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JULY 2026

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**We Remember
Ernest Borgnine**



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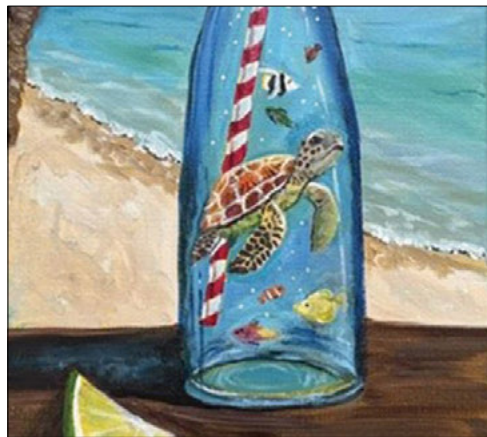
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Letter from the Publisher



Happy Independence Day!

July is the time for flag flying and fireworks. Time for picnics and family gatherings. Time for sun burns and sun showers. So enjoy, celebrate and have fun. Be sure to check out our calendars for the many celebrations around the Space Coast. It is especially important right now to celebrate our Democracy, it is here forever. Don't let anyone take it away from you. Freedom Isn't Free!

How about our great July cover! A special thanks to Tish Davis for this patriotic presentation. Speaking of covers, did you know that most of our cover artists are Brevard County residents and many are seniors? I want to give a big thank you to the Brevard County Cultural Alliance for helping us find all this special talent.

Here at the office, the phone calls we get the most are from our readers asking where to pick up their copy of Senior Scene. We love to hear about how much you have enjoyed past issues. We are constantly adding locations for you to get your copy. So keep those calls coming. Did you know that you can get a current list of distribution locations by visiting our web site? And if you missed picking up a copy, you can read it on our website www.seniorscenemag.com.

Please stay safe and be careful. See you next month!

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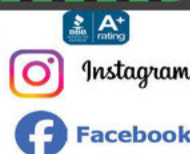
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As Florida residents know all too well, hurricane season can bring more than strong winds and heavy rain—it can also bring extended power outages. Losing power for hours or even days can impact refrigeration, medical equipment, communication devices, air conditioning, and home security systems. That's why more homeowners are investing in whole-home standby generators as part of their hurricane preparedness plan.



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Staying Powered...cont'd on pg 49



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Florida - American Revolution

By Diane Barile, South Brevard Historical Society

You have heard of the Revolution in Massachusetts, New Jersey or Pennsylvania, but Revolution in Florida? Indeed, it was the site of the southern-most skirmish and the last naval battle of the war.

Before 1776, England had thirty two colonies, sixteen in the Caribbean, one in Canada and fifteen in what became the United States. East and West Florida had been colonies only since 1763. East Florida had been invited to the Continental Congress of 1774, but declined the invitation.

In response to the Declaration of Independence in July 1776, the citizens of St. Augustine hung and burned effigies of John Hancock and Sam Adams. British troops attacked borders of Georgia. St. Augustine was important to the British cause. It was the supply line from the Caribbean bringing troops, weapons and stockpiles of war materials. The town was a Loyalist haven and a refuge for Tories from Georgia and the Carolinas. The Castillo de San Marcos was the only stone fort south of the Chesapeake.

George Washington, with the approval of the Continental Congress, authorized five attacks by the Americans on English East and West Florida. Three attacks were made before the plan was abandoned.

In May 1776 four hundred continentals and sixty Georgia militia gathered at Sunbury, Georgia for an expedition into Loyalist Florida. The Regulars invaded by sea; the militia by land. The militia was ambushed by the English militia at the mouth of Thomas Creek. The continentals made contact at Amelia Island. Both American troops were defeated. These battles were the most southern of the Revolution.

A second try for an invasion by the continentals was organized by Major Generals Charles Lee and Robert Howe in August 1777. Sailing first from Savannah with twenty-five hundred troops, the attack was aborted due to desertions and lack of supplies.

Howe tried for another expedition in January 1778 with only Georgia militia, but was defeated and surrendered. Howe did succeed in June chasing Loyalist General Brown out of Georgia and back into Florida.

West Florida extended west almost to Spanish New Orleans. In 1779 Spain entered the war as an ally of France as part of the Revolution. Spanish General Bernardo de Galves entered the fray. By May 1781 he took all of West Florida from Baton Rouge

Florida - American Revolution 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 \$1116pp based on double occupancy. Deposit of \$250 per person due by July 1st, 2026.



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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.

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Tish Davis - Happiness Through Art



It's all about color, freedom, and letting your light shine! When you ask Tish Davis what she does, well that's a tough question to narrow down. "Everything" would be the answer. She bakes sourdough bread, she homeschooled her children for 20 years, she wrote inspirational fiction and became a published author, she cuts hair, mows the lawn, builds frames with power tools. She's a grandma, makes stained glass ornaments, creates digital pet portraits, and paints every chance she gets.

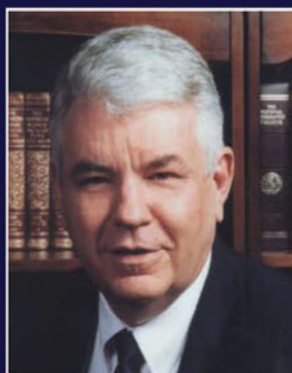
What holds all these activities together, you may ask? It's faith and the desire to not just put things on a wish list - but to actually do them. Some people are travelers and want to experience new destinations. That's not Tish. She's a creative, a maker, a hands-on person. She likes to paint everything from landscapes to animals, most with a coastal theme. Sometimes mountains. Always a lot of color and usually in acrylic or oil paints. Some of her paintings are



as small as four inches by four inches, others are four feet by four feet.

"Everything I paint holds a special message that's brushed in with each brushstroke. And it's a message people respond to when they look at my artwork. The message is no secret, it's joy, compassion, hope, life, healing, blessing, wholeness. We all crave it. Some of us find it and when we do, we want to share it. That's what I do with my artwork. I want people to feel happy when they look at my paintings and that's the common feedback I receive. So please, enjoy my artwork, and let me share some happiness today." ©

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TALK WAS.....

Ernest Borgnine - Forever Smiling and Loving People

By George Khoury

He was the insecure middle aged man in "Marty" and earned an academy award. He terrorized Frank Sinatra and Montgomery Clift in "From Here to Eternity" as the sado-masochistic Fatso. He brought smiles to television viewers as a seafaring and conniving Sgt. Bilko-type- Quintin McHale in McHale's Navy. He starred in films and television and was perceived by all as a quality actor who seemed to avoid the scandals of Hollywood and still maintain a joy of living. There was a quality to Borgnine that made you wish he was your neighbor because his honesty and dignity shined through in every role he took.

"I'd like people to know I'm a good guy, not the kind of person depicted on some of the shows I've done."

Born to Italian immigrants, the family name was changed from Borgnino to Borgnine. The family settled in New Haven, Connecticut. His high school years were normal and uneventful. There was an interest in boxing but nothing deeper than a passing curiosity. After high school, Ernie, at 18 years old, joined the Navy. It was his life for ten years and he developed a strong passion for the armed forces. In 1945, he left the Navy and as a challenge from his

mother, who claimed he was an entertaining fellow, got into show business. He spent four years in dramatics school while supporting himself doing odd jobs.

In the late 1940s he began to get stage roles. He debuted as a male nurse in a production of "Harvey." After a few local shows, Ernie took his Mother's suggestion further by moving to Hollywood. By 1951 he had small role in "The Whistler at Eaton Falls." Though a small contribution on screen, he was noticed. His breakout role was as the evil Sgt. "Fatso" Judson in "From Here to Eternity." He was not the only rookie in the film business. Not only did he play with major stars like Burt Lancaster and Montgomery Clift but with the most popular singer in the country-Frank Sinatra. As you might know if you saw the film, Ernie made you easily hate him-he killed Sinatra. The critics all singled him out for praise.



Ernest Borgnine... continued on pg 46

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Who Has To Pay The Bills When Someone Dies?

By Attorney Truman Scarborough

No one is obligated to pay a decedent's debts unless he/she has agreed to be personally responsible. Payment of the decedent's creditors is part of the probate process with beneficiaries of the decedent's estate bearing the burden as a reduction in the size of their inheritance.

Assets like life insurance policies and IRAs normally name individuals as beneficiaries. They pass outside of probate and avoid the claims of creditors. However, if all named beneficiaries die before the decedent, the asset will have to be probated and will become subject to creditors' claims.

Florida law exempts certain other assets from creditors' claims even though they are not directly payable to a beneficiary. This includes \$20,000 in furniture, furnishings, and appliances, plus two motor vehicles. If the home is going to certain relatives, the probate court can determine that it is "protected homestead" passing free of all claims, except for: mortgages, IRS liens, liens for work on the home, and property taxes.

Two years after the date of death, creditors' claims are barred and Summary Administration may be used to

probate the estate. No Personal Representative (executor) is appointed to administer the estate for the court orders direct distribution to the beneficiaries. This shortened process may also be used within two years of the date of death if the estate is less than \$75,000 and there are no known creditors. If within two years of the date of death creditors' claims arise, the beneficiaries of the Summary Administration are proportionally liable based on their share of the distributions.

When Summary Administration is not an option, Formal Administration is required. All reasonably ascertainable creditors must be mailed a Notice to Creditors advising that they have thirty days to file a claim with the court. The Notice to Creditors is also published in the newspaper and any otherwise unknown creditor has three months from the date of publication to file a claim. If a claim is not filed in time, it is barred. The Personal Representative can object to questionable claims. When an objection is filed, the creditor must initiate a separate lawsuit to enforce the claim.

The probate code also addresses: 1] the order in which different kinds of bequests bear the burden of paying

Who Has To Pay The Bills... continued on pg 46

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SENIOR SCENE MONTHLY TRAVEL TIPS

A Closer Look at Cruise Gratuities and Service Charges



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For many travelers, a cruise offers an appealing mix of comfort, convenience, and the pleasure of visiting several destinations while unpacking only once. Even so, one part of cruise pricing can still catch travelers off guard: the automatic charges that may appear after the fare is booked. These charges are commonly referred to as gratuities.

These added costs may include daily gratuities, beverage service fees, specialty dining surcharges, bottled water charges, and spa or salon service fees. Because they are often listed separately from the base fare, they can make the total cost of a trip higher than many passengers first expect. For example, if a traveler does not purchase a beverage package, even a simple bottled water (\$3.50) purchase may add to the final bill.

In 2026, several major cruise lines adjusted these fees, making it especially important for travelers to review the full cost of a voyage before departure. For readers planning a cruise, understanding these charges in advance can make budgeting easier and help prevent unwelcome surprises on the final bill.

A Few Recent Examples from Major Cruise Lines

Holland America Line recently updated its daily "crew appreciation" charges for sailings departing on or after June 1, 2026. The current rates are \$18 per day for non-suite stateroom guests and \$20 per day for suite guests.

According to Holland America, this daily amount is automatically added to the onboard account. Guests who wish to adjust the daily gratuity may do so while on board.

Separate service charges may also apply to purchases such as beverages, specialty dining, spa treatments, and salon services. Holland America's public

guidance notes that these charges may change, so travelers may want to confirm the latest details before sailing.

MSC Cruises also updated its daily hotel service charge for certain itineraries. For Caribbean and Alaska sailings, the rate is now \$17 per person per night for standard staterooms and \$23

A Closer Look at Cruise Gratuities... continued on page 45

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Embarrassed To Return To The Dentist After A Long Absence?

Embarrassed, since it's been awhile since you've seen a dentist? When people start to think it might be a good idea or time for their dental check up, they are probably due, or many times overdue.

If you don't have a dentist that you've visited regularly, or for a while, you may be worried about what they may find. Many people are frankly just plain embarrassed. Another concern is they don't want to be lectured. People are so overly busy in today's society that they simply forget to have regular dental exams and checkups.

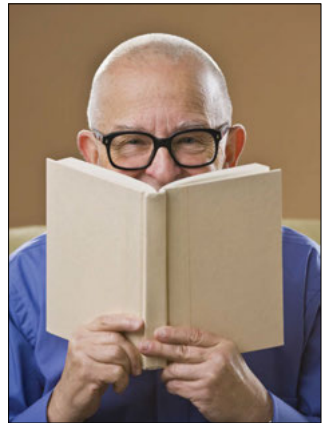
Seniors are sometimes bogged down with multiple doctor visits, that they become overwhelmed with their aging teeth, gums and dental problems.

The most important thing is that you have finally decided to go, whether it has been more than a year, five years, or even ten years. It is of utmost importance to have a dental check up and X-rays for your overall health. A dentist may be the first to spot serious health problems like oral cancer and other systemic conditions. The dentist will help you get back on track to a healthy dental lifestyle and prepare a treatment plan to meet your dental concerns.

Tooth decay and gum disease are two of the major concerns your dentist will look for and diagnosis, before they become serious and require invasive and costly dental treatment.

Simply stop putting your visit to the dentist off! The days of dental lectures are over, as modern day dentists have moved away from anxiety-inducing visits of placing the blame on patients. Dentists understand that dental health is affected by the environment and hereditary factors.

Today's dentists' goal is to help patients achieve their optimal smile, and more importantly their full dental health. The more positive the dental visit and experience is with patients, the more likely a patient is to return for their follow up visits and achieve the dental care needed. 



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Is There A Way To Tell If Someone Has Hacked Into My Home Wi-Fi Network Without Me Knowing?

By James Bowman, Data Rescue Computer Service

Yes, there are a few ways to tell if someone has unauthorized access to your home Wi-Fi network, even though hackers usually try to stay as invisible as possible. Because a compromised router usually keeps your internet running normally without any obvious signs of damage, you have to do a little active digging to spot them.

Here is how you can check your network and secure it:

1. Check Your Router's Connected Devices List

The most definitive way to see who is on your network is to look at the source.

Log In: Open a web browser and type your router's IP address into the address bar (common defaults are 192.168.1.1 or 192.168.0.1) or open your router's official smartphone app.

Find the List: Look for a section labeled "Connected Devices," "Device List," or "DHCP Client Table."

Audit: This list shows every smartphone, laptop, smart TV, and IoT gadget currently using your internet. If you see devices you don't recognize, someone else might be on your network. Note: Device names can sometimes look like cryptic strings of numbers or letters, so double-check your own gadgets before panicking.

2. Use a Network Scanning App

If navigating your router's administrative dashboard feels a bit too complicated, you can use a reputable third-party network scanning app on your smartphone, such as Fing. When connected to your home Wi-Fi, these apps will

scan the network and provide a clean, easy-to-read list of every active device.

3. Look for the Warning Signs

While sophisticated intruders won't leave a trace, minor red flags can include:

Unexplained Slowdowns: An unexpected, massive drop in your internet speed or bandwidth, which could mean someone is piggybacking on your connection to download large files or run illicit software.

Admin Password Changes: If you suddenly find yourself locked out of your own router's settings page, an intruder may have changed the administrative credentials to keep you out.

Are You an Easy Target?

Instead of just wondering if you've been hacked, it's highly recommended to make sure your router isn't leaving the front door wide open. You can secure your network by addressing two common vulnerabilities:

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Update the Firmware: Routers run internal software that requires updates to patch security flaws. Unlike your phone, routers rarely remind you to update. Log into your router settings periodically to check for updates, or replace your router entirely if it is close to a decade old and no longer receiving official security support.

If the router is over 6 years old, think about buying a new one. Use an Ethernet cable whenever you are able to. (Better Speeds and more secure). Ⓢ

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Outliving Your Money

By Max ValaVanis, CFP®, CFS®

"Do I have enough money to retire?" is an often-asked question I hear. Interestingly, this question is not easy to answer. There are many variables to consider and no advisor has a crystal ball.

Retiring too early does have its measure of risk, but retiring too late can also prove to be a harebrained idea - especially if you don't love your work. So, when is the right time to retire?

Unfortunately, this question is better answered with more questions. Do you love your work? Is your career a job or is it a passion? How is your health? If you have a spouse, are they already retired? Asking yourself these questions is a good first step to making a decision. Often the best scenario is to follow your heart, take baby steps, prepare, and seek professional advice.

You can imagine reaching retirement like a mountaineer summiting a mountain. While reaching the peak is an accomplishment on its own, descending down the mountain is an entirely different feat. While working towards retirement, the goal is to accumulate assets in both retirement and

investment accounts. Once you reach the precipice of retirement, the role of these accounts morphs into generating paychecks. If these accounts are designed poorly, the risk of outliving your money can loom over your retirement.

When trying to evaluate your prospects for retirement, you must step back and view the whole picture. Will retiring save you money? Once retired, your income tax bill may be slashed. You may cease contributing to investments, savings, and retirement plans. Many retirees drive less and, therefore, their automotive expenses drop. If you are retiring old enough, qualifying for Medicare can decrease your healthcare costs. If you subtract all the expenses associated with working, your cost of living may be notably less in retirement.

As a general rule of thumb, you need 70% to 80% of your pre-retirement income in retirement. This figure is a widely agreed-upon nugget of financial planning, but

Outliving Your Money continued on page 21

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Mind-Blowing the Statue of Liberty

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

On October 28, 1886, as many as one million people flocked to Lower Manhattan to witness the unveiling of Liberty Enlightening the World (aka the Statue of Liberty in New York Harbor. This is a monument symbolizing the United States.

The Statue of Liberty was a joint effort between France and the United States, intended to commemorate the lasting friendship between the peoples of the two nations. The French sculptor Frederic-Auguste Bartholdi created the statue itself out of sheets of hammered copper, while Alexandre-Gustave Eiffel, the man behind the famed Eiffel Tower, designed the statue's steel framework. The Statue of Liberty was then given to the United States and erected atop an American-designed pedestal on a small island in Upper New York Bay, now known as Liberty Island, and dedicated by President Grover Cleveland on October 28, 1886. Today, the Statue of Liberty remains an enduring symbol of freedom and democracy, as well as one of the world's most recognizable landmarks.

Looming above New York Harbor nearby, the Statue of Liberty provided a majestic welcome to those passing through Ellis Island. On a plaque at the entrance to the Statue's pedestal is engraved a sonnet called "The New Colossus", written in 1883 by Emma Lazarus as part of a fundraising contest. It's most famous passage speaks to the Statue's role as a welcoming symbol of freedom and democracy for the millions of immigrants who came to America seeking a new and better life. "Give me your tired, your poor/Your huddled masses yearning to breathe free/The wretched refuse of your teeming shore/Send these, the homeless, tempest-tost to me/I lift my lamp beside the golden door".

The Statue of Liberty was designated as a National Monument in 1924. Employees of the National Park Service have been caring for the colossal copper statue since 1933.

Roundup of monumental trivia

- In 1885, Bartholdi completed the statue, which was disassembled, packed in more than 200 crates, and shipped to New York, arriving that June aboard the French frigate Iser. Over the next four months, workers reassembled the statue and mounted it on the pedestal; its height reached 305 feet, including the pedestal.
- She may be old, but she gets the odd stretch in. In winds of 50 mph or more, her body can sway up to three inches and her torch arm, up to six.

Mind-Blowing the Statue of Liberty continued on pg 46



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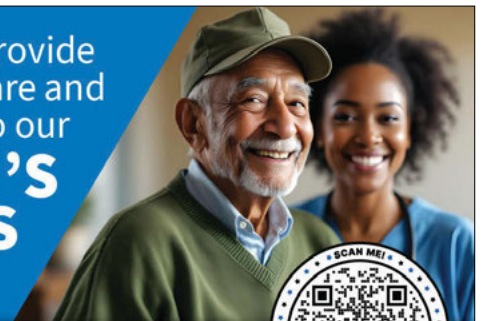
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Helping Seniors & AARP Florida Caregiver Conference

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

According to a March 30, 2026, article from AARP, more than 4.3 million unpaid family caregivers provide an estimated 4.1 billion hours of care annually here in Florida. Jeff Johnson, AARP Florida State Director, explains, “The economic value they provide now exceeds \$81 billion annually, yet this care often comes at significant cost to caregivers’ health, financial security, and well-being.”

The same article explains that caregiving has become increasingly demanding and complex as chronic illnesses rise and more care shifts into the home. Family caregivers are now spending an average of 27 hours each week providing care, and more than half (57%) are providing high-intensity care—meaning they spend significant time assisting with daily activities such as bathing and dressing, as well as complex medical and nursing tasks including wound care and administering injections.

AARP further reports that nearly half (41%) of Florida family caregivers experience high emotional stress, while 34% provide constant care for 40 hours or more each week. Too often, the physical and emotional toll becomes so overwhelming that caregivers experience serious health consequences of their own, creating additional crises for families already under tremendous strain.

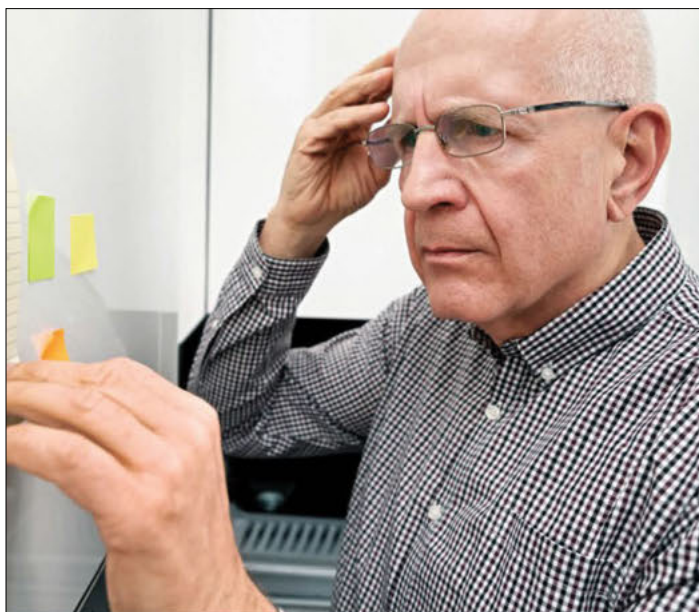
At the Helping Seniors nonprofit, we see firsthand the challenges caregivers face. There are no “days off,” and often few opportunities to alleviate the round-the-clock responsibilities they shoulder. In 2025 alone, Helping Seniors responded to more than 4,500 calls from seniors and their families. A significant number of those calls came from caregivers seeking resources, support, and solutions to help manage the constant stress and anxiety associated with caregiving.

Accordingly, Helping Seniors has partnered with AARP Florida to present our inaugural Caregiver Conference—a day devoted to supporting family caregivers through education, practical tools, and community resources that can make a meaningful difference in their lives.

On July 16, 2026, at the Senior Resource Center of Brevard, located at 1344 S. Apollo Boulevard, 2nd Floor, Melbourne, Florida, we will welcome 45 caregivers to participate in conversations and learning opportunities designed to help them better manage the growing demands they face every day.

The conference, which is free to all registered attendees, will focus on three key areas:

Helping Seniors & AARP Florida... continued on pg 45



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Outliving Your Money *continued from page 17*

should be approached cautiously. That being said, this rule is a great starting point in planning for retirement, as long as you maintain prudence and seek to maintain your standard of living. With this number, you can subtract your estimated pension and social security income. Afterward, the number you are left with is your estimated monthly deficit. This income deficit usually will be filled with retirement savings, which is the tricky part that often trips up retirees. They must invest their retirement nest egg in a manner in which their monthly deficit is satisfied AND they do not unnecessarily

risk their nest egg from depletion. While this balance is often difficult, the guidance of a Certified Financial Planner™ can be invaluable. If you are standing at the gates of retirement and just don't know what to do, call me at (321) 956-7072. For readers of this magazine, I offer a no-obligation, free appointment.

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I Am A Recent Arrival To Florida. How Do I Cope With The Summer Heat?



ask ONE SENIOR PLACE

Lisa Peake

Summer in Florida brings sunshine, longer days, and plenty of opportunities to enjoy life. Warmer temperatures can be challenging, but they don't have to keep seniors from making the most of the season. With a little planning, summer can be a wonderful time to stay active, connect with friends and family, and enjoy delicious seasonal foods.

Enjoy the coolest part of the day by getting outside early. That's the time for early morning walks, gardening, birdwatching, or just sitting on the porch with a good book. These options provide fresh air and gentle exercise before the intense heat of midday. One Senior Place and local senior centers also offer indoor activities such as fitness classes, card games, educational programs, and social gatherings that are both cool and engaging.

Hydration is especially important during the summer months. As we age, our bodies may not signal thirst as effectively, making it easier to become dehydrated. Keep a water bottle nearby, sip water throughout the day, and enjoy water-rich foods like watermelon, cucumbers, and strawberries.

Looking for fresh, nutritious meals that don't require firing up the oven? Yes, please! Consider this simple and refreshing recipe:

Florida Summer Fruit Salad

Ingredients:

- 2 cups watermelon, cubed
- 1 cup strawberries, sliced
- 1 orange, peeled and segmented
- 1 cup blueberries
- Fresh mint leaves (optional)

Directions:

Combine all fruit in a large bowl. Gently toss and chill before serving. Garnish with fresh mint for added flavor. This colorful salad is rich in vitamins, antioxidants, and hydration—perfect for a hot Florida afternoon!

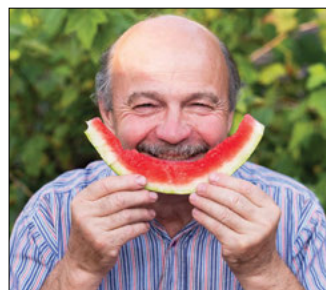
For a light lunch, how about a refreshing cucumber and chicken salad? Dice some cooked chicken, add sliced cucumbers, cherry tomatoes, and a light vinaigrette dressing. Boom! Serve over salad greens for a healthy meal that won't weigh you down.

Summer is also a wonderful time for reconnecting. Invite a friend over for some iced tea, attend a community event, visit a local farmers market, or spend some time with your grands creating summer memories.

With some creativity and preparation, summer can be filled with laughter, friendship, fresh flavors, and new experiences. So grab your favorite beverage, enjoy some seasonal fruit, and make the most of it!

Join me at One Senior Place on Saturday, July 25th for a free event honoring first responders, nurses and educators! Grilled food, music, ice cream and a special kid zone means fun for the whole family-- with plenty of options to keep cool. RSVP online at [OneSeniorPlace.com/events](https://www.OneseniorPlace.com/events) or call 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.



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Celebrating our Independence! Getting Our Ducks in a Row!

Inside: Celebrating Our Independence
and Honoring Our Veterans!



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HELPING SENIORS 4TH THURSDAY SENIOR EDUCATION SERIES

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Angelika Keene
UF/IFAS Extension



10am Your Aging Plan:

**Mental Health
& Wellbeing**

Helping Seniors Wellness Series



Jeaneen Mullenhard
(AARP Volunteer)



11am Wellness Series:

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About this AI Stuff

Kerry Fink

Executive Director - Helping Seniors

"AI" — Artificial Intelligence — seems to be the topic everyone is talking about these days. We hear about its many benefits: helping us stay organized as we age, improving medical outcomes, and making everyday tasks easier.

Like any tool, however, AI can also be used by bad actors. Scammers are increasingly harnessing AI to make their schemes more convincing and more difficult to detect.

That's why Helping Seniors, along with our friends at AARP Florida and Senior Planet, is focused on both sides of the AI story. We want seniors and their families to enjoy the benefits of this powerful technology while also staying safe from the growing number of scams targeting older adults.

On the second Friday of each month, we explore the positive side of AI through our Senior Planet Tech Talks, led by millennial instructor Bri Prentice. Bri has been tackling timely AI topics in her monthly series, and we invite you to join us for the next session on Friday, July 10, at 1:00 p.m. at the Senior Resource Center, 1344 S. Apollo Blvd., 2nd Floor, Melbourne. These classes are free, informative, and consistently receive excellent reviews.

Please also mark your calendar for our special AI Edition SCAM JAM on Friday, August 7, from 10:00 a.m. to 2:00 p.m. at Zon Beachside, 1984 S. Patrick Drive, Indian Harbour Beach. Special guest Darryl Greer, South Regional Program Manager for Older Adults Technology Services, will be joining us from Texas. Admission and lunch are complimentary, but seating is limited.

RSVP today at (321) 473-7770
or visit HelpingSeniorsofBrevard.org.



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Helping Seniors in the Community | HelpingSeniorsofBrevard.org



Celebrating Senior Independence alongside America's 250th Birthday

Nancy Deardorff
Operations Director - Helping Seniors

Independence means something deeply personal to seniors. It is the freedom to make choices, remain active, and live with dignity, purpose, and self-respect.

For many older adults, independence is found in everyday moments or simply deciding how to spend the day.

Independence for seniors is not about doing everything alone; it is about having the support, respect, and opportunity to continue living life on their own terms.

This message feels especially meaningful as our nation marks its 250th birthday in 2026, a milestone known as the semi quincentennial. For 250 years, America has celebrated the ideals of liberty, opportunity, & self-determination.

In many ways, the independence seniors seek in their daily lives reflects the very spirit on which this country was built. Their resilience, wisdom, and lifelong contributions remind us that freedom is both a national promise and a personal blessing.

As we honor this historic anniversary, we also pause to thank all those who have served our country in uniform and beyond. Their courage and sacrifice have helped protect the freedoms we cherish every day.

Because of them, generations of Americans, including today's seniors, have had the chance to live, work, worship, and age with dignity.

Celebrating senior independence alongside America's 250th birthday is a powerful reminder that freedom matters at every stage of life.



Celebrating Our Independence and Honoring Our Veterans

Carlos Cuesta
Synergy HomeCare

Every year, we come together to celebrate our nation's independence, a historic achievement that established the freedoms and opportunities we enjoy today. Independence Day is more than fireworks, parades, and family gatherings, it is a reminder of the courage, sacrifice, and determination of those who fought to create a free nation.

As we reflect on our country's history, we must also recognize the men and women who have served in our armed forces. Veterans have dedicated their lives to protecting our freedoms and defending the values that define our nation.

From the earliest days of our nation's founding to the present, generations of service members have answered the call to duty. Their service reminds us that freedom is not guaranteed, it is preserved through dedication and courage.

Celebrating our independence and honoring our veterans go hand in hand. The freedoms we cherish today have been protected by those who stood ready to defend them.

As we gather with friends and family, let us take a moment to remember the sacrifices made on our behalf and express our appreciation to those who have served.

Take care,
Carlos (321-340-3828 Ext 101)

SYNERGY HomeCare has supported over 20,000 Veterans with Community Care and Aid and Attendance benefits.



Zon Beachside Celebrates!

Kerry Smigielski
Director of Community Transitions
Zon Beachside, LLC

In 2026, we proudly celebrate our two significant milestones: the 10th anniversary of Zon Beachside Assisted Luxury Living and Memory Care and our nation's 250th Independence Day. Both occasions remind us of the values that define America, service, innovation, freedom, and community.

At Zon Beachside, we are especially grateful for the many veterans who call our community home. Their dedication, sacrifice, and commitment to our country helped preserve the freedoms we enjoy today. We honor these remarkable men and women whose service continues to inspire future generations.

Our commitment to residents extends beyond exceptional care. We strive to create a safe, engaging environment where seniors can live with dignity, independence, and peace of mind.

One way we achieve this is through Zon AI, our innovative, non-intrusive monitoring technology. Using discreet sensors, Zon AI learns each resident's typical daily movement patterns and alerts our care team when meaningful changes occur, allowing for proactive support while respecting privacy and independence.

As we reflect on a decade of serving seniors and celebrate 250 years of American independence, we remain committed to embracing innovation while honoring those who helped build and protect our nation.

At Zon Beachside, we are proud to care for a generation whose legacy of service, resilience, and patriotism continues to enrich our community every day.



Many Veterans Don't Know This Benefit Exists

Katie Stolz, Esq.
Van Fossen & Stolz, P.A.

As we celebrate Independence Day, it's a good time to remember the veterans who helped protect the freedoms we enjoy today. While we often thank them for their service, many veterans and their spouses may not realize there is a benefit available to help them as they age.

One of the most overlooked benefits is a VA pension benefit often referred to as Aid and Attendance. This benefit can provide monthly financial assistance to qualifying wartime veterans and surviving spouses who need help with activities of daily living or long-term care. The benefit can be used to help pay for care at home or in an assisted living facility.

In my practice as a VA-accredited elder law attorney, I often meet veterans and widows who are surprised to learn they may qualify for this benefit. Many have never heard of it, despite having earned it through their service.

For families struggling with the rising cost of care, Aid and Attendance can make a meaningful difference and help seniors maintain their independence for as long as possible. The benefit is tax free and direct deposited into the recipient's bank account.

This Independence Day, let's honor our veterans not only with our gratitude, but by helping ensure they receive the benefits they earned.

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Helping Seniors Of Brevard



**Honoring Independence and
Those Who Protect It**

Denise Bergman
Senior Care Authority
Brevard Florida Area Owner

July is a time to celebrate our nation's independence and recognize the veterans who served to protect the freedoms we enjoy today. Throughout Brevard County, many seniors have dedicated portions of their lives to military service, public service, or supporting their families and communities through times of challenge and change.

One of the freedoms many older adults value most is the ability to remain independent and make their own choices. As we age, maintaining independence may require additional support, whether through home care services, assistance from family members, or a move to a senior living community that better meets changing needs.

For veterans and their spouses, there may be benefits and resources available to help pay for care and support services. Unfortunately, many families are unaware of these programs until they are facing a crisis. Learning about available options before they are needed can provide greater peace of mind and help seniors maintain their independence for as long as possible.

Families often discover that planning ahead gives them more choices and reduces stress when important decisions arise.

This July, let us honor our veterans, celebrate our freedoms, and remember that maintaining independence is a goal worth planning for.

Denise Bergman, M.S., CCC-SLP, CSA, CDP
Senior Care Authority Brevard
321-341-8444 - denise@seniorcareauthority.com



**Seeing the Bigger Picture:
Vision Care and Medicare**

Kara Davis
Licensed Insurance Agent
Moore Insurance Solutions

Good vision plays an important role in maintaining independence, safety, and quality of life as we age. Many Medicare beneficiaries are surprised to learn that Original Medicare generally does not cover routine eye exams, eyeglasses, or contact lenses. However, Medicare does cover certain medically necessary eye services, such as cataract surgery and screenings for conditions like glaucoma and diabetic retinopathy.

If you are enrolled in a Medicare Advantage plan, you may have additional vision benefits that can help cover routine eye exams, glasses, or contacts. Since benefits vary by plan, it's important to review your coverage annually to ensure you're getting the most from your plan.

For those experiencing vision loss, support and education can make a tremendous difference. The Brevard Association for the Advancement of the Blind (BAAB) provides valuable programs and classes that help individuals with vision loss build confidence, learn adaptive skills, and maintain independence. Their services empower participants to continue living active and fulfilling lives.

BAAB will also host its annual 5K Fundraiser on October 3rd, helping raise awareness and support for vision-related services in our community. To learn more, visit their website or call 321-773-7222.

If you have questions about Medicare, Vision Benefits, or other insurance needs, I'm always happy to help you understand your options and make informed decisions about your coverage. 321-272-0218 ext. 2



Helping Seniors Of Brevard



CAREGIVER'S WORKSHOP

**Helping Seniors and AARP Florida Partner
to Present Caregiver Workshop**

Family caregivers are among the most dedicated people in our community. Every day, they help aging parents, spouses, relatives, friends, and neighbors maintain their independence and quality of life. Yet while caregivers devote themselves to meeting the needs of others, they often neglect their own health, well-being, and support systems.

The reality is that caregiving can be rewarding, but it can also be overwhelming. Many caregivers find themselves balancing medical appointments, medications, financial responsibilities, household tasks, and emotional support while trying to maintain careers, raise families, and care for themselves. Too often, caregivers feel isolated and alone as they navigate challenges that seem to grow more complex with each passing year.

Recognizing these challenges, Helping Seniors of Brevard has partnered with AARP Florida to present a special Caregiver Workshop on Thursday, July 16, 2026, from 10:00 a.m. to 2:00 p.m. at the Senior Resource Center of Brevard, located at 1344 S. Apollo Boulevard, 2nd Floor, Melbourne.

The free workshop is designed specifically for family caregivers and will provide practical information, valuable community resources, and opportunities to connect with others who understand the caregiving journey.

Attendance is limited to 45 participants to encourage meaningful discussion and interaction, and lunch will be provided.

**The workshop's theme
is simple but powerful:
Connect. Learn. Recharge.**



The day will focus on three key areas that affect virtually every caregiver.

The first topic, **Caring for Yourself While Caring for Others**, addresses one of the greatest challenges facing caregivers today. Caregivers often put their own needs last, which can lead to exhaustion, stress, anxiety, and burnout. Participants will discuss ways to recognize the warning signs of caregiver fatigue, manage stress more effectively, build support networks, find time for self-care, and learn how to ask for and accept help when needed. One of the guiding questions for this discussion will be: "What's one thing you wish you had more time or support for as a caregiver?"

**RSVP Today for this Free Workshop
Call (321) 473-7770
or visit HelpingSeniorsofBrevard.org**

The second focus area, **Navigating the Caregiving Journey**, will provide practical tools and strategies that caregivers can immediately put to use. Topics will include communicating with healthcare providers, organizing medications and appointments, planning for changing care needs, understanding legal and financial considerations, and balancing caregiving responsibilities with work and family obligations. Participants will have an opportunity to share their experiences and discuss common challenges, including the question: "What has been your biggest challenge in coordinating care?"

The third discussion area, **Community Resources and Building Your Caregiver Team**, centers on an important message: no caregiver should have to do this alone. Caregivers will learn about local services available through Helping Seniors and community partners, including respite care, transportation services, meal programs, support groups, and other resources designed to support both caregivers and their loved ones. Participants will also explore ways to build a circle of support among family members, friends, professionals, and community organizations. The conversation will include the question: "What resource do you wish existed—or what resource have you discovered that others should know about?"

While the information and resources presented during the workshop will be valuable, one of the most important benefits may be the opportunity for caregivers to connect with one another. Sharing experiences, challenges, successes, and practical solutions often provides encouragement and insight that cannot be found in a brochure or website.



Panelists at the May 2023 Cargiver Magazine Caregiver's Conference at Ascension Catholic Church

At Helping Seniors, we know that caregivers are essential to the well-being of thousands of seniors throughout Brevard County. This workshop is our way of supporting those who spend so much of their lives supporting others.

The workshop is free, but advance registration is required.

For more information or to reserve your seat, please call Helping Seniors at (321) 473-7770.

Together, we can make a difference in the lives of caregivers throughout Brevard County by ensuring they receive the support, resources, and recognition they deserve.





The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

After several years of rapid price increases and intense competition among buyers, Brevard County's real estate market is showing signs of returning to a more balanced and sustainable pace.

Recent market data indicates that home values across the Space Coast have stabilized compared to the dramatic gains seen during the pandemic housing boom. While prices remain significantly higher than they were just a few years ago, the rate of appreciation has slowed, providing relief for many buyers who had been priced out of the market.

An increase in the number of homes available for sale is helping create a healthier market environment. Buyers now have more choices and more time to make purchasing decisions, while sellers must be more realistic when pricing their homes. Properties are generally staying on the market longer than they did during the peak of the seller's market, when many homes received multiple offers within days of being listed.

Mortgage interest rates continue to influence buying activity, with rates remaining above the historic lows seen earlier in the decade.

For Brevard County seniors, the current market may present opportunities to downsize, relocate closer to family, or transition into retirement-friendly housing. At the same time, those considering selling should remember that properly maintained and competitively priced homes continue to attract strong interest.

Contact me at: ValueREMSG@gmail.com



Are All Implants the Same?

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

Are all implants the same?

Think about it this way: are all carpenters the same?

You can walk into a hardware store and buy nails. Most nails look similar. Some are coated differently, some are designed for specific materials, and some are stronger than others. But the success of the project depends far more on the skill of the craftsman than on the nail itself. Dental implants are much the same.

Patients often think they are buying a product, but the fact is, they are buying planning, judgment, surgical skill, and long-term design. The implant itself is only one small part of the process.

A skilled implant surgeon studies the quality and quantity of bone, determines ideal implant position, evaluates bite forces, and designs the final teeth so forces are distributed properly. Sometimes bone grafting is needed to create a stable foundation.

Just as importantly, a proper evaluation should never assume that implants are automatically the best answer. If teeth can be predictably saved, preserving natural teeth may provide the best long-term outcome.

In our practice, we are just as proud of the teeth we save as the implants we place.

Today, implants are often marketed like interchangeable commodities. They are not. Just as a beautiful home depends more on the craftsman than the nail, successful implant dentistry depends more on diagnosis, planning, skill, and design than on the implant itself.

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SeniorCareAuthority.com/brevardfl
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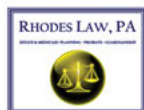
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

Should I do it, or should I not?

My brother and my sister and I all inherited my father's hound dog look. On males it is OK, but on females it is most unattractive and has bothered me since I became aware.

I am 42 years old now, have the money for plastic surgery, and I would love to do it. My parents may be offended, but my plastic surgeon has assured me that after surgery I will look my own age, rather than the 15 years older that I do now.

I am sure I will be more at peace with myself and my husband says "do it!" What do you gals think?

Hound Dog

DEAR HOUND DOG,

Plastic surgery has become very popular and is now extremely popular with your age group, and also with some of your parents' age group. If cosmetic surgery makes an unhappy person feel better about themselves, I think they should go for it. People are changing their ears, noses, eyes, big stomachs, and other unmentionable body parts. It is an endless list.

If something has bothered you this long and it is possible to change that look, why not do it?

No doubt you know that it is extremely expensive (depending on what part of the country you live) and in most cases it is not covered by medical insurance. All surgery involves risk, depending on the severity of the problem, and no guaranteed results. Statistics show these procedures are being done by people in all economic levels and not just the high earners.

If you decide to "do it" go to the most experienced plastic surgeon you can find, this is not the time for discount shopping. Good Luck.

– Audrey

DEAR HOUND DOG,

I appreciate your concern for your parents, however, explain your feelings to them, and how much you would like to have this procedure. You may find to your surprise that if this procedure had been available when your father was young he would have done it and your mother would have been encouraging him to do it. Best of luck

– Kimberley



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PAW'S CORNER

By Sam Mazzotta

Can I Bring My Dog To A Pride Parade?

DEAR PAW'S CORNER: I adopted "Allie," an adorable black-and-gold mutt, last fall. She trained wonderfully and does well with other dogs at the dog park. I'd like to bring her along to Pride celebrations this month, but I'm getting mixed information about whether dogs are allowed at parades and parties. Should I bring her at all?

— Gemma B. in White Plains, New York

DEAR GEMMA: What I'd recommend is to list which events you'd like to attend this month, and contact the organizers by email to find out their policy on bringing pets.

Most Pride parades allow owners to bring leashed pets on the sidelines as spectators, but not as parade participants. This could be due to insurance or permitting requirements.

On the other hand, many LGBTQ+ celebrants want to bring their pets to the festivities. So separate, pet-friendly events are now part of the celebrations, from big cities like Los Angeles to small towns like Springfield, Vermont.

Pets are such an integral part of our lives, and are especially important for the LGBTQ+ community. Their

unconditional acceptance and love provide emotional connection and support for so many people. They can be a bridge to a greater community, helping their owners find social connection and develop new friendships.

I'm so glad you want to bring Allie along to celebrate. Because she is socialized and can handle a busy environment (thanks to regular trips to the dog park), she will probably do very well as a sideline spectator at parades or as a participant at a well-organized, dog-friendly event. Do plan to take breaks with her in a quiet spot, and bring plenty of cool water and snacks for her so she doesn't get dehydrated on a hot day.

Send your tips, comments or questions to ask@pawscorner.com.
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- 1 Center
4 Solo in space
7 Lawn mower brand
8 Spoils, with "on"
10 Wanderer
11 Beethoven's Third
13 Time management aids
16 Citric beverage
17 Got up
18 Mosquito barrier
19 "— chic!"
20 Feel sorry for
21 Mom's sister, informally
23 "Time in a Bottle" singer
25 Impudent
26 Owl call
27 Solid-rock insert

- 28 Spine-tingling

- 30 Lupino of film

- 33 Commuters' buys

- 36 Turned to mush

- 37 Lounges

- 38 Egypt's neighbor

- 39 Sloth's home

- 40 Ballpark fig.

- 41 Even so

- DOWN

- 1 Bro

- 2 Russian river

- 3 Tattoos, e.g.

- 4 Circle dances

- 5 Expiate

- 6 Dresden denial

- 7 Frog's kin

- 8 Apollo's birthplace

- 9 Picturesque

- 10 Secret-

- protecting doc.

- 12 Mountain crest

- 14 Quarry

- 15 Farm pen

- 19 Stick with a kick

- 20 Cauldron

- 21 Greek storyteller

- 22 Faraway orb

- 23 Business abbr.

- 24 Author's payment

- 25 Actress Dawber

- 26 "Papa" of classical music

- 28 Molts

- 29 Traction aid

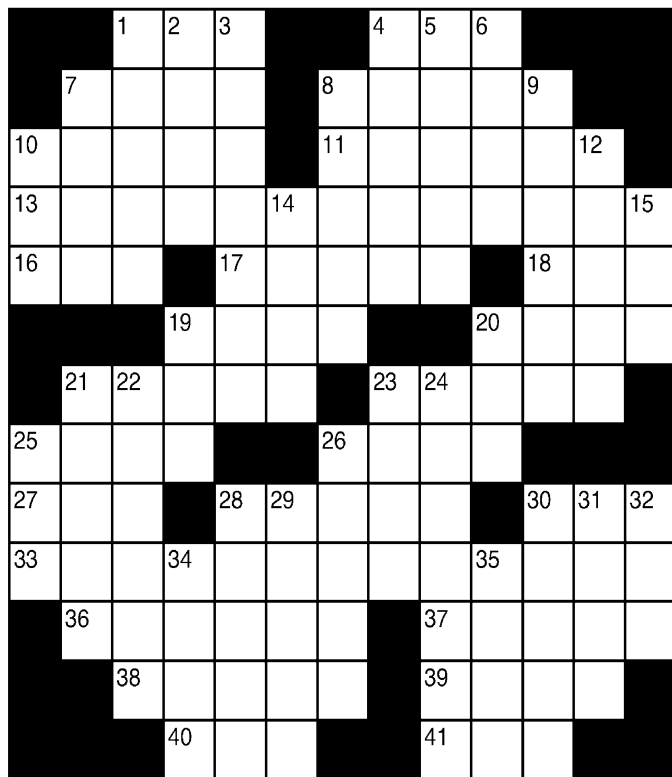
- 30 Archipelago part

- 31 Editing mark

- 32 Ninny

- 34 Verifiable

- 35 Harboring a grudge



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JULY 2026

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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

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

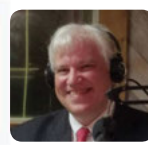
Saturday - July 18th - 800am-1200pm - Praise & Pistons Car Show

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

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



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

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Florida - American Revolution continued from page 10

to Mobile and to Pensacola. Galves' troops included Spanish regulars, free blacks, Anglo Americans, Native Americans and Acadians.

The last naval battle of the American Revolution occurred off Cape Canaveral on March 10, 1783. US ships, the Alliance, and the Duc Larezen, carrying payroll funds from Havana to Philadelphia were attacked by the British vessel, the HMS

Sybil. After a short battle, the HMS Sybil was defeated. This, the last battle of the Revolution, was fought just after the end of the war.

At the end of the war in the Treaty of Paris in 1783, the British ceded Florida back to Spain in exchange for Havana. Spain did not hold Florida for long. In 1821, Florida became a territory of the United States and a State in 1843. (§)



1. TELEVISION: Who is the long-time host of the reality show "Survivor"?
2. MOVIES: What is the song playing when the lead characters dance the twist in "Pulp Fiction"?
3. U.S. STATES: The first president, George Washington, was born in which colony that would later become a state?

4. GEOGRAPHY: Which South American country controls Easter Island?
5. MYTHOLOGY: To which mythological character is the Parthenon dedicated?
6. LITERATURE: Which war is the background for Anthony Doerr's novel "All the Light We Cannot See"?
7. MATH: What is the sum of the first five prime numbers?
8. INVENTORS: Which inventor developed more than 300 products from peanuts?
9. MUSIC: Who won Album of the Year at the 2026 Grammys?
10. HISTORY: In what year did U.S. women earn the right to open credit cards in their own names?

Answers

1. Jeff Probst.
2. "You Never Can Tell," Chuck Berry.
3. Virginia.
4. Chile.
5. The Greek goddess Athena.
6. World War II.
7. $2 + 3 + 5 + 7 + 11$.
8. George Washington Carver.
9. Bad Bunny.
10. 1974.

Merritt Island One of Several July 4th Parades and America 250 Celebrations in Brevard

On this upcoming 250th American Birthday, parades and America 250 Celebrations are scheduled all over the Space Coast like never before. Each community is still working on the details, but thousands of residents and visitors can watch the July 4th events from Titusville to Palm Bay and many places in between. Fireworks will of course be included in many locations with Port Canaveral getting started the evening before. Saturday, July 4, 2026 will special for our country and county.

Merritt Island will host the annual Brevard County Sheriff Office (BCSO) Independence Day Parade and expand the ending to the new Veterans Memorial Amphitheater Park for patriotic music, food trucks, 250 America events with period dress by the Sons, Daughters and Children of the American Revolution and much more. Except for BBQ, Burgers, Dogs, Drinks, ice scream and shaved ice, all will be at no cost and served with patriotic spirt. CDR Brian Purvis, Executive Officer of the Naval Ordnance Test Unit (NOTU) at Post Canaveral talk briefly about the American Military that created, protected, rebuilt and sustained our unique American Republic for the 250 years, unmatched by any other country. Sheriff Wayne Ivey will conclude remarks about first responders role in protecting or country and community and how patriotism and community support helps first responders and our military place service before self and volunteer to join that

small percentage of Americans who serve and home and abroad to keep the 250 year streak going.

To register for the parade, contact Lindsey Deaton at BCSO charities by 26 June: WWW.BCSOCHARITY.ORG

Timeline for events;

0830 – Arrive, register and decorate Parade Entries at the Merritt Island High School Parking Lot

1000 – Parade begins: South on SR 3, Left on Merritt Ave, end at Redwood Jr/Sr HS but continue on own to Sykes Creek Parkway South into VM Park.

1100 – Parade ends and 250 Celebration begins at the Amphitheater Park. — Music Begins with Food trucks in place.

1200 - 1245 – Amphitheater Stage Program

1245 - 1400 – More music and festivities, leaving plenty of time for family events and fireworks.

We expect at least 50 entries for the parade and many from the community to watch it unfold and join us with the parade entries to get close up views at the Amphitheater Park. For any questions on the Park 250 Celebration contact BVMC Pres Dean Scan, VP Don Pearsall for more information. The BVMC Museum and Library will be open all day which should add to the impact of this 250th Anniversary of our great country. ☺



Weekly SUDOKU

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5			6				1	9
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1								

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Only 24 notes

There are over 400 funerals each day at the National Cemeteries. Depending on the veteran and the location of the cemetery, the honors are likely to include two uniformed members of the military, folding and presentation of the flag, three rifle volleys, a horse-drawn caisson and the playing of Taps. At a very minimum, we expect this. We expect to hear Taps at a veteran funeral. It's part of how we say goodbye, hearing the National Song of Remembrance.

In some parts of the country, however, especially in rural cemeteries, there aren't enough buglers, and Taps is played via a CD recording or a special electronic gadget inserted into a bugle that plays a prerecorded Taps. Live buglers are, of course, preferred.

Can you help? Are you willing to be a bugler at veteran funerals in your area?

Before you decline, consider: If you took a semester of band, even in junior high, you're halfway there. If there is a bugle (or trumpet) in your attic, you're halfway there. Is there a high school or college with a music department near you? The

department head will help you fine tune the playing of Taps. Best of all, there are only 24 notes in Taps.

Take a look at the organizations that provide buglers for veteran funerals:

- Bugles Across America (www.BuglesAcrossAmerica.org) has been providing this service for 26 years now. Read about Tom Day and why he started the group. According to the most recent Bugler's Post newsletter, last year the group's buglers provided 32,000 hours of their time. Members have provided Taps at 350,000 funerals since the group began in 2000. They have volunteer buglers in 49 states; only South Dakota is missing from the list.
- Taps For Veterans (www.TapsForVeterans.org) is headed up by former military musicians. See the website for more information and how to audition.

At this point, one-quarter of living veterans are over the age of 65; the number of veteran funerals is not going to decline anytime soon. Ⓢ

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The Children's Hunger Project
Brevard County's Backpack Program

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.





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.

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Summer Faith

Rev. Jeff Wood, First Presbyterian

July is here. The heat is here. The thunderheads are here. The summer booklist and travel is here. The Fourth and fireworks and picnics are here. And gratitude for all this is right and good. So let it be here as well.

The gratitude is definitely about leisure and freedom, not only the secular kind, but the kind the Bible speaks of. "It is for freedom that Christ has set us free," wrote the Apostle Paul. He meant freedom from the things that quietly enslave us like fear, self-contempt, other-contempt, self-centeredness, base living. There isn't true freedom with these afoot and the power to live beyond them comes from God.

Let gratitude then be realized and felt and nurtured over these wonderful, long summer days. Gratitude for a country. Gratitude for neighbors. Gratitude to the One who, as the old hymn puts it, "has blessed our land with grace." ☺

Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave, Sebastian FL 32958 772-589-5656 welovefirst.org
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King Crossword Answers

Solution Time: 21 minutes

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Sudoku Answers

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

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Donna Erickson's BEST BITES

By Donna Erickson

Serve up Caesar Salad Family-Style



Romaine hearts that are sliced in half with the stems attached, drizzled with oil and lemon juice, then tossed on the grill for a couple of minutes is and has been a clever, tasty side dish recipe that I snagged from my West Coast friends years ago. But now this popular idea of serving up romaine halves deserves another family-friendly presentation, so I decided to approach the idea with a classic Caesar salad in mind.

I halved the romaine hearts, but instead of firing up the grill, I let the kids arrange the crisp lengths cut side up on a huge platter. They then artistically topped each half with my fresh, homemade Caesar-like dressing (minus the traditional anchovy fillets and raw egg yolks) and capers and bacon bits for a tasty twist. Kids can cut pieces of bacon with kitchen scissors and let them fall as they may across each serving before they toss on the croutons. Success!

As an extra bonus, each portion goes from the serving platter to the plate without serving spoons, as guests "hand pick" their salad at the handy stem.

CAESAR SALAD FAMILY-STYLE

Serves 6

- 3 medium romaine lettuce hearts, cut in half lengthwise with the stem in place

- 1/2 cup salad dressing (below)
- 1/2 cup shredded Parmesan
- Bacon bits, capers, cherry tomatoes (optional)
- Freshly ground black pepper
- 2 cups croutons

Arrange romaine halves on a large platter. Spoon dressing over each half. Sprinkle with Parmesan. Add capers, bacon, cherry tomatoes and pepper according to taste. Top with croutons.

FAMILY-FRIENDLY CAESAR DRESSING

- 1 garlic clove, peeled and chopped
- 1/2 cup mayonnaise
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon black or white pepper
- 1/2 teaspoon salt

Combine ingredients in blender and process until well-blended. Cover and chill for at least 1 hour. ©

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Playing Games For Brain Health

By Matilda Charles

Playing brain games can go a long way to helping us stay sharp, improve brain health, strengthen memory and slow cognitive decline. They can help us focus our attention, process information more quickly and recall facts. Whether they are logic, word, number, memory, card or any other type of game, playing can give our brains a boost – and we don't even have to leave home!

The AARP Games Center (www.aarp.org/games) is a great place to sample free games. There are various forms of solitaire, mahjong, lots of crossword and word games and trivia. If you're an AARP member and you sign in, there are even more games. Look for the Staying Sharp section for extra games.

Games for the Brain (www.gamesforthebrain.com) is an interesting site that doesn't require any registration. It appears that the games are created by a guy in Germany, but you'll also find familiar games like Chinese checkers and Minesweeper.

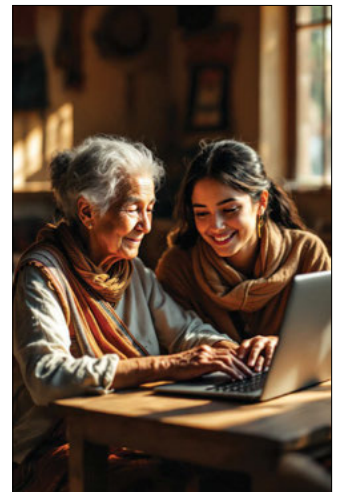
As a general rule, look for online games that don't require you to set up an account, where you can just play by going to that website. But if you really want to play the games on

a certain site and signing up is required, take a look at their privacy policy to see what information they collect about you. Set up a new email address that you only use for games.

If you prefer to add a social aspect to your game playing, check your local senior center and library for game days where you can play against others. Ask about card games, bingo, chess and checkers, Scrabble or even jigsaw puzzles done as a group.

If money is not a concern, consider a membership at the BrainHQ site (www.brainhq.com). Their games are backed by years of research into improving cognitive function, but be sure to read their privacy policy ⓘ

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A Closer Look at Cruise Gratuities and Service Charges

continued from pg 14

per person per night for MSC Yacht Club accommodations on new bookings made on or after May 11, 2026.

As with many cruise policies, the exact amount may depend on itinerary, stateroom category, and when the reservation was made. Reviewing the current service-charge policy before final payment can help travelers avoid confusion later.

Carnival Cruise Line raised its gratuities earlier in the year. The current daily amounts are \$17 for standard staterooms and \$19 for suites.

Carnival also increased the adult price of its Bottomless Bubbles soda package to \$11.99 per day, with a 20% service charge applied. While that amount may seem modest at first glance, it can add noticeably to the cost of a weeklong trip.

Automatic gratuities have long been part of cruise pricing, but rising travel costs have made many passengers more attentive to the difference between the advertised fare and the final total. For travelers on a fixed income or anyone planning a retirement-friendly vacation budget, these added fees are worth a closer look.

How to Budget More Confidently for a Cruise

Before booking, it helps to ask for a written breakdown of all expected charges, including the cabin fare, port charges, taxes, daily gratuities, beverage package fees, dining surcharges, and other service charges. Seeing the full picture on paper can make it much easier to compare offers from different cruise lines.

It is also wise to check whether gratuities can be prepaid, adjusted onboard, or are considered mandatory. Policies vary from one cruise line to another, and those differences can affect the overall value of a trip. Readers who would like a broader overview may also find it helpful to review our June Senior Scene Magazine article on gratuities and service charges.

For readers who enjoy cruising regularly, keeping a simple travel worksheet with fare costs, gratuities, excursions, specialty dining, and onboard extras can help create a more realistic vacation budget from the start. The staff at Senior Travel can also help prepare a simple spreadsheet so travelers have a clearer picture of the true cost of their cruise.

When travelers understand these charges ahead of time, it becomes much easier to relax, enjoy the journey, and focus on the pleasures of cruising rather than the bill at the end of the trip. ☺

Helping Seniors & AARP Florida Caregiver Conference

continued from page 20

1. **Caring for Yourself While Caring for Others** – avoiding burnout and preserving your own health.
2. **Navigating the Caregiving Journey** – practical tools and strategies for everyday caregiving.
3. **Community Resources and Building Your Caregiver Team** – because you don't have to do it alone.

The program will feature experts from across the caregiving community, including home care professionals, care managers, healthcare specialists, and community

resource providers. Equally important will be the opportunity for caregivers to connect with one another and share experiences, insights, and practical solutions that have helped them navigate their own caregiving journeys.

Lunch is included, and advance RSVPs are required, although there is no cost to attend.

To reserve your seat, please call (321) 473-7770.

Together, let's make a difference in the lives of caregivers throughout Brevard County. ☺

He waited patiently for the next meaningful role...and it came in a well written story. Ernie became Marty Piletti. The film was simply called "Marty." Made in 1955 for a budget of \$300,000, the simple but poignant film earned Borgnine a Best Actor Academy Award. The director, Delbert Mann won Best Director, the writer; Paddy Chayefsky won Best Writing and behold this gem won Best Motion Picture. It was nominated for four additional awards.

Borgnine distinguished himself that year against such competition as Frank Sinatra, Spencer Tracy, James Dean and James Cagney. During the next thirty years Borgnine constantly worked regularly in films and television. We saw in "Ice Station Zebra" playing a Russian spy. He appeared in "Johnny Guitar", "Bad Day at Black Rock", "The Poseidon Adventure", "Escape from New York", "The Wild Bunch", "The Flight of the Phoenix" and the "Dirty Dozen".

From 1962 until 1966 he was Lt. Commander Quinton McHale in the television show McHale's Navy. He has co-starred or guested on many television shows from Airwolf to ER.

Where ever he was, working or vacationing, he made visits with veterans. In 1996, he bought a bus and toured the country to meet his fans.

He played in over 100 films and in a career that spanned 61 years, he even expanded into doing voice overs. He received the Screen Actors Guild Lifetime Achievement award as well as honorary doctorates and accolades from veteran groups.

Ernest Borgnine died July 8, 2012 at age 95 of renal failure. His pallbearers included Tim Conway, Leonard Nimoy, Gary Sinise and Joan Rivers. (S)

Who Has To Pay The Bills When Someone Dies? continued from page 13

claims (specific bequests are paid first, leaving the residual beneficiaries to pay the creditors and divide what remains), and 2] the order in which different types of claims are paid when there are insufficient assets to pay all the creditors (costs of settling the estate and funeral expenses are high priorities).

The situation is different with a trust. Trust assets must be used to satisfy creditors' claims if there are insufficient funds in the probate estate. However, a creditor cannot pursue a claim directly against the trust and must go through the probate process. This is a problem for the creditor because the trust, by its very nature, avoids probate. A creditor's only recourse may be to initiate probate and assume the responsibilities of

administering the estate. Creditor initialed probate can create a problem for the trustee. If the trustee has distributed all the trust assets and a creditor subsequently initiates probate, the trustee could be personally responsible if he is unable to get the beneficiaries to return a portion of their distributions to satisfy the claim. (S)

For further information you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida.



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Mind-Blowing the Statue of Liberty continued from pg 19

- There are seven rays on her crown, one for each of the world's continents. Together, they give her a hat that weighs more than 1,000 pounds.
- She has a face a mother could love – specifically, designer Bartholdi's mother, who is rumored to have been the model for the green goddess's massive visage. (Bartholdi's wife posed for the arms and torso).
- Green is not her natural hair (or skin) color. At first, the statue was a dull copper brown. But as

Mind-Blowing The Statue Of Liberty
continued on pg 47

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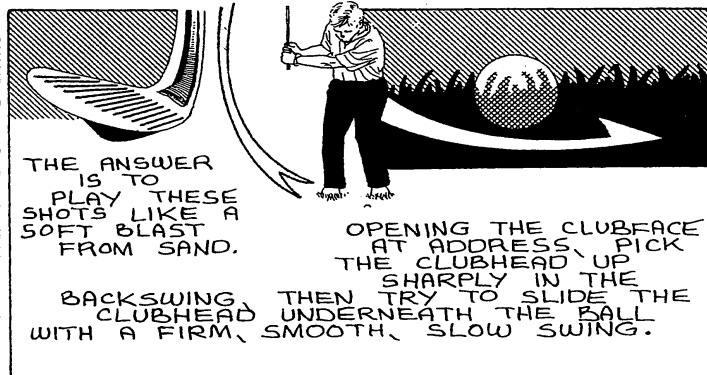
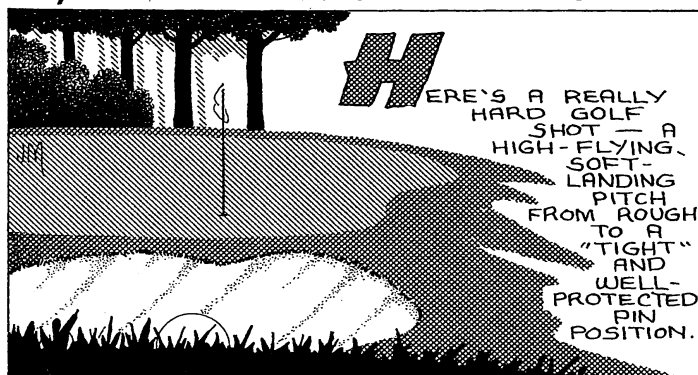
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Mind-Blowing the Statue of Liberty continued from page 46

- copper oxidized, it develops a patina to protect from further deterioration. By 1906, she was green from head to toe.
- The cost of building Lady Liberty and her pedestal was more than \$500,000 – or at least \$14 million today.
- She weighs 225 tons, but please don't call her fat. The lady's copper skin is extremely thin – less than 1/8 of an inch thick, to be exact.
- The statue represents a woman wearing a stola, a crown and sandals, trampling a broken chain, and with a torch in her raised right hand and a tabula ansata, where the date of the Declaration of Independence JULY IV MDCCLXXVI is written, in her left hand.
- Despite easy access to Manhattan's shopping, the lady is a picky dresser. She wears a size 879 shoe and has a 35-foot waistline.
- She was a beacon of feminism from day one. When women were banned from attending the Statue's dedication on what was then Bedloe's Island, suffragists chartered a boat and held their own ceremony in the nearby harbor, loudly proclaiming the hypocrisy of men "erecting a Statue of Liberty embodied as a woman in a land where no woman has political liberty". ©

Play Better Golf with JACK NICKLAUS



Refined White Flowers Bring Gardens Together

By Eddie Smith, MSU Extension Service

In the middle of long, humid seasons when bold colors can feel a little intense, I find myself stopped in my tracks by soft, luminous white blooms in the landscape. Early in the morning, white blooms catch the first light and almost sparkle with dew. In the evening, they take on a gentle, moonlit glow that feels calm and inviting. White flowers bring balance and quiet beauty to the landscape, and they have a way of making every other color around them look even better. Consider these additions to your own landscape.

Butterfly white pentas are a plant I come back to year after year. Their blooms remind me of tiny, perfectly formed stars, each with five crisp white petals radiating outward in neat clusters. Up close, the flowers have a delicate, pinwheel-like structure, but from a distance, they create a bold splash of brightness.

When the plant is in full swing, those clusters cover the top of the plant like a blanket of white, standing out beautifully against the rich green foliage below. I've seen individual plants with up to 15 or 20 clusters open at once, providing almost constant blooms. What I enjoy just as much as their color is the activity they bring. Butterflies hover and flutter from cluster to cluster, and every now and then, you'll catch a hummingbird

darting in, adding another layer of life and motion.

Pacifica XP Polka Dot vinca is another white-blooming standout with flowers that have a clean, polished look. Smooth, overlapping white petals have a satiny texture and form a near-perfect circle that holds its shape even under harsh heat. A soft pink eye in the center adds just the right amount of contrast, like a tiny brushstroke of color that draws your attention.



The foliage is just as appealing, with glossy, deep green leaves that stay compact and uniform, keeping the plant well-groomed all season. Pacifica vinca creates a low, mounded form that works beautifully along borders or in

Refined White Flowers... continued on pg 49

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Refined White Flowers Bring Gardens Together *continued from pg 48*

mass plantings. These plants bloom steadily even during stretches of hot and dry weather, never looking stressed or worn out.

One last white flower I must mention is the Southern magnolia, a plant that defines the Southern landscape. Every year, I look forward to the time in late spring when those gorgeous blooms begin to open. The flower buds start out as tight, velvety cones that slowly unfurl to reveal large, creamy white petals that are thick and wax-like to the touch.

Some blooms stretch up to 8 inches across, and they sit among the dark, glossy leaves like porcelain bowls. The fragrance of these blooms is rich and lemony with a hint of sweetness, and it carries through the warm air in a way that's hard to miss. I like the color contrast this tree provides. The blooms are bright white, and the leaves are deep green on top and soft, coppery brown underneath. Even after the blooms fade, the tree itself remains a strong, elegant presence in the landscape.

If you're looking to refresh your garden this season, add white flowers to bring everything together in a simple and refined way. White blooms brighten up dark corners, soften bold color combinations and create depth and contrast that makes the entire planting feel more intentional. Ⓢ

Staying Powered, Staying Prepared During Hurricane Season: Whole House Generators *continued from page 9*

service, our experienced team ensures every system is installed safely and operates reliably when called upon.

Hurricane preparedness is about more than stocking water and batteries. It's about having a plan that protects your family and your home. As we enter another hurricane season, now is the ideal time to review your emergency readiness. Ask yourself: If the power goes out for several days, am I prepared?

Whether you need a backup generator, electrical upgrades, or expert advice on protecting your home's electrical infrastructure, Wavelength Electrical Contracting is here to help. We take pride in delivering quality workmanship, honest communication, and dependable service to our local community.

This hurricane season, invest in something invaluable—peace of mind. With the right backup power solution in place, you can weather the storm knowing your home is ready for whatever comes next. Ⓢ

Call for a free estimate: Pete
Duckworth 321-216-5532
www.wavelengthelectric.com



JULY 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
organizations regarding the
status of their event*

JULY EVENTS

Jul 1: Boys Can Sew Camp, MyMakerScape, Historic Cocoa Village, mymakerscape.com, 321-499-3127

Jul 1 - 29: Art Instruction Classes, CBAA Office & Studio, Rockledge, cbaaartists.com

Jul 2 - 12: 1776, Titusville Playhouse, titusvilleplayhouse.com, 321-268-1125

Jul 3: Lost and Found Take VII Exhibition Opening, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Jul 3: EGAD First Friday, Eau Gallie Arts District, egadlife.com

Jul 3: Friday Fest, City of Cape Canaveral, CityOfCapeCanaveral.org, 321-868-1220

Jul 3: Trinkly Charms Workshop, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

Jul 3 - 5: All American Block Party, Kennedy Space Center, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Jul 3 - 31: Sip and Paint Class, Galleria of Art and Photography, Viera, artcreatedwithsoul.com, 321-338-9787

Jul 4: Palm Bay Independence Day Celebration, EFSC Palm Bay Campus, Palm Bay, palmbayfl.org

Jul 4: Symphony Under The Stars & Fireworks, Cocoa Riverfront Park, Historic Cocoa Village, visitcocoavillage.org

Jul 4: MelBoom, Front Street Park, Melbourne, melbourneflorida.org

Jul 4: Independence Day Celebration, Green Gables, Melbourne, greengables.org, 321-306-8635

Jul 4: America 250 - A Warbird Salute, Valiant Air Command, Titusville, valiantaircommand.com, 321-268-1941

Jul 4, 11, 18, 25: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com

Jul 4, 11, 18, 25: Saturday Farmers Market at Riverview Park, Downtown

Melbourne, downtownmelbourne.com

Jul 4, 11, 18, 25: Green Gables Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635

Jul 4, 11, 18, 25: Saturday Art Market, Myrt Tharpe Square, Historic Cocoa Village, greencircleart.com

Jul 5 & 19: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmbayfl.org, 321-952-3400

Jul 6: Beach Vibes Teen Art Class, Galleria of Art and Photography, Viera, artcreatedwithsoul.com, 321-338-9787

Jul 6, 13, 20, 27: Watercolor Class, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Jul 7, 14, 21, 28: Acrylic Painting Class, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Jul 8: Game Night in the District, Pineapples, Melbourne, egadlife.com

Jul 9: Go Abstract! Acrylic Painting Workshop, Harbor City Art, Melbourne, harborcityart.com

Jul 9 & 11: Glass Tree Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Jul 10 - 12: STS-135 Anniversary, Kennedy Space Center, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Jul 11: Free Movie at the Pool, Palm Bay Aquatic Center, Palm Bay, palmbayfl.gov, 321-952-3400

Jul 11: 70s, 80s, 90s Exhibit Opening Reception, Strawbridge Art League, Melbourne, strawbridgeart.org, 321-952-3070

Jul 11: Storm and Song, Advent Lutheran Church at Suntree, Melbourne, spacecoastsymphony.org, 855-252-7276

Jul 11: Intracoastal Night Market, Intracoastal Brewing Company, Melbourne, egadlife.com

Jul 11: Sidewalk Sale, Downtown Melbourne, downtownmelbourne.com, 321-724-1741

Jul 11: Raffia Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Jul 11: Classic Albums Live - Lynard Skynyrd, King Center, Melbourne, kingcenter.com, 321-242-2219

Jul 11: All American Drone Show, Kennedy Space Center, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Jul 11, 12, 14: Sewing Workshops, MyMakerScape, mymakerscape.com, 321-499-3127

Jul 15 & 16: Rhythm and Wit, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Jul 17: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org

Jul 17 - 19: Moon Festival, Kennedy Space Center, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Jul 17 - 26: Soundtrack of Summer, Henegar Center, Downtown Melbourne, henegarcenter.com, 321-723-8698

Jul 17 - 26: Green Day's American Idiot, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Jul 18: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Jul 18: Fused Glass Workshop, Harbor City Art, Melbourne, harborcityart.com

Jul 18: Lights Up on Broadway, Scott Center at Holy Trinity, Melbourne, spacecoastsymphony.org, 855-252-7276

Jul 18: Twined Rope Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Jul 18: BWS Mini Workshop, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

Jul 18: Monthly Guild Meeting, Lamplighter Village Clubhouse, Melbourne, scwg.org

Jul 18: Project Backpack, Downtown Melbourne, andrewpickettlaw.com, 321-504-4014

Jul 20: Preservation on Main Street Conference, City of Cocoa Civic Center, Cocoa, visitcocoavillage.com

Jul 21: Turkish Mosaic Lamp Workshop, Plant Shack, Cocoa, mymakerscape.com, 321-499-3127

Jul 22: Poetry + Open Mic Night, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224

Jul 22: Mixed Media Collage Class, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Jul 24 - Aug 30: Dear Evan Hansen, Titusville Playhouse, Titusville, titusvilleplayhouse.com, 321-268-1125

Jul 25: Murder Mystery - Murder on Rt. 66, Italian American Club, Melbourne, greengables.org, 321-306-8635

Jul 25: Melon Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Jul 26: Summer Sundays - Blooming Market, Brevard Zoo, Viera, breakersartgallery.com

Jul 31: Music at the Manor, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Jul 31 - Aug 2: American Aviation Weekend, Kennedy Space Center, Merritt Island, kennedyspacecenter.com, 1-855-433-4210

Jul 31 - Aug 9: The HUMEBot, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

CLUBS & ORGANIZATIONS

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

Bipolar And Depression Support Group

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

Space Coast Honor Flight invites all Veterans for lunch and camaraderie 11:15 AM at: 1st Tuesday monthly, Smokey Bones, 1510 W. New Haven Ave. Melbourne; 1st Thursday monthly, Red Lobster, 215 E. Merritt Isl Cswy, Merritt Island; 3rd Tuesday monthly, Capt. Hiram, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For Info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF, contact us at 321-456-7031 or info@spacecoasthonorflight.org

The Astronaut Trail Shell Club

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

The Genealogical Society of South Brevard

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

The Brevard Antiques and Collectibles Club

. The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday meetings

are now held at The Eau Gallie Library 1521 Pineapple Ave. Melbourne at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors – not dealers therefore we do not give appraisals.

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

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

Scottish Country Dancing, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntree (8300 Holiday Springs Road in Suntree/Melbourne). FREE (there is no charge for the lessons or the dance evenings).

Call Catie at 321-427-3587 for more information.

English Country Dancing, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.

New York State Club on the Space Coast meets the third Tuesday of every month for lunch, and presentations, except December. No meeting in June, July. Find us on Facebook. All New York State friends, and guests welcome. Marie Russo, organizer, (321) 693-1856.

The Space Coast Jazz Society held at the Brevard Veterans Memorial Center in Merritt Island, usually the 2nd Sunday of the month, 2-4pm. General admission is paid at the door. The style and era of traditional jazz music we provide are performed by a variety of hired professional bands and musicians, and we also award scholarships to Brevard County high school seniors. (321)960-4897.

Spanish Study Group meets every Monday 1 – 3 pm at Providence Place, Room 106, 17 E. Hibiscus Blvd. Melbourne. If you already have some capability and want to improve. Participation is free. Information (321)726-8883.



Veterans Memorial Center (VMC)
on Merritt Island behind Merritt Square Mall.
Contact VMC or Donn Weaver
(321-453-1776)

CALENDAR OF EVENTS

Contact VMC for any additions or other information.

<https://veteransmemorialcenter.org/other-veterans-events/>

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, and the NOTU Submarine Deck Guns Saluting Battery, to celebrate 250 years of America and Veterans who created, protected and continued America as we know and love it.

04 Jul – Titusville 250 America Parade with OASIS leading off with 50 floats available and info at usa250parade.com and 321-267-7922. Proceeds to support OASIS in their mission of sending care packages to hundreds of deployed troops five times per year. Contact Tess at Oasis for more information and how to support the Parade

and Oasis. 321-243-7753.

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!!!

09 Aug – Annual Military Order of Purple Heart Recognition Ceremony at the BVMC Museum (1400-1600) with special recognition of 10 Purple Heart Recipients. Their stories of courage and sacrifice will be told. Quilts of Valor also presented along with recognition from several officials. Contact Donn Weaver for more information.

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

Card Making with Donna

1st Thursday, 2:00 – 4:00 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.

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

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

DeGroodt 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 Hooks and Needles	Tuesdays, 1:00PM – 2:00PM Line Dancing Class with "Dance Lady" Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	Craftroom 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
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Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519

Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004

South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066

Mystery Book Club 2nd Tuesday at 2 PM. Beginning Computer Class 1st	Wednesday, 1 PM Third Thursday @ 3 Book Club 3rd Thursday at 3 PM.	Adult Art Classes Thursdays 1PM Quilters	every Thursday at 6:00 PM Technology Q & A: 3rd Wednesday at 1 PM
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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
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Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400

Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

Lipscomb Community Center 3316 MONROE ST, MELBOURNE 321-608-7450

Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490

Woody Simpson Community Center 1590 SCHOOLHOUSE ST, MERRITT ISLAND 321-455-1379

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!
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Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersseniorcenter.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
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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 nbssc.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 gpbssc.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

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

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

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

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

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

Consider becoming a member and volunteering.

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

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

MONDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am

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

Line Dancing for Fun & Exercise - 4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi-8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

Oil Painting Class - 3rd Thursday 1:00-5:00 pm

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am

Pinochle - 12:15-4:00 pm

Dealers Choice Poker- 11:30am - 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

JULY 2026 ONE SENIOR PLACE EVENTS

See the complete calendar of events at
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 Delvaille, 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 Delvaille. 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@cll.rcc.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 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 VITAS 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

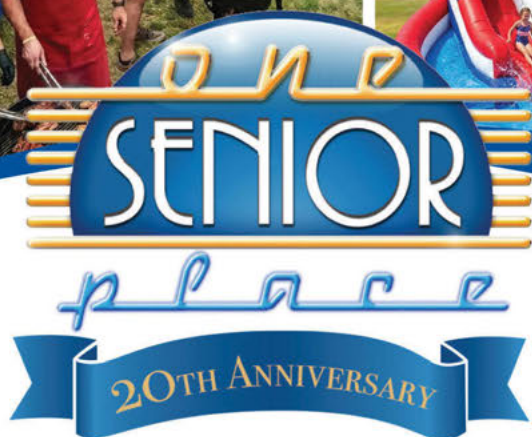
Membership \$10 a year - New members are welcome!
 The Club each Monday 9-1pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

CONTACT INFORMATION:

Jordan Dascoli, Assistant Director

Jordan@OneSeniorPlace.com | 321-751-6771

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



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SPONSORED BY:



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Saturday, July 25th, 11am – 2pm at One Senior Place

FIRST RESPONDER APPRECIATION DAY!

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

- ★ **BBQ Showcase**
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- ★ **DJ & Live Music**
- ★ **Cooling Down Station**
- ★ **Kid Zone** Water Slide, Ice Cream
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- ★ **Sheriff Ivey's Office**
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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

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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!



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