

THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS 50+

SENIOR SCENE®

JUNE 2026

FREE



Cover Artist:
Dorothy Rhines

We Honor Cover Artist
Dorothy Rhines

Men's Health

Retirement Risk

We Remember
Bo Diddley



FINANCE | HEALTH | ENTERTAINMENT | CALENDARS | NEWS

HealthFirst

What care should feel like.

World-class care from physicians right here
in your community.



hf.org



Abhishek Agrawal, MD
Neuroendovascular Surgeon

A Place to Call Home

“COME FOR THE LIFESTYLE AND STAY FOR A LIFETIME”

Westminster Asbury



WESTMINSTER ASBURY EAST
1420 DIXON BLVD., COCOA



WESTMINSTER ASBURY SOUTH
1430 DIXON BLVD., COCOA



WESTMINSTER ASBURY NORTH
1200 CLEARLAKE ROAD, COCOA

NOW ACCEPTING APPLICATIONS

Westminster Asbury is a retirement community for seniors age 62 or older. Rent includes all utilities. Fees are established using either 30% of the resident's monthly income or a low basic rental fee depending upon the ability to pay under program rules. We operate on a philosophy of excellent service and quality living, with the goal to provide quiet, comfortable surroundings, while offering stimulating recreational and educational opportunities. The lifestyle fostered by this philosophy encourages self-sufficiency and privacy, in addition to providing opportunity for fellowship and friendship.

AMENITIES

You'll find a variety of enjoyable planned activities such as parties, banquets, cookouts, crafts and worship services. Fun times shared with good friends will enhance your quality of life. Enjoy many opportunities for companionship, plus all the privacy you desire. Activity room, library, Chaplain, shuffle board, social and entertainment programs. Nearby bus lines, meal program, laundry, pet friendly, smoke free campus, assigned free parking, courtesy call system, fire sprinklers, fourteen passenger bus for outings, Service Coordinator on-site.

Professionally Owned and Managed by Westminster Communities of Florida.



**Westminster
Asbury**



(321) 632-4943 • TTD # (800) 545-1833 ext.#922



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**



SeniorTravel
Your Senior Travel Specialist
a division of The Travel Center
CST# 2000881-10 FST#14672

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 # 2000881-10 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.

Shoulder Embolization

Do you have shoulder pain that limits your life? Have you tried joint injections or physical therapy with little relief? Have you been told that shoulder replacement is your only option? Shoulder embolization is a minimally-invasive treatment for patients with shoulder pain that offers long-term pain relief for a majority of patients. Embolization is a non-surgical procedure that **Dr. Derek Mittleider** with



Vascular and Embolization Specialists has been performing for 20 years. There is no scalpel, no stitches, and no prolonged recovery. Patients are discharged home an hour after the procedure. Patients return to full activity within 3 days. Embolization is a painless outpatient procedure that does not use general anesthesia and does not require physical therapy during recovery. For more information, visit our website or call our office to schedule a consultation.



**THE
EMBOLIZATION
EXPERTS**

**VASCULAR & EMBOLIZATION
SPECIALISTS**

321-321-3001

VascularEmbo.com



MAP



WEBSITE

COVER STORY

11 In Loving Memory of Dorothy Rhines



AROUND THE HOUSE

- 16 Passwords – James Bowman
- 36 Paw's Corner – Sam Mazotta
- 43 Donna Erickson's Best Bites
- 48 Polka Dot Plants Are A Fun Addition To Gardens – Eddie Smith



COMMUNITY

- 38 Calendar Highlights
- 50 Community Calendar
- 54 Senior Calendar

ENTERTAINMENT

- 14 Travel Tips – By Chris Morse
- 37 Crossword Puzzle
- 40 Sudoku Puzzle
- 42 Sudoku Solution
- 42 Crossword Solution
- 49 Play Better Golf with Jack Nicklaus

FINANCIAL ADVICE

- 13 What is Probate? – Truman Scarborough
- 17 The Retirement Risk Nobody Wants to Talk About – Max Valavanis

GENERAL INTEREST

- 15 Owner-Operated Cleaning Company: The Personal Touch That Makes the Difference – Tammy Hass
- 20 Life, Liberty & the Pursuit of Happiness – Kerry Fink
- 23 HELPING SENIORS OF BREVARD NEWSLETTER
- 35 Mom & Me – Audrey & Kimberley
- 40 Vision Realized: The Grand Opening of the County Memorial Veterans Amphitheater and Park
- 41 Veterans Post – Freddy Groves
- 42 A Reflection for Father's Day – Reverend Jeff Wood
- 44 Protect Yourself From Scams – Matilda Charles

NOSTALGIA

- 10 The Walk to Saint Augustine – Diane Barile
- 12 Bo Diddley – Florida Legend That Influenced the World – George Khoury



SENIOR HEALTH

- 19 Global Day of Parents – Dr. Arvind M. Dhople, Ph.D.
- 22 Ask One Senior Place

CREDITS:

Senior Scene® Magazine ! is locally owned & operated made possible through the participation of local advertisers & distributors.

Please remember to thank them.

Senior Scene® Magazine !, Inc. is a national publication with 25 years publishing service.

PUBLISHER:

John Frederiksen

ASSOCIATE PUBLISHER:

Liz Colicchio

ART DIRECTION:

Bernadette de Isaza

PRODUCTION:

Seadragon Creative – Dan Lee

EXECUTIVE EDITOR:

Charlotte McQueen

ASSOCIATE EDITOR:

Jill Fulford

PHOTO JOURNALIST

Cheryl Clermont

BROADCAST AUDIO

PRODUCTION:

Pirate Alley Studios

Senior Scene® Magazine ! & its publishers are not responsible or liable for misinfo, misprints, typographical error, opinions, etc. herein contained. The entire contents of this publication are copyrighted by Senior Scene® Magazine



SENIOR SCENE is on Facebook!

Get updates & info @ facebook.com/Seniorscene

ELDER HELPLINE For info about or referral to a service provider,
(407) 514-1800 or 1 (800) 963-5337

Brevard Veteran's Services
Office: 321-633-2012

Florida Senior Scam Helpline:
800-962-2873



Click Twice
to Visit
Website

Safe, Secure, and Worry-Free Living

*Through every hurricane season, experience a community
built for comfort, connection, and confidence.*

That's what Buena Vida is all about!

**Buena Vida Estates, the only Continuing Care Retirement Community
in Brevard County, has more than 40+ years of experience serving
the most independent seniors.**



(321) 360-4814 • Toll-free (800) 742-0060

BuenaVidaEstates.org •  

2129 West New Haven Avenue, West Melbourne, FL 32904

Entrance on Doherty Drive

A 501(c)(3) Not For Profit Organization



Letter from the Publisher

May was a month of celebration and remembrance around here. Of course there was Memorial Day, of special significance to our readers, much more than a day without mail delivery or banking services! I hope you had a chance to view or participate in one of the many services here in Brevard County. One especially memorial event was the Vietnam Memorial Moving Wall at Wickham Park. If you can, try to visit next year when it returns. Even with the daily news reporting of military events, it is all too easy to forget the individual sacrifices by this and previous generations of military personnel. When you see someone in military uniform or just wearing an old service reminder, please stop and take the time to thank them.

Now let's look ahead to June. One of my favorite days is June 21st this year, Father's Day of course. Is there a Grandfather's Day? Seriously, let's not forget the important place that our fathers have in our lives, the unique combination of nurture and guidance. The unique experience of being a grandfather has a special importance that is immeasurable and so rewarding. Consider extending your time and appreciation to those men not fortunate enough to have family by their side.

We love providing all of the information and entertainment monthly that you have grown to enjoy over the many years we have been here on the Space Coast. Please let us know if there is anything additional that you would like us to include. Thank you and enjoy.

See you next month.




DC ROOFING
CCC 133-0894 // CCC 133-1491

LET US DO YOUR ROOF RIGHT THE FIRST TIME!

Call Today for your FREE ESTIMATE

METAL • TILE • SHINGLES



**David & Colleen
Arambula**
Local Owners
&
State Certified
Roofing Contractors



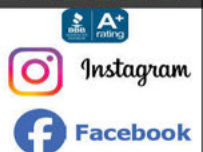
FINANCING AVAILABLE
(w.a.c.)

\$500 off



321-419-1361 • 321-419-1260

www.DCRoofingBrevard.com



New General Manager Named at Indian River Colony Club

John Robinson Retires After 21 Years Of Service To Patriotic Viera Community

Richard (Rick) Martino has been named the new General Manager and Chief Operating Officer of Indian River Colony Club, following the retirement of John Robinson, who served in the position since 2005. Mr. Martino will be responsible for the day-to-day operations of the Viera 55+ golf community for military veterans and the community's 120 staff members. A student of finance at Southern Connecticut State University, Rick Martino has 36 years of experience in club management-- including 22 years in South Florida at clubs in Plantation, Miami Beach, and Boca Raton, and most recently at private clubs outside Boston and in New Hampshire. The IRCC staff under his supervision provide management, administration, maintenance, and hospitality/culinary services for the Viera neighborhood of nearly 800 homes. Viera's very first community, Indian River Colony Club recently celebrated its 40th Anniversary. For more information about Indian River Colony Club, call 321-255-6000 or visit their website at www.ColonyClub.com.



Colleen Ward is Chairman of the Board of Directors for the nonprofit and member-owned Indian River Colony Club. A retirement destination for military veterans, the neighborhood's motto is "The Place Patriots Call Home."

"We are delighted to welcome Rick to Indian River Colony Club, where he is excited to head our professional management team and create those 'wow' moments for our members," said Ward. "He will work to ensure IRCC's continued financial stability and chart a path forward for the next chapter of our community's history."

New General Manager...cont'd on pg 39



YOUR PATH TO HEALING STARTS HERE.

Every cancer journey is unique. Your treatment should be too.

Our dedicated team provides the expertise and caring support to guide you back to the moments that matter most.

We'll be with you every step of the way.



**CANCER CARE CENTERS
OF BREVARD**



The Walk to Saint Augustine

By Diane Barile, South Brevard Historical Society

The sailing ship Reformation went aground at about three in the morning. Jonathan Dickinson knew his whole enterprise was in grave danger. Everything he valued most in life was on that boat; his wife and baby Jonathan Jr. and his mercantile business assets from Jamaica. By sunrise on October 23, 1696 twenty-four people were on the beach, the ship captain and mate and ten black servants and two Quaker missionaries accompanied the family to new lives in the English Colony of Pennsylvania.

Years later, Dickinson wrote a book describing God's Providence in delivering the castaways from the terror of shipwreck in the Spanish Colony of Florida, home to man eating native people. It was October 23, 1696 when the shipwreck victims found themselves on the coast of South Central Florida. While trying to rescue their belongings strewn in the surf, two screaming wild men approached. Calmed by gifts of tobacco, the intruders raced off to alert the village of Jobe. After some discussion, the colonists decided to pass themselves off as Spanish rather than Spain's enemy England.

As the Jobe people arrived, Dickinson expected "cruel hard death". Instead the crowd ran off to plunder the wreck

site. Some even stripped the castaways of clothing and personal mementos. However, during the three day stay at Jobe, the once thought "blood thirsty savages" became kind. The six month old baby was nursed by a volunteer mother. The leader, the Cassaque, was most helpful during the stay of the Dickinson party providing food and shelter.

After a twenty mile march up the beach, Dickinson arrived at St. Lucie Inlet and the village of Santaluces. Again they were attacked by the aggression of the residents. This seemed to be a pattern of welcome for shipwreck survivors. First, cow the intruders violently. Second, weigh the benefits or costs of keeping them alive and then, finally, implement a plan. If they were indeed Spanish they could be reward for the people's survival. The victims did survive the barbarous attack and given some clothes and gift. Again the baby was cared for.

The next leg of the journey was from St. Lucie to today's Melbourne. Jace was the largest of the Ais tribe's settlements. Since it was closer to St. Augustine, the site had greater influence from Spanish government. This time there was no violent gauntlet, but the group was delayed for weeks while the Cassaque travelled to Jobe to collect his share of the

The Walk to Saint Augustine continued on pg 39

LUXURY VACATIONS

Celebrity Apex sailing from Port Canaveral, January 23-30th, 2027 visiting Key West, Grand Cayman and Cozumel:

Infinite verandas starting at \$2335pp based on double occupancy, refundable deposit and includes classic drink package and basic Wi-Fi. Deposit of \$250pp due before June 5th, 2026.

South Africa and Zambia March 16th - 30th, 2027. This is a small group experience with me leading the trip. For detailed itinerary, please go to my website at <http://allaboutyoutravel.com>, then click on Private Escorted Tours with All About You Travel, then click on the flyer to open it up.

Highlights of Route 66 with Mother Road Festival & Albuquerque Balloon Fiesta Sept 23- October 8th, trip includes highlights of the Springfield for the International Route 66 Mother Road Festival, where the streets come alive with the rumble of engines from hotrod cars, cool trucks, and

vintage motorcycles. There is free live entertainment featuring R&B, Motown, and chart-topping tunes of the 50s to 80s and more. Plus, Albuquerque International Balloon Fiesta's early morning Balloon Glow followed by the Mass Ascension, where hundreds of colorful hot-air balloons fill the morning sky. Rates starting at \$4309pp based on double occupancy. Deposit of \$250pp nonrefundable and due by July 1st.



Independent affiliate of Uniglobe
Travel Center
Veteran Owned

Visit our website or call today
(321) 631-8080



www.allaboutyoutravelunlimited.com

In Loving Memory of Dorothy Rhines

Dorothy Rhines, 90, was a beloved watercolor artist from Satellite Beach whose paintings graced the cover of Senior Scene magazine beginning in 2006. A lifelong artist with training from the School of the Art Institute of Chicago, Dorothy spent decades exploring acrylics and oils, yet always returned to her first love — watercolor.

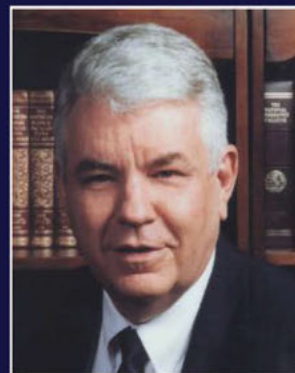
Through delicate brushstrokes and vibrant color, Dorothy beautifully captured coastal landscapes, nature, and the quiet moments of everyday life. Her work reflected her deep love for the ocean and the peaceful charm of Florida's shores.

Dorothy was the most popular artist on the cover of Senior Scene Magazine. Her Space Shuttle art was featured on our very first cover and she immediately became part of the Senior Scene family.

Dorothy's artistic legacy lives on through her children, and the many paintings she created, each one bringing warmth, beauty, and inspiration to all who experience them. ☺



ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

239 Harrison Street, Titusville, FL

For A Complimentary Copy

Phone 321 - 267 - 4770

TALK WAS.....

Bo Diddley – Florida Legend That Influenced the World

By George Khoury

Bo Diddley once explained his driving spine-rattling sound this way, "I play guitar like I play the drums." To those who like to analyze every brushstroke and maybe miss the big picture, the Bo Diddley beat is said to be a rumba-like rhythm akin to the "hambone" ditty we grew up with courtesy of street performers. Bo would tell you that it is the simple, "shave and a haircut- two bits beat". Bo borrowed and shaped chords and beats to suit himself. But also keep in mind that he was trained for twelve years as a kid to play the classical violin.

Bo Diddley was a musical giant. His contribution to rock and roll is too great to measure-Tom Petty

On June 2, 2008, the legend died but in all the obituaries we learned the same things: grew up in Chicago in the mid 1930's, adopted by his mother's cousin, Miss Gussie McDaniel; picked up his first guitar in 1940 and in 1950 put together his first band; is considered a founding father of rock and roll, influenced generations of musicians and his discography is endless. He is enshrined in the Rock and Roll Hall of Fame. These are the basic facts.

Every decent guitar player has stolen something from Bo Diddley-Stephen Stills

Can you name a Bo song? Can you hum any of his songs? The obituary, as they do when an artist dies, never offers samples of the work that made him famous. Bo was famous for his square guitar and the remarkable sounds he induced from that electric box. He should also be remembered for the lyrics that fit his unique sound. Bo captured culture and a sense of magic in his music. Here are the lyrics to one his most popular songs-one he wrote about himself entitled "Bo Diddley."



Bo Diddley

**Bo Diddley done had a farm,
On that farm he had some women,
Women here, women there,
Women, women, women everywhere.**

Bo Diddley... continued on pg 46

AudioNova

Elite Hearing Centers
of America

Experience
the AudioNova
difference

✓ EXPERT HEARING EVALUATIONS ✓ PERSONALIZED SOLUTIONS ✓ LATEST HEARING TECHNOLOGY

Hearing connects us. When you start to experience hearing loss, you can start to lose who you are and those who are so important to you. One simple visit to an AudioNova hearing clinic can not only help get your hearing back, but part of your life back.

AudioNova

Elite Hearing Centers
of America

Call your nearest location today and
receive a **FREE DEMONSTRATION!**

MELBOURNE
321-425-6201

MERRITT ISLAND
321-735-4494

PALM BAY
321-327-7945

Or visit us online at [AudioNova.com](https://www.audionova.com)



What is Probate?

By Attorney Truman Scarborough

This is the fifth in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign for the deceased person 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. An order from the Probate Court is needed to access assets just in the decedent's name.

In earlier articles we discussed the difference between Formal and Summary Probate Administration. In Formal Administration the court creates a legal entity (like a corporation) called the Probate Estate and appoints a Personal Representative (executor) to manage the estate. There is a series of court filings with the Probate Court which oversees the administration. From the time pleadings are first filed with the court, it takes approximately six months to complete formal probate if everything runs smoothly. With Summary Administration there is one court order directing distribution of assets to the beneficiaries. This short procedure can be used when 1] the estate is \$75,000 or less

and not indebted, or 2] the decedent died more than two years ago.

In addition to the Formal and Summary Administration, probate is also classified as either Testate or Intestate. If the decedent had a Will it is called "Testate Probate". When there is no Will, it is "Intestate Probate".

A Will designates who will inherit the probate property. When there is no Will, Florida Statutes govern who will receive the decedent's property. A surviving spouse receives the entire estate if there are no children or if all children are from the marriage of the decedent and the surviving spouse. If either the decedent or the surviving spouse has children who are not from the marriage, the surviving spouse gets one-half of the probate estate. The other one-half goes to the decedent's heirs, first to children. If a child is deceased his/her share goes to his/her descendants (children or grandchildren). If the decedent has no surviving children, grandchildren, or great grandchildren, it is distributed to the decedent's parents. If both parents are deceased, it passes

What is Probate? continued on pg 46

ARE YOU PREPARED FOR LOSS OF POWER WE CAN HELP!

FREE Estimate
Call Today To Schedule

Scan Here



- Home Generators
- All Electrical Work

- Solar Panel Installation
- EV Chargers

1 FREE Year of Maintenance

with the purchase of a
complete installation

Must present this offer. Not valid
with other offers. Expires 06/30/26



\$100 OFF

installation with the purchase of
any generator.

Must present this offer. Not valid
with other offers. Expires 06/30/26

Hours: Mon - Fri: 8 am - 5 pm

Servicing the Space Coast

wavelengthelectric.com

(321) 216-5532



SENIOR SCENE MONTHLY TRAVEL TIPS

Travel Made Easy, Enjoyable, and Worry Free



Senior Travel Agent Chris Morse has over 35 years travel agent experience.

Senior Travel / The Travel Center / Corporate Travel • Phone: 800-870-9345 • Cell: 818-430-1480 • Office: 321-978-5211
Email: travelcenterusa@gmail.com • Site: <http://thetravelcenterusa.info> • CST #2000881-10 FTS#: 14672

Book with Senior Travel – The Travel Center and Enjoy the Journey! Travel should be exciting—not stressful. That’s why Senior Travel takes care of every detail, so all you have to do is relax and enjoy the adventure.

Why Travel with Senior Travel?

When you book with us, you’re not just booking a trip—you’re gaining peace of mind.

- Stress Free Travel Planning – Our pre planning concierge service helps you choose the right tour or cruise for you.
- Customized Activity Levels – Pick the pace that fits your comfort level—no pressure, no surprises.
- Door to Door Service – Need a ride to the airport? We’ve got it covered.
- Luggage Handling – From start to finish, we take care of the heavy lifting.
- Sightseeing Made Simple – All admissions, gratuities, and guided experiences are included when requested.
- Delicious Dining – Most meals are included (and yes—all meals are included on cruises!) on your tours.
- Smooth Transfers – Airport to hotel or river cruise transfers are handled for you.
- Pre & Post Tour Hotel Stays – Available and recommended so you can ease into your trip. No rush, no hurry!
- Travel Your Way – Budget, moderate, or luxury—we have options for every traveler.
- Airfare Included – Or use your points if you prefer. Economy, Premium or Business class, your choice!
- Pre Tour Meetings – Meet in person or online to ask questions and feel prepared.

- Professional Tour Managers – Every land tour and cruise is fully escorted thru Helping Seniors of Brevard!
- 24/7 Support – Help is always just a phone call away while you travel.

Travel Made Easy... continued on page 45

Simply Klean of Brevard

Simply the Best in Senior-Focused Cleaning



Enhance respiratory & environmental health



Reduce infection risk



Support immune function



Promote mental clarity & cognitive well-being



Preserve independence & dignity



Encourage a preventative approach to healthy aging

Call **Simply Klean of Brevard** today for a complimentary quote.

321-698-7973

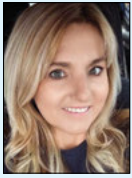
Mention *Senior Scene Magazine* for an Exclusive Discount

Locally owned.

Trusted by Brevard families.

Experience the difference of a cleaner, healthier home.





Owner-Operated Cleaning Company: The Personal Touch That Makes the Difference

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

When you choose an owner-operated cleaning company, you're choosing more than a service—you're choosing accountability, consistency, and a personal commitment to excellence. Unlike large franchises or rotating crews, owner-operated businesses are built around a single guiding principle: the owner's reputation. That focus translates into higher standards, better communication, and reliable results for every client.

Why owner-operated matters

- **Personal accountability:** The owner is directly responsible for every job. If something goes wrong, you speak with the decision-maker — not a call center. That means problems get resolved faster and more thoughtfully.
- **Consistent quality:** Owners usually perform or closely supervise cleaning, so you won't see wide variations in service from visit to visit. Consistency leads to trust, and trust builds long-term relationships.
- **Attention to detail:** Owners have a vested interest in their work and reputation. They take pride in the small things that corporate crews often overlook: baseboards, light switches, and the corners behind furniture.

- **Tailored service:** An owner-operated business can adapt quickly to your needs. Special requests, schedule changes, or one-off projects are easier to arrange and execute.
- **Local knowledge and community ties:** Local owners understand neighborhood needs and usually invest back into the community—supporting local suppliers, hiring local staff, and upholding local standards.

Services you can expect

Owner-operated cleaners typically offer a mix of residential and light commercial services, such as:

- Routine maid services (weekly, biweekly, monthly)
- Deep cleaning and move-in/move-out cleans
- Post-construction and renovation cleanup
- Specialized services: carpet spot treatment, window cleaning, appliance interiors
- Green cleaning options using eco-friendly products
- Customized one-time projects or ongoing maintenance plans

Refresh Your Home This Spring... continued on page 45



Same trusted providers. More care.

Melbourne

240 N Wickham, Melbourne, Suite 110

- Andrew Atkinson, MD
- Colton Parker, PA-C

Suite 204

- RhuJade Raguindin, MD
- Alexis Houser, APRN

Suite 300

- Angela Aboutanos, MD
- Nikolay Davis, MD
- David Shapiro, MD
- Ronald Trout, MD
- Jenelle Prefontaine, APRN, FNP-BC
- James "Trey" McMullan, PA

8075 Spyglass Hill Rd, Melbourne

- Lucian Florescu, MD
- Monisola Oni, MD
- Ethan Webb, MD

Merritt Island

450 E Merritt Island Cswy, Merritt Island

- Michael Dougherty, MD
- Edgardo Hernandez Pons, MD

Cocoa

7227 US-1, Cocoa Suite 220

- Patricia Alexander, MD
- Monisola Oni, MD



Scan to see all our primary care locations.



www.MillenniumPhysician.com • 844.225.5674



What To Know Before Clicking "Sign In With Google"

By James Bowman, Data Rescue Computer Service

The absolute easiest-to-use password manager for sharing accounts with your spouse is **1Password** (paid), while **Bitwarden** is the most robust and unrestricted option if you want a 100% free solution.

[1, 2, 3, 4]

The Easiest to Use (Paid)

If your priority is a polished interface, seamless autofill, and a very low learning curve for both spouses, choose a paid family plan. [5, 6]

- **1Password Families:** Widely considered the gold standard for ease of use. It features an incredibly clean layout and makes shared vaults foolproof. It costs about \$5/month for up to 5 family members.
- **NordPass Families:** An excellent runner-up for absolute beginners. It uses a highly intuitive, simplified visual design. It supports up to 6 users for roughly \$2.79/month.
- **RoboForm Families:** The most budget-friendly paid option (\$1.59/month). It is highly rated for non-technical users and provides stellar browser extension autofill. [5, 6, 7]

Quick Comparison

Password Manager [1, 2, 4, 6, 7]	Price	Ease of Use	Multi-Device Sync?	Best For
1Password	Paid (~\$5/mo)	Highest	Yes (All devices)	Foolproof sharing & smooth interface
NordPass	Paid (~\$2.79/mo)	High	Yes (All devices)	Absolute tech beginners
Bitwarden	Free	Moderate	Yes (Unlimited devices)	Fully featured use without paying
Apple Passwords	Free	High	Apple only	All-Apple households

The Best Free Options

Free plans are highly secure but usually come with constraints, such as limiting how many devices you can log into or how many items you can share. [8]

- **Bitwarden:** The ultimate free choice. Unlike competitors, its free tier allows unlimited passwords on unlimited devices. To share with your spouse for free, you can form a "Two-Person Organization" to get one shared vault. The interface is slightly more technical than 1Password.
- **Proton Pass:** A fantastic, highly modern free option with top-tier privacy. It allows unlimited passwords and multi-device sync, though sharing features are limited on the free tier.
- **Apple Passwords App:** If you and your spouse only use Apple devices (iPhones, iPads, Macs), this is built directly into your devices for free. You can create a "Shared iCloud Group" instantly in your system settings to share logins effortlessly. [1, 2, 4, 8, 9]

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?



Why guess?
WE FIX IT ALL!

Come in today and receive a
FREE
Computer Check-Up
while you wait!

(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

**DATA
RESCUE**
Computer Services®
www.DataRescueCS.com

Notes:

- [1] <https://adblock-tester.com>
- [2] <https://zapier.com>
- [3] <https://allaboutcookies.org>
- [4] <https://bitwarden.com>
- [5] <https://www.reddit.com>
- [6] <https://www.pcmag.com>
- [7] <https://allaboutcookies.org>
- [8] <https://www.security.org>
- [9] <https://proton.me> (S)



The Retirement Risk Nobody Wants to Talk About

By Max ValaVanis, CFP®, CFS®

"Im not going to a nursing home!" This is one of the most common phrases I hear when I meet with seniors. And I understand it. Nobody plans for long-term care, and no one wants to think about needing it. Unfortunately, not having a plan in place can only make you more vulnerable. And the odds are not in your favor.

According to the US Department of Health and Human Services, roughly 70% of adults turning 65 will need some form of long-term care during their lifetime. Additionally, 22% of those people will require it for more than five years. The average woman will need care for 3.7 years, while the average man will require 2.2 years. With our aging population, it is prudent to emphasize the potential effects this has on someone's finances or legacy.

So, what are the costs? According to CareScout, the national median cost of assisted living is now \$74,400 per year. Moreover, nursing home rooms run \$114,975 to \$129,575 annually. If you plan on paying out of pocket, the expected cost of a 48-month nursing home stay amounts to

a shocking \$480,000! No, that is not a typo. Most people are not prepared for the intense costs of long-term care.

Here is where most seniors stumble. A recent KFF poll found that four in ten adults incorrectly believe Medicare will cover nursing facility care. Unfortunately, this is not the case. Medicare will insure up to 100 days of skilled nursing care, but only after a qualifying hospital stay, and strictly for rehabilitative care. It does not cover custodial care, such as help with bathing, dressing, and eating. Then, once Medicare stops, you could be on your own.

Shockingly, according to LIMRA, only 3% of all Americans over age 50 carry any form of long-term care. As a result, the other 97% are either planning to self-insure or hoping the problem never arrives. Proper planning for long-term care comes in many different forms. The most common is traditional Long-Term Care Insurance. This type of insurance is increasingly popular as the Baby Boomer generation ages. Likewise, as you age, the cost of the insurance rises. Often,

The Retirement Risk... cont'd on page 47

Tired of missing out on your favorite food? Dr. Chenet has a solution to help you enjoy eating again!



"Dr. Chenet and staff provided me with the utmost professional service I ever experienced in a dental office." - Arthur G

Dr. Chenet
Retired US Air Force Dental Officer

- Serving Brevard County for over 22 years
- Over 2000 five star verified reviews
- 97.9% of our patients would refer friends and family to us!

Let our team take care of your
Dental Health. CALL TODAY.



321-319-8738

336 BABCOCK ST,
MELBOURNE, FL 32935
www.dentalexcellencemelbourne.com

CEDRIC C. CHENET DDS, PA

Excellence in Dental Healthcare

2 Locations to Better Serve You

321-369-9103

7331 OFFICE PARK PL. STE 100
MELBOURNE, FL 32940
www.ChenetDental.com



Senior Living At Its Finest!

Trinity Towers is the perfect apartment community for active adults 62+ who want to experience carefree living at affordable prices. At Trinity Towers, caring is truly at the heart of our community. It's a place where you can meet new friends, enjoy a variety of activities in the community room or simply take quiet delight in settling in to read a good book in the privacy of the community library. Located in historic downtown Melbourne, Trinity Towers is within walking distance to shopping, dining, medical facilities, public library, U.S. Post Office and so much more!



**THE RIGHT LIFESTYLE! THE RIGHT LOCATION!
THE RIGHT PRICE!**

- Newly Renovated Community Room
- Card Room
- Movie Viewing Area
- Library
- Fitness Center
- On-Site Service Coordinator
- Laundry Facilities On Each Floor
- 24-Hour Maintenance
- Emergency Call System
- Pet Friendly
- Public Transportation
- All Utilities Included In Rent

Call or stop by today to start saving!
TRINITY TOWERS EAST-WEST

650 & 700 E. Strawbridge Avenue, Melbourne
321.312.1029 • TTY 1.800.955.8771

Sponsored by Preservation of Affordable Housing, Inc



LOCATED IN THE HEART OF HISTORIC DOWNTOWN MELBOURNE

TRINITY TOWERS SOUTH

APARTMENT HOMES

For Seniors 62 Years of age & older
We invite you to call for an appointment today or just stop by to tour our lovely community.

We would *love for you* to be a part of our resident family.



AFFORDABLE Monthly Rent Based on Income

RENT INCLUDES:
FREE Basic Cable Service - FREE Electric - FREE Water

- FEATURES:**
- Pet Friendly • Local bus comes directly to front door
 - Full-service congregate dining room
 - On-site beauty shop • Carpeting and window treatments
 - Free assigned parking • 24 hour desk attendant
 - Meal program • Emergency call response
 - Located near banks, restaurants, churches, stores, hospitals and library

Trinity Towers South has provided affordable housing for seniors since 1982. Our community is designed to meet the physical and social needs of our residents and contribute to their health & happiness.

Applications Available at:
615 E. New Haven Avenue, Melbourne
Call (321) 723-8620
TTY 1 (800) 955-8771



Global Day of Parents

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

The family has the primary responsibility for the nurturing and protection of children and that children, for the full and harmonious development of their personality, should grow up in a family environment and in an atmosphere of happiness, love and understanding.

Since the 1980s, the important role of the family has increasingly come to the attention of the international community. On September 17, 2012, the United Nations (U.N.) publicly declared that the Global Day of Parents would be held annually on June 1, and thus the Global Day of Parents is observed on June 1, 2017, to honor parents throughout the world and provides an opportunity to appreciate all parents for their selfless commitment to children and their lifelong sacrifice towards nurturing this relationship.

The UN also noted that parents of all race, religion, culture and nationality in all parts of the world were the primary caregivers and teachers of their children. In particular, family-oriented policies can contribute to the achievement of goals relating to doing away with poverty and hunger, ensuring healthy lives and promoting well-being for all ages, ensuring educational opportunity throughout the lifespan, and achieving gender equality.

In the United States, Parents' Day is held on the fourth Sunday of July. This was established in 1994 when President Bill Clinton signed a Congressional Resolution into law for "recognizing, uplifting, and supporting the role of parents in the rearing of children".

In the Philippines, while it is not strictly observed or celebrated, first Monday of December each year is proclaimed as Parents' Day. It was originally designated solely as Mothers' Day. It was later changed due to finding petitions to set a special date for Fathers' Day not advisable as there are already set of numerous holidays set, and deeming it more fitting to celebrate both Mothers' and Fathers' Day together and not apart.

In India too, the Parents' Day will be on July 23rd (Sunday). Children in India buy gifts, greetings and flowers for their parents. A wide range of gifts are given which could be silk scarves, brooches, music system, watches, a cozy dinner for the two and so on. If one wants to be trendy, they can go for personalized gifts or craft the gifts with his/her own hands. This will be the best gift for your parents.

Family is the fundamental unit of a society and parents and children are the pillars of it. Parents are a

Global Day of Parents continued on pg 45



SERVICING RETIREES FOR OVER 30 YEARS

- Fixed Annuities / Fixed Indexed Annuities
 - Diversified Portfolio Investing
 - Long Term Care Insurance
 - Lifetime Income Strategies
 - IRA And 401K Rollovers
 - Life Insurance



321.956.7072

LOCATED IN DOWNTOWN MELBOURNE
600 STRAWBRIDGE AVE, STE 100
MELBOURNE, FL 32901



Jason ValaVanis
Certified Financial
Planner™ Professional

Max ValaVanis
Certified Financial
Planner™ Professional

Securities offered through J.W. Cole Financial, Inc. (JWC)
Member FINRA/SIPC. Non-Securities products and services are not offered by JWC.
ValaVanis Financial and JWC are not affiliated.

Honored to provide
specialized care and
recognition to our
**NATION'S
HEROES**



St. Francis Hospice

A REFLECTIONS LIFESTAGE SERVICE

OUR SERVICES

Hospice | Palliative | Grief Support | Veterans Program

See our hospice care quality scores at

www.medicare.gov/care-compare



Reflecting Life, Love and Compassion

ReflectionsLSC.org | 321-269-4240



Life, Liberty & the Pursuit of Happiness

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

As our nation approaches its 250th birthday — and as Helping Seniors, Brevard’s 100% local nonprofit organization, approaches its 15th anniversary — it is a fitting time to reflect on one of the most enduring phrases from the United States Declaration of Independence: “Life, Liberty and the pursuit of Happiness.”

When Thomas Jefferson penned those words in 1776, he captured ideals that continue to inspire generations of Americans. They remind us how fortunate we are to live in a country that encourages each of us to live with purpose, independence, and hope — and to pursue happiness in our own unique ways.

Helping Seniors was founded on a simple but important belief: seniors and their families deserve access to trustworthy information, guidance, and resources that empower them to make informed decisions about aging. We often describe this process as “Getting Your Ducks in a Row.”

Every person’s circumstances are different, yet many of the challenges that accompany aging are shared by families everywhere. With a little planning and preparation, many of life’s later chapters can become less stressful, more fulfilling, and far more manageable. Thoughtful planning today can help create greater peace of mind for tomorrow.

Life

Helping Seniors is committed to helping seniors and their families enjoy the very best quality of life possible, regardless of individual circumstances. Brevard County is home to more seniors than ever before because more Americans are reaching age 65, people are living longer, and Florida continues to attract those seeking sunshine, community, and opportunity.

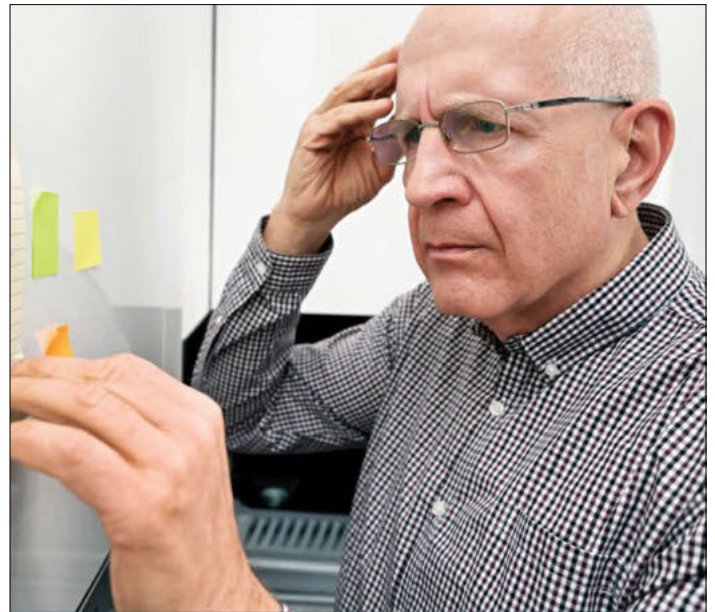
Living longer is truly a blessing — and turning 100 is no longer the rarity it once was. That is why we encourage everyone to embrace each day, celebrate life, and make every moment count.

Liberty

Independence matters deeply to seniors and their families. Helping Seniors is dedicated to connecting older adults with trusted resources and services that help them remain in control of their own aging journey.

Whether it involves transportation, housing, healthcare, caregiving support, or planning for future needs, our mission is to help seniors remain in the “driver’s seat” of their lives for as long as possible.

Life, Liberty & the Pursuit of Happiness continued on pg 45



FREE MEMORY SCREENING

Feeling forgetful? ClinCloud is offering complimentary memory screenings every weekday!

- no-cost study-related care
- compensation for time and travel

Call ClinCloud today for details!



CLINCLOUD
VIERA

(407) 680-0534
ClinCloudResearch.com

GREEN LIGHT AUTO MALL



At Green Light Auto Mall our success is built on honest service, 100% transparency, and zero sales pressure. As a dealership that takes pride in every vehicle we offer, we carefully select quality cars we'd feel confident driving ourselves. Our inventory features well-maintained models with great features, giving you dependable options you can trust.

- Innovative car buying process
- Top notch customer service
- Hassle free - no pressure sales
- Large inventory of makes and models
- Online credit approval
- Quick trade-in car valuation

Greenlightautomall.com • Phone 407-398-5579



STORM DAMAGE & ROOFING SOLUTIONS

\$1000 OFF
YOUR NEW ROOF
OR FREE GUTTERS*

100% FINANCING
NO CREDIT, BAD CREDIT ... NO PROBLEM!

CALL TODAY
321-252-1953



SCAN CODE OR VISIT
HIPPOROOF.COM



SHINGLE, FLAT, TILE, METAL
ROOF-TO-WALL STRAPS,
GUTTERS, SOFFIT, FASCIA
& INSTALLATION

METAL ROOF SAME PRICE AS SHINGLES

BREVARD-VOLUSIA-FLAGLER-SEMINOLE-ORANGE-OSCEOLA-INDIAN RIVER



A+ Rating



*UP TO 100 LF

I Am A Healthy Senior Male. Do I Really Need All Those Checkups?



ask ONE SENIOR PLACE

Lisa Peake

Regular checkups are a powerful tool for men to live longer, healthier lives-- especially as they age. Unfortunately, men often drag their feet when it comes to going to the doctor --or getting medical attention when something crops up with their health. And unless their wives make the appointments, men aren't as likely as women to undergo the important preventive screenings with their healthcare providers. C'mon guys: early detection of any medical issue is the best way to treat and manage it effectively! Let me say this another way: Delaying or avoiding a checkup or screening could lead to a treatable situation turning deadly.

If you're particularly obstinate, you might still be asking, "Why should I reconsider all these checkups and health screenings?" Alright. Read on to learn how checkups contribute to longevity and well-being.

Early Detection of Health Issues

Many serious health conditions (like high blood pressure, high cholesterol, diabetes, and certain cancers) develop silently. Routine screenings can catch these problems early—before symptoms appear—making treatment more effective and often less invasive.

Preventive Care

Regular visits include preventive care, such as flu shots, shingles vaccines, and screenings for prostate and colorectal cancers. Doctors can also assess lifestyle habits and recommend changes to reduce risk factors.



Mental Health Monitoring

As men age, they may experience stress, depression, or cognitive decline. Check-ups offer an opportunity to assess emotional well-being and discuss any mental health concerns.

Tracking Vital Signs Over Time

Keeping tabs on blood pressure, cholesterol, glucose, and body mass index (BMI) gives a clearer picture of cardiovascular and metabolic health. A consistent record allows your doc to spot trends and make timely interventions.

Encouragement of Healthy Habits

Regular reminders from your healthcare providers often motivate healthier lifestyle choices like better nutrition, more exercise, quitting smoking, and moderating alcohol.

Tailored Health Advice Based on Age

Men's health needs evolve with age—what's relevant at 40 may change by 60 or 70. Checkup recommendations are based on family history, risk factors and life stage.

Chronic Condition Management

For men with conditions like hypertension, diabetes, or arthritis, regular checkups ensure appropriate management, reducing complications like stroke, kidney failure, or disability.

Routine checkups for men aren't about "finding problems"—they're a personalized roadmap to help you stay active and healthy! Ready for some fun now? Join us June 5th for a luxury car show, chili cookoff and beer tasting during Men's Day at One Senior Place in Viera. RSVP at www.OneSeniorPlace.com or by calling 321-751-6771. ☎

Lisa Peake is a Registered Nurse, Certified Dementia Practitioner and Certified Care Manager for One Senior Place Care Management, Viera. Ms. Peake hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.' One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Submit your questions to AskOSP@OneSeniorPlace.com. For immediate help, call 321-751-6771 or visit One Senior Place, The Experts in Aging.



Mental Health Support for Seniors and their Loved Ones



MINDFUL SUPPORT AND MENTAL HEALTH SOLUTIONS

- Counseling, behavioral therapy, NeuroPsychological assessments, support, advocacy, education and trainings
- Depression, anxiety, life transitions, grief and loss, Dementia/Alzheimers and other medical diagnosis support, caregiver support
- Office visits, telemental health and therapist dispatch to assisted living, independent living, skilled nursing, rehab facilities, group homes, senior communities
- Most major insurance accepted, including Medicare Part B
- Self referrals accepted
- ACHA approved facility



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JUNE 2026

Making Your "Stay Home" Home Safe!



Your 2026! Aging Plan!



Getting Our Ducks in a Row!



Joe's Senior Resource Center
1344 S Apollo Blvd - Ste 2c
Melbourne FL 32901
(321) 473-7770
HelpingSeniorsofBrevard.org



Let's Graduate
top of your Class!

Things to Know
as you GO
on Life's Journey.



**HELPING SENIORS 4TH THURSDAY
SENIOR EDUCATION SERIES**

**The Knowledge
College For Aging**



Danica Scuderi-Carluccio
National Certified
Guardian / Geriatric Case



10am Your Aging Plan:

**Case Management &
Caregiving - What to Know**

**Helping Seniors
Wellness Series**



Jerry Hadlock, Jr.
Licensed Medicare
Insurance Agent

**Jerry Hadlock, Jr.
Medicare Solutions**

11am Wellness Series:

**Medicare Insurance -
Things to consider**

**Thursday June 25th - Learning Series
Free & Fun Morning at
Joe's Senior Resource Center**

1344 S Apollo Blvd - 2nd Floor - Melbourne FL
Call to RSVP: 321-473-7770



Coffee with a Cop
June 16th 2026 at the Resource Center

Kerry Fink
Executive Director - Helping Seniors

Coffee and Donuts!

See you 10am on Wednesday, June 17th, at the Senior Resource Center of Brevard, 1344 S Apollo Blvd, 2nd Floor, and let's have "Coffee with a Cop!" It's a great morning session with your Helping Seniors friends as we learn how our friends in Law Enforcement are busy keeping our Seniors safe in Brevard County.

In our case, even more appropriately, we're calling it "Java with Joe" - in as much as our guest is none other than Joe Downs, of the Brevard County Sheriff's Office, who heads up Project Lifesaver - a community-based, public safety program designed to protect and locate individuals with cognitive disorders who are prone to wandering. He'll share information that covers the program's mission, technology, and success stories, providing valuable insights for caregivers, law enforcement and community members.

There'll also be time for a good Q&A session with Joe - so we can "go behind the scenes" and find out about the challenges and successes along the way in Joe's extensive career as a First Responder. And, then there are the Donuts ... 😊

Thanks to Dunkin', we'll enjoy some delicious Dunkin' coffee and donuts during our time together, and also, our Helping Seniors team will share good information on upcoming events that you won't want to miss as we ramp up our Senior Resource Information schedule to serve our Seniors even more effectively!

While you are with us, plan to spend your 11am hour, on that same day, with us as we have a special presentation, from Dr. Mike Edwards, of Faith College of Natural Health, titled "Your Memory and How to Save it!" Great tips and information to help us all maximize our Brain Power as we add the years.

Call us at 321-473-7770 to RSVP for our "Coffee with a Cop" session and our "Your Memory and How to Save it!" meeting! We look forward to a great morning out together!

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



Subject Lines in Texts & Emails Can Lure Seniors into Scams!

Nancy Deardorff
Operations Director - Helping Seniors

Scammers often use short, alarming subject lines or opening text messages to push people into reacting before they have time to think. Older adults are often targeted because fraudsters assume they may be more trusting of messages that appear to come from banks, delivery companies, government agencies, or technology firms. Recent guidance from the Federal Trade Commission, the National Council on Aging, and other consumer protection organizations shows that many scams begin with a false sense of urgency, such as a warning about suspicious account activity, an unpaid bill, or a prize that must be claimed right now.

Common scam subject lines and message openers include phrases such as "Suspicious activity on your account," "Your package delivery is on hold," "Payment declined," "Final notice," "You have won a prize," or "Your computer has been infected." Some messages pretend to be from Social Security, Medicare, the IRS, Amazon, a bank, or a familiar phone company. money or investment help.

The wording is designed to trigger fear, curiosity, or excitement, which may lead to someone acting before pausing.

Personally, I have received texts claiming that my pet's Brevard County license has expired and I owe a fine. (They even used the correct name of my pet!). How about "You have unpaid tolls" or a text that says "Hi, how have you been?" from a number that is not in my contact list. These are all examples of subject lines in text or emails that try to lure you in. Don't fall for it!



In many cases, the real goal is not the message itself but getting the victim onto a phone call, a fake website, or a malware-infected link.



The best defense is to pause before acting. Do not click links or call phone numbers from unexpected messages. Instead, contact the company or agency using a phone number or website you know is real. Be especially cautious of messages that demand urgent action or ask for personal information.

Seniors can protect themselves by talking with a trusted family member or friend before responding, using spam filters, and reporting suspicious messages to their phone carrier, email provider, or the FTC. A calm moment of verification can prevent a costly mistake.

Helping Seniors (321) 473-7770



Mental Health Support for Senior Veterans

Angelika Keene
UF/IFAS Extension

As veterans grow older, experiences carried through life can feel heavier. Changes in health, mobility, routines, and retirement can make life challenging, and memories from military service can resurface unexpectedly. After years of purpose and structure, stepping away from long-held roles may leave some feeling disconnected or uncertain. These factors can increase the risk of mental health concerns, yet many older veterans hesitate to seek support because mental health has not always been a socially acceptable topic. Counseling and supportive conversations can help ease this transition by offering space to reflect and rebuild a sense of meaning.

Something Feels “Off”

Noticing early signs of concern can make a meaningful difference. Changes to watch for include: withdrawal from family, friends, or activities; ongoing sadness, guilt, irritability, or worry; trouble concentrating, fatigue, or memory problems; alcohol or substance misuse; signs of suicidal thoughts or behavior. These shifts may signal that extra support is needed.

Mental Health First Aid

Find ways to strengthen your mental health or support a veteran you care about through Mental Health First Aid. This one-day class teaches practical skills for having meaningful conversations, recognizing early warning signs, and understanding the difference between a difficult day and a more serious concern. Sign up to learn how to gain confidence in offering support when it matters most.



When the Road Changes: A Safer Way to Stay Independent

Jennifer Barton
Seniors Helping Seniors

Driving has always meant freedom. But as we age, there may come a time when driving no longer feels safe or comfortable. Recognizing that moment isn't about giving something up, it's about making a smart choice for independence.

In Brevard County, transportation options can be limited, especially for seniors who want more than just a ride from point A to point B. Many services drop you off and leave you waiting, sometimes for long periods, before returning. That alone can make outings feel stressful instead of enjoyable.

That's where a more supportive approach can make all the difference.

Having a companion driver means you're not just getting a ride; you're getting someone who stays with you throughout your outing. Whether it's a doctor's appointment, grocery shopping, or lunch with friends, there's no waiting, no rushing, and no navigating alone. Even better, when the driver is a peer, someone closer in age, it often feels more like spending time with a friend than coordinating transportation.

Many seniors find that once they step away from driving, they enjoy getting out more. The stress of traffic, parking, and unfamiliar roads disappears, replaced by confidence and ease.

Letting go of the keys is never easy but with the right support, it can open the door to a safer, more enjoyable way to stay active, engaged, and independent.

Seniors Helping Seniors: 321-722-2999



Stay Safe from Scams

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

It is not Halloween, yet you should be very afraid!!! Scams targeting our seniors are on the rise! Here are just some popular scams, so YOU don't become a victim!

Artificial Intelligence Scams. Scammers use Artificial Intelligence to look and sound exactly like a family member.

Imposter Scams. Scammers impersonate friends, relatives, banks, and governments to steal your money.

Tech Support Scams. Scammers place a virus on your computer.

Online Purchase Scams. Fake websites to steal your credit card information.

Travel Scams. Fake listings for flights, hotels, and rental cars to trick you.

Refund Scams. They create fake charges on victims' accounts and then use the contact information to steal sensitive details when contacted.

Turnpike/Unpaid Ticket Scams. They send a demand for payment...or YOU WILL BE ARRESTED!

Package Delivery Scams. Texts or emails stating a package cannot be delivered, tricking recipients into clicking links that steal personal information.

Fake Charities. Play on your emotions.

Lotteries or Drawings. Requiring you to pay "taxes" BEFORE receiving the prize, and did you even buy a ticket?

If you have been scammed, you should immediately: Contact your bank to freeze your accounts. Change passwords on all accounts. Report to law enforcement and ReportFraud.ftc.gov. Save screenshots or documentation.

Gregory Schwendeman, Esq. Rhodes Law 321.610.4542 for more information.



Staying on Your Feet: Fall Prevention for Veterans and Seniors on the Space Coast

Julie Goulet
Thrive USA Home Care

Here on the Space Coast, we know how to prepare for the unexpected. Hurricane season. Rough surf. Health changes. Staying safe at home deserves that same planning.

Falls are one of the leading causes of injury among older adults and veterans. Many who served deal with joint issues, balance problems from medications, or effects from past injuries. These challenges can increase fall risk over time, often without warning.

The good news is that most falls are preventable. Simple changes make a real difference. Clear your walkways. Add grab bars in the bathroom. Improve your lighting. Wear supportive footwear. Staying active with strength and balance exercises helps too.

In-home care coaches play a big role in fall prevention. A care coach can help with mobility, watch for changes in balance, and assist with daily tasks that might otherwise cause a fall. That support gives families peace of mind.

At Thrive USA Home Care, we serve veterans, surviving spouses, and seniors across Brevard County. For veterans and surviving spouses, we can help navigate VA benefits. Many qualify for in-home care at little to no cost.

Don't wait for a fall to start the conversation. Call us at 321-407-2727 or email Julie@Thriveusahomecare.com.



Cars & Cuisine & Community

10a-2pm Saturday June 27th
at the Senior Resource Center



Car Show at Helping Seniors! Resource Center!

Come for the fun Saturday, June 27, at the Helping Seniors Resource Center! It'll be a fun-for-the-family Cars, Cuisine & Community time 10am-2pm that day.



Bill Antonetz - Car Show Organizer & Friend of Helping Seniors

Outside, it's a FREE Car Show - hosted by Bill Antonetz, who runs many of the top Car Shows in the area - see dozens and dozens of great cars and meet fellow auto enthusiasts!

Inside, it's a FREE Open House at the Senior Resource Center - home of Helping Seniors - located on the 2nd Floor of the Apollo Professional Tower, 1344 S Apollo Blvd, Melbourne. Tour the Center - including home of the Senior Info Helpline, record a greeting in the state-of-the-art Podcast Studio, and learn about the programs available through Helping Seniors.



The "Cuisine" part of the Saturday midday fun is a fundraiser for Helping Seniors! Celebrity Chef Jillian Zebris, Chefs for Seniors, has gathered some of her favorite Chef friends to provide an opportunity to taste Brevard's Best Bites.

Chef Jillian Zebris, of Chefs for Seniors fame, has invited her best Chef friends to bring their great tastes to our Cars & Cuisine fun 10am-2pm June 16 at Senior Resource Center of Brevard!!



Great restaurants - Yellow Dog Café and Jersey Brothers Diner, as well as great chefs like Chef Kamal Philibert - are cooking up some great tastes for you. Donate for your Tasting Lanyard and enjoy Brevard's fines!

Call (321) 473-7770 for info or visit us at HelpingSeniorsofBrevard.org for all details and information!

And, yes, for sure, we have your Raffle ticket for our Oct 26 Helping Seniors Car Raffle fun at the Muscle Car Museum! It is a great way to help us!





Creating a Safer Bathroom for Seniors

Kristine Walsh
Senior Helpers

The bathroom is one of the most frequently used spaces in the home, yet it is also one of the most dangerous for older adults. Slippery surfaces, tight spaces, and mobility challenges make falls more likely, which is why proactive safety measures are essential.

At Senior Helpers, we believe that a safe environment is the foundation for maintaining independence and dignity. The good news is that small changes can make a big impact. Installing securely anchored grab bars near the shower and toilet provides stability and confidence when moving or transferring. Non-slip mats and adhesive strips help reduce the risk of slipping on wet surfaces, one of the most common causes of bathroom injuries.

Accessibility also plays a key role. Raised toilet seats, shower chairs, and handheld showerheads can make daily routines safer and more comfortable, especially for those with limited mobility. Keeping frequently used items within easy reach and reducing clutter can further minimize fall risks by eliminating unnecessary movement and obstacles.

Ultimately, bathroom safety is about more than preventing accidents. It's about creating a space where seniors feel confident, supported, and able to maintain their daily routines. With the right adjustments and caregiver support, families can ensure safety without sacrificing independence.



Living Safely at Home as Hurricane Season Begins.

Craig Lansing
Janney Roofing

June 1st marks the official start of hurricane season here in Brevard County, and for many seniors choosing to age safely at home, preparation is more than a checklist, it's peace of mind. While stocking supplies and reviewing emergency plans are essential, one of the most overlooked (and most important) steps is making sure your home's first line of defense is ready: your roof.

Over time, Florida's sun, heat, and storms can weaken roofing materials in ways that aren't visible from the ground. Small issues like lifted shingles, cracked seals, or early granule loss can turn into major leaks when the next storm rolls through. The good news is that a simple annual inspection can catch these problems early and protect both your home and your budget.

An inspection also provides something incredibly valuable during hurricane season, documentation. Having clear, dated photos showing the condition of your roof before a storm makes insurance claims smoother and helps prevent disputes about what damage is new versus pre-existing.

That's why I offer a free annual photo inspection to Brevard seniors. No pressure, no sales pitch, just honest information so you can feel confident and protected in your home.

If you'd like to schedule your free inspection before the storms arrive, call or text me at 321-480-2095. Staying safe at home starts with knowing your roof is ready for whatever this season brings.



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

The housing market in Brevard County has cooled off compared to last year, with prices dipping slightly, about 0.71%. The median sale price is now around \$350,000, though this can change depending on which neighborhood you're looking in. You'll find that inventory is moderate, meaning there are enough homes available but not so many that buyers are overwhelmed with choices.

Sales are happening at a steady pace, so you probably won't have to rush through the process, but homes aren't sitting unsold for months either. If you've got your sights set on a beach lifestyle, expect to pay more in coastal communities. If you're looking for something more affordable, consider areas further inland.

Even though prices have dropped a bit, there's been an uptick in the number of homes sold. In March 2026, 1,093 homes were purchased, up from 1,000 in March of last year. This tells us that the market is still active and competitive, with plenty of buyers interested. On average, homes are selling after about 76 days on the market. This gives you enough time to look around and make decisions without feeling hurried, but it's still wise to act quickly when you find the right fit.

Renters are seeing solid demand, with median rents above the national average. For those considering a move this year, understanding your options can make all the difference.

Contact me at:
ValueREMSG@gmail.com



40 Years Ago, I Placed My First Implant.

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

On May 16, 1986, a landmark moment occurred for me and for our practice, I placed my first dental implant. It replaced a missing molar on the lower left side, and I remember it clearly. The night before, I reviewed the procedure step by step as I fell asleep. I woke up doing the same thing.

By today's standards, it would be considered a relatively simple procedure. In 1986, it was anything but simple. Implants came in a single length. They had to be cut to size, sterilized chairside, allowed to cool, and then placed. It was a careful, deliberate process and one that improved significantly over time.

Dental implants gave us something we had never truly had before: the ability to replace missing teeth with something fixed rather than removable. As often happens with new technology, however, we initially gave implants more credit than they deserved.

Over time, experience brought perspective. Every tool has its place. Implants are an excellent option, but they are not a universal solution.

Saving natural teeth remains important. When teeth can be predictably preserved, that is still the best choice. At the same time, advances in CT imaging, digital planning, and implant materials have made implant therapy more predictable than ever.

After 40 years, I see implants differently, not as a replacement for everything, but as one important tool. And perhaps that perspective is their greatest contribution.

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority SILVER
1344 S. Apollo Blvd. Ste. 2C, Melbourne
SeniorCareAuthority.com/brevardfl
321-341-8444

ATTORNEY/ELDER CARE

Law Office of Van Fossen & Stolz, P.A. SILVER
211 E. New Haven Ave., Melbourne
AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

Law Office of Cheryl A. Ward, P.L. SILVER
1370 Sarno Rd Ste G, Melbourne
CAWLawOffice.com
321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. SILVER
Member: Joe's Senior Resource Center
1751 Sarno Rd Ste. 2, Melbourne
RhodesLawPA.com
321-610-4542

Truman Scarborough Law Office
239 Harrison St., Titusville
TrumanScarborough.com - 321-267-4770

William Johnson, P.A. PLATINUM
140 Interlachen Rd., Suite B, Melbourne
FloridaElderLaw.net
321-253-1667

CARE/CASE MANAGEMENT

Arosa Care Management SILVER
Member: Joe's Senior Resource Center
1344 S Apollo Blvd - Ste 2C, Melbourne
ArosaCare.com/Orlando
321-352-5527 StacieMartin@ArosaCare.com

CARPET/FLOOR CLEANING

Sunshine Carpet Cleaning SILVER
Floor Care for Your Home and Business
Carpet. Tile. Grout. Upholstery. Pet Stains
321-536-8883
Info@CarpetCleaningMelbourneFL.com

CLEANING SERVICES

Simply Klean of Brevard
Top Notch Cleaning Services
"Klean Spaces Bring Happy Faces"
321-698-7973 - SimplyKleans@gmail.com

DENTIST

Sheldon & Furtado, PLLC PLATINUM
3912 W Eau Gallie Blvd, Melbourne FL
www.drleesheldon.com
321-259-9980

DERMATOLOGY / MOBILE HEALTH

Mobile Dermatology Health
P 321-414-4829 F 321-414-3459
Info@MobileDermHealth.com
MobileDermatologyHealth.com

EVENTS/SENIOR EXPOS

Platinum Events Production SILVER
Senior Expos
www.platinumexpos.com
321-773-1454

FOOT CARE

Touch of Excellence Senior Foot Care
Nurse-provided Routine Foot Care at Home
321-341-7925 - Touch-of-Excellence.com

HANDYMAN/CONSTRUCTION

Hansen's Handyman Services & Construction
Residential Contracting & Commercial Projects
Licensed & Insured 321-302-9441
Family owned Christian Business. Honesty & Reliability

HOME ACCESSIBILITY

Next Day Access SILVER
Wheelchair ramps. Stair lifts. Grab Bars & more
Certified Aging in Place Specialist
321-379-6376 Nextdayaccess.com/melbourne-fl

HOSPICE & PALLIATIVE CARE

Vitas Healthcare SILVER

4450 W Eau Gallie Blvd Ste 250 – Melbourne FL
 Vitas.com - 321-751-6671

IN HOME CARE

Aqua Home Care SILVER

Caregivers from 4 hrs/day to live-in
 MFolkerds@AquaHC.com
 321-831-7331

Senior Helpers of Melbourne SILVER

Senior Care, Only Better!

Personal home Care; Household tasks; Errands
 Free Life Profile consultation: 321-844-8650

Seniors Helping Seniors SILVER

1600 Sarno Rd, Ste #113, Melbourne FL 32935
 SeniorCareBrevard.com
 321-722-2999

SYNERGY HomeCare of Palm Bay SILVER

Member: Joe's Senior Resource Center

1501 Robert J Conlan Blvd NE, Ste 140, Palm Bay
 SynergyHomeCare.com
 321-340-3828

THRIVE USA Home Care SILVER

Honoring & Serving Our Veterans
 With Specialized Care Throughout Brevard County
 321-407-2727 | julie@thriveusahomecare.com

Touching Hearts at Home – Brevard

The Heart of Home Care
 Personal Care. Companion. Homemaker
 TouchingHearts.com/Brevard | 321-345-4000

INSURANCE

Medicare Solutions – Jerry Hadlock SILVER

Helping you unlock the Medicare confusion
 478 Babcock St – Ste 102 – Melbourne FL 32935
 jldm253@aol.com | 321-720-4526

Moore Insurance Solutions SILVER

Member: Joe's Senior Resource Center

Your #1 Resource for Insurance Solutions
 1344 S. Apollo Blvd, Ste 2-C, Melbourne
Solutions@VickiMooreInsurance.com | 321-272-0218

MEALS AT HOME

Chefs for Seniors

Nutritious meals prepared in your home
 ChefsforSeniors.com/Melbourne-FL
 321-210-6953

MEDICAL

Robert Brennan MD SILVER

Orthopedic Surgeon - OMNI
 1344 S Apollo Blvd - Melbourne 32901
 Phone – 321-724-1084

Senior Solutions Mind & Body SILVER

Member: Joe's Senior Resource Center

Transitional Care & Memory Support
 Care That Cares, Solutions That Last
 321-429-2677 | SesoMindBody@gmail.com

MEDICAL EQUIPMENT

Concierge Medical Equipment Services

Shawn Parker, MS, President/CEO
 1367-B Cypress Ave., Melbourne FL 32935
 321-956-4000

MEDICAL RESEARCH

Flourish Research – Merritt Island

60 Fortenberry Rd – Merritt Island
 Currently Enrolling Studies
 321-221-0224

OPTICIAN

Tropic Optics Mobile Optician

Daniel Singer, LDO, ABOC, NCLEC
 Quality Rx Eyewear, Sales & Service Brought to You!
 321-345-9041 | themobileoptical.com

PHYSICAL THERAPY / FITNESS

FYZICAL Therapy & Balance Center

417 5th Ave., Ste 101B, Indialantic
 Balance, Fall Prevention, Vertigo
 321-372-3090 | PeterRenz@Fyzical.com

FYZICAL Therapy & Balance Center

3830 S Hwy A1A Ste C-5, Melbourne Beach
 Balance, Fall Prevention, Vertigo
 321-327-7889 | PeterRenz@Fyzical.com

PHYSICAL THERAPY / FITNESS

Island Mobile Physical Therapy
Laura Hill PT, DPT, GCS - Owner, Physical Therapist
Experience outpatient PT in the comfort of your home!
(321) 307-4364 - laurahill@islandmobilept.org

PODCAST

Time with Terri Podcast **SILVER**
Brevard's very own podcast about Senior Care.
Terri Petzar - TimewithTerriShow@gmail.com
[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

REAL ESTATE

Mark Gallegos **SILVER**
305-761-8500
Real Broker, LLC

REAL ESTATE / RIGHTSIZING

Flamazing Real Estate, Inc. **SILVER**
Member: Joe's Senior Resource Center
Lavada Carlett Delliquadri, Broker
Delivering a reliable network of services for seniors.
321-223-5665 - FlamazingRealEstate@gmail.com

ROCK STEADY BOXING/PARKINSON'S

Rock Steady Boxing at Advance **SILVER**
Rock Steady Boxing for Parkinson's Disease
2176 Sarno Rd. Ste. 102 - Melbourne
AdvanceFitness@RSBAffiliate.com - 321-693-9246

ROOFING / WINDOWS / DOORS

Janney Roofing **SILVER**
Experience "The Janney Difference"
Craig Lansing, Project Consultant CCC1334170 CGC1532814
321-480-2095 JanneyRoofing.com

ROOFING

DC Roofing
284 West Dr - Unit B - Melbourne FL 32904
321-802-9051 DCRoofingBrevard.com

SENIOR LIVING

Brookdale West Melbourne **SILVER**
7200 Greenboro Dr - West Melbourne FL 32904
Brookdale.com
321-768-3147

SENIOR LIVING

Residences at Zon Beachside **PLATINUM**
Independent Senior Living
1898 S. Patrick Drive, Indian Harbour Beach
TheResidencesatZonBeachside.com
321-777-8840

SENIOR LIVING

Zon Beachside **PLATINUM**
Assisted Living / Memory Care
1894 S. Patrick Drive, Indian Harbour Beach
ZonBeachside.com
321-777-8840

SENIOR RESOURCE CENTER

Joe's Senior Resource Center of Brevard
1344 S Apollo Blvd - Ste 2C - Melbourne FL
321-473-7770 | HelpingSeniorsofBrevard.org

SPEECH THERAPY

Proclaim Communication and Rehab.
Services - Outpatient Speech Therapy
www.proclaim-services.com
321-209-0171

SPIRITUAL/MENTAL/NATURAL HEALTH

Faith Walk By Two **SILVER**
Member: Joe's Senior Resource Center
Chaplain Ken Cornish
chaplainken@faithwalkbytwo.org
321-381-5988

Faith College of Natural Health **SILVER**
Dr. Kevin Kilday
HolisticHealthCtr@gmail.com
321-549-0711

TRAVEL

Helping Seniors of Brevard Travel Club
travelcenterusa@gmail.com
Chris & Betty | 321-978-5211
We create "trips of a lifetime" for seniors



THE 7TH ANNUAL FOUNDATION CRUISE
HELPING SENIORS OF BREVARD
Jan 9th-16th 2027 - 7-Night Cruise Round Trip Port Canaveral





Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



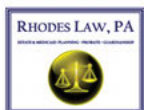
Arosa Care
(321) 321-352-5527
Stacie.Martin@ArosaCare.com



FLamazing Real Estate
(321) 223-5665
FLamazingRealEstate@gmail.com



Moore Insurance Solutions
(321) 272-0218
VickiMooreInsurance.com



Ruth C. Rhodes, Esq. / Rhodes Law P.A.
(321) 610-4542
RhodesLawPA.com



Senior Solutions Mind & Body
(321) 429-2677
SeSoMindBody.com



Synergy Home Care
(321) 340-3828
SynergyHomeCare.com



Time with Terri Podcast
TimewithTerriShow@gmail.com
YouTube.com/@TimewithTerri



Helping Seniors Platinum Sponsors



The Residences at Zon
(321) 777-8840
ZonBeachside.com



Sheldon & Furtado, PLLC
(321) 259-9980
DrLeeSheldon.com



WILLIAM A. JOHNSON, P.A.
ATTORNEY AT LAW
WILLIAM A. JOHNSON & ASSOCIATES, P.A.

William A. Johnson, P.A.
(321) 253-1667
FloridaElderLaw.net



Zon Beachside Assisted Living
(321) 777-8840
ZonBeachside.com



Helping Seniors Silver Sponsors

Advocates for the Aging, Inc. - (321) 953-2273
AdvocatesfortheAging.com

Law Offices of Van Fossen & Stolz - (321) 345-5945
AmyBVanFossen.com

Aqua Home Care - (321) 574-1180
Melbourne.AquaHC.com

Brookdale West Melbourne - (321) 725-3100
Brookdale.com

Law Office of Cheryl A. Ward - (321) 372-8177
CAWLawOffice.com

Faith College of Natural Health - (321) 549-0711
FCNHedu.com

Janney Roofing
(321) 480-2095 - JanneyRoofing.com

Mark Gallegos (Real Broker, LLC)
(305) 761-8500 - ValueREMSG@gmail.com

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526 - Email JLDM253@aol.com

Next Day Access
(321) 379-6379 - Certified Aging in Place Specialist

Platinum Events Productions
(321) 723-1454 - PlatinumEventsProduction@gmail.com

Dr. Robert Brennan - (321) 724-1084
Orthopedic Surgeon - OMNI

Rock Steady Boxing - (321) 693-9246
RockSteadyBoxingBrevard.com

Senior Care Authority - (321) 341-8444
SeniorCareAuthority.com/brevardfl

Seniors Helping Seniors - (321) 722-2999
SeniorCareBrevard.com

Sunshine Carpet Cleaning - (321) 536-8883
Info@CarpetCleaningMelbourneFL.com

THRIVE USA Home Care - (321) 407-2727
Mia@THRIVEUSAHomeCare.com

Vitas Healthcare
(321) 751-6674 - Vitas.com

The Official



SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

My doctor has always said "it's only hemorrhoids, and I should watch my diet and drink more water". It has caused me extreme discomfort, bleeding and bloating for over forty years.

My new young doctor has referred me to a specialist and she has told me he would probably order a colonoscopy.

I saw Katie Curic have her colonoscopy on TV, but I think she was just being very brave for the TV audience. I am not looking forward to this procedure and I am sure it will really be a painful ordeal. What is your opinion?

Delia

DEAR DELIA,

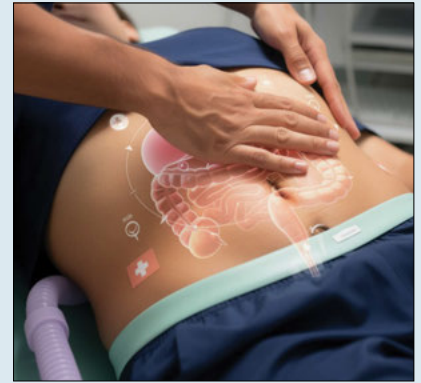
I have had this procedure done three times, and can assure you I did not suffer any pain. I was given a "Conscious sedation" just enough medication to relieve any discomfort.

Some doctors order a preparation to clean the bowel that is very distasteful. I had to drink 3 liters of a bad tasting laxative. However, the success of the procedure depends on how well the bowel is prepared (cleansed). Since I only have this procedure done every two years, one night of discomfort is worth a good

test. Other doctors order less volume of a different laxative and the patient has no preparation discomfort.

I think your new young doctor is practicing very good medicine to refer you to a specialist for this procedure.

– Audrey



DEAR DELIA,

This is one of the many medical procedures that helps in early diagnosis, to improve our health and allow us to live longer and healthier lifestyles. I once asked a nurse in a physician's office that schedules countless colonoscopies, "why on earth would they choose to work in this specialty?" she kindly responded, "if you ever need our services you will think we are saints."

– Kimberley



Call us today at
(321) 380-0942
 www.annasairandheat.com



- We service all makes and models
- Serving all of Brevard
- 0% Financing for up to 12 months

\$36
Tune Up
Brevard Residents Only.
Must present coupon to redeem.
June 30, 2026

\$36
Plumbing Inspection
Brevard Residents Only.
Must present coupon to redeem.
June 30, 2026

PAW'S CORNER

By Sam Mazzotta

CANCER In Pets: Early Signs Every Owner Should Know

DEAR PAW'S CORNER: When my cat developed cancer, the only symptom he had was weird. "Manny" started jumping up on the kitchen table and staring at me while I made dinner! He never jumped up on the table or kitchen counters before. I thought it was cute and would just scold him and put him down, but he would jump right back up. We were very lucky that his annual checkup took place soon after he started doing that. I told the vet about the behavior, and she ordered an additional blood test, which showed there was a problem. My cat is being treated for lymphoma and is doing very well. So I don't think a sudden change in behavior is just "cute," pay attention!

— Linda R., Saratoga Springs, New York

DEAR LINDA: I'm so glad to hear that Manny is doing well! Lymphoma is usually very responsive to chemotherapy, and cats experience few side effects in most cases.

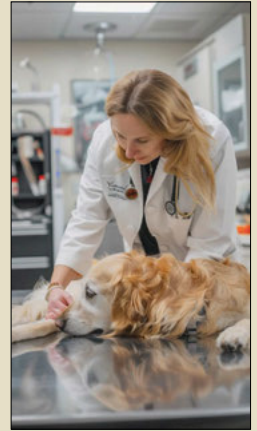
Cats are especially good at hiding illness -- it's instinctively built in. Plus, some illnesses mimic other diseases, or just present as quirky behavior changes.

Symptoms of possible cancer in pets can be subtle, so contact your pet's veterinarian if you notice any of the following: changes in behavior or eating habits; loss of interest in favorite activities; lameness or indications of pain; unexplained weight loss; abdominal swelling; lumps or bumps on their skin that change over time; persistent vomiting or diarrhea; bleeding; difficulty eating, breathing or swallowing; or sores that won't heal.

Many of these symptoms show up in diseases other than cancer, which is why it's important to have your pet evaluated by a vet to determine the cause and get the correct treatment.

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

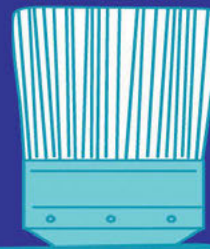
(c) 2026 King Features Synd., Inc.



 Follow us on Facebook!



she nailed it!
Home Repair & More



*small project?
no problem!*
Call or text us
for a quote

WOMEN-OWNED. SKILLED. RELIABLE.

321-348-8586

Registered and Insured

King Crossword

ACROSS

- 1 Cry
- 4 Vault
- 8 Daly and Allen
- 12 Common title start
- 13 Killer whale
- 14 Web addresses
- 15 Pithy joke
- 17 Legume
- 18 Suggests
- 19 TV guide abbr.
- 21 Wager
- 22 Expulsion
- 26 Errand runner
- 29 Whatever number
- 30 Hwy.
- 31 Caspian Sea feeder
- 32 Keats creation
- 33 Go caroling
- 34 Capitol VIP
- 35 Year in Madrid
- 36 Epic narratives
- 37 On/off switch
- 39 "You've got mail" co.
- 40 Document-arian Burns
- 41 Obligations
- 45 Beige
- 48 The whole crowd
- 50 Ache
- 51 Aswan's river
- 52 Victory
- 53 Abbr. on a schedule
- 54 Ticked (off)
- 55 Annex
- 20 Purchase
- 23 Advanced math
- 24 Sicilian peak
- 25 Bylaws, briefly
- 26 Sudden wind
- 27 Disc-shaped cookie
- 28 Sharp tooth
- 29 Commotion
- 32 Penny
- 33 Like seawater
- 35 Boxing legend
- 36 Turned bad
- 38 Hog's "hello"
- 39 "Hello" singer
- 42 Illinois neighbor
- 43 Wife of Geraint
- 44 Fax
- 45 Clean air org.
- 46 Baseball fan's headwear
- 47 Tear
- 49 Compete

DOWN

- 1 Halt
- 2 "It can't be!"
- 3 Hive population
- 4 Hang around
- 5 Painter Max
- 6 Expert
- 7 Series opener
- 8 Big brass
- 9 Rage
- 10 Org. with a style manual
- 11 Nine-digit ID
- 16 Slander in print

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
18							19	20				
			21				22			23	24	25
26	27	28				29				30		
31					32					33		
34				35						36		
37			38				39					
			40				41			42	43	44
45	46	47			48	49						
50					51					52		
53					54					55		

© 2026 King Features Synd., Inc.

**Miss Annual Enrollment?
Call for Other Options!
Make An Appointment Today**

**Turning 65 Soon?
Call Me for Help
Understanding Plan
Options & Choices**



Bruce Williams

If you are confused by what to do about your healthcare needs, remember you have options. Personal, confidential support from a professional, independent insurance advisor. I can make it easy with all the information you will need to make an informed decision.

- Over 65 Advantage Plans
- Over 65 Supplement Plans
- Prescription Drug Plans
- Individual & Family Health
- Plans for those Under 65

321-543-3495
bwilliamfl@gmail.com
www.bwilliamsinsurance.com
 1127 S. Patrick Dr. Suite 1
 Satellite Beach, FL 32937

**Your Beachside Agent
Dedicated to Your Health & Well Being!**

**Call Today for a FREE
2026 Calendar and Health
Insurance Consultation!**





THE GREATER PALM BAY CHAMBER OF COMMERCE
THE GATEWAY TO BUSINESS ON FLORIDA'S SPACE COAST

8th SPACE COAST SYMPOSIUM & EXPO

Friday, August 21st | 8:00 a.m. - 5:30 p.m.
Radisson Resort at the Port

Keynote Speaker



Economic Outlook:
Alex Kelly
Florida Secretary of Commerce

PANELS

- Advanced Manufacturing:**
Powering the Space Coast Economy
- Launching Futures:** Building the Space Coast Workforce Pipeline
- Golden Dome:** Strengthening National Security Through Commercial Collaboration
- Unmanned Systems:** Transforming Defense, Industry & Airspace

Are you looking to promote your business to Tech, Manufacturing, Aerospace, Defense, Scientific, or Innovative Companies? If so, sponsoring the 8th Space Coast Symposium & Expo is the premier way to reach your target market!

The Greater Palm Bay Chamber of Commerce is the Gateway to reaching Florida's Space Coast Market with our award-winning marketing campaign.



SCAN THE QR CODE FOR MORE DETAILS

EVENT SPONSORED BY

PLATINUM SPONSOR **HealthFirst** | SILVER SPONSOR

GreaterPalmBayChamber.com | (321) 951-9998



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 Mulenhard (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 Neuva Ave - Palm Bay

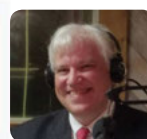
Saturday - June 20th - 800am-1200pm - Praise & Pistons Car Show

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-Senior 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

The Walk to Saint Augustine

continued from page 10

plunder from the wreck of the Reformation. Then there was a trip to St. Augustine to report to the authorities. The castaways were well treated and given better body coverings.

Finally, the Ais allowed the party to leave in two groups, some in a leaky boat, the others walking the beach. At the north end of the Indian River Lagoon all met to haul the boat over land to Mosquito Lagoon. Dickinson and a small party moved north along the Atlantic beach. This was hard travel with little sustenance along the way. Although Spanish outposts dotted the course, garrison soldiers were of little help to the travelers. At one place, there was shelter for some of the group, but others were barred from comfort. That night, with a cold front passage, five of the shipwreck victims died of exposure.

The Dickinson party reached St. Augustine after two months and a two hundred fifty mile trek. They were accommodated by the Governor. What lay ahead was another two hundred fifty mile ship journey to the English Charleston, South Carolina. Dickinson did reach Philadelphia where his family became community leaders. (S)

Live Music - Food - Vendors - Nature - Surf Expo - Arts Crafts



MERRITT ISLAND FEST

JUNE 6-7, 2026

5PM-10PM



**LANDON
x McNAMARA x**

Reggae, Blues & Hawaiian Soul

**SAT
JUNE 6TH
7:30 PM**



INNER CIRCLE

SUN, JUNE 7TH
7:30 PM

MERRITTISLANDFEST.COM

MERRITT ISLAND VETERANS AMPHITHEATER
400 S. Sykes Creek Pkwy, Merritt Island, FL 32952












Vendors & Sponsors Call 1-855-386-3836 • Contact@SpaceCoastDaily.com

FAMILY PACK OF 3

\$49 Up to \$87 value

Must present printed SS Coupon® to purchase tickets at the event gates only. Not available for advance purchase.

FAMILY PACK OF 4

\$69 Up to \$116 value

Must present printed SS Coupon® to purchase tickets at the event gates only. Not available for advance purchase.

FAMILY PACK OF 5

\$89 Up to \$126 value

Must present printed SS Coupon® to purchase tickets at the event gates only. Not available for advance purchase.

New General Manager Named at Indian River Colony Club

continued from page 9

John Robinson, who served as IRCC's general manager for the last 21 years, is looking forward to retirement near family in Stuart, Florida. A 22-year veteran of the U.S. Navy and former Chief Petty Officer, Robinson also holds a Bachelor of Science degree from Southern Illinois University.

Viera's very first neighborhood, Indian River Colony Club is known as "The Place Patriots Call Home." A haven for

military veterans, the par-72 private golf course community has a patriotic culture and country club amenities for active adults aged 55 and over. For more information about Indian River Colony Club, call 321-255-6000, visit their website at ColonyClub.com or like their Facebook page. (S)



Vision Realized: The Grand Opening of the County Memorial Veterans Amphitheater and Park

After nine years of fundraising and planning, and 16 months of construction, more than 300 attended the Grand Opening and Ribbon Cutting for the Veterans Memorial Center Amphitheater and expanded Park (VMP) on Merritt Island on 23 April. The event was organized by officials from the County, including the Merritt Island Redevelopment Agency (NIRA), as well as Accelerate Brevard and BVMC veterans. Festivities included the inaugural Flag Raising Ceremony at the new Amphitheater which has a special story.

MIRA's Executive Director, Larry Lallo, served as MC and the event included a number of speakers from the state, county, BCSO, Tourist Development and the BVMC who have supported the project for years. The Jazz Ensemble from the Space Coast Symphony Orchestra provided patriotic live music. The SCSO as well as BCSO are among community partners for the new facility, so expect many great concerts and events from them and others starting this year. Special thanks to Lisa Nicolas, MIRA Community Relations Officer who served as the primary organizer. Media coverage was outstanding, so much of the event can be seen on line.

The \$8.2 M project was Phase III of VMP expansion. Phase I was the initial VMP trails and non-electric facilities, as well as the Military Museum constructed in 2016. Rush Construction handled the completion of park pathways and bridges with phase II in 2019. The "Crown Jewel" Amphitheater, Concession and Restrooms Building, lighting, irrigation, more planting and a second main entrance with 100 new parking spaces, was built by Ivey's Construction with many sub-contractors doing a great job. They also supported the BVMC with JROTC and other special events, over the year plus, held in other sections of the 82 acre park.

Government at all levels - State, County and Tourist Development - raised the funds as the County Commissioners unanimously approved the visionary project in August 2024. Thank you to them and to our taxpayers who truly support veterans, as well as the community, which will now see many major events at the Amphitheater over the years ahead.

Flag Raising:

Since the VMP already had an official flagpole at the Museum area of the Park, there were no official funds available for one at the amphitheater. To veterans it seemed mandatory to have one there. So, over six months more than \$5500 was raised from 8 veteran organizations and through an Eagle Scout Project (Justin Gregoire of MI Post 243) for the lighted 30 foot pole and patriotic pavers at the base. Teams from the FL Army National Guard, Rolling Thunder FL-1, for the first time, raised the American, POIW/MIA and America 250 Flags at the Amphitheater as part of the ceremony.



The event ended with a cake cutting and plenty of community spirit, with many saying how blessed we are that the vision of more than a decade ago, was unwavering. ☺

Weekly SUDOKU

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

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!

© 2026 King Features Synd., Inc.

The Star Act

The Major Richard Star Act seeks to allow 55,000 combat-injured veterans (who have less than 20 years of service) to receive their full pay at the same time they get disability benefits. The explanation on the website for the U.S. Senate Committee on Veterans' Affairs on the history of the act reads like a tennis match, and you could get whiplash watching the ball being volleyed back and forth. We have the vote in the Senate going from the Committee to a vote that was blocked by the Republicans as something we can't afford ... to the Democrats who offered a compromise motion about floor time for the vote ... back to the Republicans ... back to the Democrats ...

Currently, for those who don't have their 20 years, there's a reduction in pay in exchange for disability benefits, and that's what the Star Act can fix.

It's mind-boggling to consider: You serve your country and end up so combat-injured you can't continue and you are medically retired. Then, the rules say, you have to decide between DoD retirement benefits and VA disability benefits. And for every VA dollar, they take away a DoD dollar.

Needing to calculate having VA-disability dollars deducted from DoD pay benefits doesn't help veterans decide their financial future, but passage of the Star Act would.

The Star Act says injured veterans should at least be given a choice of getting Combat-Related Special Compensation (CRSC) or their regular retirement pay plus the Concurrent Retirement and Disability Pay (CRDP) service-connected disability compensation. There are financial considerations of all types between the two. One example is that CRSC is not subject to division with a former spouse and CRDP is. CRSC is not taxable; CRDP is. One requires 20 years of service, and one requires 50% disability instead of 10% and being at least 60 years old. There's a lot that goes into the decision.

If you're in a position of needing to decide which financial route to go, see the info at www.dfms.mil/RetiredMilitary/disability/comparison. Ⓢ

(c) 2026 King Features Synd., Inc.



Our Reach & Impact

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

Why It Matters

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

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

How You Can Help

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



The Children's Hunger Project
26 Forrest Ave. Cocoa, FL 32922
Office: (321) 610-1900
info@thechildrenshungerproject.org



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.



VETERANS REALTY OF BREVARD

Residential & Commercial Real Estate
321-868-1833
1980 N. Atlantic Avenue, Cocoa Beach, FL 32931



Debi and Joe Roth

Licensed Real Estate Brokers

www.VeteransRealtyBrevard.com



A Reflection for Father's Day

Rev. Jeff Wood, First Presbyterian

The "World's Greatest Dad" mug overstates all fathers quite a bit. The Bible doesn't pretend fatherhood is easy. It takes it seriously. One story Jesus told captures the heart of God's perspective on it really well.

A younger son demands his inheritance early, wastes it, and eventually crawls home expecting nothing more than a servant's wage. Here's what he finds instead: "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him." Luke 15:20 The father was watching. The moment he saw his son on the horizon, he ran — undignified, unhesitating, unconditional.

Jesus told this story as a portrait of God. Not arms crossed. Not a ledger of failures. Eyes on the horizon, moving toward us. And for the fathers reading this: you don't have to be perfect. You have to be present ... and willing to run.

God is the Father you were made for. His eyes are already on the horizon, looking for you. (S)

Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave, Sebastian FL 32958 772-589-5656 welovefirst.org facebook.com/welovefirstsebastian

HOBBS PHARMACY
"IMPROVING HEALTHCARE SINCE 1964"

Your Trusted Hometown Pharmacy

Delivering all your pharmacy needs

- Prescriptions
- Compression Stockings
- Compounds
- Wound Care
- Supplements
- Vaccinations

321-452-0010

www.hobbsrx.com

King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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

BUGS AT BAY, NO STINKY SPRAY
GUARANTEED, THATS ZAP!

ZAP **SENIOR DISCOUNT**

PEST CONTROL

30 Years Experience in Brevard ■ Both Residential & Commercial

- Insect and Rodent Pest Control
- Free Inspections and Estimates
- 30 Years Experience
- Locally Owned (Victor W. Gibbs)
- Satisfaction Guaranteed
- High Customer Satisfaction

321-427-5677
ZapPestControlInc@gmail.com
www.ZapPestControlBrevard.com



Donna Erickson's BEST BITES

By Donna Erickson

Slow-Cooker Chicken Tortilla Soup Is a Cool Idea on a Hot Day

Juicy, 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.

Mention "slow-cooker meals" during a hot day, and your mind undoubtedly drifts to chilly fall and winter weather eating. Mine, too, until my oldest son, Bjorn, took charge of dinner one night and ladled up bowlfuls of his tasty slow-cooker chicken tortilla soup. Topped with crisp bean sprouts from the Asian market, cilantro from the garden, and a handful of grated cheese and crushed chips, his version of a Tex-Mex/Asian fusion made for healthy family fare!

It gets even better when considering the 3-minute prep time factor. No need to saute the chicken or chop vegetables ahead of time. Simply let your kids open 5 cans of basic ingredients while you unwrap a package of fresh chicken breasts. Dump all the food in the cooker, turn it to low, and the soup's on in 6-8 hours. It doesn't get much easier than this!

BJORN'S SLOW-COOKER CHICKEN TORTILLA SOUP
(Makes 6-8 servings)

Soup Ingredients:

- 2 14.5-ounce cans stewed tomatoes
- 1 15-ounce can black beans
- 1 4-ounce can diced green chili peppers
- 1 15-ounce can chicken broth
- 2 pounds skinless, boneless chicken breasts (or 1 pound for a less-dense soup)

Toppings:

- Grated cheddar cheese
- Cilantro
- Mung bean sprouts
- Tortilla chips, crushed

Place all soup ingredients in a slow cooker and stir together lightly. Cover, set slow cooker to low, and cook for 6-8 hours. When ready to serve, remove the cooked chicken and shred into bite-sized pieces with a fork.

Place the shredded chicken back in the slow cooker and stir. Cook for another hour if you wish, or ladle in large soup bowls. Add toppings according to taste. Serve with a green salad and enjoy fresh fruit for dessert. (S)

(c) 2026 Donna Erickson, Distributed by King Features Synd.



SPACE COAST MOBILITY

★ SALES & SERVICE ★

**MOST INSURANCE ACCEPTED -
CALL TO VERIFY YOUR COVERAGE!**



- Power & Manual Wheelchairs ● Scooters ●
- Lift Chairs ● Rollators ● Walkers ●
- Bathroom & Bedroom Equipment ●
- Vehicle Lifts ● Ramps ●

Click Twice
to Visit
Website

321-372-1355

5275 Babcock St. SE, Unit 4, Palm Bay

spacecoastmobility.com

Protect Yourself From Scams

By Matilda Charles

The Federal Trade Commission has some great consumer advice about keeping your online information safe from scammers. With new breaches and thefts being reported all the time, we need to know as much as we can.

See consumer.ftc.gov/node/77479 for a detailed list of suggestions and help.

Keeping your software up to date is at the top of the list, and it makes sense. After all, your devices could include cellphones, computers, smart TVs and more. Turn on "automatic updates" so those are installed without you needing to remember.

At the same time, your home's Wi-Fi network needs monitoring. At that FTC link, click on the information to secure your network.

One of the suggestions is "Choose an automatically generated password" and it gives links to the various browsers for more detailed information, such as Chrome, Mac and Firefox.

My personal opinion: You don't need a third party or

anything automatically generated to help you come up with a strong password.

To create a password, don't use any known information such as your mother's maiden name or somebody's date of birth. Use information that is likely only known to you, or better yet, use a short phrase (but be sure it's at least 15 characters long). Then intersperse that phrase with numbers, capital letters and symbols.

Example of your phrase: I really hate scammers

Then insert numbers and symbols:

I*really693#HATE@@scammers##

And yes, it's a pain to remember all that just to sign into an account online. And perhaps you'll need to write it down ... but that's OK as long as you keep the information nearby but not next to the computer where someone else can find it.

The link at the FTC page has much more information, including what to do if you somehow do get scammed. ☹

(c) 2026 King Features Synd., Inc.



Helping
SENIORS
of Brevard

A non-profit organization dedicated to improving quality of life for SENIORS through provision of information, education and resources.

Need Help?
Call 321-473-7770

Click Twice to Visit Website

SENIOR
looking for
assistance
in finding
services?

Medical, Legal,
Financial, Household
or other Needs?

(321) 473-7770
Senior Info Help Line



Senior Resource Center
1344 S Apollo Blvd - Ste 2C
Melbourne FL 32901

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

Life, Liberty & the Pursuit of Happiness

continued from page 20

The Pursuit of Happiness

At the heart of it all is the search for joy, purpose, and meaning. The pursuit of happiness is personal for every individual, but it often includes maintaining connections with loved ones, remaining active in the community, pursuing passions, and continuing to live with dignity and fulfillment.

In America, we are encouraged to pursue our dreams and value personal well-being at every stage of life — including our senior years.

That is why Helping Seniors exists. We are honored to serve Brevard County seniors and their families by doing all we

can to support the ideals our Founding Fathers envisioned: helping people maximize their opportunities for Life, Liberty, and the Pursuit of Happiness. Ⓢ

Travel Made Easy, Enjoyable, and Worry Free

continued from page 14

- Solo Traveler Friendly – Enjoy great solo pricing with no unnecessary markups when available. We even solo match.
- Senior Travel Insurance – Special plans designed just for seniors.
- Special Needs Certified – We're trained to provide extra care when needed for or special need guests.
- Best Price Guarantee – We match or beat internet rates—and add extra perks you won't find online.
- Book on Your Own- You book, we take it over, we save you even more money!
- Small Group Tours Designed for Travelers 50+
Senior Travel specializes in small group tours worldwide. Ⓢ

Owner-Operated Cleaning Company: The Personal Touch That Makes the Difference

continued from pg 15

What sets a reputable owner-operated company apart

- Transparent pricing: Clear, upfront quotes without surprise fees.
- Licensed and insured: Professional protections for both parties.
- Background-checked staff: Safety and peace of mind when teams are in your home or office.
- Satisfaction guarantee: A commitment to re-clean or make adjustments if you're not satisfied.
- Communication: Direct access to the owner via phone or email for quick responses and personalized care.

Conclusion

An owner-operated cleaning company offers a level of personal service and accountability that large chains often can't match. If you value consistent quality, direct communication, and a cleaning team that treats your space like their own, an owner-operated provider is likely the best choice. For reliable, detail-oriented cleaning backed by a person who stands behind every job, look for a local owner-operated company you can trust. Ⓢ

**But one little girl lived on a hill,
She rustled and tussled like buffalo bill,
One day she decided she'd go for a ride,
With a pistol and a sword by her side.**

**She rolled right up to my front door,
Knocked an' knocked 'til her fist got sore,
When she turned and walked away,
All I could hear my baby say:**

**Hey Bo Diddley, oh Bo Diddley,
Hey Bo Diddley, oh Bo Diddley.**

Born in McComb, Mississippi as Ellas Otha Bates, he took the last name of Gussie McDaniel and became Ellas Mc Daniel. How he morphed into Bo Diddley remains a mystery. He even furnished a few versions to keep people guessing

The Bo Diddley beat and songs have been covered by Elvis, Bruce, U2, The Rolling Stones, Elton John, David Bowie, The Police, Jefferson Airplane, Guns N' Roses, the Byrds, Eric Burden, Everly Brothers, Little Richard, Quicksilver Messenger Service, Clapton, The Who, Tom Petty and Muddy Waters.

Space precludes a list of films where he and his music appeared, television appearances, as well as awards.

In later years he garnered a room full of awards, small film parts, commercials ("Bo Knows" for Nike). He received the Grammy Lifetime Achievement Award, and was inducted into the North Florida Music Association's Hall of Fame. He performed at concerts to raise money for hurricane victims. "This is the United States of America. We believe in helping one another," he said about his charitable works. He died of heart failure in Archer, Florida, a small farming town near Gainesville. He attended church and left behind 4 children, 15 grandchildren, and 15 great grandchildren, and 3 great-grandchildren. It was said that before he died he wanted to record faith-based music.

"Speaking of money, I surely didn't make it selling records. Lots of others got rich on my account, and by some logic I should have six million dollars in my bank. I should but I don't. That's why I'm still working today." Bo said that.

**Hey Bo Diddley, oh Bo Diddley,
Hey Bo Diddley, oh Bo Diddley. ©**

What is Probate? *continued from page 13*

to the parents' descendants (the brothers, sisters, nieces and nephews of the deceased). If none of the above are living, it will be divided with one-half to paternal and one-half to maternal grandparents or their descendants (aunts and uncles of the deceased). Half-blood beneficiaries receive one-half as much as those who are whole blood.

Wills also designate a person to administer the estate called the Personal Representative (executor). When there is no Will, Florida Statutes set forth who is to be appointed Personal Representative. Preference is given to the surviving spouse. If there is no spouse or the spouse is unable or unwilling to serve, the court will appoint the person selected by the heirs who are entitled to inherit a majority of the estate's assets.

In addition to allowing you to select who will inherit your property and administer your estate, the probate process is normally smoother with a Will. For example, with a Will you can: 1] give the Personal Representative the power to sell real estate without first obtaining a court order, and 2] waive the necessity of having the Personal Representative post a surety bond. ©

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.



everything
WE LIVE LOCAL WE DO LOCAL **brevard**.COM

Showcasing **Good Living** on
Florida's Space Coast | SINCE 2011

- Monthly Stories
- Business Directory
- Events Calendar
- Promotions

BREVARD'S LARGEST ONLINE COMMUNITY

ARTS | BUSINESS | COMMUNITY | CULTURE | EATS | EDUCATION | EVENTS
FAMILY | MONEY | OUTDOORS | SHOPPING | TECHNOLOGY | SPORTS | WELLNESS

www.EverythingBrevard.com | Info@EverythingBrevard.com

USE DISCOUNT CODE "SENIORSCENE" FOR 35% OFF TICKETS

SINATRA & THE WONDERFUL WORLD OF **OZ**

A magical evening of Frank Sinatra classics, beloved favorites, and the timeless magic of Oz with the Space Coast Symphony Orchestra.

ACCLAIMED SINGER
MARK ROMEO

SATURDAY, JUNE 20 • 7:00 PM
THE SCOTT CENTER AT HOLY TRINITY

TICKETS FROM **\$35**

★ FREE COMMUNITY CONCERT ★

AMERICA, TOGETHER

A powerful, FREE concert that brings the community together through music that remembers, honors, and lifts.

SATURDAY, JUNE 27 • 7:00 PM
THE SCOTT CENTER AT HOLY TRINITY

FREE ADMISSION
TICKET RESERVATIONS ARE REQUIRED

SPACE COAST SYMPHONY ORCHESTRA
symphony for Everyone

FREE ADMISSION
18 & UNDER
or with Student ID

855.285.7276
SpaceCoastSymphony.org

The Retirement Risk Nobody Wants to Talk About *continued from page 17*

I can find my clients affordable rates because they acted decisively and early.

There are many ways to plan for long-term care. The families who navigate long-term care best are not the ones who were lucky. They're the ones who had the conversation early. If you've never reviewed your long-term care exposure with a financial planner, the conversation is worth having. The best time to have it is while all of your options are still on the table. 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.

Securities offered through J.W. Cole Financial, Inc. (JWC) Member FINRA/SIPC. Advisory services offered through J.W. Cole Advisors, Inc. (JWCA). ValaVanis Financial and JWC/JWCA are unaffiliated entities. Ⓢ

KITTEN ANGEL THRIFT

Best Thrift Shop In Town!

SENIOR DISCOUNT

20% OFF

EVERY TUESDAY

2740 North Harbor City Blvd, Melbourne

Open Tue to Sat. 10 am to 4 pm

Polka Dot Plants Are A Fun Addition To Gardens

By Eddie Smith, MSU Extension Service

There are some plants that make you smile the moment you see them, and Polka Dot Plants are at the top of that list for me. The name sounds like simply a description, but that is the actual name of these plants that have a playful, almost whimsical quality. They look like someone took a paintbrush and flicked color across each leaf.

One Polka Dot Plant that never fails to catch my eye is Splash Select Red.

The foliage is a deep, velvety red with crisp green edges that frame each leaf like a fine border. Up close, those speckles and splashes of color give the leaves a hand-painted look. Grown in a mixed container, Splash Select Red adds depth and warmth, especially when paired with soft greens or even bright chartreuse foliage. On a shaded porch, it almost glows against darker backgrounds, giving that cozy, inviting feel we love in Southern outdoor spaces.

Next is Splash Select White, a plant that has a way of lighting up a space without even trying too hard.

The leaves are a soft, creamy white, gently dusted with tiny green freckles that look as if they were sprinkled on overnight. In the early morning or late afternoon light, they seem to shimmer just a bit, like they're catching the humidity in the

air. Tucked into a shaded corner, Splash Select White brings a clean, cooling brightness that is especially welcome during long, hot Mississippi summers.



Another thing I really appreciate about Polka Dot Plants is how easy they are to work with.

They are just as happy mingling with other plants in a mixed container as they are taking center stage in a simple, decorative pot. I've seen them brighten up everything from front porches to kitchen windowsills, and they bring a little life and personality wherever they go.

Too much direct afternoon sun can wash out those beautiful colors, so giving them a bit of protection helps keep

Polka Dot Plants... continued on pg 49

BREVARD'S ONLY LOCALLY OWNED & OPERATED MOVIE THEATER

**CHECK OUT
OUR DEALS**

**\$5.00 Tuesdays &
Free Popcorn Wednesdays!**

1800 W. Hibiscus Blvd
Melbourne, FL 32901
321-953-3388
www.oaks10.com



Oaks Stadium 10



@premeireoaks10

The Most Wonderful Time

Holiday POPS Concert

One for the family.
One for the soul.
One for the heart.

BREVARD
Symphony
ORCHESTRA

Aretha

a Tribute

The Music of

BILLY JOEL

FEATURING MICHAEL CAVANAUGH

Subscribe to our POPS Series today!



Individual tickets available at kingcenter.com and (321) 242-2219

Questions? Visit brevardsymphony.com or call the BSO Office at (321) 345-5052.

Polka Dot Plants Are A Fun Addition To Gardens *continued from pg 48*

them looking their best. And if there's one thing they truly love, it's humidity. Our warm, sticky summers? They thrive in them, showing lush, colorful growth all season.

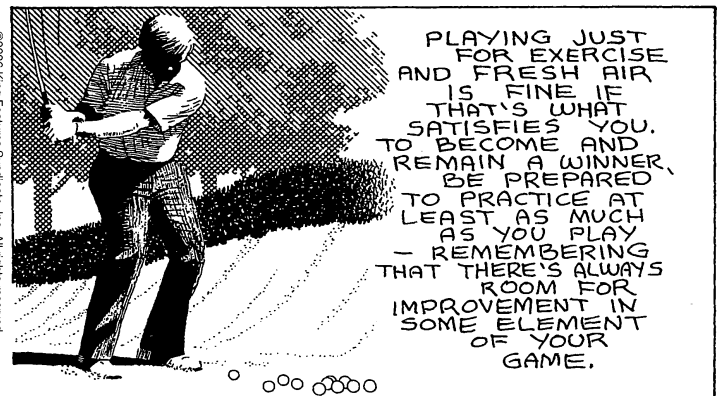
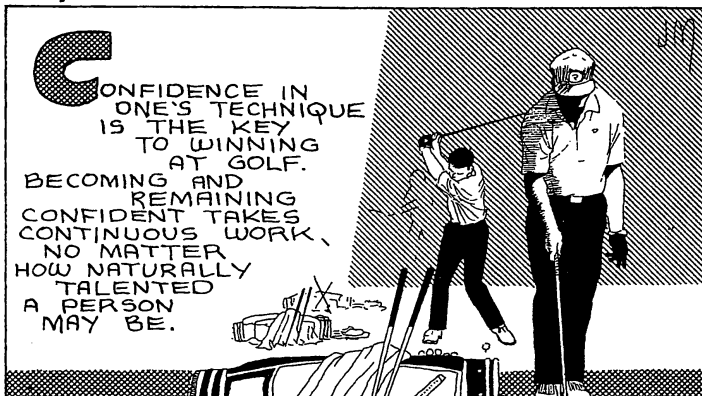
Whether you're dressing up a shady corner of the porch, adding a splash of color to a patio container or bringing a bit of the outdoors inside, Polka Dot Plants are a fun choice. Their personality, charm and just enough flair to keep things interesting is exactly what a Southern garden needs. 🌿

Global Day of Parents *continued from pg 19*

child's ideal – they play important role in the development of a child by directing them to become a mature and responsible citizen. Parents are a teacher, well-wisher, mentor, role-model and protector to their children. Hats off to their unconditional love and the hard work they employed to brought up their children and make them that able that they face in the crowd.

Their debt can't be paid back. Yet the children celebrate Parents, Day every year to honor their mom-dad for their care. Parenting requires a lot of focus, commitment and investment of time. Parents' Day promotes parenting. 🌿

Play Better Golf with JACK NICKLAUS



JUNE COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,
visit the BCA website at www.ArtsBrevard.org.

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

Due to potential cancellations, we strongly encourage you to check with presenting the organizations regarding the status of their event

JUNE EVENTS

Jun 1: Abstract/Modern Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787
Jun 1 - 29: Drawing Classes, CBAA Office & Studio, Rockledge, cbaartists.com
Jun 2: Shattered Glass Workshop, The Plant Shack, Cocoa, mymakerscape.com, 321-499-3127
Jun 2 - 30: Art Instruction Classes, CBAA Office & Studio, Rockledge, cbaartists.com
Jun 3: Crushed Glass Workshop, MyMakerScape, Cocoa, mymakerscape.com, 321-499-3127
Jun 3 & 10: Coral Kingdoms Encaustic Workshop, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 5: EGAD First Friday, Eau Gallie Arts District, egadlife.com
Jun 5: Friday Fest, City of Cape Canaveral, City of Cape Canaveral.org, 321-868-1220
Jun 5 - 7: Alice in Wonderland Jr., Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Jun 5 & 20: Hat Burning Workshop, MyMakerScape, mymakerscape.com, 321-499-3127
Jun 5, 12, 19, 26: Sip and Paint Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787
Jun 5, 12, 19, 26: Open Painting, CBAA Office & Studio, Rockledge, cbaartists.com
Jun 5 - 28: The Cottage, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935
Jun 6: Stewart Copeland - Have I Said Too Much Tour, King Center, Melbourne, kingcenter.com, 321-242-2219
Jun 6: Palette Knife Painting Workshop, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441
Jun 6: Polymer Clay Earrings Workshop, Harbor City Art, Melbourne, harborcityart.com
Jun 6 & 20: Pastel Painting Techniques with Isha Venkatesh, CBAA Office & Studio, Rockledge, cbaartists.com
Jun 6 & 25: Kinusaiga Fabric Art Workshop, MyMakerScape, mymakerscape.com, 321-499-3127
Jun 6, 13, 20, 27: Green Gables Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635
Jun 6, 13, 20, 27: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com

Jun 6, 13, 20, 27: Saturday Farmers Market at Riverview Park, Downtown Melbourne, downtownmelbourne.com
Jun 6, 13, 20, 27: Saturday Art Market, Myrt Tharpe Square, Historic Cocoa Village, greencircleart.com
Jun 7: Space Coast Women's Day, Melbourne Auditorium, Melbourne, downtownmelbourne.com, 386-243-5315
Jun 7: Contemporary American Composers, Merritt Island High School Auditorium, Merritt Island, communityband-ofbrevard.com, 321-338-6210
Jun 7: Late Nite Catechism, King Center, Melbourne, kingcenter.com, 321-242-2219
Jun 7: Playalinda Brewing Co. Sip & Shop Market, Playalinda Brewing Company, Titusville, playalindabrewingcompany.com, 321-567-5974
Jun 7 & 21: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmabayfl.org, 321-952-3400
Jun 8: Pickleball Mixer, Ted Whitlock Community Center, Palm Bay, palmabayfl.gov, 321-952-3231
Jun 10 & 11: Coming Home - A Musical Tribute to America, Melbourne Auditorium, Melbourne, mcorchestra.org, 321-724-0555
Jun 12: Friday Funday, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Jun 12: Wave Board Workshop, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127
Jun 12 - 28: Snow White Fractured, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com, 321-783-3127
Jun 13: Classic Albums Live - The Beatles, King Center, Melbourne, kingcenter.com, 321-242-2219
Jun 13: Mixed Media Collage Paint Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 13: Ocean and Sky in Encaustic and Mixed Media, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 13: Fused Glass Workshop, Harbor City Art, Melbourne, harborcityart.com
Jun 13: Toga Pub Crawl, Iron Oak Post, Downtown Melbourne, maddhatterpromotions.com, 321-543-1346
Jun 17: Take Flight Textured Acrylic Paint Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 18: Summer Sip & Shop, Downtown Melbourne, downtownmelbourne.com
Jun 18: Juvenile and the 400 Degreez Band, Cocoa Riverfront Park, Historic Cocoa Village, visitcocoavillage.com
Jun 19: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org
Jun 19: Print Making Class, Studios of Cocoa Beach, Cocoa Beach,

studiosofcocoabeach.org, 321-613-3840
Jun 19 - 21: Shuttlefest V, American Space Museum, Titusville, spacewalkoffame.org, 321-264-0434
Jun 19 - 21: The Wedding Singer, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Jun 19 - Jul 12: 1776, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125
Jun 20: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365
Jun 20: Father Daughter Dance, Tony Rosa Community Center, Palm Bay, palmabayfl.gov
Jun 20: Sinatra and the Wonderful World of Oz, Scott Center at Holy Trinity, Melbourne, spacecoastsymphony.org, 855-252-7276
Jun 20: Intro to Sewing, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127
Jun 20: Couples Acrylic Paint Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 20: Neurographic Drawing Class, Breakers Art Gallery, Satellite Beach, breakersartgallery.com
Jun 20: Pine Needle Basket Workshop, Harbor City Art, Melbourne, harborcityart.com
Jun 21: Works in Progress Guitar Program, 1000E Eau Gallie Blvd., Indian Harbor Beach, artsbrevard.org, 321-693-4039
Jun 23: Paint Night, Beachfly Brewing Company, Rockledge, mymakerscape.com, 321-499-3127
Jun 24: Poetry + Open Mic Night, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224
Jun 24: Lady Liberty Abstract Acrylic Paint Party, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840
Jun 24 & 25: Songs for America, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555
Jun 25: Travis Tritt with Tyler Reese Tritt, King Center, Melbourne, kingcenter.com, 321-242-2219
Jun 26: Summer Youth Band Concert, Church of Jesus Christ of Latter-Day Saints, Melbourne, mmband.org, 321-724-0555
Jun 26: Titusville Twilight, Titusville Area Chamber of Commerce, Titusville, titusville.org, 321-267-3036
Jun 26 - 28: Hot Pink Presents - That 7D's Show!, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555
Jun 26 - 28: You're A Good Man Charlie Brown - The Musical, Serenity Venue, Melbourne, foundrytheatrecollective.com, 239-821-8800
Jun 27: America Together, Scott Center at Holy Trinity, Melbourne, spacecoastsymphony.org, 855-252-7276
Jun 27: Sip N Shop, Myrt Tharpe Square, Historic Cocoa Village, visitcocoavillage.com

Jun 27: BWS Mini Workshop, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

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's, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For Info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF, contact us at 321-456-7031 or info@spacecoasthonorflight.org

The Astronaut Trail Shell Club

This active club meets monthly for presentations, outings, and crafts dedicated to learning and sharing knowledge in seashells and sea life. Monthly meetings: September-May. 1-3pm @ Wickham Park Community Center. 2815 Leisure Way. Melbourne FL. Annual dues: \$15 per family. FB page: spacecoastseashells

The Genealogical Society of South Brevard meets on the 2nd Wednesday of the month (except July and August) at the Melbourne Public Library, 540 E. Fee Avenue. Doors open at 9:30 a.m. and meeting starts at 10:00 with speakers addressing various aspects of family history. Information: WWcontact@gssb.net.

The Brevard Antiques and Collectibles Club

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

The Space Coast Weavers & Fiber Artists

meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library, W1950 North Courtenay Parkway. Meetings are free and open to the public.

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

Scottish Country Dancing, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntime (8300 Holiday Springs Road in Suntime/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/>

06-07 Jun – Merritt Island FEST at the VM Park (1500-2200) with food trucks, music and much more. Paid admission, Sponsored by Space Coast Daily. Open to all in the Public.

12 Jun – Celebration and Lunch for our Military Women at the Avenues in Viera 1130 -1300. Contact www.avet-project.org

13 Jun – Space Coast Honor Flight #3 of 5 2026 visits by veterans to see their monuments and memorials in Wash DC. Starts at 0400 hours at Melbourne International Airport Main Terminal with Welcome home set 2030 hours same evening. Come out and honor these veterans , some from the Korean War era and their Guardians that will travel with them. MOAACC Good Deeds funds FIT ROTC Cadets and Veterans in the VA sponsored FIT Psych PhD program to serve as guardians throughout the year. Contact

schf.org for more information and to sign up on the waiting list for both honorees and guardians.

13 Jun – Celebrating America 250!! Red, White and Blue Ball – Tides Club PSFB 1700-2200. Formal/Semi Formal Dress- \$95 per person Special Guests– George and Martha Washington!!!

19-21 Jun – American Space Museum in Titusville - Shuttle Fest

20 Jun – Memorial 5K Run honoring Christian Bellmore , MIHS Graduate who served in the USAF, Veterans Memorial Park – 0700-1100. Contact Donn Weaver for more info.

JULY

04 – Jul BCSO/BVMC Independence Day Parade and America 250 Celebration. (1000 - 1300). Check BCSO web

site to register in the parade in late May. Parade starts at Merritt Island High School (1000- with set up (0830-1000) and continues to Edgewood jr/sr High School and the BVMC Plaza where we plan food trucks and music to celebrate 250 years of America and Veterans who created, protected and continued America as we know and love it.

04 Jul – Palm Bay Independence Day 250th America Festival and Fireworks at Eastern Florida State College Palm Bay with music, food trucks and fireworks. 1700- 2100 with Fireworks at 2100.

11 Jul – Veterans Appreciation Day at DAV Chapter 109 in Titusville 1500-1800 at 435 N. Singleton Ave. Food , Drinks, games, movies and camaraderie!!!

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.

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.

Meditation with Amber

4th Saturday, 10:30 AM – 12:30 PM

Catherine Schweinsberg Rood Central Library & Reference 308 FORREST AVE, COCOA 321-633-1792

Cocoa Beach Public Library 550 N. BREVARD AVE, COCOA BEACH 321-868-1104

Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

Cards with Ree

1st Thursday from 12:30-2:30pm
Cost is \$5 for instruction and \$5 for supplies.

Community Support Advocate

Do you need assistance with jobs/careers, social security related benefits, senior resources, etc. Contact the reference department to schedule an appointment or Dr. Lisa Montgomery at lmontgomery@brev.org

Tuesday Book Club

2nd Tuesdays at 2pm

Eau Gallie Ukulele Society

1st Saturdays from 12:30pm-2pm

3rd Saturdays from 1030am-12pm

Master Gardener Plant Clinics

2nd and 3rd Fridays from 2pm-4pm

Franklin DeGroot Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

DeGroot library is open 7 days a week and 2 nights, offering a range of services such as free resume and assistance

faxing, free scanning, distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and

voter registration.

SNAP food stamp assistance program

on Friday's from 9-2pm in the

small conference room.

Master Gardener's Free Clinic held on the patio Friday's from 9-11am.

Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

**REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES.
CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.**

Mims/Scottsmoor Public Library 3615 LIONEL RD, MIMS 321-264-5080

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

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

Mystery Book Club 2nd Friday at 2 PM. Master Gardeners 2nd and 4th Tuesdays, at 2 PM.	Beginning Computer Class 1st Wednesday, 1 PM Third Thursday @ 3 Book Club 3rd Thursday at 3 PM.	Adult Art Classes - Free Take and Make Kits 3rd Thursday, Nov. 20th. Kits are first come, first serve.	Quilters every Thursday at 6:00 PM Technology Q & A: 3rd Wednesday at 1 PM
--	---	--	--

Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404

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

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

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	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
---	---	---	--

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

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945
Strength and Stretch 9am-10am Susan 540-220-4831
TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong-12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595
Beginning Tap Class 9am-10am \$2/\$3
Darling Damsels Bridge-1PM-3:30PM \$2/\$3 Kathy (321) 268 4827
Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945
WEDNESDAY
Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534
Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796
Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm \$3/\$4
Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-10am Susan 540-220-4831
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945
Zumba Gold Tone/Chair- Thursday 11AM-Noon \$7/\$8 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999
No Brevard Line Dance (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$5/\$6 Pat (321)268-2333

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

MONDAY PROGRAMS
Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm
Bocce 9-11am
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 12:15-3:30pm
Cornhole 11:30am-12:30pm
Golden Tones 10am-noon (On break until Sept)
Ping Pong 1-3:30pm
Poker: Straight 10am-2pm; Noon-3:30pm
Sensible Weight Loss with Friends 9-10am
Shuffleboard (Indoor) 1-3pm
Travel Office open 9am-2pm
Vets-to-Vets Café 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm
TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm
WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm
Yoga, Chair 10:30-11:30am
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:30-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am
FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm
Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Bocce 9-11am
Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon
SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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

MONDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Bones & Balance - 10:00-11:00 am
Duplicate Bridge - 12:30-4:00 pm
Jazzercise Lo - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Friendly Poker - 1:00-4:00 pm
QiGong-Tai-Chi - 8:30-9:30 am
Mah Jongg - American - 12:00-3:30pm
Pinochle - 12:15-4:00 pm
TUESDAY PROGRAMS
Chair Yoga - 3:00-4:00 pm
Rogue Bridge 12:15-4:00 pm
Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker- 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm
WEDNESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Duplicate Bridge - 12:30-4:00 pm
Euchre - 6:00-9:00 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi-8:30-9:30 am
Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm
THURSDAY PROGRAMS
American Mah Jongg- 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco -12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm
FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot - 8:45 am - 12:00 noon
Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle - 12:15-4:00 pm
Dealers Choice Poker- 11:30 am - 4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm
SATURDAY PROGRAMS
Shuffleboard Open Practice - 9:00 am - noon
Duplicate Bridge - 12:30 - 4:00 pm
Rubber Bridge - 12:30 - 3:30 pm



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

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@cflr.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



ONE
SENIOR
place
20TH ANNIVERSARY

Saturday, July 25th
11am – 2pm
at **One Senior Place**
8085 Spyglass Hill Rd, Viera



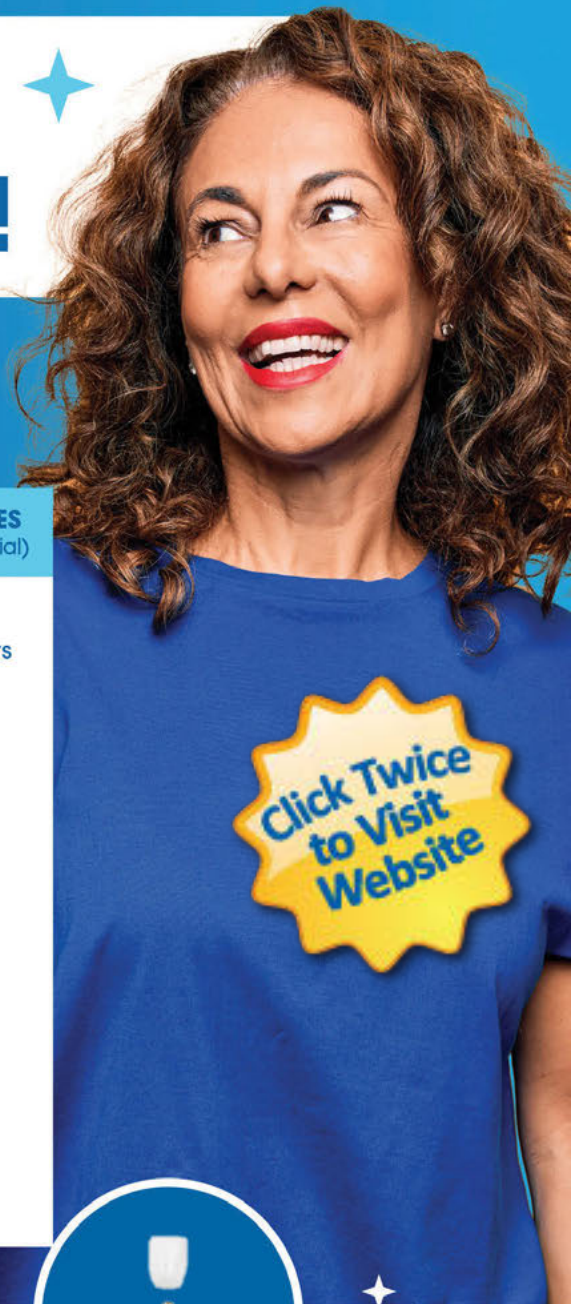
FIRST RESPONDER APPRECIATION DAY!

Celebrating Our First Responders, Nurses & Educators Past and Present.

- ★ **BBQ Showcase**
Featuring 5 Star Senior Living Chefs
- ★ **Kid Zone**
- ★ **DJ & Live Music**
- ★ **Cooling Down Station**
- ★ **Indoor seating** with A/C available.

RSVP to 321-751-6771 or 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
& ORTHODONTICS

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

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

Melbourne
1770 N Wickham Rd
Melbourne, FL 32935
321.253.0606

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