

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

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

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

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

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

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

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

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

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

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

500+ Pickup Points in Brevard County.

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

SENIOR SCENE
 Magazine



The 10th Annual Helping Seniors Car Raffle

CHOOSE YOUR ADVENTURE

Helping Seniors of Diverse

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

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

For the Roadster You ... 2026 Mazda Miata	For the Explorer You ... 2026 Jeep Compass Sport	For the Hauler You ... 2026 Chevrolet Colorado	For the Sporty You ... 2026 Dodge Hornet
For the Stylish You ... 2026 Mitsubishi Outlander	For the Elegant You ... 2026 Mazda3 Sedan	For the Upscale You ... 2026 Kia Sportage	

Pick Your Winning Car!
HelpingSeniorsCarRaffle.com

Scan for Tickets!
 Support the work of Helping Seniors Charity

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- Wednes-
 day 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd & 4th Wed)
 10AM-2PM \$2/\$3 Fonda (321-298-2796
Duplicate Bridge 11:30-3:30pm John
 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm
 \$3/\$4
Beginning Ballet/Lyrical 9am-10am
 Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM
 Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831
Zumba 6:00PM-7:00PM \$7/\$8 Robin
 (321) 514-5945
Zumba Gold Tone/Chair- Thursday 11AM-
 Noon \$7/\$8 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara
 321-750-2679
Muscle Memory Strength Balance
 10:00AM-11AM \$2/\$3 Natine (321) 609-0999
No Brevard Line Dance (impr/Intermed)
 Noon-2pm \$3/\$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month)
 noon-3:00pm \$5 Yvette 321-258-6534
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-
 4PM \$5/\$6 Pat (321) 268-2333

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

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

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

Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:30-3:30pm
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

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 Zoo & 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, RD, 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@cfl.rr.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

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 Barlon (Seniors Help Seniors)	90.3 WEJF-FM (online WEJF.net)	