

JUNE 2026 SENIOR CALENDAR

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

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

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

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

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

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

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

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

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

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

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



Cars & Cuisine

Supporting Helping Seniors!

10am-2pm - Saturday June 27th
 Senior Resource Center
 1344 S Apollo Blvd - Melbourne FL



Free Show! See you there! Bring Your Car!
 Open to All Makes & Models!
 Questions? Email Bill: Bill333@cfl.rr.com



Check out your HelpingSeniorsCarRaffle.com Choices & Get Tickets On-Site!

Support the Work of Helping Seniors

HelpingSeniorsCarRaffle.com



JUNE 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:
10:40Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo
1:00 Not Your Average Bingo

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945
Strength and Stretch 9am-10am Susan 540-220-4831

TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595
Beginning Tap Class 9am-10am \$2/\$3
Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827
Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945

WEDNESDAY
Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534
Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796)
Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm \$3/\$4
Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-

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

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

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

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

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

Helping Seniors Info Series

JUNE 2026

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

Helping Seniors Cars & Cuisine & Community
10am-2pm - Saturday June 27th - Senior Resource Center 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Cars & Cuisine - supporting the work of Helping Seniors of Brevard - and in the theme of the 10th Annual Helping Seniors Car Raffle. It's Free Car Show + Free Open House with a "Sip & Stroll" Afternoon Adventure Flavor Tasting, by donation, presented by top culinary experts. Visit HelpingSeniorsOfBrevard.org or call (321) 473-7770 for information about this fun Community event!

The Senior Resource Center:

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

Your hub for great Senior Information, Education and Resources and home the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library. Info & RSVP at 321-473-7770. HelpingSeniorsOfBrevard.org

Thursday - June 11th - 1100am-1230pm - Nourish Your Spirit Cooking Class

Celebrity Chef Jillian Zebris, of Chefs for Seniors, in cooperation with Senior Helps of Melbourne, brings "Nourish Your Spirit" Cooking/Tasting Class to the Senior Resource Center for lunch! Free but RSVP is required.

Friday - June 12th - 100pm-230pm - Senior Planet - Senior Planet Tech Talk

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

Wednesday - June 17th - 1000am-1100am - Coffee with a Cop

Join us for Coffee & Donuts (Thank you Dunkin' & Rhodes Law P.A.) for a visit with Brevard County Sheriff's Office's own Joe Downs on Project Lifesaver and more!

Wednesday - June 17th - 1100am-1200am - "Your Memory and How to Save it!"

Dr. Mike Edwards (Faith College of Natural Health) shares important tips on sharpening your memory as we age. Learn about this and the programs offered by the College!

Thursday - June 25th - 10am-11am - Knowledge College for Aging

"Case Management & Caregiving - What to Know" with Danica Scuderi-Carluccio (Advocates for the Aging) - great tips for your Aging Plan! Coffee/Snacks

Thursday - June 25th - 11am-12nn - Helping Seniors Wellness

"Medicare Insurance - Things to Consider" - Jerry Hadlock, Jr. (Medicare Solutions) shares on how to maximize your medical benefits while minimizing your out of pocket costs. Let's learn together! Coffee/Snacks

AARP/Helping Seniors Events:

Friday - June 5th - 1100am-100pm - AARP Chapter #1413 Meetup

Charlie & Jakes - 490 E Eau Gallie Blvd - Indian Harbour Beach

Friday - June 12th - 845am-945am - AARP Walk with a Doc

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL
Special Speaker: Jeaneen Mul-lenhard (AARP Florida) - Come join the fun!

More Great Events:

Tuesday - June 16th - 1100am-1230pm - Golden Providers B2B Lunch

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL. Great Business-to-Business Learning & Networking for those who serve Seniors

Helping Seniors Car Raffle Fun:

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

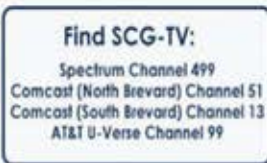
Friday - June 19th - 1000am-100pm - Father's Day Car Show

Life Care Center of Palm Bay - 175 NE Villa Nuova Ave - Palm Bay

Saturday - June 20th - 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
Jun 1	Mon	About Golden Providers	Understanding Medicare Options	Hometown News / AARP	Buying, Selling, Investing Real Estate
Jun 2	Tue	Seniors Expos & Events	What an Elder Law Attorney	The Parts of Medicare	Rock Steady Boxing
Jun 3	Wed	Finding a Good Place for Mom or Dad	Senior Info in Senior Scene Magazine	Transitional Care	Making Plans for Retirement
Jun 4	Thu	Cosmetic Dentistry	Top 3 Public Benefits Questions	Helping Seniors Travel Club	Your Aging Plan - Express Thoughts
Jun 5	Fri	Power of Attorney & Super Powers	Considerations in Best Home Care	Wellness: Footcare & Wellness	Capital Update
Jun 8	Mon	Best Home Care Ideas	Concierge Home Care	Longevity Planning	Considerations in Best Home Care
Jun 9	Tue	Faith College of Natural Health	How to Cruise Successfully	The Business of Helping Seniors	What is Case Management
Jun 10	Wed	Medicare Supplement or Advantage	Periodontal Disease	Turning 65? All About Medicare	Things to Know about Elder Law
Jun 11	Thu	Probate: The Basics	How Seniors Helping Seniors Helps	Senior Info in Senior Scene Magazine	Your Aging Plan - Your Legal Plan
Jun 12	Fri	Buying, Selling, Investing Real Estate	Transitional Care	Finding a Good Place for Mom or Dad	Capital Update
Jun 15	Mon	Guardianship Basics	Helping Seniors - 15 Years of Service	Learning About Natural Health	Top 5 Reasons for Hospital Stays
Jun 16	Tue	Considerations in Best Home Care	Safe and Secure in Your Home	Too Many Teeth Being Extracted	Best Home Care Ideas
Jun 17	Wed	Rock Steady Boxing	New to Florida? Know Elder Law	Golden Providers Business to Business	Helping Seniors & MSC Cruises
Jun 18	Thu	In Home Care Giving	Probate - How and Why to Avoid	Your Aging Plan - What It Is	Your Aging Plan - Medicare/Medicaid
Jun 19	Fri	Turning 65? All About Medicare	How Not to Go Broke at Nursing Home	Senior Travel - Safe and Fun	Capital Update
Jun 22	Mon	Chefs for Seniors	Finding a Good Place for Mom or Dad	The Business of Helping Seniors	Transitional Care
Jun 23	Tue	Helping Seniors Travel Club	The Parts of Medicare	Buying, Selling, Investing Real Estate	Concierge Home Care
Jun 24	Wed	How Medical Office Team Helps	Best Home Care Ideas	Finding Good Help at Home	Psychiatric Care
Jun 25	Thu	Senior Info in Senior Scene Magazine	Care Management - What It Is	Probate - What it is and How It Works	Wellness: Rock Steady Boxing
Jun 26	Fri	Updating Your Estate Plan	Faith College of Natural Health	Considerations in Best Home Care	Capital Update
Jun 29	Mon	Durable Power of Attorney	Importance of Comp Evaluation	Rock Steady Boxing	Understanding Medicare Options
Jun 30	Tue	Transitional Care	Buying, Selling, Investing Real Estate	Medicare Supplement or Advantage?	Helping Seniors Services Directory



Date	Program	Special Guest	Listen On	Podcast On
Jun 3	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 10	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 17	Helping Seniors on "It Takes a Village"	Denise Bergman-Senor Care Authority	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 24	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms



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

JUNE 2026 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:

Men's Day

Friday, June 5th | 10 AM - 1 PM

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

FREE Liver Scans, Monday June 1st, and Wednesday June 17th, 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.

FREE Memory Testing, Tuesdays June 2nd and 16th, 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.

Giraffe Chat: Learn about Brevard Zoo's Tower!, Monday, June 1st, at 2pm. Join the Brevard Zoo team for a fun and fascinating Giraffe Chat! Learn about the zoo's giraffe "tower," how they communicate, eat, and what life looks like behind the scenes. Perfect for animal lovers of all ages! RSVP to 321-751-6771

Dietitian Series: Eating For A Healthy Heart w/ Susie bond, RDN, LDN., Tuesday, June 2nd at 10am. Join Susie Bond, Registered Dietitian/Nutritionist, for a simple and practical look at heart-healthy eating. Learn which foods support your heart, what to limit, and easy swaps like butter vs. margarine that can make a difference. Call 321-751-6771 to RSVP.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation Society, Wednesday June 3rd, from 11am, REPEATS Thursday June 25th, 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. RSVP to 321-751-6771.

BINGO! w/ Senior Partner Care Services, Tuesday, June 9th, 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.

From 401(k) to Forever w/ Estate Planning and Elder Law Center of Brevard, Thursday, June 11th, at 10am. What happens to your 401(k) after retirement? Join us for an informative discussion on turning your retirement savings into a lasting legacy. Learn smart strategies to help protect your assets, minimize estate taxes, and plan confidently for the future. Q&A included! Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa Presents "Pressed Petals & Pages Bookmark Creation" w/ Senior Partner Care Services, Friday, June 12th, at 10am. Slow down, get creative, and make something beautiful! Join us for a relaxing hands-on workshop where you'll design your own pressed flower bookmark, perfect to keep or gift to someone special. No experience needed, just come ready to create and have fun! Call 321-751-6771 to RSVP.

Men's Health Lunch & Learn: Feel Fine? Think Again - What's Really Going On With Men's Health After 50 w/ Dr. James Wilson, Family Medicine, Health First, Friday, June 12th, at 12pm. Join Dr. James Wilson of Health First for an important Lunch & Learn focused on the health risks, warning signs, and key screenings men over 50 should be paying attention to. Enjoy a free lunch while learning practical ways to stay healthy, active, and independent for years to come. Call 321-751-6771 to RSVP.

BUNCO! with Senior Partner Care Services, Friday, June 12th, 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.

Medicare Basics w/ Carrie Kachur, Viera Insurance Professionals, Monday, June 15th, at 2pm. Confused by Medicare? You're not alone. Join Viera Insurance Professionals for an easy-to-follow seminar covering Medicare basics, available options, and common mistakes to avoid. Gain helpful insight and feel more confident making decisions for your healthcare future. Call 321-751-6771 to RSVP.

Medicaid Planning w/ William Johnson P.A., Tuesday, June 16th, at 10am. Long-term care planning can be overwhelming, but knowing your options now can help protect your future. Join Elder Law Attorney William A. Johnson to learn about Medicaid eligibility, asset protection, and common long-term care planning misconceptions. Call 321-751-6771 to RSVP.

A Holistic Approach to Aging Gracefully w/ Sue Rapley, Tuesday, June 16th, at 2pm. Take a moment for yourself and explore a more holistic approach to aging. In this relaxing and informative session, Sue Rapley will share ways to support balance, energy, and overall well-being through mindfulness and gentle movement. Call 321-751-6771 to RSVP.

iPhone and iPad User Group Meeting Presented by MacMAD, Tuesday June 16th, 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@cfi.rr.com. Call 321-751-6771 to RSVP.

Law School For Life: Scam Prevention 101, Wednesday, June 17th, at 10am. Continue your Law School for Life journey with this month's class on scam prevention. Rhodes Law, P.A. will share practical tips to help seniors and families recognize common scams, avoid fraud, and protect personal and financial information. Call 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar, Thursday, June 18th, at 10am. Join Health First Health Plans for a Medicare sales seminar designed for those new to Medicare or exploring coverage options. Learn about available plans, benefits, costs, and extra perks while getting your questions answered by a licensed representative. To Register Call 1-800-716-7737 *Select Option 2.*

The Trust Factor: Building an Estate Plan That Protects, Preserves, and Delivers w/ Estate Planning & Elder Law Center. Protect what matters most. Join the Estate Planning & Elder Law Center of Brevard for a helpful discussion on trusts, estate planning, and how to make sure your wishes, assets, and loved ones are protected for the future. Call 321-751-6771 to RSVP.

Retire Well in Brevard: Happy Hours Wine & Cheese, Tuesday, June 23rd, at 5:30pm. Helping your parents plan for the future while trying to figure out your own? Join us for a relaxed wine and cheese happy hour featuring local experts talking retirement, finances, housing, elder law, and what comes next. Real conversations, helpful guidance, and answers you can actually use. Call 321-751-6771 to RSVP.

AARP Smart Driver Course, Monday June 24th & Monday, June 29th, from 9am - 4pm. The AARP Driver Safety Course is specifically designed for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. AARP members pay \$20, non-members pay \$25. This class is taught by certified volunteer instructor Nancy Westerband. Call 973-607-7996 to Register.

Ask the Doctor Brunch & Learn: "I Used To Be Able To Do That..." What's Actually Changing in Your Body w/ Dr. Sean Claeys, Brevard Health Alliance, Wednesday, June 24th, at 10am. Ever catch yourself saying, "I used to be able to do that"? Join Dr. Sean Claeys with Brevard Health Alliance for an eye-opening brunch discussion on what's actually changing in the body as we age. From joint stiffness to slower recovery, learn the "why" behind common changes and what you can do to stay ahead and feel your best. Call 321-751-6771 to RSVP.

Estate Planning w/ William Johnson P.A., Thursday, June 25th, 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.

Kitten Therapy Hour w/ Rhodes Law, P.A. and The Kitten Angel Rescue, Thursday, June 25th, at 1pm. Take a break from the stress and spend an afternoon surrounded by adorable kittens, good company, and helpful information every pet owner should know. Join Rhodes Law, P.A. and The Kitten Angel Rescue for a fun and feel good "Kitten Therapy Hour" at One Senior Place featuring adoptable kittens, cuddles, and a conversation about planning ahead for the pets you love. Call 321-751-6771 to RSVP.

Helping Without Overstepping: A Real-Life Guide for Caregivers, Monday, June 29th, at 2pm. Join local experts Lisa Peake and Deidra Shubert for a supportive conversation designed to help caregivers navigate the questions, emotions, and uncertainty that can come with helping a loved one. Learn how to better understand your role, communicate with confidence, and feel more supported along the way. Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Loss, Grief & Bereavement Support Group, Thursdays June 12th and 25th, 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 Facilitated by One Senior Place Care Management, Wednesday June 17th, at 2pm. Our Alzheimer's & Dementia Support Group is entering a new chapter with facilitator Lisa Peake, VP of Care Services and our Aging Care Expert at One Senior Place. Join Lisa and members of our Care Management team, for open conversation, encouragement, guidance, and connection with others who truly understand the journey. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia.

Tools to Quit Smoking with Tobacco Free Florida, Friday, June 26th, 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, June 3rd, at 10am. Connect with fellow veterans over coffee and donuts while hearing from guest speakers sharing valuable information about resources and services available specifically for veterans. Every first Wednesday of the month. **Special Guest Speaker: Dr. Brandan 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



Helping
SENIORS
TRAVEL CLUB

THE 7TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

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

Sail with Brevard Friends to Ocean Cay and More!



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



7th Annual Helping Seniors Foundation Cruise



Let's Go Sailing!

Balcony - As low as \$1,402 pp!

Outside - As low as \$1,341 pp | Inside - As low as \$1,182 pp

Yacht Club - \$3,586 pp (based on double-occupancy)

Pricing includes Cabin, Port Charges, Taxes, Beverage Package, WiFi. Gratuities & Travel Insurance!

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



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