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Jackie Gleason**



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John Frederiksen

ASSOCIATE PUBLISHER:

Liz Colicchio

ART DIRECTION:

Bernadette de Isaza

PRODUCTION:

Seadragon Creative – Dan Lee

EXECUTIVE EDITOR:

Charlotte McQueen

ASSOCIATE EDITOR:

Jill Fulford

PHOTO JOURNALIST

Cheryl Clermont

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Letter from the Publisher



It's August; do you want to talk about the weather? Of course, we should not be surprised about the heat and rain, it happens every year. But it sure keeps our area lush and green! Thank goodness for fans and air conditioning.

I hope you had a chance to take part in some of the numerous 4th of July celebrations here on the Space Coast. Of the many places that I have lived around the States, I have never lived in a place with so many patriotic celebrations! We do live in a great community.

The fall months will bring more Senior Health Fairs and Expos. So watch for those announcements in Senior Scene. These are great ways to keep in touch with local senior organizations, seek advice in a casual environment and maybe even get some minor health checks.

We take great pride in the fact that every month, we provide valuable and entertaining articles to our loyal readers. However, since there is always room for improvement, we would like to hear from you if you would like additional topics presented. In the meantime, enjoy our August issue.

Enjoy the day and see you next month.

John

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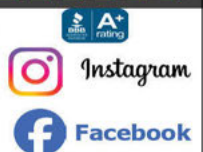
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Brevard Is Good for Seniors!

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

It is often said that “it takes a village” to raise a child. At Helping Seniors of Brevard, we’ve adopted that same philosophy for helping older adults and their families. Building a strong network of trusted organizations and professionals is one of the best ways to ensure that seniors have the support they need to age safely, confidently, and with dignity.

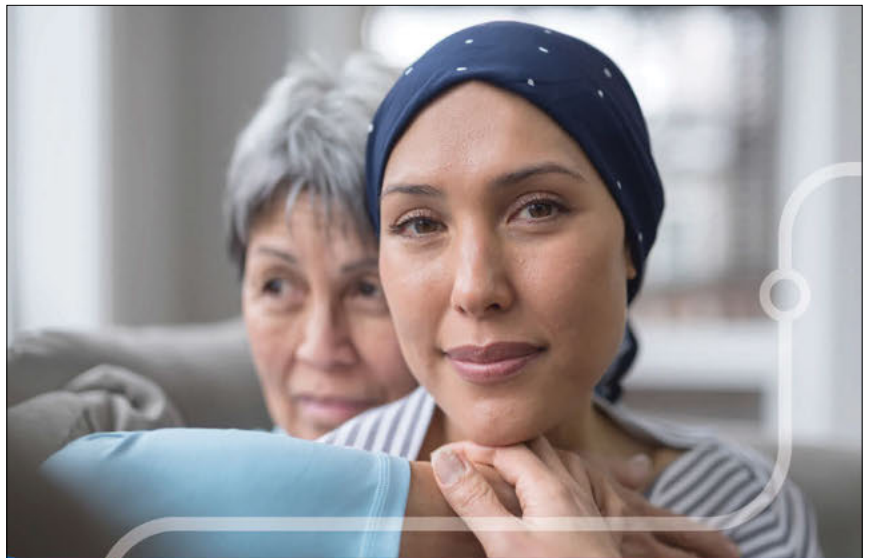
This article is being written just after our inaugural Caregivers Conference at the Helping Seniors Senior Resource Center in Melbourne. Thanks to Jennifer Barton of Seniors Helping Seniors for expertly moderating three outstanding panel discussions designed to remind caregivers that they are not alone, introduce them to valuable local resources, and show them how to access those resources here in Brevard County.

One message stood out throughout the day: Brevard is filled with people and organizations committed to improving the quality of life for seniors. During our closing survey, attendees were asked whether they had discovered resources they didn’t know existed before attending. Nearly every hand in the room went up.

Looking across our panelists, volunteers, and community partners, it became clear that Brevard is serious about helping seniors — one person, one family, and one challenge at a time.

When retired Navy Captain Joe Steckler founded Helping Seniors of Brevard, after previously establishing the Brevard Alzheimer’s Foundation, he often reminded us that seniors needed more services. That remains true today. But Joe also recognized another important reality: even the best programs cannot help if families don’t know they exist or how to access them.

Fortunately, we are seeing remarkable collaboration throughout our community. Organizations such as Helping Seniors of Brevard, Aging Matters in Brevard, the Brevard Alzheimer’s Foundation, One Senior Place, Health First’s Aging Institute and Family Caregiver Center, AARP Florida, the Alzheimer’s



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Brevard Is Good for Seniors! cont’d on pg 39

Where Is The Lagoon?

By Diane Barile, South Brevard Historical Society

People say they know about the Banana River and the Indian River. But how does one find the Indian River Lagoon?

It is really quite simple. The Banana River and the Indian River are not rivers. Together they form the Indian River Lagoon, a special kind of estuary where fresh water from the land mixes with salty water from the sea. Lagoons are special estuaries with relatively small drainage areas and widely dispersed outlets to the ocean.

The Indian River Lagoon system extends from Volusia County to Hobe Sound in the south. It includes the Intracoastal Waterway, a channel dug through the shallow lagoon for navigation. Fresh water enters the lagoon from local coastal creeks, Crane Creek, Trout Creek and Eau Gallie River as well as urban runoff. Inlets occur at Port Canaveral, Sebastian, Fort Pierce and Jupiter.

Estuarine waters are brackish, not as fresh as creeks and not as salty as the sea. Lagoon waters are abundant in nutrients from the land and provide rich habitats protected from the ocean. Lagoons harbor concentrations of fish and marine animals and vegetation. The Indian River Lagoon has more different species than any American estuary.

Historically, the Spanish, who surveyed the area in the 1600s, called these waters The Great Lagoon of the Ais. A distinct culture of Native Americans, the Ais lived along the lagoon from Cape Canaveral to near Jupiter Inlet. They did not engage in agriculture, but lived from the bounty of the Atlantic, the lagoon and natural resources.

When the English occupied the region, they recorded the place as the Indian River. The name stuck through the exploration and settlement of Florida through two centuries.

As the Marine Resources Council engaged in studies of the lagoon, it became obvious people did not generally know about the unique resource at their doors. Extensive information and education and scientific studies were undertaken. Where was the lagoon when the maps said Indian River?

One of the solutions to the quandary was to officially change the name of the place to Indian River Lagoon. A petition made to the National Bureau of Geographic Names was approved. So, the lagoon is now addressed properly and people have found themselves on a beautiful, subtropical lagoon. §

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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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Springfield for the International Route 66 Mother Road Festival, where the streets come alive with the rumble of engines from hotrod cars, cool trucks, and vintage motorcycles. There is free live entertainment featuring R&B, Motown, and chart-topping tunes of the 50s to 80s and more. Plus, Albuquerque International Balloon Fiesta's early morning Balloon Glow followed by the Mass Ascension, where hundreds of colorful hot-air balloons fill the morning sky. Rates starting at \$4309pp based on double occupancy. Deposit of \$250pp nonrefundable and due by July 1st.

Scenic Ireland May 8-20, 2027 - Join me on this 13 day adventure to the Emerald Isle! Trip cost \$4579pp based on double occupancy, Single occupancy is an additional \$1010.00; non-refundable deposit of \$250pp is due by July 30, 2026. Call me today as this trip will sell out quickly!

Spectacular Alaska May 26- June 4, 2027 - roundtrip escorted tour from Anchorage
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COVER STORY

Whimsical Visions And Coastal Charm – Mitch Gubnitsky's Art Makes A Splash



I was raised in South Florida, a place that awakened my appreciation for the vibrant beauty of the natural world. My interest in art began early on, with explorations in acrylic painting, drawing, and mixed media. While I pursued a career in nursing—providing care to patients across age groups and specialties—art remained a vital outlet, helping me navigate the emotional demands of healthcare and reconnect with the peace I find in nature.

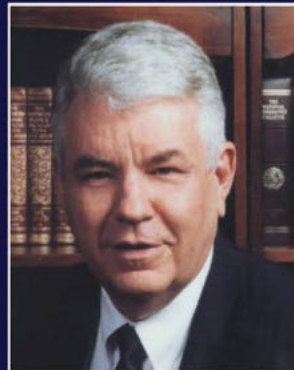
My wife and I share a love of adventure and the outdoors, which led us into travel nursing. This experience allowed us to explore a wide variety of cultures and artistic traditions, broadening my creative perspective in ways I hadn't anticipated. International travel further enriched my artistic vocabulary, exposing me to new environments, climates, and wildlife that continue to influence my work.



As a certified diver, I've encountered remarkable marine life firsthand—from manatees and sea turtles to manta rays and other stunning underwater creatures. These moments have deeply impacted my artistic practice, often serving as the foundation for my compositions.

I continually challenge myself to grow as an artist, experimenting with new mediums and techniques as I strive to capture the essence and serenity of the natural world in every piece I create. ®

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TALK WAS.....

Jackie Gleason - He Will Always Be the Great One

By George Khoury

Although he grew up on 328 Chauncey Street in Brooklyn, it was also the address he used for Ralph and Alice on his television show, *The Honeymooners*. Jackie Gleason never forgot his neighborhood or where he grew up. He was baptized John Herbert Gleason. His mother was a subway change-booth attendant and his father was an insurance auditor. After removing any family photos depicting himself, Herbert Gleason, on December 15, 1925, collected his pay check, hat and coat and never returned home.



Young Jackie took to running with tough local gangs and getting a world class education hustling pool. When he was 19, mother Mae died. He never finished high school and took to the lure of the stage and performing.

*"The worst thing
you can do with money
is save it."*

He became a \$4 a night MC at a local theater, stunt diver and carnival barker. He shared rooms in flophouses with friends until he got his first job as a professional comedian, in Reading, Pennsylvania.

Jackie never let marriage get in the way of his wild evenings out after a show. He married three times.

Jackie started to build a reputation with luck he impressed his audiences. While working a club in New York, Jack Warner quickly saw potential in this young and wild comedian. Warner signed him to a film contract for a whopping \$250 per week. By age 24, he was making



Jackie Gleason... continued on pg 46

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Why Won't The Attorney Talk With Me?

By Attorney Truman Scarborough

When friends are more than willing to share their opinions and give advice, it may appear strange if an attorney refuses to talk about a legal problem. However, attorneys can be ethically or legally prohibited from discussing certain matters. These restrictions include:

1. The attorney must be knowledgeable: Since it is impossible for an attorney to be skilled in all areas of the law, the Florida Bar's Rules of Professional Conduct require that an attorney limit his/her advice to those matters where he/she is competent. A referral probably can be made to another attorney who is more knowledgeable.

2. Unauthorized Practice: The law can be significantly different from state to state. Therefore, an attorney is prohibited from practicing in another state unless he/she is admitted to practice in that state. If an attorney attempts to practice in a state where he/she is not a member of the bar, he/she could be subject to criminal prosecution for the "unauthorized practice of law".

3. Confidentiality / Attorney Client Privilege: In order to fully and frankly discuss issues with the attorney, a client

needs to know the attorney will not reveal information. Under the Florida Bar's Rules of Professional Conduct, information relating to the representation is confidential (with few exceptions) and cannot be shared with anyone else without the client's express permission. Information is also protected as Attorney-Client Privilege under Florida's Evidence Code from attempts to compel the attorney to divulge the information in legal proceedings. Even after a client has passed away, the attorney has a continuing obligation to protect this information.

4. Conflict of interest: A lawyer cannot represent one client where that representation would adversely affect another client's interest. For example, an attorney normally assists the husband and wife as a couple in developing an estate plan. But if a conflict arises between the spouses, the attorney cannot assist both of them. In settling a trust or probate estate, the attorney communicates with the beneficiaries, providing them copies of the trust, inventory, etc. However, the attorney represents the personal representative (executor) or the successor trustee, not the

Why Won't The Attorney Talk With Me? cont'd on pg 39

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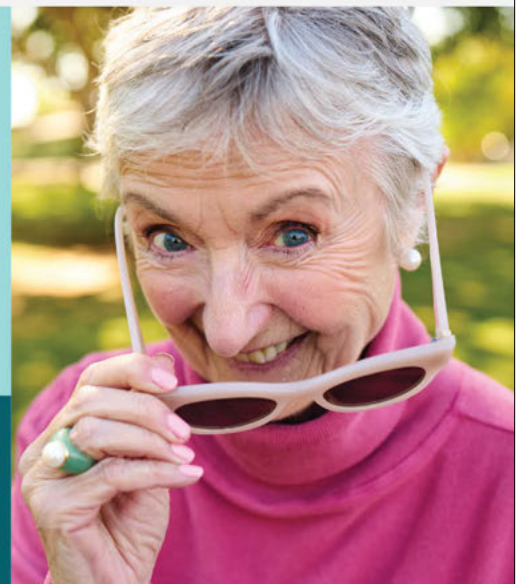
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Health First Brings Advanced Robotic Shoulder Replacement Technology to Brevard County

After undergoing rotator cuff surgery several years ago, Sherry began experiencing pain again and feared she had torn her rotator cuff a second time. Swimming and routine household chores became increasingly difficult, but like many people living with chronic shoulder pain, she adapted instead of seeking immediate treatment.

Health First is the first in Brevard County to introduce robotic-assisted shoulder replacement, bringing a new level of precision and innovation to orthopedic care for local patients

Today, Sherry is back on the road to recovery after becoming the first patient in Brevard County to undergo a Mako SmartRobotics™ assisted reverse shoulder replacement at Health

First's Viera Hospital, performed by orthopedic surgeon Dr. Brent Stephens.

The procedure marks a significant milestone for Health First and for orthopedic care in Brevard County. Health First is the first healthcare system in the county to offer the Mako SmartRobotics™ Shoulder application and is one of only a select number of healthcare organizations in Florida chosen by Stryker to provide this advanced technology.

"In orthopedics, we're always striving for perfection," Stephens said. "The robot is the next step to getting to that level where every patient gets the same level of perfection. That's the goal with robotic shoulder replacement."

While the technology is currently intended for carefully selected patients typically over the age of 65 with more routine shoulder arthritis or irreparable rotator cuff tears, it offers surgeons greater confidence in achieving the exact implant position planned before surgery.

It helps improve the accuracy of implant placement, giving surgeons greater confidence in predicting how patients may regain strength, range of motion and function.

He says many of his patients wait years before deciding to move forward with shoulder replacement.

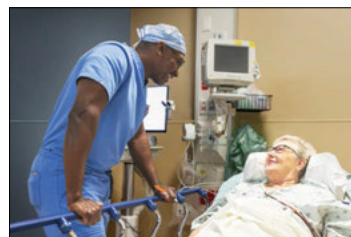
"When they have the surgery done, they say, 'I wish I had this done 10 years ago because I've been living with pain,'"

Stephens said. "Their quality of life has suffered for so long because they've been scared."

For Sherry, choosing Stephens was just as important as choosing Health First.

"He's got the best bedside manner of any doctor I've seen around here," she said. "Best personality, best credentials, good bedside manner. I liked everything about him. I would recommend him to anyone who needs shoulder surgery."

For patients like Sherry, that means having innovative treatment, experienced surgeons and leading-edge technology available without leaving the community they call home. 💰



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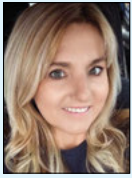
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Why Seniors Benefit from an Owner-Operated House Cleaning Service

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

As we age, keeping a home clean can become more physically demanding. Tasks like vacuuming, scrubbing bathrooms, mopping floors, and reaching high shelves can increase the risk of falls, fatigue, and injury. A clean home isn't just about appearance—it's about creating a safe, healthy, and comfortable environment that supports independent living.

Choosing an owner-operated house cleaning service offers seniors a level of personalized care and consistency that larger cleaning companies often can't match.

Personalized Service You Can Trust

When you hire an owner-operated cleaning business, you're working directly with the person who owns the company. That means the same familiar face is often cleaning your home, learning your preferences, and building a relationship based on trust and reliability.

For seniors, this consistency provides peace of mind. There are no rotating crews or unfamiliar people entering the home each visit.

A Cleaner Home Is a Healthier Home

Dust, allergens, bacteria, and mold can affect indoor air quality and contribute to respiratory issues or allergies. Regular professional cleaning helps:

- Reduce dust and allergens
- Sanitize kitchens and bathrooms
- Eliminate germs from frequently touched surfaces
- Improve indoor air quality
- Create a more comfortable living environment

A clean home can also help reduce stress and make everyday living more enjoyable.

Reducing Fall Hazards

Falls are one of the leading causes of injury among older adults. Regular house cleaning helps minimize common hazards by keeping floors free of dust, debris, clutter, and spills. Clean, organized spaces make it easier and safer to move throughout the home.

Why Seniors Benefit ... continued on page 45



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What Exactly Is Digital Fingerprinting, and Should I Be Concerned?

By James Bowman, Data Rescue Computer Service

Digital fingerprinting (also called browser fingerprinting or device fingerprinting) is a way websites and apps identify your device by collecting many small pieces of information about it.

Unlike cookies, it doesn't necessarily store anything on your computer.

Think of it like identifying a person by their height, shoe size, voice, and handwriting. None of those traits is unique by itself, but together they can often identify a specific individual.

What information can be collected?

A website may gather details such as:

- Your browser and version (Chrome, Firefox, Edge, etc.)
- Operating system (Windows, macOS, Android, iPhone)
- Screen resolution and color depth
- Time zone and language settings
- Installed fonts
- Graphics card and rendering characteristics
- Audio processing characteristics
- Browser extensions (in some cases)
- IP address
- Device memory and processor information

When combined, these details can create a fingerprint that distinguishes your device from millions of others.

Why is it used?

There are both legitimate and controversial uses.

Legitimate uses:

- Fraud prevention for banking and online shopping
- Detecting suspicious logins
- Preventing bots and spam
- Improving website security

Privacy-related uses:

- Tracking users across websites
- Targeted advertising
- Analytics without relying on cookies

Should you be concerned?

For most people, it's worth being aware of, but not overly worried.

You should be more concerned if:

- You value online privacy.
- You don't want advertisers building detailed profiles.
- You're trying to avoid cross-site tracking.

It's less concerning when used by:

- Banks
- Credit card companies
- Government websites
- Security services protecting your accounts

Can you stop it?

It's difficult to eliminate completely, but you can reduce it.

Some effective steps include:

- Use browsers with strong anti-fingerprinting protections, such as Firefox with Enhanced Tracking Protection or the Tor Browser.
- Keep unnecessary browser extensions to a minimum (a unique combination of extensions can make you easier to identify).
- Block third-party trackers using privacy-focused settings or extensions.
- Disable third-party cookies (although fingerprinting doesn't rely on cookies, this still reduces other tracking methods).
- Consider using a VPN to hide your IP address. A VPN does not

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Digital Fingerprinting....
continued on page 49



Are Seniors Too Risky?

By Max ValaVanis, CFP®, CFS®

When was the last time you rode a roller coaster? For most seniors, the answer would be years or even decades. The appeal for flying around on a guided bullet doesn't linger long for many senior citizens. Why would it? Despite many theme parks boasting about their safety, taking such a risk doesn't make sense. So why would you ride a roller coaster regarding your retirement? If the rapid rise and fall of The Hulk at Universal Studios makes you sick, wouldn't the same be true for your investments?

Year after year, we see the Baby Boomer generation investing heavily in equities, such as the S&P 500. This generation believes in the market's resilience and in sticking with investments while they're down. According to Vanguard, investors aged 55 and older have a median allocation of 63% in equities. Unfortunately, equities can cause the most turbulence in an investment portfolio. Since the 1980s, Baby Boomers have experienced a multitude of market crashes, from Black Monday in 1987 to the pop of the dot-com bubble in 2001, to the 2008 Great Recession. Baby Boomers have

survived these calamitous events as the market eventually pulls through. So why be more conservative?

While admirable, this ideology can be a double-edged sword. In retirement, hitching your nest egg to the market could cause a considerable decline in quality of life. If the stock market does descend, like a roller coaster, it can take you for a ride. During the aforementioned events, most of you readers were employed. In these times, the stock market may crash, but you likely still earned that paycheck week in and week out. The reliability of income was usually enough to offset market worries for most Baby Boomers. So, what happens when the comfort of the paycheck disappears, and all you have left is Social Security and your vulnerable nest egg?

Retirement investing is about managing the money in your piggy bank. During the 2008 Great Recession, too many retirees left their money in the stock market and saw their retirement savings suffer significant losses.

Are Seniors Too Risky? continued on page 47

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



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Dog: What the Nose Knows! (How Dogs Can Help With Human Health)

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

Certain diseases give off a distinctive smell, mostly undetectable to humans – but could dogs guide us to a new ways of detecting cancer? You are probably familiar with the concept of guide dogs, who are specially trained to help blind and partially sighted people during everyday life, but what about medical detection dogs?

These dogs work with individuals who have a range of diseases including type 1 diabetes, Addison's disease, and narcolepsy. Using their incredibly attuned noses, these dogs are able to 'sniff out' minute indicators of changes in the body that could signal the onset of dangerous medical event. A dog's sense of smell can be anywhere from 10,000 to 100,000 times more sensitive than ours, with the part of their brain dedicated to processing smells also being proportionally much larger.

For diabetes whose blood sugar levels change rapidly for example, the dogs are able to detect changes in blood sugar and alert their owners if the level falls below, or rise above, the normal range. They are also able to fetch help or medical supplies if needed. The dogs can also be placed with people with severe, life threatening allergies – a trained dog can detect an approaching person who had been eating nuts as far back as two days ago!

The first and foremost investigation into the early diagnosis of cancer is: (a) to assist scientists through research into the development of electronic systems (E noses) that will assist in the early detection of cancer through cheap non-invasive tests; and, (b) in the short time the "cancer-dogs" can provide second line screening for cancers that are currently very difficult to diagnose reliably, such as prostate cancer.

Prostate cancer is a major killer and the current test, the prostate specific antigen (PSA) test, is unreliable. If dogs can sniff prostate cancer from a urine sample the chances are high that from the results from the dogs' sniffing research, a test can be developed that is far superior to the PSA test. A recent study on the 'olfactory detection of prostate cancer by dogs sniffing urine' is a step forward in early diagnosis.

The mass spectrometry scientists are planning to detect prostate cancer from human breath and urine. If dogs can sniff prostate cancer from a urine sample the chances are high that from the results of the dogs' sniffing research,

Dog: What the Nose Knows! continued on pg 39



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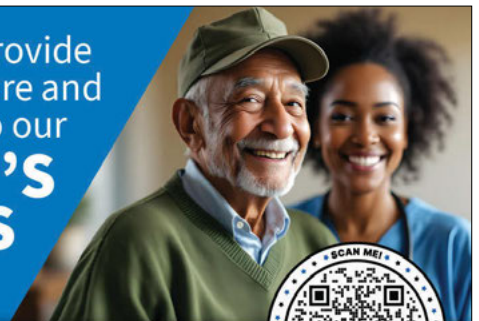
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SENIOR SCENE MONTHLY TRAVEL TIPS

Senior Travel Scams

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As one of the top travel advisors in the US, and with over 42 years in the Travel Industry I have seen many travel scams in my lifetime. But I have never seen so many SCAMS this year that hurt and affect our Seniors.

Here is what you need to do to make sure that the vacation that you want is actually the vacation that you get!

We know that many seniors are lonely and will answer the phone just to talk to someone. This is where they get caught in some of the horrifying Travel Scams.

The greatest scams targeting senior travelers:

I know that some of you are going to say, "this will never happen to us" or "I took the call and hung up." But some seniors actually get caught in these scams, more than you think. So let us not pretend that this does not happen, it does to all of us sooner or later!

1. Prize Trip & "You've Won" Frauds

The #1 scam by volume. Seniors receive a postcard, robocall, or email claiming they have won a free cruise or resort stay. To "claim" it, they must pay taxes, processing fees, or sit through a high-pressure timeshare presentation. The trip either never materializes or is a bait-and-switch nightmare. The FTC receives hundreds of thousands of these complaints annually. Congratulations — you've won a free Bahamas cruise! Simply pay \$399 in "port taxes" to claim your prize. The trip is anything but free and often fails to materialize at all.

RED FLAGS: You never entered a contest; required to pay fees to claim a "free" prize; mandatory timeshare presentation attached.

2. Impersonation & Spoofed Calls

Scammers pose as airline agents, hotel staff, cruise lines, or even TSA/Customs officials. Using caller ID spoofing, they make the call appear legitimate, then request credit card numbers or Social Security numbers to "resolve" a fabricated booking problem. Seniors lose an average of \$1,500 per incident. Your caller ID shows the airline's name. The voice is professional and calm. There is a problem with your reservation, they say — could you verify your credit card? This is a spoofed call. Real airlines never ask for payment info this way.

RED FLAGS: Unsolicited call demanding payment or personal info; caller discourages you from hanging up; urgency around "fixing" a reservation. Find the official phone number-call directly.

3. Timeshare Exit & Resale Scams

One of the fastest-growing travel frauds. Victims — often existing timeshare owners — are contacted by fake resale companies claiming a buyer is ready. Upfront "legal" or "closing" fees are collected, sometimes totaling thousands of dollars, and the supposed buyer never exists.

RED FLAGS: Unsolicited calls claiming a buyer is waiting; requests for upfront payment before any sale; high-pressure urgency.

4. Fake Vacation Package Deals

Heavily discounted "luxury" packages are advertised online, via email, or in mailers. Victims pay deposits for resorts that do not exist, hotels with no reservation on file, or trips that are wildly misrepresented. These scams spike heavily around holiday seasons and tax refund time.

RED FLAGS: Extreme time pressure to pay; vague or unverifiable resort names; prices far below market rate.

5. Fake Booking Websites

Lookalike websites mimicking Expedia, Booking.com, or major hotel chains collect payment for reservations that were never made. The sites often rank high in search results through paid ads. Victims only discover the fraud upon arrival at their destination.

RED FLAGS: URL has slight misspellings or unusual domains; prices dramatically lower than all other sites; payment by wire transfer required. Also look at their email and see if the company name is included in the email!

6. Phony Travel Agencies

They have professional websites, friendly voices on the phone, and even fake reviews. But when you arrive at your destination, there is no reservation — and the agency has vanished along with your money.

RED FLAGS: No physical address; insists on wire transfer or gift cards; no real booking confirmation number. NOTE: Because

Senior Travel Scams continued on page 45

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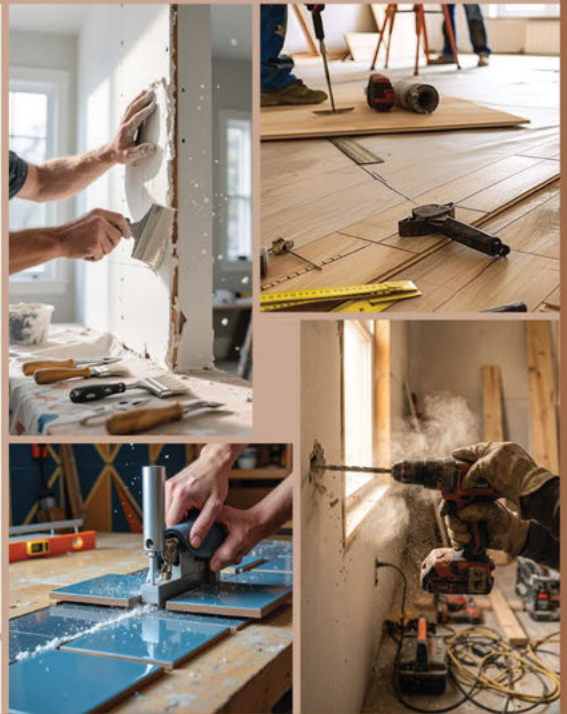
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How Can I Ensure My Kids Have All My Information – In Case Of Emergency?



ask ONE SENIOR PLACE

Lisa Peake

None of us like to think about emergencies or the unexpected, but planning ahead is one of the most thoughtful things we can do for the people we love. A “Just in Case Binder” is a simple but powerful tool that keeps your most important information in one organized place. Whether you experience a medical emergency, hospitalization, or simply need someone to step in temporarily, this binder can save your loved ones countless hours of stress, confusion, and difficult decision-making.

During a crisis, loved ones may need to make important decisions—while coping with fear and uncertainty. Having easy access to essential information allows them to focus on what matters most—caring for you—instead of searching through filing cabinets, desk drawers, or emails.

A comprehensive “Just in Case Binder” should include basic personal information, emergency contacts, and a current list of physicians, medications, allergies, and medical conditions. It should also contain copies of important legal documents such as a durable power of attorney, health care surrogate designation, living will, HIPAA authorization, and any advance directives. Financial information, including bank accounts,

insurance policies, retirement accounts, pensions, and trusted professional contacts, can also be included. While passwords should be stored securely, explain how trusted individuals can access important online accounts if needed.



The binder should also include practical information, such as where important documents are kept, how bills are paid, contact information for attorneys, accountants, financial advisors, or insurance agents, and details about home maintenance, pets, or ongoing services. If you have funeral or memorial preferences, military service information, or organ donation wishes, documenting them can spare your loved ones from having to guess during an emotional time.

The binder is a valuable opportunity to communicate your personal wishes. Write down what matters most to you regarding medical care, quality of life, independence, and end-of-life decisions. While these conversations can sometimes feel uncomfortable, the details can provide tremendous peace of mind.

Don’t forget to review it annually or whenever there is a significant change, like moving, new physicians or insurance, or revising legal documents.

Preparing for the unexpected isn’t about expecting the worst—it’s about making life easier for the people who care about you most. A well-organized “Just in Case Binder” can be a tremendous gift for your family – just when they need it most.

Join me August 14 to get started on your own binder, with a template provided by One Senior Place. To RSVP, call 321-751-6771 in Viera or visit www.OneSeniorPlace.com/events. 

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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Getting Your Senior Living Ducks in a Row!

Inside:

- Best Senior Living Options for You!
- Why Roof & Window Checks Matter.
- Senior Living Options - Home Care?
- The Brevard County Housing Market.



*Let's get your ducks
in a row!*

Your 2026 Aging Plan!



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The Knowledge College For Aging



Knowledge College
for Aging



10am Your Aging Plan:

**Making Your
Aging Plan**

Helping Seniors Wellness Series



Mindy Nadeau
(Alzheimer's Association)



11am Wellness Series:

**Walk to End
Alzheimer's**

Thursday August 27th - Learning Series Free & Fun Morning at Joe's Senior Resource Center

1344 S Apollo Blvd - 2nd Floor - Melbourne FL
Call to RSVP: 321-473-7770
Snacks & Door Prizes too!



Abundant August

Kerry Fink
Executive Director - Helping Seniors

August 2026 is here—and it's shaping up to be an Abundant August! Here are some exciting events Helping Seniors is hosting and participating in throughout the month.

We hope you've already RSVP'd for our **Friday, August 7, SCAM JAM: "What AI Is"** at Zon Beachside. This promises to be a standing-room-only event as we explore the good, the bad, and the ugly of artificial intelligence—and how it can both help and challenge seniors in today's world.

Here are more free events to add to your calendar at the **Senior Resource Center**, 1344 S Apollo Blvd, 2nd Floor, Melbourne.

*** 11 am – Thurs Aug 13: Nourish Your Spirit Cooking Class** with Chef Jillian (Chefs for Seniors) and Senior Helpers. Learn healthy cooking—and enjoy the delicious results!

*** 1 pm – Fri Aug 14: Senior Planet Tech Talk** with instructor Bri Prentice & special guests Mindset Medics. Make tech work for you.

*** 10 am – Wed Aug 19: Java with Joe.** Coffee with a Cop with Joe Downs (BSCO). Enjoy coffee and donuts (thanks to Dunkin' and Rhodes Law, P.A.) while discussing issues important to seniors.

*** 11 am – Wed Aug 19: Trash or Treasure** (by appointment) - experts help determine the value of jewelry, coins, watches, antiques, collectibles, and more.

*** 10 am – Thurs Aug 27: Knowledge College for Aging**—learn how to create your own aging plan and "Get Your Ducks in a Row!"

*** 11 am – Thurs Aug 27: Wellness Series** with Mindy Nadeau of Alzheimer's Association, sharing the latest information on brain health and the Walk to End Alzheimer's.

See you in August at the Senior Resource Center! To RSVP, call **321-473-7770** or visit **HelpingSeniorsofBrevard.org**

WEDNESDAY

19

AUGUST

Join us for coffee, conversation, and community!

Meet Joe Downs and connect with members of the Brevard County Sheriff's Office.

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★ SPECIAL GUEST ★
JOE DOWNS
Brevard County Sheriff's Office

Helping Seniors in the Community
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Helping Seniors of Brevard



Assisted Living: Supporting Independence and Peace of Mind

Nancy Deardorff
Operations Director - Helping Seniors

For many seniors, assisted living may be the perfect option when they need some help with daily tasks but still want to live as independently as possible. Residents can enjoy their own space, make their own choices, and continue their daily routines while knowing that help is available when they need it.

One of the biggest benefits of assisted living is the relief from the constant responsibilities of homeownership. Maintaining a house can become stressful and expensive, especially as repairs become more frequent. Seniors no longer have to worry about whether the roof needs to be replaced, whether the exterior needs painting, or whether the yard needs mowing. Tasks such as landscaping, household maintenance, and general upkeep are handled by the community, giving residents more time and energy to focus on enjoying life.

Assisted living also removes many everyday burdens that can become difficult over time. Grocery shopping, preparing meals, cleaning up, and planning what to cook each day can take a lot of effort.. This support can make daily life easier while still allowing seniors to maintain a sense of choice and routine in a safe environment.

For homeowners, financial concerns can also add pressure. Rising homeowners insurance costs, increasing homeowners association fees, and higher property taxes can make staying in a house more expensive each year. Assisted living may offer a more predictable lifestyle, with many services included in one monthly



Zon Beachside offering assisted luxury living only minutes from Melbourne and Palm Bay communities in the quaint, beachside community of Indian Harbour Beach,

cost. While every community is different, this can help families better understand what is covered and reduce the surprise expenses that often come with owning a home.

Equally important is the supportive environment that assisted living provides. Seniors who live alone may sometimes feel isolated, especially if driving, mobility, or health concerns limit their ability to get out. Assisted living communities provide the opportunity to build friendships and connection to others.



Brookdale West Melbourne assisted living and memory care community in West Melbourne, Florida, offers a warm environment close to shopping, dining and medical services.

Assisted living is not about giving up independence. For many seniors, it is about gaining freedom from worry, allowing seniors to spend less time managing responsibilities and more time enjoying life.



Helping Seniors Of Brevard



**Trusted Handyman Services
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Hansen's Handyman Services is a family-owned Christian business that has proudly served Palm Bay and the surrounding Brevard County area since 2009. For over 15 years, we have helped homeowners feel confident and comfortable in their homes by providing reliable, honest handyman services they can trust.

We understand that as some homes age, and as we do too, small repairs and maintenance items can quickly become frustrating or even unsafe. That's where we come in. Our focus is on everyday handyman work that helps keep your home in good shape.

No job is too small, and every project is treated with care and respect. At Hansen's Handyman Services, our mission is simple: Show up when we say we will, communicate clearly, and do the work right the first time. We are fully insured and properly registered with both the city of Palm Bay and Brevard County, and we are proud to maintain an A+ rating with the Better Business Bureau.

We truly value our customers and are pleased to offer senior and military discounts as a way of giving back to the community we serve. For your convenience, we accept cash, checks and all major credit cards.

To learn more about our services, visit www.HansensHomeRenovations.com or call 321-302-9441.

We look forward to earning your trust and helping you stay safe, comfortable, and confident in your home.



**Senior Living Options: Why
Home Care Deserves a Look.**

Julie Goulet
Thrive USA Home Care

On the Space Coast, planning ahead matters, whether it's weighing senior living options, preparing for hurricane season, or helping a loved one stay safe at home. The best outcomes usually come from having a plan before a decision becomes urgent.

When families start exploring senior living options, assisted living and memory care often come up first. But for many veterans and their spouses, staying at home with the right support can be just as safe, and just as fitting, as a move to a facility.

Thrive USA Home Care helps veterans and families understand what aging in place can look like, from daily assistance and mobility support to companionship and respite for family caregivers. Veterans can receive this care at no cost, as a benefit, they've already earned through their service. That makes home care an option well worth including in any senior living conversation.

Hurricane season adds another layer of planning. Our care coaches help clients prepare their homes before a storm and check in on wellbeing and safety once it passes, so families have one less thing to worry about.

If you or a loved one served, consider adding "home care and VA benefits" to your senior living checklist. The right plan now can mean more independence later.

To reach out to us, call 321-407-2727 or email Julie@Thriveusahomecare.com.



Helping Seniors of Brevard
Senior Information Helpline
(321) 473-7770



Helping Seniors Of Brevard



10th Annual Helping Seniors Car Raffle

1pm-4pm Sunday October 25th
at the American Muscle Car Museum

All those years ago, Joe Steckler (our founder) and AJ Hiers (Boniface Hiers Automotive Group) put their heads together to create a fun fundraiser to help build Joe's Clubs. That tradition continues today with our 10th Annual Car Raffle!

Sunday afternoon, **October 25th, at the Grand Drawing event at the American Muscle Car Museum**, we'll reach into that raffle barrel and announce the winner of our **2026 Helping Seniors Car Raffle!** You do not need to be present to win, but why miss the fun? Admission to the Museum is included with your raffle ticket donation.

The lucky winner—hopefully YOU!—will get to choose from seven amazing vehicles from the AJ Hiers family of dealerships. Whether you select the sporty Mazda Miata, the versatile Chevrolet Colorado, or one of the other outstanding choices, you'll be cruising around Brevard County in style. Best of all, you'll know your ticket donation is helping ensure that Helping Seniors can continue serving local seniors and their families throughout 2027.



Great time at last year's Car Raffle Grand Drawing at the American Muscle Car Museum! See you 10/25/26 for the 10th Annual Helping Seniors Car Raffle!

Getting your ticket is easy! 1 is a \$25 donation and 5 for \$100 donation - and EACH ticket is your donation, your entry in the Car Raffle, and your "Admit One" to the Grand Drawing event at the Museum!

You can get tickets online right now at HelpingSeniorsCarRaffle.com and/or by calling Helping Seniors at 321-473-7770. You can also use the QR code here! Get tickest and be in it to win it!

Scan this QR code to et your 10th Annual Car Raffle & Sunday at the Museum tickets today!

Thank you for your support in the work of Helping Seniors!



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For the Stylish You ...
2026 Mitsubishi Outlander



For the Elegant You ...
2026 Mazda3 Sedan



For the Upscale You ...
2026 Kia Sportage



**Staying Safe at Home:
Why Roof & Window Checks
Matter Before Storm Season.**

Craig Lansing
Janney Roofing & Windows

Hurricane season is here and one of the most important steps seniors can take to stay safe at home is making sure their roof and windows are ready for the weather ahead. Florida's sun, salt air, and sudden storms can weaken roofing materials long before problems show up inside the home. A seemingly minor issue can quickly turn into leaks, interior damage, and costly repairs.

Windows play an equally important role. Older or poorly sealed windows can allow wind-driven rain to enter, increase the risk of glass failure, and make your home more vulnerable during high winds. A simple inspection can identify issues that should be addressed before the next storm arrives.

Impact-rated windows offer an added layer of protection that goes beyond hurricanes. Their reinforced glass and stronger frames are designed to withstand flying debris and make it significantly harder for a burglar to break in. Impact windows deter forced entry, reduce noise, improve energy efficiency, and help keep your home secure year-round.

A quick roof and window check today can prevent major headaches tomorrow. Staying safe at home starts with knowing your home is ready for whatever comes its way.

For a complimentary inspection or questions about impact windows, contact:

Craig Lansing - 321-480-2095
Janney Roofing & Windows



**Turning 65: Preparing for a
Medicare Transition That Looks
Different for Everyone**

Kara Davis
Moore Insurance Solutions

Turning 65 is a milestone that looks different for everyone. For some, it means stepping into retirement and enrolling in Medicare as their primary coverage. For others, it happens while still working full-time with employer insurance. Either way, preparation is key to making a smooth transition.

Those who are retiring will typically move from employer coverage or individual plans into Medicare Parts A and B and may choose to add a Medicare Supplement or Medicare Advantage plan with prescription coverage. For individuals still working at 65, the decision can be more complex. Employer size, group benefits, and whether coverage is creditable all impact whether Medicare becomes primary or secondary. Understanding how these pieces work together helps avoid gaps or penalties.

Preparing in advance can make the transition much easier. It's helpful to review current health coverage, list prescriptions, and understand your doctors and preferred hospitals. You'll also want to check your Social Security enrollment timeline and decide whether you need Part B right away. Comparing plan options early ensures you are not rushed into decisions and can choose coverage that fits your health and budget needs.

As you approach 65, remember that Medicare is not one-size-fits-all. Whether you're still working or fully retired, guidance can make a meaningful difference.

Kara Davis - Licensed Insurance Broker
321-272-0218 ext. 102
Kdavis.agent@gmail.com



**Hiding in Plain Sight:
Decoding the Digital Divide**

Mindcare Medics

Mindcare Medics is a teen-led initiative by West Shore Jr/Sr High School centered on breaking the stigma against Alzheimer's and ageism



After trying a million different tutorials and workshops and feeling more confused than ever, you are done with the 6-inch rectangle that is supposed to "make your life easier." This is the perspective of frustrated older adults who struggle to keep up with ever-changing features of the digital world.

However, the solution to their dilemmas is hiding in plain sight: the youth who seem to be born maneuvering the digital world. Simply put, the key to building digital literacy among older adults is not to develop more comprehensive classes; it's welcoming fresh perspectives that reframe technology as an intuitive tool rather than an intimidating chore.

An intergenerational collaboration tackles the digital divide by building a mutual sense of respect between "immature" teenagers and misunderstood older adults. When brought together, both generations find themselves opening up to one another over their shared experiences and combining the thoroughness of older adults with the straightforward approach of students to build a highly efficient troubleshooting technique.

Overall, the point of intergenerational classes is not to become an expert in technology, but to unite fragmented communities where collective problem-solving builds a comprehensive solution to any societal divide!



Brevard Recovery Fest is a fun, family-friendly event. An inspirational day filled with hope and purpose. The festive and non-judgmental atmosphere helps to raise awareness of lifesaving information and resources in a family friendly environment.

This collaborative effort of over 100 community partners is dedicated to ending the stigma of addictions and mental health. Spearheaded by Executive Director, Laura McCarthy, MA, retired LMHC, MCAP., and a team of dedicated volunteers.

Brevard Recovery Fest was launched in 2022 to celebrate National Recovery Month and brings awareness, education and resources for treatment and Recovery for Substance Use Disorders and Mental Health.

The Brevard County Sheriff's office will host their teen driving simulator with drunk goggles and K-9 Unit for demonstration and Wings of Grace will have flight simulators onsite.

On site Mobile Units include free HIV/HEP C testing from Healthcare Unity Group (HUG), Curative Care, Project Response & Unconditional Love Inc, with MAT services from Circles of Care and STEPS, and Daily Bread & Mathews Hope will be showcasing their new mobiles units as well. Live entertainment will be by Taken Blues Duo, James Beumer, Derek McBride, and Space Coast Drum and Dance.

This year's Fest takes place from 10am to 2pm, Saturday, September 12th at the MELBOURNE AUDITORIUM located at 625 E. Hibiscus Blvd., Melbourne, FL 32901. Join us for this FREE event.



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Brevard County Housing Market is favorable for both Buyers and Sellers in 2026. With the Fourth of July behind us and afternoon thunderstorms returning, many residents are heading out on vacation, but Brevard County's real estate market isn't taking the summer off.

Locally, we've shifted into a more balanced market, with roughly 4.5 months of inventory for single-family homes and average marketing times between 60 and 67 days. Condo and townhouse shoppers have even more leverage, with 7-8 months of supply, the strongest negotiating position buyers have seen in years.

Beachside and master-planned areas like Viera remain resilient, while inland markets such as Palm Bay are experiencing modest softening, with more flexible pricing and negotiations.

Nationally, economists echo what we're seeing on the ground. According to Newsweek, rising mortgage rates have slowed both buyer and seller activity, but prices have remained stubbornly high. Many homeowners locked into 3-percent mortgages during 2020–2021 are reluctant to sell, while buyers face elevated prices and higher borrowing costs.

Looking ahead, gradual improvements in wage growth, expanding housing supply, and the eventual transfer of homes from aging baby boomers may ease pressure in certain markets. For now, strategy matters more than speed.

Know what your home is worth in today's shifting landscape, contact me at: 305-761-8500; ValueREMSG@gmail.com



Finding Your Marcus Welby.

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

Some of us remember Marcus Welby, M.D. The television doctor rarely ordered a battery of tests or stared at a computer screen. He listened. He knew his patients. The relationship came first.

Healthcare has changed dramatically since then. Physicians and dentists now practice in the world of insurance regulations, electronic records, quality metrics, documentation requirements, and reimbursement codes. Much of that change has improved care, but it has also created pressure to move faster and spend less time with each patient.

Fortunately, the best healthcare has never depended solely on technology. It depends on trust.

The finest clinicians still begin by listening. They take the time to understand your concerns, explain your options, and help you make decisions that fit your values, not just your insurance plan.

During the redesign of our magazine, an advertising company pointed out that we had pages describing procedures, technology, and beautiful results. Missing was the reason patients return: trust, integrity, thoughtful conversations, and long-term relationships. Those qualities matter whether you're choosing a physician, financial advisor, or attorney.

Technology will continue to improve. New treatments will continue to appear. But the most valuable part of healthcare hasn't changed.

Find professionals who know you, listen to you, and earn your confidence. The Marcus Welby's are still out there!

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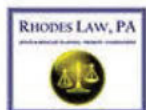
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

There used to be eight of us, but now there are only four. We four widows enjoy ourselves but we wish our husbands were here to also enjoy the fun.

All four men died from preventable illnesses, all because they refused to change their life styles, diets etc. and to go to their doctors when they first noticed symptoms. Men seem determined to do it their way, to the point of dying for their beliefs. They refuse to change their ways.

My husband would not stop smoking. He refused to take his doctor's advice and insisted on smoking in spite of needing nasal oxygen to sleep.

We now see our daughter's husbands following the same or similar patterns. WHY?

Group of 4

DEAR GROUP,

I am glad that you ladies are enjoying yourselves.

Men who are presently 65 plus grew up in an age when they were expected to control. They controlled at work, and it followed them home. Those men who did not control at work made sure they controlled at home and frequently destroyed their wives self-esteem. Many women do want to be controlled, others do not. Some widows rise like butterflies in widowhood, and say they are relieved" at least now I can say what I think and be my own person".

Your husbands did not want to give up their control. They would continue to make decisions and do what they wanted to do. They

would live the life style they wanted and no one was going to tell them what to do. They were not interested in change regardless of the consequences.

I am encouraged when I see younger men becoming more aware of healthier life styles - maybe your daughter's husbands will change. I hope so.

– Audrey

DEAR GROUP,

Certainly more men than women, both men and women alike choose not to change their life style and seek regular health care. An interesting story I heard was an individual on continuous oxygen still smoked. On a summer day, this person ran out of cigarettes, walked to the store, ran out of oxygen on the way and had a heart attack. This person was a woman! There are countless cases of women who have felt a lump in the breast have refused to go to their doctor.

I suspect the reason people do not change, and or seek medical care, has to do with denial, fear of the unknown and just plain arrogance...."you only go around once, and I will live my life however I want" Unfortunately, the end result is preventable suffering and premature death.

The medical community tries very hard to educate people through patient education programs and community health fairs. I think these initiatives help to reduce the fear of seeking medical care and increases awareness.

– Kimberley

Why Seniors Benefit from an Owner-Operated House Cleaning Service cont'd from page 15

More Time to Enjoy Life

Instead of spending hours cleaning, seniors can focus on what matters most—time with family, hobbies, gardening, reading, or simply relaxing in a clean and comfortable home.

Professional cleaning allows homeowners to maintain their independence without the physical strain of household chores.

The Difference an Owner Makes

Owner-operated businesses are built on reputation and personal service. Every visit reflects the owner's commitment to quality, attention to detail, and customer satisfaction.

Unlike large franchise companies, owner-operated cleaners often provide:

- Consistent, dependable service
- Flexible scheduling
- Personalized cleaning plans
- Direct communication
- Attention to the little details that make a big difference

Caring Beyond Cleaning

Many seniors value companionship and familiarity as much as a clean home. An owner-operated cleaning service often becomes a trusted part of their support network by providing dependable service with kindness, respect, and genuine care.

Let Us Help You Feel at Home

A clean home promotes safety, comfort, and peace of mind. Whether you need weekly, bi-weekly, or monthly cleaning, an owner-operated house cleaning service provides dependable care with the personal attention you deserve.

Your home is more than just a place to live—it's where memories are made. Let us help keep it clean, comfortable, and welcoming so you can continue enjoying the place you love most. ☺

PAW'S CORNER

By Sam Mazzotta

Tips For Hiking With Your Pet

DEAR PAW'S CORNER: How do I know if my 18-month-old dog is ready to tackle a moderate to difficult hike? I'd like to take "Tab" along on a hike in the White Mountains this summer.

– Jack T. in Boston

DEAR JACK: Every dog is different, even energetic dogs that love to be outdoors. Plus, there are other factors to consider before taking your dog on a hike.

Energy level: Is your dog an outdoorsy type who loves to romp and play? Does he already take long walks with you (2 to 3 miles)?

Training: Does your dog respond well to commands? Importantly, does he come immediately when called? Is he well-trained to the leash or does he tug on it?

Socialization: How does your dog react around other dogs -- especially strange ones -- and people? If he's calm and friendly, that's a great sign. If he's defensive, reactive or aggressive, that's not good.

Health: Does your dog have any known health issues? Does he take medication regularly?

Tab sounds like a young, healthy dog, so the last factor may not be a problem at all. But you should evaluate his training, socialization and overall fitness before tackling a long, difficult hike.

He is at an age where you can start walking him longer distances. Younger dogs have hard limits on how far they can go because their bones are still developing. Start training for the hike by tackling shorter, easy trails in your area. Gradually increase difficulty and distance, and gauge how well he progresses.

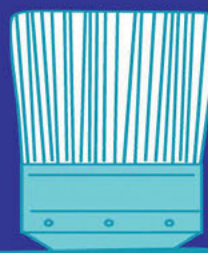
Finally, check the rules for bringing dogs on trails in the White Mountains. Most allow them, but always on-leash and under control.

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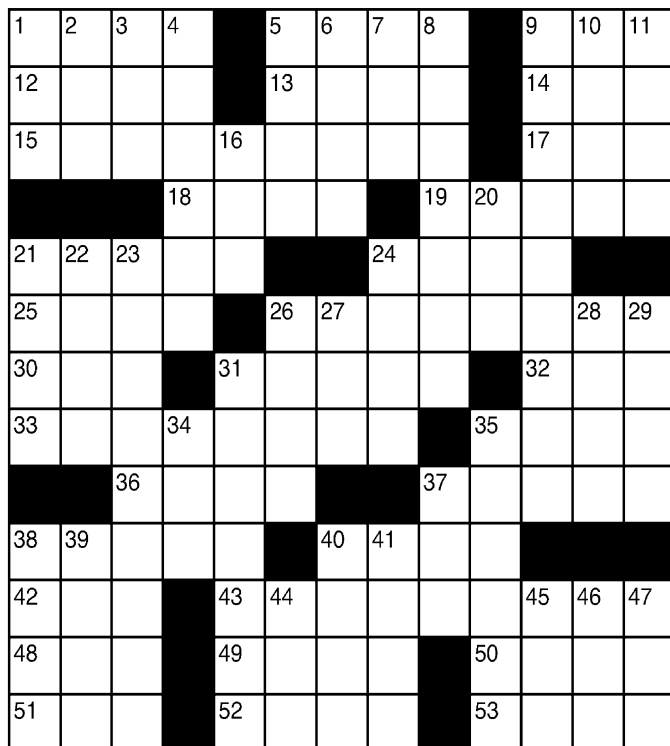
King Crossword

ACROSS

- 1 Valley
5 Unruly crowds
9 Dean's list stat
12 Pinnacle
13 Each
14 Science room
15 Show loyalty to
17 Mentalist Geller
18 Green land
19 Critic Roger
21 Finished
24 Love god
25 Parliamentarian
26 Raised children, say
30 Lucy of "Kill Bill"
31 Desert haven
32 Call — day
33 Native of Yerevan
35 Read quickly
36 Mast
37 Bracelet site
38 Pocket breads
- 40 Japanese soup
42 Hindu honorific
43 Street game
48 Pouch
49 Actress Fisher
50 Party cheese
51 "For shame!"
52 Penn or Astin
53 Harvard rival
- 21 First lady of scat
22 Dark film genre
23 Chicken choice
24 Actress Moran
26 Twosome
27 Botanist Gray
28 List-ending abbr.
29 "Great" dog
31 Jackie's Ari
34 Ecol. watchdog
35 Stuck-up
37 Request
38 "Hey!"
39 Nest egg choices
40 "— 18" (Uris novel)
41 Optimist's credo
44 Mao — -tung
45 Celestial altar
46 Like Abner
47 Country music's Greenwood

DOWN

- 1 German article
2 Suitable
3 Floral garland
4 Surpass
5 Bryn —
6 Mayberry boy
7 Automaton, for short
8 Orbs
9 Crafter's adhesive
10 Henry VIII's Catherine
11 Slightly
16 Josh
20 "— voyage!"



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Helping Seniors Info Series

AUGUST 2026

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Scam Jam: "What AI Is":

Friday, August 7 | 10:00 AM – 2:00 PM

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Space is limited, and advance registration is required. To RSVP, call 321-473-7770.

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Friday - August 14th - 100pm-230pm

- Senior Planet - Senior Planet Tech Talk

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**Wednesday - August 19th - 1000am-
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Bring your jewelry, gold, watches, coins, antiques, military and fraternal memorabilia, and collectibles to discover their value! Reserve your appointment at (321) 473-7770.

**Thursday - August 27th - 10am-11am
- Knowledge College for Aging**

Learning to help you develop and navigate your own Aging Plan - Coffee/Snacks

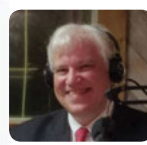
**Thursday - August 27th - 11am-12nn -
Helping Seniors Wellness**

"Walk to End Alzheimer's" - Minday Nadau (Alzheimer's Association)

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Aug 3	Mon	Considerations in Home Care	Checking Out Zon Beachside	Durable Power of Attorney	Best Home Care Ideas
Aug 4	Tue	Chefs for Seniors	Learning About Natural Health	Understanding Medicare Options	Buying, Selling & Investing Real Estate
Aug 5	Wed	Guardianship - The Basics	Concierge Home Care	Medicare Supplement or Advantage?	Rock Steady Boxing
Aug 6	Thu	Finding a Place for Mom or Dad	Great Employment for Seniors	Periodontal Disease	How To Cruise Successfully
Aug 7	Fri	Elder Law Services	Wellness: Footcare & Wellness	Wellness: Senior Health Mind & Body	Capital Update
Aug 10	Mon	Rock Steady Boxing	Importance of Comprehensive Eval	Probate - the Basics	Finding a Place for Mom or Dad
Aug 22	Tue	Transitional Care	Elder Law Services	The Business of Helping Seniors	Two Assisted Living Questions
Aug 12	Wed	Helping Seniors & MSC Cruises	Turning 65? All About Medicare	Helping Seniors Directory	Considerations in Home Care
Aug 13	Thu	Buying, Selling & Investing Real Estate	Best Home Care Ideas	Chefs for Seniors	Power of Attorney at Super Powers
Aug 14	Fri	Wellness: Faith College Natural Health	Your Aging Plan - Medicare/Medicaid	Concierge Home Care	Capital Update
Aug 17	Mon	Helping Seniors - 15 Years of Service	Don't Go Broke Paying Nursing Home	Cosmetic Dentistry	Faith College of Natural Health
Aug 18	Tue	When is Assisted Living Appropriate	Considerations in Home Care	Best Home Care Ideas	The Parts of Medicare
Aug 19	Wed	Concierge Home Care	Chefs for Seniors	Buying, Selling & Investing Real Estate	Rock Steady Boxing
Aug 20	Thu	Finding Good Help at Home	Probate - What it is & How it Works	Finding a Place for Mom or Dad	Psychiatric Care
Aug 21	Fri	Understanding Medicare Options	Wellness: Express Thoughts Clearly	Your Aging Plan: Your Legal Plan	Capital Update
Aug 24	Mon	Periodontal Disease	Finding a Place for Mom or Dad	Put Kids on the Bank Account?	Chefs for Seniors
Aug 25	Tue	Medicare Supplement or Advantage?	New to Florida? Elder Law to Know	In Home Care Giving	Update Your Estate Plan
Aug 26	Wed	Things to Know Elder Law	Transitional Care	Helping Seniors Travel Club	Turning 65? All About Medicare
Aug 27	Thu	Best Home Care Ideas	Buying, Selling & Investing Real Estate	Considerations in Home	Concierge Home Care
Aug 28	Fri	Two Assisted Living Questions	Faith College of Natural Health	Wellness: Rock Steady Boxing	Capital Update



Date	Program	Special Guest	Listen On	Podcast On
Aug 5	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 12	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 19	Helping Seniors on "It Takes a Village"	Peter Indorff - Trash or Treasure	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 26	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

AARP/Helping Seniors Events:

**Friday - August 7th -
1100am-100pm - AARP
Chapter #1413 Meetup**
Charlie & Jakes - 490 E Eau Gallie Blvd - Indian Harbour Beach

**Friday - August 14th -
845am-945am - AARP Walk
with a Doc**
Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

More Great Events:

**Tuesday - August 18th -
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!

**Sunday - August 9th -
1000am-200pm - Tide &
Tonic Car Show**
Tide & Tonic - 1940 Jimmy Buffet Mem Hwy - Indian Harbour Beach

**Thursday - August 13th -
500pm-800pm - Friendly's
Car Show**
Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach

**Saturday - August 15th -
800am-1200pm - Praise &
Pistons Car Show**
Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

Brevard Is Good for Seniors! *continued from page 9*

Association, and the Resource Center for Disability Solutions are working together to connect seniors with the information, services, and support they need.

They are joined by an outstanding network of home health agencies, professional caregivers, case managers, elder law attorneys, financial advisors, senior living specialists, healthcare providers, and many other professionals who share the common goal of helping older adults thrive.

Government agencies are strengthening this village as well. From the Brevard Commission on Aging to programs like Project Lifesaver through the Brevard County Sheriff's Office, public and private partners are working together to make Brevard a community where seniors can flourish.

As we watched the conversations unfold during the Caregivers Conference, something special became evident.

Panelists shared their expertise, attendees asked thoughtful questions, and caregivers even offered solutions and encouragement to one another. That spirit of collaboration is what builds a stronger community.



*Caregiver's Conference - Panel Discussion
July 16th 2026 - Senior Resource Center*

We still have work ahead, but together we are creating a Brevard where growing older comes with greater support, better information, and more hope. We invite you to become part of that village. Together, we can continue making Brevard one of the very best places for seniors to call home. §

Why Won't The Attorney Talk With Me? *continued from page 13*

beneficiary. If a conflict arises, the beneficiary must seek legal advice from another attorney.

5. Communication with a person who has an attorney: The Rules of Professional Conduct prohibit an attorney from communicating with a person who is represented by an attorney without the other attorney's consent. This rule applies even if the represented person initiates or consents to the communication. Furthermore, the attorney may not make a prohibited communication through a third person.

6. Undue Influence: The law recognizes that a beneficiary who has an opportunity to discuss an estate plan with the drafting attorney has an unfair advantage over other beneficiaries. If this beneficiary receives a substantially larger inheritance, other beneficiaries can have the will or trust

voided by the court. Also, if the client needs to have someone else's help to formulate an estate plan, it raises a question about the client's mental capacity. The possibility of undue influence will increase as capacity diminishes.

The Rules of Professional Conduct on the other hand, require an attorney under normal circumstances to promptly communicate with the client and explain a matter to the extent reasonably necessary to permit the client to make informed decisions. §

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.

Dog: What the Nose Knows! (How Dogs Can Help With Human Health) *cont'd from page 19*

a test can be developed that is far superior to the PSA test. The results would indicate the existence of a potential odor signature of prostate cancer that may correspond to one or, more likely, multiple volatiles. We understand already that dogs can smell prostate from urine and are investigating identifying the different markers between PSA and cancer.

Similarly, we hope to find that volatiles from dogs also present in breath samples collected from breast cancer patient. In 2016, over 246,000 new cases of breast cancer are estimated to be diagnosed in women in the U. S. and just under 45,000 die. Under current procedures for detecting breast cancer, many women have to wait until they are fifty years old before they are invited in for their first mammogram. As someone who has had breast cancer significantly younger than fifty, it should be painfully aware that would have been too long for a woman to wait before being scanned for cancer for the first time.

So, if scientists succeed in proving that dogs can detect breast cancer on breath samples, younger women and women

who had breast cancer and need regular checks to ensure the tumor has not returned, could simply breath into a tube and find out safely and quickly their state of health.

A recent study has tested the dog's ability to distinguish exhaled breath samples of 31 breast cancer patients from those of the 83 healthy controls. Dog handlers and experimental observers were blinded to the identity of breath samples, obtained from subjects not previously encountered by the dogs during the training period. Among breast cancer patients and control, sensitivity was 0.88 and specificity 0.98. However, there were some limitations in the design of this study. And number of subjects included and further work is needed.

The work will eventually help scientists create an 'electronic nose' that could screen urine and breath samples. When though dogs will never replace doctors, there is hope that in future clinicians send urine and breath samples to be screened by the dogs. §

BCSO and BVMC Combine for a Special July 4 Parade and America 250 Celebration

With eight major Independence Day parades and America 250 Celebrations in Brevard County, the Merritt Island Entry did not disappoint. With over 150 entries the BCSO July 4 Parade led by Sheriff Wayne Ivey passed by well over 5000 observers along No Courtney and Merritt Ave, handing out candy, flags and cheer during the one hour plus route. Media was there to cover the parade and there were a number of veteran related entries included, like the Brevard Veterans Memorial Center "Eagle GMC" driven by President Dean Schaaf, the Cape Canaveral MOAA Chapter convertible featuring MOAACC President Rosa Reich and her MOAACC member husband Doug and the Sons and Daughters of the American Revolution Trailer organized by SAR President Hans Hunt.



This was the eighth annual BCSO/BVMC Merritt Island Independence Day Parade witnessed by more than ever, likely given the emphasis also on America's 250th Birthday in 2026. Special thanks to

Lindsey Deaton, BCSO Foundation President, for organizing the great parade. Sheriff Ivey greeted hundreds along the route but had to miss the second party of the day due to travel north.

Around noon, a unique America 250 Ceremony was organized by the BVMC at the new Amphitheater in the Veterans memorial Park. BVMC VP Don Pearsall was the event chair as about 80 braved the heat and heard some amazing history and songs. Dean Schaaf was MC for the event with the SAR team presenting the colors in their 1776 uniforms and Chaplain Chip Hanson providing the invocation and benediction. CDR Brian Purvis, XO of the Naval Ordnance Test Unit at Port Canaveral provided amazing historical facts about little known American conflicts from the War of 1812, the Spanish American War and pre-9/11 attacks, losing them to future conflicts while lauding all branches of military services including the USCG and 7 year old US Space Force.

Stirring renditions of the National Anthem and God Bless the USA were presented by a new voice at the BVMC. Ms. Rozyln Pell brought tears of joy and patriotism to all in attendance. Lonnie Griffis provided great audio and recorded music before and after the ceremony. Hans Hunt of SAR concluded the ceremony with reminders of what our soldiers faced in 1776 and how the Declaration of Independence ratification on 04 July 1776 made all the difference on how

our new Army, Navy and Marine Corps would perform over the next several years to finally defeat the British at Yorktown in 1781.

Special Guest of Honor at the Amphitheater was US Army SFC Melvin

Morris, ret, Medal of Honor Vietnam Combat veteran. Many stayed after to have a chance to meet and have photos taken with a true American Hero.

What a day it was on Merritt Island. America is unique and strong in so anyways, and local as well as national celebrations all that weekend reminded millions of the reasons why. ☺



Weekly SUDOKU

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5			9		6		7	
1	2		7	5	8	3		

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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Getting Community Care

The VA spent over \$36 billion on community care in fiscal year 2025, and it appears to be money well spent.

The expenditures were courtesy of the 2018 MISSION Act, which lets veterans get their care out in the community from non-VA health care providers -- with the VA picking up the tab. Added to that in 2025 was the Dole Act (more specifically, the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act), which lets veterans seek care in the community without frequent medical reviews or permissions from VA medical staff.

It used to be that veterans had to get a new referral every 90 to 180 days to keep getting care out in the community. Now, for 30 categories of care -- pulmonary, dermatology, podiatry and endocrinology, as a few examples -- new referrals will only be needed once a year.

Veterans in three states in particular benefited from that money: Texas at \$3.3 billion, Florida at \$2.8 billion and California at \$2.1 billion.

If you've already been getting community care, find out from the community care office at your VA medical facility where in the permission and referral cycle you are so you know in advance when the next one will be required. Since most of the medical categories will only need a yearly referral, get your schedule in writing so there isn't a problem at the last minute with an expired authorization.

If you need medical treatment that the VA doesn't provide, or if the wait times at your local VA hospital are too long, or if the driving time to your VA hospital is too long, you might qualify for community care. To get specifics, call the community care office for an initial referral. If you already have a community care provider in mind, find out whether they are part of the VA network before you get care from them to be certain the VA will pay for it.

To learn more about getting medical care in your own community, go to department.va.gov/vha/community-care. © (c) 2026 King Features Synd., Inc.



Our Reach & Impact

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

Why It Matters

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

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

How You Can Help

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






About Us

The Children's Hunger Project is a 501(c)(3) nonprofit organization committed to ending the growing crisis of weekend hunger among local children.

With the support of a small, passionate staff and a dedicated team of volunteers, we provide elementary school students with kid-friendly food packages—ensuring they don't arrive at school on Monday mornings hungry.

Proper nutrition is essential for academic success. By improving access to nutritious food over the weekend, we help at-risk children return to school better nourished, focused, and ready to learn.

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



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Two Roads for Growing Older

Rev. Jeff Wood, First Presbyterian

I read the other day that life has two roads. One bends downward, toward complaint and what we've lost. The other curves upward, toward gratitude and becoming the kind of older person whose presence is a gift to everyone in the room.

As I thought about that I realized that aging itself doesn't decide which road you're on. Attitude does. The body will do what bodies do. But whether the heart goes up or down is very much up to us — with God's help, every single day.

Motivational speaker Zig Ziglar had a word for the downward road: psychosclerosis, a hardening not of the arteries but of the spirit. His prescription was a regular "checkup from the neck up," catching "stinking thinking" before it hardens into something permanent. And the remedy for spiritual stiffness turns out to be the same one physical therapists give for stiff joints: stretch and flex. Daily. On purpose.

The Bible doesn't pretend the body loses no ground. But it does make a promise: "The righteous flourish like the palm tree... They still bear fruit in old age." (Psalm 92:12ff)

So, one and all: Stretch. Flex. Bear fruit. ☺

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

D	A	L	E		M	O	B	S		G	P	A
A	P	E	X		A	P	O	P		L	A	B
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Sudoku Answers

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

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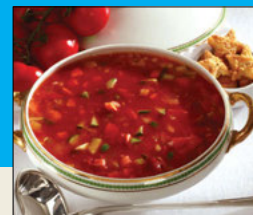
www.ZapPestControlBrevard.com



Donna Erickson's BEST BITES

By Donna Erickson

Bring Home a Taste of Spain with Healthy No-Cook Gazpacho



Spain is one country that's on our minds with the ongoing 2026 FIFA World Cup, so why not prepare gazpacho for a "Euro Summer" feel at home? Plus, it's so easy to stir up a no-cook meal for your family on a hot July day!

The season's freshest tomatoes, cukes, peppers and onions come together in this satisfying and zesty cold Spanish soup. Let your kids harvest some of the ingredients from your family garden, or choose them in peak condition at a farmer's market. Teach your school-age children basic cutting and chopping techniques. They'll have lots of practice with this recipe!

If you don't mind turning on your oven for a few minutes, top off the soup with whimsical kid-made croutons in fun shapes. Serve it in the fanciest bowl that you normally use for special occasions. For 4-6 servings, here's what you'll need:

GAZPACHO

- 2 cups seeded, finely diced plum tomatoes
- 1 cup cored, seeded, finely diced yellow bell peppers
- 1/2 cup peeled, seeded, finely diced cucumbers
- 1/4 to 1/2 cup finely diced celery
- 1/4 cup minced carrots
- 1/4 cup minced celery leaves
- 1/4 cup minced yellow onion
- 2 cups tomato vegetable juice (such as V8)

- 1/2 cup clam juice (optional)
- 2 tablespoons minced chives
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Juice of one lemon
- Salt and pepper to taste

Let your child mix all the ingredients together in a large bowl. Refrigerate for at least 2 hours to chill and enhance the flavor. Scoop into a serving bowl and top with shaped croutons.

SHAPED CROUTONS

- 1 loaf French bread, sliced lengthwise with crust removed
- 3 tablespoons butter or olive oil
- 1 garlic clove, pressed
- 1 tablespoon grated Parmesan cheese (optional)
- Salt and pepper to taste

Make shapes from bread with your favorite mini cookie cutters. Combine melted butter or olive oil with garlic and salt and pepper. Brush on top of cutout bread pieces. Sprinkle with parmesan cheese (optional). Bake in an oven set to 350 F for 10 minutes.

Cook's Tip: Put freezer-safe serving bowls for gazpacho in the freezer before serving! ©

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Avoiding Covid ... Still

By Matilda Charles

"It's gone! There is no more Covid!"
"It's completely gone!"
Well, no.

I heard this exchange in the store today and had to step in. I'm probably the only one who is still, after six years, tracking local cases of Covid on a weekly basis. And the truth, as I explained to the two ladies in the store, is that Covid is still out there.

As of this writing, Covid is launching again in three states, declining in 34 states, and remaining the same in 12 states, while actually circulating to some degree in all 50 states.

It's not likely that a worldwide pandemic will explode again like it did in 2020. After all, so many people have taken the vaccines and still have a tiny bit of immunity left over from that.

The keyword there, however, is tiny. And that immunity is waning more by the month.

In other words, it is possible to get Covid now, despite prior shots and despite there not being a huge number of

cases at the moment. It's summer, people are traveling and the three states with the growing number of cases are tourist hotspots.

While we don't need to monitor our potential exposure every single minute like we did when Covid was raging around the world, we do need to acknowledge that over 800,000 seniors died of Covid -- and take care of ourselves.

Some steps:

- Identify which stores are likely to have test kits in stock should you need to replenish your supply.
- Wear a mask if you're going to be in a crowd.
- Ask your doctor whether you should have a booster.
- Wash your hands and use hand sanitizer.

According to WHO (the World Health Organization), in the past four weeks there have been 246 Covid deaths around the world; 202 of them were here in the United States. §

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Helping SENIORS of Brevard

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or other Needs?

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Senior Info Help Line



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

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org

Senior Travel Scams

continued from pg 20

of am a senior and my phone number is listed, I get scam calls from "Travel with Sally" or "Captain Smith Cruise Agency" etc. These are not real travel agents; they get your name from senior listings and then try and pretend they are travel agencies and sell you a trip that is not even available. As an example, you cannot get a hotel room at the Las Vegas Bellagio Hotel for \$99.00. I know seniors that have bought this program and traveled all the way to Las Vegas to be denied.

Here is what you need to ask your travel advisor to be sure that you are working with a professional agent:

1. What is your IATAN, CLIA OR TRUE#? (These organizations monitor all travel agencies/agents worldwide)
2. How much is your E/O insurance? (all professional travel advisors have E/O insurance of \$1 million)
3. What is your Florida or State license #? (all professional travel agencies must have this number from the State of Florida or California)
4. What is your Headquarters phone number so I can ask if are part of this organization.

NOTE: If the advisors hesitate to answer these questions, do not do business with this agent or agency.

Your 5 Golden Rules for Safe Travel Booking

1. Always call Senior Travel, The Travel Center for any questions that you may have regarding a booking, a phone call, or email that you received. (we get 4-5 calls per week on phony travel programs)
2. Wire transfers and gift cards offer zero fraud protection. Do not purchase unless you vet or know these companies directly!
3. Hang Up & Call Back If You Get Confused. Call Senior Travel and let us investigate or google the company and get their legitimate phone number!
4. Pause Before You Pay. Legitimate offers don't expire in ten minutes. You have 24 hours after booking an air ticket, 48-72 hour after booking a cruise, and the same for land packages.
5. Search Before You Sign. Google the company name plus the word "scam."

6. Never book online. Companies like Expedia, Booking.com, etc. make mistakes. Other companies could be frauds. Always Call Senior Travel for advice or to book your next travel program.

Senior Travel, The Travel Center are certified with Expedia, Booking.com, Priceline, Viator, and all the other online travel companies. We can get the very same rates as you can, but we can go one step further, we guarantee your travel bookings, these other vendors cannot guarantee your travel bookings. (have you ever got on a cruise and looked at the line in front of the service desk, 100's of people. 95% of them booked online!)

7. Many of the products that you may purchase are not refundable with your credit card. 56% of all SCAM transactions are non-refundable no matter how much you try and negotiate with your credit card company or how bad the scam was.

Resources & Reporting

AARP Fraud Helpline 1-877-908-3360

FTC Reporting ReportFraud.ftc.gov

Verify Travel Agents www.asta.org

Best Senior Tip:

Always book with Senior Travel. You all know Chris & Betty, the top travel advisors in Brevard County. Give them an opportunity to earn your business! Ⓢ

films with Betty Grable, Harry James, Edward G. Robinson, Humphrey Bogart, and Martha Raye.

In the 1940s friends never thought Jackie would survive his own lifestyle. He was known for all-night parties in his hotel suite as well as his ability to consume vast quantities of alcohol. It got so bad that his hotel soundproofed his hotel rooms purely out of consideration to other guests. He appeared in the Broadway hit musical, *Follow the Girls* in 1944.

"Modesty in an actor is as fake as passion in a call girl."

Jackie got a major break when he appeared as Chester A. Riley in the television version of the radio show, *The Life of Riley*. Jackie held the role for a year until William Bendix returned to the role.

Great things were about to happen. Jackie was asked to be a host of the DuMont network's *Cavalcade of Stars* variety show. Jackie took it for four weeks at \$750 a week and revamped the show to feature Vegas-style dancing girls and character sketches.

Jackie didn't like to rehearse. Once he read the script he retained it. This left more time for golf and drinking.

The show proved to be such an enormous success that CBS in 1952 brought him to their network. The *Jackie Gleason Show* became the country's second-highest rated show during the 1954-1955 season. He made the dancing numbers slightly spicier. His opening monologues were famous for phrases such as "a little travelin' music" and, "away we go." He brought in the Ray Bloch and later Sammy Spear with their orchestras.

The show was a proving ground as Jackie introduced the world to Reginald Van Gleason III, Joe the Bartender, The Poor Soul, Fenwick Babbitt and a chubby Brooklyn bus driver. All of

his characters were drawn from childhood experiences. The *Honeymooners* was a short segment on the variety show on October 6, 1951. Jackie wanted to develop a sketch about a smart, quiet wife and her pompous and vocal husband. They fought but at the end always stated their love for each other.

Art Carney was Norton and Pert Kelton played Alice.

Sensing the national mood, Gleason took a chance and made it a separate series in 1955. They became known as the *Classic 39* episodes.

"I'm no alcoholic. I am a drunkard. There's a difference. A drunkard doesn't like to go to meetings."

Jackie also had a great desire to make music. Not as a musician, he could not read or write music. He created melodies in his head and described and hummed them to his staff who transcribed it into written music. His mood music albums have sold millions and are still available.

During the 1960s and 1970s, Jackie kept reviving the *Honeymooners* and the concept of the show when he felt like working. He never wanted for work or money. He expanded his skills to larger roles. He received critical acclaim in such films as, *The Hustler*, *Requiem for a Heavyweight* and *Soldier in the Rain*.

It was revealed years later that Burt Reynolds would only do the *Smokey* and the *Bandit* films if Jackie played the vulgar and excitable Texas sheriff Buford T. Justice. In fact the director allowed Jackie to ad-lib and re-write scenes. In the 1980s he played in a dramatic HBO two-man special with Lawrence Olivier and other films.

Because of his comedic and serious acting skills, Orson Welles started calling him, "The Great One."

Suffering from diabetes and phlebitis coupled with smoking five packs a day and his drinking and lifestyle, Jackie developed colon cancer and liver cancer.

On June 24, 1987 Jackie died at his Florida home. He was a young 71 years old. At the base of his outdoor mausoleum is inscribed, "And Away We Go." The Miami Beach Auditorium was renamed, The Jackie Gleason Theater of the Performing Arts. His hotel where he lived for years in New York City has the Jackie Gleason suite while city parks and bus depots also have his name.

"Drinking removes warts and pimples. Not from me. But from those I look at."

When pulling off the Brooklyn Bridge and entering the borough, look up at the sign stating, "How Sweet It Is." ☺



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Are Seniors Too Risky? *continued from page 17*

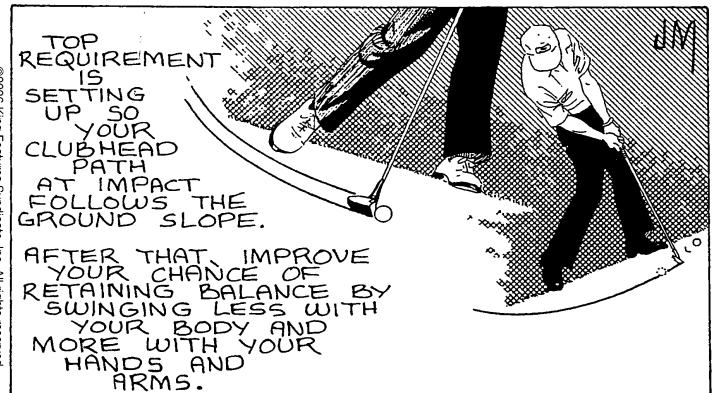
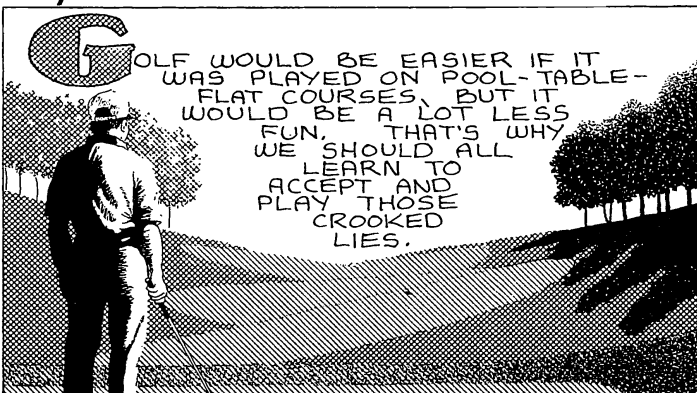
For example, the S&P 500 dropped 38.49% in 2008 alone. This serves as a cautionary tale for senior investors today: maintaining too much exposure to the stock market in retirement can jeopardize your financial security when you need it most. Seniors should want to maintain and use their retirement funds as effectively as possible. This means investing your retirement savings in a customized portfolio that helps you preserve your quality of life while protecting your money in case of an emergency or for your loved ones.

Frequently, investing aggressively in equities isn't the best way to achieve this success. A careful and curated portfolio

is often the ideal strategy for your goals in retirement. We at ValaVanis Financial specialize in crafting these customized retirement strategies. If you are worried about market risk or want a portfolio tailored to your needs, call us at 321-956-7072. We offer a no-obligation appointment for readers of the Senior Scene and can help you get off that roller coaster.

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Play Better Golf with JACK NICKLAUS



Hanging Baskets Add Color to Decks, Porches

By Eddie Smith, MSU Extension Service

There's something about a colorful hanging basket that makes a front porch feel welcoming. Whether it's part of a quiet morning with a cup of coffee or an evening visit from friends, those baskets overflowing with blooms add life and charm to your outdoor space. A few well-chosen plant combinations can turn ordinary baskets into real showstoppers.

One of my go-to plants for hanging baskets is Supertunia petunias. These vigorous plants have a naturally mounding and trailing growth habit, which means they work beautifully as both fillers and spillers in containers. Instead of needing constant grooming, they simply grow and spill over the sides of the basket, creating that full, lush look everyone loves.

Another thing gardeners appreciate about Supertunias is that they are low maintenance. That means no deadheading is required, so you can spend more time enjoying your porch and less time fussing with the plants. They perform best when fertilized regularly, and because they grow in containers, it's easier to keep their soil moisture just right.

Another excellent companion for hanging baskets is Superbells calibrachoa. Much like Supertunias, these plants have a mounding, trailing habit that allows them to cascade beautifully from containers. They also share the same low

maintenance nature with no deadheading needed. A steady diet of water and fertilizer keeps them blooming.

One important thing to remember about both Supertunias and Superbells is that they don't like constantly wet soil. Growing them in containers works in their favor because it allows you to better control moisture levels.

One of my favorite hanging basket combinations features Superbells Grape Punch, Superbells Yellow and Supertunia Persimmon. Grown together, these three colors create a warm, sunset-like display. As the plants begin trailing over the sides of the basket, the mix becomes even more dramatic.

Another beautiful combination includes Supertunia Vista Fuchsia, Snow Princess and Laguna Compact Blue with Eye. Supertunia Vista Fuchsia delivers bold pink blooms, and Laguna Compact Blue with Eye adds stunning blue flowers accented by crisp white centers. Snow Princess spills over the



Hanging Baskets... continued on pg 49

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LANDSCAPES & LEGENDS

Landscapes & Legends is a concert for anyone who enjoys a great story—no classical music background required. Guest conductor Patrick Phillips leads an evening that moves from the comic chaos of *The Sorcerer's Apprentice* to the shifting light and atmosphere of Kenneth Fuchs' *Cloud Slant*, presented in its U.S. premiere. Celebrated pianist Jacob Craig brings sweeping melodies and powerful emotion to MacDowell's Piano Concerto No. 2. The concert ends with *Pines of Rome*, a thrilling, cinematic finale that surrounds the entire audience in sound. It is your orchestra at full power—vivid, exciting, and unforgettable.

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What Exactly Is Digital Fingerprinting, and Should I Be Concerned? contd from page 16

prevent fingerprinting, but it prevents your IP address from being part of the fingerprint.

Common misconception

Many people believe that deleting cookies or using Incognito/Private mode prevents fingerprinting.

That's not true. Private browsing typically:

- Deletes cookies and browsing history when you close the window.
- Does not prevent websites from collecting fingerprint information during your session.

How unique is your fingerprint?

Studies have shown that many browser fingerprints are highly distinctive, especially if your browser has an unusual combination of:

- Fonts
- Extensions
- Display settings
- Hardware characteristics

However, modern browsers are increasingly adding protections that make many users look more alike, reducing the effectiveness of fingerprinting.

Bottom line

Digital fingerprinting is a real technology used every day. It's not inherently malicious—it helps prevent fraud and secure accounts—but it can also be used for tracking and advertising without relying on cookies.

If your primary goal is everyday security, you don't need to be alarmed. If your goal is maximizing privacy, using a privacy-focused browser, limiting extensions, and blocking trackers can significantly reduce how much fingerprinting reveals about you. (§)

Hanging Baskets Add Color To Decks, Porches continued from pg 48

basket with cascading white blooms that soften the whole arrangement. Together, the basket feels bright and cheerful.

No matter which plants you choose, the secret to keeping hanging baskets looking full is consistent care. Regular watering and a steady fertilizer routine keeps the plants actively growing and blooming.

Your hanging baskets can overflow with color all summer long, turning your front porch into a welcoming garden space that everyone will notice. (§)

AUGUST 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

AUGUST EVENTS

Aug 1: Textured Organics in Encaustic and Multi Media, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Aug 1: Parrot Head Pub Crawl, Downtown Melbourne, madhatterpromotions.com, 321-543-1346

Aug 1: Summer Social, Parrish Grove Inn, Historic Cocoa Village, visitcocoavillage.com

Aug 1: Southern Summer Nights at the Lodge, Cocoa Elks Lodge, Cocoa, visitcocoavillage.com

Aug 1 - 9: The Humebot, Surfside Playhouse, Cocoa Beach, SurfsidePlayhouse.com, 321-783-3127

Aug 1 & 15: Fused Glass Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 1 & 29: Classic Reed Basket Trio Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 1 - 29: Green Gables Open House, Green Gables at Historic River-view Village, Melbourne, greengables.org, 321-306-8635

Aug 1 - 29: Space Coast Farmer's Market, Eau Gallie Square Park, Melbourne, spacecoastfarmersmarket.com

Aug 1 - 29: Saturday Farmers Market at Riverview Park, Downtown Melbourne, downtownmelbourne.com

Aug 1 - 29: Saturday Art Market, Myrt Tharpe Square, Historic Cocoa Village, greencircleart.com

Aug 1 - 30: Dear Evan Hansen, Titusville Playhouse, Titusville, titusville-playhouse.com, 321-268-1125

Aug 1 - Sep 6: Nine the Musical, Melbourne Civic Theatre, Melbourne, mymct.org, 321-723-6935

Aug 2 & 16: Free Ranger Led Tour, Turkey Creek Sanctuary, Palm Bay, palmabayfl.org, 321-952-3400

Aug 3 - 31: Watercolor Classes, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Aug 4: Abstract/Modern Art Class, Galleria of Art and Photography,

Melbourne, artcreatedwithsoul.com, 321-338-9787

Aug 4, 11, 18, 25: Acrylic Painting Classes, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Aug 4 - 26: Art Instruction Classes, CBAA Office & Studio, Rockledge, cbaaartists.com

Aug 5 & 6: An Evening of Pops, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

Aug 6: Crushed Glass Workshop, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

Aug 6 - 28: Handbuilt Pottery Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 7: EGAD First Friday, Eau Gallie Arts District, egadlife.com

Aug 7: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

Aug 7: Cats and Dogs Exhibit Opening, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

Aug 7 - 16: Into the Woods, Historic Cocoa Village, foundrytheatrecollective.com, 239-821-8800

Aug 7, 14, 21, 28: Sip and Paint Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

Aug 8: Space Coast Idols Spotlight, Cocoa Village Playhouse, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

Aug 8: Encaustic Fundamentals, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Aug 8: Raffia Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 8: Studio A Galleria Reception, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Aug 8 & 22: Open Studio, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Aug 9: Intracoastal Sunday Market, Intracoastal Brewing Company, Melbourne, egadlife.com, 321-872-7395

Aug 10 & 13: Art Fundamentals Class, MyMakerScape, mymakerscape.com, 321-499-3127

Aug 10 & 13: Sewing 101, MyMakerScape, mymakerscape.com, 321-499-3127

Aug 12: Game Night in the District, Eau Gallie Arts District, Melbourne, egadlife.com

Aug 13: Art in Public Places Open House, Brevard Cultural Alliance, Melbourne, artsbrevard.org, 321-690-6817

Aug 14: Andrew Diskin Exhibition Reception, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

Aug 14 - Sep 6: Grease, Henegar Center, Melbourne, henegarcenter.com, 321-723-8698

Aug 15: Gatehouse Market, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Aug 15: Cherished Sisterhood Day, Melbourne Auditorium, Melbourne, thehousepalmbay.com, 321-952-5725

Aug 15: Landscapes and Legends, Scott Center at Holy Trinity, Melbourne, spacecoastsymphony.org, 855-252-7276

Aug 15: Bourbon, Cars, and Cigars, Lexus of Melbourne Showroom, Melbourne, womenscenter.net

Aug 15: Classic Albums Live, King Center, Melbourne, kingcenter.com, 321-242-2219

Aug 15: Twined Rope Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 15: SCWG Monthly Meeting, Lamplighter Village Clubhouse, Melbourne, scwg.org

Aug 15 & 29: Kinusaiga Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Aug 18: Imaginary Landscapes in Encaustic and Multi Media, Studios of Cocoa Beach, Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Aug 20 & 25: Hat Burning Workshop, MyMakerScape, mymakerscape.com, 321-499-3127

Aug 21: Friday Fest, Cocoa Beach Mainstreet, cocoabeachmainstreet.org

Aug 22: Melon Basket Workshop, Harbor City Art, Melbourne, harborcityart.com

Aug 22: BWS Mini Workshop, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

Aug 22 & 29: Coral Kingdoms in Encaustic, Studios of Cocoa Beach,

Cocoa Beach, studiosofcocoabeach.org, 321-613-3840

Aug 26: Poetry + Open Mic Night, The CAPE Center, Cape Canaveral, cityofcapecanaveral.org, 321-868-1224

Aug 28: Music at the Manor, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Aug 29 & 30: Intro to Sewing, MyMakerScape, mymakerscape.com, 321-499-3127

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: WWcontact@gssb.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 Uni-

versalist 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/>

01 Aug – Kids Back to school Bash for Military and all kids. Parks and Rec at Mclarty Park Community Center, 790 Barton Blvd Rockledge. 1000-1400. Food trucks, vendors, games, full back packs for kids.

04 Aug – Coast Guard Birthday and Family Day Party (1000-1500) USCG Station Care Canaveral. Food and kids events for the USCG families and supporters. Thanks to AVET, MOAACC Good Deeds, BVMC, VFW 10131 Cape Canaveral and other vet orgs for support.

07 August– NVHS Annual Lost in America, Rescuing American Veterans facing homelessness Dinner. 1700-2100 Radisson, Cape Canaveral. Sold Out!! Thank you NVHS.

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.

11 Sep – 25th Annual Commemoration of the attacks on America on 9/11/2001 sponsored by Club 1013 And BVMC. (1700-1830) In the new Park Amphitheater. Details in August.

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

Chair Yoga with Pam
Mondays from 12:15 - 1:15 PM

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

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

Tuesday Book Club

2nd Tuesdays at 2pm

Eau Gallie Ukulele Society

1st Saturdays from 12:30pm-2pm

3rd Saturdays from 1030am-12pm

Master Gardener Plant Clinics

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

Franklin 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

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

Beginning Computer Class 1st

Wednesday, 1 PM

Adult Art Classes

Thursdays 1PM

Quilters

every Thursday at 6:00 PM

Technology Q & A: 3rd Wednesday

at 1 PM

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

Coin Talk 4th Tuesday, 6 PM

Sit-n-Stitch 1-3pm, meets 1st & 3rd Weds.

Brevard Investment Education Group

10:30am-1pm. Meets second Mondays.

Books are ALWAYS Better Book Club

3rd Monday, 6:30-8pm

American Needlepoint Guild 2nd

Tuesday, 1 PM

Brevard Antiques and Collectables

1st Fridays, 10:00am-12:00pm.

Space Coast Poets 3rd Tues 5:30-7:30pm

Space Coast Modern Quilt Group,

3rd Wednesday, 9am

Viera Women's Book Club

3rd Tuesday, 2:00-4:00 pm

International Plastic Modelers

2nd Tuesdays, 6-7:45 pm

Neighbors Book Club

3rd Thursdays, 2:00-4:30 pm

Tai Chi Class with Brad

Saturdays, 9:30-10:30 am

Multiple Myeloma Support Group

4th Mondays, 10:30 am-12:30 pm

Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400

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

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

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

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

AUGUST 2026 SENIOR CALENDAR

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

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

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

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

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

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

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

AUGUST 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- 11:30 am - 4:00 pm

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

WEDNESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi-8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

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

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

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

Pinochle - 12:15-4:00 pm

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

Senior Law - 4th Friday 2:00-4:00 pm

SATURDAY PROGRAMS

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm



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

AUGUST 2026 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:

Legal Happy Hour Q&A Panel

Are All Your Ducks In A Row?

Thursday, September 10th, 5:30 PM

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

FREE Liver Scans, Monday August 3rd, and Wednesday August 19th, 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.

Kangaroo Chat: Learn About Brevard Zoo Mob! Monday, August 3rd, at 2pm. Join Brevard Zoo for a fun and informative look at their kangaroo mob! Discover what makes these incredible animals so unique as you learn about their behaviors, social lives, and the care they receive at the zoo. Bring your questions and enjoy an interactive presentation filled with fascinating facts and plenty of kangaroo fun. RSVP to 321-751-6771.

Tech Help Is Here: Laptop Edition w/ Mindcare Medics, Monday, August 3rd, at 3pm. Technology doesn't have to be overwhelming! Join Mindcare Medics for a hands-on laptop workshop where local high school students will provide one-on-one guidance in small learning groups. Choose the topic that's most helpful to you, including email basics, internet browsing, or organizing your photos, and leave feeling more confident using your laptop. Bring your device and your questions! RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays August 4th and 18th, 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.

Dietician Series: Nutrition For Women w/ Susie Bond, Tuesday, August 4th, at 10am. Join registered dietician Susie Bond, RDN, LDN, as she explores the unique nutritional needs of women through every stage of life. Learn how nutrition can play a role in supporting heart health, menopause, osteoporosis, emotional well-being, and more. This educational presentation is filled with practical advice to help you feel your best and make informed choices for lifelong health. RSVP to 321-751-6771.

Puzzle Swap: Bring a Puzzle, Take a Puzzle! Tuesday, August 4th, at 2pm. Join us for a fun and welcoming community puzzle swap! Bring a puzzle to exchange and discover a new one to take home. It's a great way to refresh your collection, meet fellow puzzle lovers, and enjoy an afternoon of connection and conversation. Puzzles can be any size or theme but must be sealed in a baggie and labeled as complete or unsure if complete. RSVP to 321-751-6771.

Benefits of Pre-Planning Your Cremation Seminar, by National Cremation Society, Wednesday, August 5th, from 11am, REPEATS Thursday, August 27th 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.

Grandparents & Grandkids Back-To-School Ice Cream Social! Hosted by VITAS, Thursday, August 6th, at 2pm. Join VITAS Healthcare for a fun-filled Back-to-School Ice Cream Social! Bring your grandkids for an afternoon of ice cream, conversation, and quality time before the busy school year begins. Enjoy a sweet treat, create special memories, and celebrate the end of summer together. RSVP to 321-751-6771.

Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent/Viera Insurance Professionals, Friday, August 7th & 28th at 10am. Turning 65 or already on Medicare? Join Carrie Kachur, for a free educational seminar that breaks down the basics of Medicare, explains your coverage options, and helps you avoid common enrollment mistakes. RSVP to 321-751-6771.

BINGO! w/ Senior Partner Care Services, Tuesday, August 11th, 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.

Keep Moving with Confidence: Fall Prevention Beyond Balance, Wednesday, August 12th at 10am. Join the rehabilitation team from Viera Health & Rehabilitation Center and Rockledge Health Rehabilitation Center for an interactive presentation on preventing falls and staying independent. Learn how strength, mobility, medications, vision, and other factors can affect your risk of falling. Enjoy physical therapy demonstrations, practical exercises, and simple strategies to help you move with greater confidence and safety every day. RSVP to 321-751-6771.

Ask the Doctor Lunch & Learn "Aging Without Pain: Strategies For A More Comfortable Life", Wednesday August 12th, at 12pm. Living with pain doesn't have to be part of getting older. Join Dr. Nicholas Giordano of Central Florida Spine & Pain and Abbott for a complimentary Lunch & Learn focused on understanding chronic pain, exploring treatment options, and discovering ways to improve comfort, mobility, and quality of life. RSVP to 321-751-6771.

Yours, Mine, and Ours: Estate Planning Strategies for Blended Families w/ Estate Planning & Elder Law Center of Brevard, Thursday, August 13th, at 10am. Every family is unique, and blended families often require extra planning. Learn estate planning strategies to help protect your loved ones, address complex family dynamics, and ensure your wishes are carried out. A Q&A session will follow the presentation. RSVP to 321-751-6771.

Discover Your Personality Type: Personality Testing Made Fun! w/ Ryan Browne, Principal Consultant | L.E.O. Management Consulting, Thursday, August 13th, at 2pm. Discover what makes you uniquely you. Join Ryan Browne, Principal Consultant with L.E.O. Management Consulting, for an interactive Myers-Briggs Personality Test session. Explore your personality type, improve communication, strengthen relationships, and gain valuable insight into how your preferences shape the way you think, work, and connect with others. RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa Presents: "Creating Your Just In Case Binder" Create an easy-to-use emergency binder with important health, legal and financial information, Friday, August 14th, at 10am. Presented by Lisa Peake, RN, CCM with Senior Partner Care Services. Learn how to organize your important health, legal, financial, and personal information into one easy-to-access binder, giving you and your loved ones greater peace of mind. Binders and supplies are generously sponsored by Senior Partner Care Services and One Senior Place Care Management. RSVP to 321-751-6771.

Estate Planning w/ William Johnson, P.A., Tuesday, August 18th, at 10am. Learn the fundamentals of estate planning with Attorney William A. Johnson. This seminar will cover wills, trusts, probate, asset transfers, and essential advance directives to help protect you and your loved ones. RSVP to 321-751-6771.

iPhone and iPad User Group Meeting Presented by MacMAD, Tuesday, August 18th, at 5:30pm. This meeting will feature presentations on topics of interest to MAC enthusiasts. Usually includes a guest speaker with a presentation, and often hardware or software demo. For more information contact Dennis Crowley at dcrowley1@cfl.r.com. Call 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar w/ Health First Health Plans, Wednesday, August 19th, at 1pm. 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.*

Lunch & Learn "Don't Ignore The Signs: A Talk On Hernias" w/ Dr. Ken Tieu, General Surgery | Health First, Thursday, August 20th, at 12pm. Join Dr. Ken Tieu, MD, board-certified general surgeon with Health First, for an informative Lunch & Learn on recognizing and treating hernias. Learn the common signs and symptoms of hernias, when it's time to seek medical care, and the latest treatment options so you can make informed decisions about your health. Lunch is provided with RSVP. RSVP to 321-751-6771.

BUNCO! with Senior Partner Care Services, Friday, August 21st, 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.

Social Security Basics: Understanding Your Benefits w/ Jim DeLaurea, Financial Advisor | Raymond James, Monday, August 24th, at 2pm. Join financial advisor Jim DeLaurea of Raymond James for a clear and informative overview of Social Security. Learn the basics, understand claiming strategies, and discover how Social Security fits into your retirement income so you can make confident decisions for the future. RSVP to 321-751-6771.

Who Will Inherit? Protecting Your Heirs From Disputes and Delays w/ Estate Planning & Elder Law Center of Brevard, Tuesday, August 25th, at 10am. Who will inherit your estate? Learn how proper estate planning can help your assets pass smoothly to your loved ones, reduce delays, and avoid unnecessary family disputes. Join the Estate Planning & Elder Law Center of Brevard for

practical guidance on protecting your wishes and your legacy. RSVP to 321-751-6771.

Joint Preservation Specialists: Protecting Your Joints. Preserving Your Mobility w/ Dr. Haig John, Families First Physicians, Tuesday, August 25th, at 2pm. Join Dr. Haig John of Families First Physicians to learn how joint preservation can help reduce pain, improve mobility, and keep you active. Discover practical, non-surgical approaches that may help delay or avoid joint replacement while supporting your independence and quality of life. RSVP to 321-751-6771.

AARP Smart Driver Course, Wednesday, August 26th and REPEATS Monday, August 31st, from 9am – 4pm. The AARP Driver Safety Course is specifically designed for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. AARP members pay \$20, non-members pay \$25. This class is taught by certified volunteer instructor Nancy Westerband. Call 973-607-7996 to Register.

Java with Joe: Meet the Deputy Behind the Programs Helping Protect Seniors & Families w/ Joe Downs, Brevard County Sheriff's Office, Wednesday, August 26th, at 10am. Get to know Sheriff Joe Downs, the Community Outreach Deputy behind several impactful programs serving Brevard County seniors. This informative session will highlight available resources, explain how the programs work, and provide an opportunity to ask questions in a relaxed, welcoming setting. RSVP to 321-751-6771.

Medicaid Planning w/ William Johnson, P.A., Thursday, August 27th, 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.

SUPPORT GROUPS AT ONE SENIOR PLACE

Loss, Grief & Bereavement Support Group, Thursdays, August 13th & 27th 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, August 19th 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, August 28th 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, August 5th at 10am. Connect with fellow veterans over coffee and donuts while hearing from guest speakers sharing valuable information about resources and services available specifically for veterans. Every first Wednesday of the month. **Special Guest Speaker: Deiby (David) Legarda from the Orlando VA Health Care System will discuss VA benefits, healthcare, and local programs designed to help veterans and their families.**

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

LEGAL HAPPY HOUR Q&A

ARE ALL YOUR DUCKS IN A ROW?

FEATURING OUR LEGAL PANEL



RUTH RHODES
RHODES LAW, P.A.



WILLIAM JOHNSON
WILLIAM JOHNSON, P.A.



ANNA HOWARD
ESTATE PLANNING & ELDER LAW CENTER OF
BREVARD POWERED BY THE LAW FOR ALL



Thursday, September 10th, 5:30 PM at One Senior Place



Estate Planning



Powers of Attorney



Wills



Healthcare Directives



Trusts



and Other Legal Planning Questions

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18+

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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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Palm Bay, FL 32905
321.729.6060