

# JULY 2026 SENIOR CALENDAR

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

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

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

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

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

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

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

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

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

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

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

## 500+ Pickup Points in Brevard County.

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

**SENIOR SCENE**  
 Magazine



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

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



For the Roadster You ...  
 2026 Mazda Miata



For the Explorer You ...  
 2026 Jeep Compass Sport



For the Hauler You ...  
 2026 Chevrolet Colorado



For the Sporty You ...  
 2026 Dodge Hornet



For the Stylish You ...  
 2026 Mitsubishi Outlander



For the Elegant You ...  
 2026 Mazda3 Sedan



For the Upscale You ...  
 2026 Kia Sportage



Scan for  
 Tickets!

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Support  
 the work of  
 Helping Seniors  
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# JULY 2026 SENIOR CALENDAR (continued)

Cocoa Beach Senior Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

**Monday:**  
**11:00am Senior Beats**  
**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:**  
**11:00 am: Euchre**  
**Tuesday & Thursday:**  
**9:30 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:**  
**11:00 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  
**12 noon: Senior Beats**  
**Thursday:**  
**1:00 pm: Bingo**

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

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

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

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

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

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

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

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

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

# Helping Seniors Info Series

**JULY 2026**

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

**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

**Caregivers Workshop:**

**Thursday - July 16th - 1000am-200pm - AARP Seniors Caregivers Workshop**

A very special morning out to share (1) "You're Not Alone" (connecting Caregivers with Caregivers); (2) "Finding Your Way Through the Maze" (navigating Care, Healthcare, and Family Dynamics); and (3)

"Help Is Available" (Community Resources that can lighten the load). Info & RSVP at 321-473-7770. HelpingSeniorsofBrevard.org

**Friday - July 10th - 100pm-230pm - Senior Planet - Senior Planet Tech Talk**

Free help for older adults build technology skills - with our millennial expert Bri Prentice.

**Wednesday - July 15th - 1000am-1100am - Coffee with a Cop**

Coffee & Donuts (Thank you Dunkin' & Rhodes Law!) with Officer Joe Downs (BCSO).

**Wednesday - July 15th - 1100am-1200am - Watch Stander Training**

Henry Angulo (The Fire Watch) shares on suicide prevention.

**Thursday - July 23rd - 10am-11am - Knowledge College for Aging**

"Mental Health & Wellbeing" with Angelika Keane (UF IFAS) - Coffee/Snacks

**Thursday - July 23rd - 11am-12nn - Helping Seniors Wellness**

"Tai Chi (seated) Guided Session" - Jeaneen Mullenhard (AARP) - Coffee/Snacks

**AARP/Helping Seniors Events:**

**Friday - July 3rd - 1100am-100pm - AARP Chapter #1413 Meetup**

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

**Friday - July 10th - 845am-945am - AARP Walk with a Doc**

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

**Tuesday - July 21st - 900am-300pm - AARP Driver Safety Course (Fee)** Senior Resource Center - 1344 S

Apollo Blvd - Ste 2C - Melbourne FL

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jul 1	Wed	Best Home Care Ideas	Elder Law Services	Chefs for Seniors	Faith College of Natural Health
Jul 2	Thu	Turning 65? All About Medicare	Concierge Home Care	Buying, Selling & Investing Real Estate	Wellness: Skin Health & Summer Sun
Jul 3	Fri	Avoiding Probate	Rock Steady Boxing	The Parts of Medicare	Capital Update
Jul 6	Mon	Finding a Good Place for Mom or Dad	Senior Information in Senior Scene	Cosmetic Dentistry	What Elder Law Attorney Can Do
Jul 7	Tue	Considerations in Home Care	Two Assisted Living Questions	Finding Good Help at Home	Put Kids on the House Title?
Jul 8	Wed	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part II	Helping Seniors & MSC Cruises	Wellness: Rock Steady Boxing
Jul 9	Thu	Medicare Supplement or Advantage	When is Assisted Living Appropriate	Things to Know: Elder Law	Wellness: Express via Communication
Jul 10	Fri	Learning About Natural Health	Safe & Secure at Home	Understanding Medicare Options	Capital Update
Jul 13	Mon	Importance of Comprehensive Eval	Helping Seniors - 12 Years Later	Considerations in Home Care	Wellness: Healthy Cooking
Jul 14	Tue	Technology and Home Care	Power of Attorney & Super Powers	Al Dia Today Newspaper	Wellness: Foot Care
Jul 15	Wed	Transitional Care	Golden Providers - Biz to Biz	Best Home Care Ideas	Concierge Home Care
Jul 16	Thu	Trusts	Buying, Selling & Investing Real Estate	Seniors Expos & Events	Your Aging Plan - Your Legal Plan
Jul 17	Fri	Helping Seniors Travel Club	Turning 65? All About Medicare	Senior Information in Senior Scene	Capital Update
Jul 20	Mon	Chaplaincy - What it Means	Reverse Mortgages - Now Time?	Probate - What it is / How it Works	Top 3 Public Benefits
Jul 21	Tue	Safe & Secure at Home	Chefs for Seniors	Too Many Teeth Being Extracted	Turning 65? All About Medicare
Jul 22	Wed	Your Aging Plan: Organizing Paperwork	Checking out Zon Beachside	Finding a Good Place for Mom or Dad	Hometown News / AARP
Jul 23	Thu	Helping Seniors - 15 Years of Service	Rock Steady Boxing	How to Cruise Successfully	Aging Plan: Medicare/Medicaid
Jul 24	Fri	New to Florida? Elder Law to Know	Transitional Care	Great Employment for Seniors	Capital Update
Jul 27	Mon	Concierge Home Care	Probate - How and Why to Avoid	Helping Seniors Directory	Wellness: Faith College
Jul 28	Tue	Two Assisted Living Questions	Best Home Care Ideas	Faith College of Natural Health	Don't Go Broke on Nursing Home
Jul 29	Wed	Durable Power of Attorney	Considerations in Home Care	In Home Care Giving	Periodontal Disease



**12pm - 1pm  
Wednesdays**

Listen on 90.3 WEJF-FM Radio or online WEJF.net



Date	Program	Special Guest	Listen On	Podcast On
Jul 1	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 8	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 15	Helping Seniors on "It Takes a Village"	Kerry Fink - Helping Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 22	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 29	Helping Seniors on "It Takes a Village"	Kerry Fink - Helping Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

**More Great Events:**

**Saturday - July 11th - 1200pm-300pm - Parasol Community Health Fair**

Parasol - 4881 Dairy Rd - Melbourne - Helping Seniors on-site

**Friday - July 17th - 1000am-200pm - Hurricane Prep Rally Expo**

St. John the Evangelist - 5655 Stadium Parkway - Viera - Helping Seniors on-site

**Tuesday - July 21st - 1100am-1230pm - Golden Providers B2B Lunch**

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

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

**Friday - July 3rd - 1100am-200pm - Life Care of Melbourne Car Show**

Life Care Center of Melbourne - 606 E Sheridan Rd - Melbourne

**Friday - July 9th - 500pm-800pm - Friendly's Car Show**

Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach

**Friday - July 10th - 1100am-200pm - Sonata East at Viera Car Show**

Sonata East at Viera - 4206 Breslay Dr - Melbourne

**Sunday - July 12th - 100pm-500pm - Tide & Tonic Car Show**

Tide & Tonic - 1940 Jimmy Buffet Mem Hwy - Indian Harbour Beach

**Saturday - July 18th - 800am-1200pm - Praise & Pistons Car Show**

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL



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

## JULY 2026 ONE SENIOR PLACE EVENTS

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

### SPECIAL EVENT:

#### Grilling for Heroes

Saturday, July 25th | 11 AM - 2 PM

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

**Benefits of Pre-Planning your Cremation Seminar, by National Cremation Society,** Wednesday July 1st, from 11am, REPEATS Thursday July 23rd, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP to 321-751-6771.

**Mastering Your Phone w/ Gerald Delvaile, ITX Solutions,** Thursday, July 2nd, at 10am Learn how to feel more confident using your phone in this hands-on seminar with IT professional Gerald Delvaile. From everyday features to helpful tips and one-on-one support, this session is designed to make your device easier to use. RSVP to 321-751-6771

**FREE Liver Scans,** Monday July 6th, and Wednesday July 15th, 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 July 7th and 21st, 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.

**Adaptations: Up Close with Animal Biofacts w/Brevard Zoo,** Monday, July 6th, at 2pm. Discover the amazing ways animals are designed to survive! Join Brevard Zoo for an interactive presentation featuring real animal biofacts such as feathers, skulls, shells, and scales. Learn how these unique adaptations help animals thrive in their habitats and experience wildlife science up close. RSVP to 321-751-6771.

**Christmas in July Travel Party!, w/ Stefan's Join the Fun Tours,** Tuesday, July 7th, at 2pm. Who says you have to wait until December? Join Stefan with Join the Fun Tours for a Christmas in July celebration featuring festive treats, travel inspiration, fun giveaways, and exciting prizes! Come celebrate, mingle, and get inspired for your next adventure! RSVP to 321-751-6771.

**Your Vote is Your Voice w/Tim Bobanic, Supervisor of Elections,** Wednesday, July 8th, at 10am. Have questions about voting or upcoming elections? Join Brevard County Supervisor of Elections Tim Bobanic for an informative discussion on voter registration, mail ballots, election updates, and more. Attendees can also receive assistance with voter registration, updating voter records, and requesting mail ballots for the 2026 election cycle. RSVP to 321-751-6771.

**Planning for a Loved One with Special Needs w/ Estate Planning & Elder Law Center of Brevard,** Thursday, July 9th, at 10am. Join the Estate Planning & Elder Law Center of Brevard to learn how proper planning can help protect a loved one with special needs. This seminar will cover Special Needs Trusts, benefit preservation, financial planning strategies, and important decisions families can make now to help ensure long-term care, stability, and peace of mind. Q&A session will follow the presentation. RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa Presents "Aging Heroes: Simple ways to protect your health and improve your quality of life",** Friday, July 10th, at 10am. You've spent years caring for others. Now it's time to focus on your own health and well-being. Join Nurse Lisa for an engaging discussion on healthy aging, wellness, and simple steps you can take to stay active, independent, and thriving for years to come. Plus, learn more about our upcoming Grilling for Heroes celebration on July 25th as we honor the everyday heroes in our community. RSVP to 321-751-6771.

**Medicare Basics: Take the Mystery Out of Medicare w/ Carrie Kachur, Viera Insurance Professionals,** Monday July

13th and 27th, at 2pm. Medicare doesn't have to be confusing. Join Carrie Kachur with Viera Insurance Professionals for an informative seminar that breaks down Medicare Parts A, B, C, and D, coverage options, enrollment periods, and AEP. Gain the knowledge you need to make confident decisions about your healthcare coverage. RSVP to 321-751-6771

**Ask The Doctor Lunch & Learn "Numbness, Tingling and Burning: When It's More Than Just Nerves" w/ Dr. Neves, Knight Neurology,** Tuesday July 14th, at 11:30am. If something feels off, don't ignore it! Join Dr. Gabriel Neves for a discussion on the connection between autoimmune disease and nerve health, including symptoms, diagnosis, and treatment options that may help you find answers and relief. RSVP to 321-751-6771.

**BINGO! w/ Senior Partner Care Services,** Tuesday, July 14th, 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. RSVP to 321-751-6771.

**Law School For Life: Question & Answer Session Final Exam & Graduation w/ Rhodes Law, P.A.,** Wednesday, July 15th, at 10am. Join us for the Law School for Life Final Exam & Graduation! Review key topics, get your legal questions answered, and celebrate the completion of this educational seminar series with Rhodes Law, P.A. Graduation certificates and perfect attendance awards will be presented. RSVP to 321-751-6771 to RSVP.

**Medicare Advantage Sales Seminar,** Thursday, July 16th, 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.\*

**BUNCO! with Senior Partner Care Services,** Friday, July 17th, 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! Play to WIN Gift Card Prizes! RSVP to 321-751-6771.

**Medicaid Planning with William Johnson, P.A,** Tuesday, July 21st, at 10am. Long-term care planning can feel overwhelming, but understanding your options now can make all the difference later. Join Elder Law Attorney William A. Johnson for an informative seminar covering how Medicaid works, eligibility requirements, asset protection strategies, and common misconceptions about long-term care planning. RSVP to 321-751-6771.

**Dietitian Series: Mindless Eating w/ Susie bond, RDN, LDN,** Tuesday, July 21st, at 12pm. Join Susie Bond, RDN, LDN, to discover the surprising factors that influence how much we eat. Learn how portion sizes, surroundings, distractions, and daily habits can affect food choices and explore simple strategies to support healthier eating and weight management. RSVP to 321-751-6771.

**iPhone and iPad User Group Meeting Presented by MacMAD,** Tuesday, July 21st, at 5:30pm. This meeting will feature presentations on topics of interest to MAC enthusiasts. Usually includes a guest speaker with a presentation, and often hardware or software demo. For more information contact Dennis Crowley at [dcrowley1@cl.rr.com](mailto:dcrowley1@cl.rr.com). Call 321-751-6771 to RSVP.

**Lunch & Learn: Don't Tune Out Your Hearing Health w/ Scott Bigler, Viera Clear Hearing,** Wednesday, July 22nd, at 1pm. Healthy hearing plays a vital role in staying connected and maintaining independence. Join Scott Bigler of Viera Clear Hearing for a discussion on the impact of hearing loss and the latest hearing aid technology designed to help you live life to the fullest. RSVP to 321-751-6771

**AARP Florida Melody & Memories,** Friday, July 24th, from 11am. Enjoy live music, refreshments, and friendly conversation at this fun and casual gathering hosted by AARP Florida at One Senior Place. Connect with others, share memories, and spend an afternoon filled with music, laughter and new friendships. RSVP to 321-751-6771.

**Veterans' Benefits Explained: Unlocking Hidden Resources w/ Estate Planning & Elder Law Center of Brevard,** Tuesday, July 28th, at 10am. Discover the benefits you've earned. Join the Estate Planning & Elder Law Center of Brevard to learn about veterans' benefits, financial assistance programs, long-term care resources, and other valuable services available to veterans and their families. RSVP to 321-751-6771.

**AARP Smart Driver Course,** Monday, July 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 Ken Stein. Call 321-805-6833 to Register.

**Travel Smart: Avoiding Summer Scams & Fraud w/ Fifth Third Bank and Stefan's Join the Fun Tours,** Wednesday, July 29th, at 10am. Ready for your next adventure? Join Fifth Third Bank and Stefan's Join the Fun Tours to learn simple ways to stay safe, secure, and scam-free while traveling. Enjoy tropical mocktails, fruit kebabs, and helpful travel tips you can use right away. RSVP to 321-751-6771.

**Veterans Benefits with William Johnson, P.A,** Thursday, July 30th, at 10am. Discover how the VA Aid & Attendance benefit may help cover long-term care costs. Join Attorney William A. Johnson to learn about eligibility requirements, asset protection strategies, Medicaid planning, and valuable resources available to veterans and their families. RSVP to 321-751-6771.

**Lunch & Learn - Joint Pain Isn't What It Used To Be: New Therapies That Are Changing The Game w/ Dr. Jhaveri, Health First,** Thursday, July 30th, at 12pm. Joint pain doesn't have to slow you down. Join Dr. Jhaveri of Health First to learn about emerging therapies for osteoarthritis and chronic joint pain and discover new treatment options that may help improve comfort, movement, and quality of life. RSVP to 321-751-6771.

**Music BINGO! Hosted by Senior Partner Care Services & Rockledge Health and Rehab,** Thursday, July 30th, at 2pm. It's bingo with a musical twist! Test your knowledge of favorite songs, enjoy friendly competition, and win prizes while connecting with others in a fun and upbeat atmosphere. RSVP to 321-751-6771.

**Be The Superhero You've Lived Long Enough To Be!** Friday, July 31st, at 10am. You don't need a cape to be powerful. Join Mike Peterson of Are We Living to discover how fitness after 55 can help you stay strong, balanced, and independent. Learn simple ways to improve mobility, reduce fall risk, and keep doing the things you love. RSVP to 321-751-6771.

**Don't Let Vision Problems Cloud Your Summer: How To Protect Your Sight & Independence,** Friday, July 31st, at 2pm. See the future more clearly with Dr. Garcia of Space Coast Ophthalmology. Discover common eye conditions, prevention tips, and innovative treatments designed to support lifelong eye health and independence. Plus, enjoy a few nostalgic treats while you learn! RSVP to 321-751-6771.

### SUPPORT GROUPS AT ONE SENIOR PLACE

**Loss, Grief & Bereavement Support Group,** Thursdays July 9th & 23rd, at 10am. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Facilitated by VIAS Healthcare.

**Alzheimer's & Dementia Support Group Facilitated by One Senior Place Care Management,** Wednesday, July 15th, 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, July 24th, 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, July 1st, 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.

**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:

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