [cocoavillageplayhouse.com](http://cocoavillageplayhouse.com), 321-724-0555

**May 22: Friday Fest**, Cocoa Beach Mainstreet, [cocoabeachmainstreet.org](http://cocoabeachmainstreet.org)

**May 22 & 23: Galmont Ballet's Défilé Classique: A Celebration of Dance**, Cocoa Village Playhouse, Historic Cocoa Village, [cocoavillageplayhouse.com](http://cocoavillageplayhouse.com), 321-724-0555

**May 22 - Jun 28: The Cottage**, Melbourne Civic Theatre, Melbourne, [mymct.org](http://mymct.org), 321-723-6935

**May 23: Made in America - Side by Side**, Scott Center at Holy Trinity, Melbourne, [spacecoastsymphony.org](http://spacecoastsymphony.org), 855-252-7276

**May 23: Turkey Creek 5k**, Turkey Creek Sanctuary, Palm Bay, [palmabayfl.gov](http://palmabayfl.gov), 321-676-6690

**May 23: Josh Gates**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 24: Beetlejuice**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 27: Poetry + Open Mic Night**, The CAPE Center, Cape Canaveral, [cityofcapecanaveral.org](http://cityofcapecanaveral.org), 321-868-1224

**May 28: Happy Together Tour**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**May 28 - 30: Public History Forum**, Shores Resort and Spa, Daytona Beach, [myfloridahistory.org](http://myfloridahistory.org), 321-690-1971

**May 29: Rock n Roll Revue - Dinner Fundraiser**, Martin Andersen Senior Center, Rockledge, [mmband.org](http://mmband.org), 321-724-0555

**May 29 - 31: Disney's Winnie the Pooh Kids**, Cocoa Village Playhouse, Historic Cocoa Village, [cocoavillageplayhouse.com](http://cocoavillageplayhouse.com), 321-724-0555

**May 30: Ian Munsick**, Riverfront Park, Historic Cocoa Village, [visitcocoavillage.com](http://visitcocoavillage.com)

## CLUBS & ORGANIZATIONS

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

### Bipolar And Depression Support Group

Meets the 1st and 3rd Tuesday of each month at 6 PM.. 280 E. Merritt Avenue, Merritt Island in building behind church. Contact Troy with questions 919-218-4039 or just show up.

For people suffering from Bipolar Disorder or Depression.

**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](mailto: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](mailto:WWcontact@gssb.net)

### The Brevard Antiques and Collectibles Club

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

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

**The Italian American Club's** hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public. Games are played on Tuesday mornings at 9:00 am at three different locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit [IAC321.com](http://IAC321.com).

**Scottish Country Dancing**, Monday evenings from 6:30 to 9:30pm in the Club-

house 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/>

**03 May – Hero Fest by Back Brevard Heroes** to honor all first responders. 1000-1600. BVMC Plaza and Gray Hall. BBQ, displays, kids games and much more to honor First Responders and families. Contact Back Brevard Heroes for more information. bbb.org

**03-10 May – Florida's 38th Annual "All Veterans Reunion" at Wickham Park.** Sponsored by Veterans Memorial Reunion Inc. Wall escort and set up 03 May. Wreath Laying Ceremony at the Vietnam and Global War on Terror Moving Walls. Register wreaths from 1530-1800. Ceremony starts at 1800. The full reunion daily from 07-10 May into the evenings. Visit <https://travelingwall.us> and VMRI.org web site for more information and to sign up as vendors.

**16 May – Space Coast Honor Flight #2 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. Contact schf.org for more information and to sign up on the waiting list for both honorees and guardians.

**22-24 May – Florida wide RIDE FOR FREEDOM** presented by Rolling Thunder FL-1.

**22May: 1700-1930 – Gold Star Family Dinner** BVMC Gray Hall; 1900-2000 - Ride in from Fishlips and Sandbar to BVMC Plaza and Park; 2000-2100. – Flame of Freedom Walk

**23 May: 0900- 2000 - Thunder Alley** all day at BVMC Park and Amphitheater with special flag raising, vendors, music, food trucks and much more; 1730 - 2130. – Concerts

**24 May: 0700- 1030. - Register for Freedom Ride** at BVMC Plaza and Mall Parking Lot; 1100- 1230. – Ride for Freedom KSU with B52H Flyover! Check RTFL1.org for more info.

**23 May -- Merchant Marine Day -** Navy League and Propeller Club Cape Canaveral - Rusty's at the Port - 1000 program - 1030 Boat tour of port, lay wreath - 1200 lunch at Rusty's

**25 May – BVMC Memorial Day Ceremony** BVMC Plaza 0930-1100.

**25 May – Memorial Day Observance -** CAPE CANAVERAL NATIONAL CEMETERY. 0900-1030, 5525 US Highway 1, Mims. The annual Remember and Honor Memorial Day ceremony will be held at the Flag Assembly Area. A limited number of chairs are provided, lawn chairs welcome, water available.

**25 May – Cocoa Memorial Day Parade and Ceremony** at Cocoa Village and Riverfront Park. Parade begins at 1530 with the Ceremony at 1700. Contact MC Donn Weaver 757-871-6576 for details.

## 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

**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, 1st Friday, 11:00AM Book Club**

Fourth Friday, 10:45-11:45am

### Music Lovers Unite

Third Saturday, 12:30pm-1:30pm

**Tech Help** Fridays from 12pm-1pm Not Dec 6, 7, 27. Bring your own device and get one-on-one tech help from your librarian.

### Gentle Yoga with Maela

3rd Saturday, 10:30-11:30 AM

### 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](mailto: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**

<b>Computer Basics Class</b> Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM	Tuesdays, 1:00PM – 2:00PM <b>Line Dancing Class with "Dance Lady"</b> Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	<b>Crafternoon</b> First Wed, 2:00PM-3:00PM. Materials are provided. <b>Book Club</b> First Thursday, 1:30PM	<b>Painting Class</b> , 1st Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited. <b>Cook the Book Club</b> , 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**

<b>Mystery Book Club</b> 2nd Friday at 2 PM. <b>Master Gardeners</b> 2nd and 4th Tuesdays, at 2 PM.	<b>Beginning Computer Class</b> 1st Wednesday, 1 PM <b>Third Thursday @ 3 Book Club</b> 3rd Thursday at 3 PM.	<b>Adult Art Classes - Free Take and Make Kits</b> 3rd Thursday, Nov. 20th. Kits are first come, first serve.	<b>Quilters</b> every Thursday at 6:00 PM
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**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

<b>Coin Talk</b> 4th Tuesday, 6 PM <b>Sit-n-Stitch</b> 1-3pm, meets 1st & 3rd Weds. <b>Brevard Investment Education Group</b> 10:30am-1pm. Meets second Mondays. <b>Books are ALWAYS Better Book Club</b> 3rd Monday, 6:30-8pm	<b>American Needlepoint Guild</b> 2nd Tuesday, 1 PM <b>Brevard Antiques and Collectables</b> 1st Fridays, 10:00am-12:00pm. <b>Space Coast Poets</b> 3rd Tues 5:30-7:30pm	<b>Space Coast Modern Quilt Group</b> , 3rd Wednesday, 9am <b>Viera Women's Book Club</b> 3rd Tuesday, 2:00-4:00 pm <b>International Plastic Modelers</b> 2nd Tuesdays, 6-7:45 pm	<b>Neighbors Book Club</b> 3rd Thursdays, 2:00-4:30 pm <b>Tai Chi Class with Brad</b> Saturdays, 9:30-10:30 am <b>Multiple Myeloma Support Group</b> 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**

**MAY 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**

<b>Bingo each Monday at SB Civic Center, doors open 9:30am</b> , game begins 11am. Card fees apply.	<b>Line Dancing Tuesdays and Thursdays</b> at Schechter Community Center, 1pm-2pm. Fee paid at the door.	<b>Game Night each Wednesday</b> at Schechter Community Center, 6-9pm. Free!	<b>Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am</b> at Schechter Community Center Gym. Free!
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**Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinanderseniorcenter.com**

<b>MONDAY</b> <b>Andersen Quilters</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Busy Fingers Crafts</b> 9:00-11:00 <b>Intermediate Tap</b> 10:30-12:00 <b>Party Bridge</b> 12:15-4:00	<b>Grief Counseling</b> 2nd & 4th Tues 10:00-12:00 <b>Line Dancing</b> 12:00-1:30 <b>Gentle Yoga</b> 2:00-3:00 <b>Tai Chi</b> 2:00-3:00 <b>WEDNESDAY</b> <b>Bone Builders</b> 9:00-10:00 <b>Writing Workshop</b> 10-11:30 <b>Spanish Conversational Class</b> 12:30-2:30	<b>New Horizons Jazz Band</b> 9am-12pm <b>THURSDAY</b> <b>Water Colors (Begin/Inter)</b> 9:00-12:00 <b>Gentle Yoga</b> 2:00-3:00 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>Intermediate Tap</b> 10:30-12:00 <b>Karaoke</b> 11:00-3:00	<b>FRIDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Party Bridge</b> 12:15-4:00 <b>Spanish Class-Beginner Plus</b> 12:30-2:00 <b>Ballroom Dancing Class</b> 2:00-3:00
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# MAY 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

**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

**Billiards, Thrift Corner** 9am-12pm

**Billiards, Open Play** noon-4pm

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

Food available to purchase

**Bone Builders** 9:15-10:15am;

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

**Bridge** 9:30am-12pm

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

**Golf** (Crane Creek on 192) 9:20am

**Travel Office** open 9am-2pm

**Woodshop** 8am-12pm

### THURSDAY PROGRAMS

**Art Class** 9:30-11:30am

**Bargain Thrift Corner** 9am-12pm

**Billiards**, Morning 8:30am-noon

**Billiards, PM** noon-4pm

**Euchre** 12:30-3:30pm

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

**Movie Night** 6:30-9:30pm

**Ping Pong** 1-3:30pm

**Pinochle** 11-3pm

**Scrabble** 9:30am-noon

**Travel Office** open 9am-2pm

**Woodshop** 8am-noon

**Yoga, Chair** 10:30-11:30am

### FRIDAY PROGRAMS

**Bargain Thrift Corner** 3-6pm

**Billiards, Open Play** 12-4:00pm

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

**Bocce** 9-11am

**Bridge** 12:15-3:30pm

**Crafts** 9:30-11:30am

**Knotty Habit** 9:30-11:30am

**Poker, Straight** 12-3:30pm

**Travel Office** open 9am-2pm

**Wood Shop** 8am-noon

### SATURDAY PROGRAMS

**Saturday Night Dance**

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

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

**Consider becoming a member and volunteering.**

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

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

### MONDAY PROGRAMS

**Billiards**- 8:30 am-4:30 pm

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

**Duplicate Bridge** - 12:30-4:00 pm

**Jazzercise Lo** - 8:30-9:30 am

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

**Friendly Poker** - 1:00-4:00 pm

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

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

**Pinochle** - 12:15-4:00 pm

### TUESDAY PROGRAMS

**Chair Yoga** - 3:00-4:00 pm

**Rogue Bridge** 12:15-4:00 pm

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

open at 10:00 am

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

**Line Dancing for Fun & Exercise** -

4:15-5:30 pm

### WEDNESDAY PROGRAMS

**Billiards**- 8:30 am-4:30 pm

**Duplicate Bridge** - 12:30-4:00 pm

**Euchre** - 6:00-9:00 pm

**Jazzercise Lo** - 8:30-9:30 am

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

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

**Rummikub** - 1:00-4:00 pm

### THURSDAY PROGRAMS

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

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

**Oil Painting Class** - 3rd Thursday 1:00-

5:00 pm

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

**Rubber Bridge** - 1:00-4:00 pm

**Shuffleboard Open Practice** - 6:30 pm

### FRIDAY PROGRAMS

**Billiards** - 8:30 am-4:30 pm

**Jazzercise Lo** - 8:30-9:30 am

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

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

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

open at 10:00 am

**Pinochle** - 12:15-4:00 pm

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

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

### SATURDAY PROGRAMS

**Shuffleboard Open Practice** - 9:00

am - noon

**Duplicate Bridge** - 12:30 - 4:00 pm

**Rubber Bridge** - 12:30 - 3:30 pm



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

**MAY 2026**  
**ONE SENIOR PLACE EVENTS**

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**SPECIAL EVENT:**

**Women's Day**

**Friday, May 1st | 10am - 1pm**  
 One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

**FREE Liver Scans**, Monday May 4th and Wednesday May 20th, from 10am - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Call 321-751-6771 to schedule your half-hour appointment.

**Florida Then & Now Interactive Fossil Experience w/The Brevard Zoo**, Monday, May 4th, at 2pm. Take a walk through Florida's wild past and present with Brevard Zoo in this fun, interactive experience. Enjoy a hands-on look at fossils, wildlife, and the fascinating creatures that have shaped Florida over time. Call 321-751-6771 to RSVP.

**Dietician Series: The Power of Antioxidants**, Tuesday May 5th, at 10am. Curious about antioxidants and what they actually do for your body? Join us as Susie Bond, RDN, LDN, breaks it down in a simple, practical way you can use in your everyday life. Small changes, big impact! Call 321-751-6771 to RSVP.

**FREE Memory Testing**, Tuesdays May 5th and 19th, from 10am - 2pm. Flourish Research - Merritt Island will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

**Benefits of Pre-Planning Your Cremation**, by National Cremation Society, Wednesday May 6th, from 11am and Thursday May 28th, 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.

**Love the Skin You're In: Caring for your skin as you age**, Thursday, May 7th at 10am. Join Senior Partner Care Services and guest speaker Deb Babcock for an informative talk on caring for your skin as you age. Learn about common skin changes, warning signs to watch for, and simple ways to help keep your skin healthy. Call 321-751-6771 to RSVP.

**Viera 2026: Big Changes Are Coming...Be the First to Hear What's Coming Next!** w/ The Viera Company, Thursday, May 7th at 1pm. Get an inside look at what's ahead for Viera in 2026! Join The Viera Company and guest speaker Eva Rey, with The Viera Company, for an exclusive update on upcoming developments and what they could mean for your home value, traffic, and daily life. Call 321-751-6771 to RSVP.

**Senior Health Friday with Nurse Lisa Presents "Beautifully Unbroken: Finding Strength After a Cancer Diagnosis"**, Friday, May 8th, at 10am. Join Nurse Lisa and guest speaker Lisa Crites for a heartfelt conversation about strength, healing, and finding purpose after a cancer diagnosis. This inspiring Senior Health Friday will offer encouragement, insight, and hope for anyone touched by cancer.

**BUNCO! with Senior Partner Care Services**, Friday, May 8th, 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.

**Ask The Doctor Lunch & Learn: The Silent Health Risks Women Over 55 Can't Ignore**, Tuesday May 12th, at 11:30am. Women's health can change quietly with age, but staying informed can make all the difference. Join Brevard Health Alliance and Dr. Mary Lynn Perry for an educational Ask the Doctor session focused on common health risks women over 55 should know. Bring your questions and leave feeling more confident about your health. Call 321-751-6771 to RSVP.

**BINGO!**, with Senior Partner Care Services, Tuesday May 12th, at 2pm. Join Senior Partner Care Services for a fun and lively game of bingo! Enjoy great company, exciting prizes, and an afternoon full of laughs—free to play and all are welcome. Call 321-751-6771 to RSVP.

**AARP Senior Appreciation Day**, Wednesday, May 13th, from 11am - 1pm. AARP Florida is bringing the celebration to One Senior Place! Enjoy a fun-filled Senior Appreciation event with live music, entertainment, and a delicious lunch! Call 321-751-6771 to RSVP.

**Medicare Supplemental Plans w/Estate Planning & Elder Law Center of Brevard Powered by The Law For All**, Thursday May 14th, at 10am. Get the facts on Medicare options and how they fit into your overall legal and long-term care planning. Join local experts as they break it all down in a simple, easy-to-understand way so you can feel more confident about your next steps. Call 321-751-6771 to RSVP.

**Mastering Your Phone w/ Gerald Delvaile**, ITX Solutions, Friday May 15th, at 10am. Learn how to feel more confident using your phone in this hands-on seminar with IT professional Gerald Delvaile. From everyday features to helpful tips and one-on-one support, this session is designed to make your device easier to use. Call 321-751-6771 to RSVP.

**Big Bucket List with Stefan's Join the Fun Tours**, Monday, May 18th, at 2pm. Ready to check a few things off your bucket list? Discover stress-free travel options that take care of all the planning for you. From breathtaking national parks to hidden gems across the U.S., these guided trips make it easy to travel with a group and simply enjoy the experience. Plus, enjoy wine and cheese while you start planning your next getaway. Call 321-751-6771 to RSVP.

**Estate Planning with William Johnson P.A.**, Tuesday May 19th, at 10am. Learn the fundamentals of estate planning with Attorney William A. Johnson. This seminar will cover wills, trusts, probate, asset transfers, and essential advance directives to help protect you and your loved ones. Call 321-751-6771 to RSVP.

**Movie Matinee: Up Close & Personal - Reel Fun at One Senior Place!**, Tuesday, May 19th at 2pm. Join us for a relaxing movie afternoon featuring Up Close & Personal. Enjoy a great film, tasty snacks, and a fun chance to sit back, unwind, and spend time with friends at One Senior Place Call 321-751-6771 to RSVP.

**iPhone and iPad User Group Meeting** Presented by MacMAD, Tuesday May 19th, at 5:30pm. This meeting will feature presentations on topics of interest to MAC enthusiasts. Usually includes a guest speaker with a presentation, and often hardware or software demo. For more information contact Dennis Crowley at dcrowley1@cl.r.com. Call 321-751-6771 to RSVP.

**Law School For Life: Probate Law 101**, Wednesday, May 20th, 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 21st, 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. To Register Call 1-800-716-7737 \*Select Option 2.\*

**Let's Get Origami-ing with Mindcare Medics**, Friday, May 22nd, at 3pm. Join Mindcare Medics, a student-led group dedicated to supporting seniors and building meaningful connections across generations, for a fun beginner-friendly origami class. Come fold, create, and enjoy a relaxed afternoon with supplies included. Call 321-751-6771 to RSVP.

**Healthy Bones, Healthy You with Dr. Haig John**, Tuesday, May 26th, at 2pm. Join Dr. Haig John for an informative discussion on bone health and what steps to take after a diagnosis. Learn ways to support stronger bones, reduce your risk of falls, and feel more confident moving forward. Call 321-751-6771 to RSVP.

**AARP Safe Driver Course**, Wednesday May 27th, from 9am - 4pm. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

**Before the Storm: Hurricane 2026 Expert Panel Discussion**, Wednesday May 27th, from 10am - 12pm. Hurricane season is not the time to wing it. Join us for an important expert panel featuring Brevard Fire & Rescue, the National Weather Service, and One Senior Place Nurse Care Management as they share what to expect for 2026 and how to prepare before a storm is on the way. Registered guests will receive a hurricane prep kit while supplies last. Call 321-751-6771 to RSVP.

**Special Needs Trusts with William Johnson P.A.**, Thursday, May 28th, at 10am. Join Attorney William A. Johnson for an informative seminar on special needs trusts and how they can help protect a loved one's future. Learn how proper planning can preserve important public benefits while providing added financial support and peace of mind. Call 321-751-6771 to RSVP.

**Tech Help is Here: Laptop Edition with Mindcare Medics**, Friday, May 29th, at 3pm. Join Mindcare Medics, a student-led group dedicated to supporting seniors and making technology easier, for a helpful one-on-one laptop session. Learn the basics of email, internet use, files, downloads, Zoom, settings, and more in a friendly, supportive environment. Call 321-751-6771 to RSVP.

**SUPPORT GROUPS AT ONE SENIOR PLACE**

**Connected: A spiritual Exploration & Support Group**, Fridays, May 15th & 29th, at 10 am. Recurring Every Other Friday All are welcome—regardless of religious background, spiritual experience, or belief system. This is a space for open-minded exploration, respectful listening, and personal growth.

**Grief, Loss & Bereavement Support Group**, Thursdays, May 14th & 28th, 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, May 20th, at 2pm. Meet our new facilitator: Ruth Norman with Alura Senior Living. This group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person they are caring for with dementia.

**Tools to Quit Smoking with Tobacco Free Florida**, Friday, May 22nd from 12pm. If quitting tobacco has been on your mind, this Free Group Quit program is a great place to start. With expert-led sessions, supportive group guidance, and access to tools like nicotine replacement options (if eligible), you'll walk away with a personalized plan and the confidence to take that next step. MUST register by calling 407-716-6392.

**RECURRING EVENTS**

**Liberty Company: Veterans Social Club**, Wednesday, May 6th, 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: Dr. Brandon Wormsbacher, Chief Medical Officer Viera & Palm Bay VA Healthcare System.\*\*

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

**Chair Yoga** every Wednesday at 3:30pm. Join us for Free Chair Yoga. Powered by Senior Partner Care Services. \*For max comfort please bring towel and water bottle\*

**THE CLUB ACTIVITIES**

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

**CONTACT INFORMATION:**

**Jordan Dascoli, Assistant Director**  
 Jordan@OneSeniorPlace.com  
 One Senior Place, 8085 Spyglass Hill Road, Viera, FL 32940  
 (321) 751-6771 W



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A DAY  
FULL OF  
FUN!

**ONE**  
**SENIOR**  
*place*  
*The Experts in Aging*

- Car Show
- Cook Off
- Beer Tasting
- Free Giveaways

# MEN'S DAY!

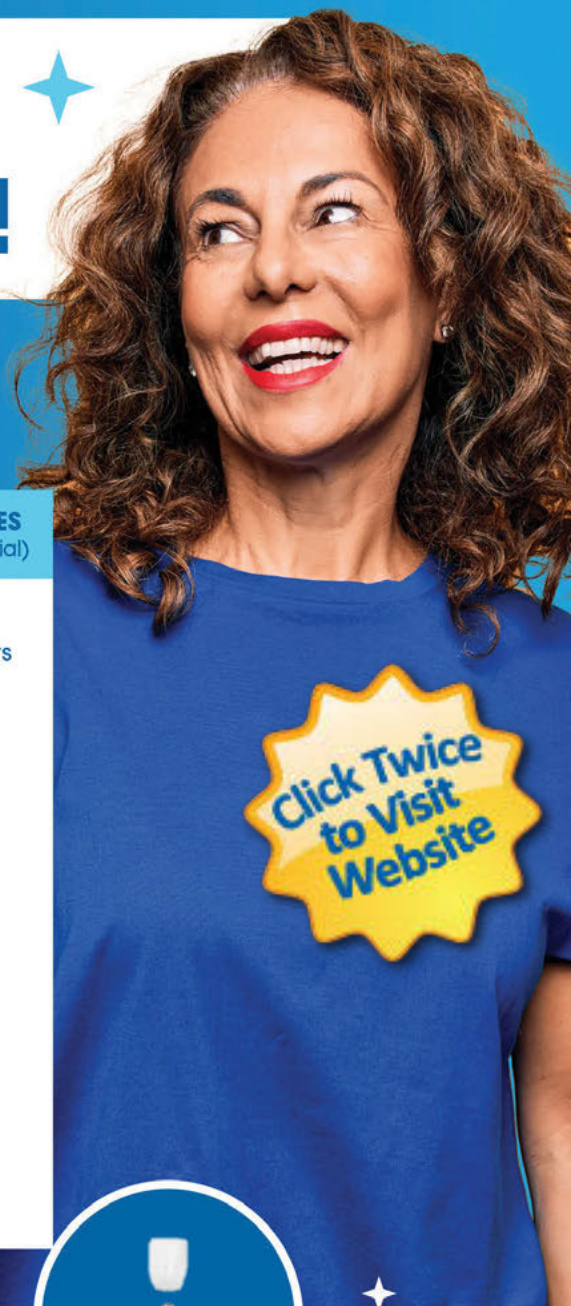
Friday June 5th 10am – 1pm

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



RSVP to 321-339-0551 or [OneSeniorPlace.com](http://OneSeniorPlace.com)

# 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**  
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**Palm Bay**  
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Palm Bay, FL 32905  
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