

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 martinanderseniorcenter.com

MONDAY

Andersen Quilters 9:00-12:00

Bone Builders 9:00-10:00

Busy Fingers Crafts 9:00-11:00

Intermediate Tap 10:30-12:00

Party Bridge 12:15-4:00

TUESDAY

Art & Painting 9:00-12:00

Morning Stretch & Exercise 9:00-10:30

Grief Counseling 2nd & 4th Tues 10:00-12:00

Line Dancing 12:00-1:30

Gentle Yoga 2:00-3:00

Tai Chi 2:00-3:00

WEDNESDAY

Bone Builders 9:00-10:00

Writing Workshop 10-11:30

Spanish Conversational Class 12:30-2:30

New Horizons Jazz Band 9am-12pm

THURSDAY

Water Colors (Begin/Inter) 9:00-12:00

Gentle Yoga 2:00-3:00

Morning Stretch & Exercise 9:00-10:30

Intermediate Tap 10:30-12:00

Karaoke 11:00-3:00

FRIDAY

Art & Painting 9:00-12:00

Bone Builders 9:00-10:00

Party Bridge 12:15-4:00

Spanish Class-Beginner Plus 12:30-2:00

Ballroom Dancing Class 2:00-3:00



Grand Drawing
Sunday at Museum
1pm-4pm - October 25th 2026

at the
American Muscle Car Museum
3500 Sarno Rd - Melbourne FL

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



Pick Your Winning Car!
HelpingSeniorsCarRaffle.com

Support
the work of
Helping Seniors
Charity

WIN A CAR!
Support Seniors
& Join the Fun!

Your ticket funds Helping Seniors, the 100% local to Brevard nonprofit that points Seniors to resources and the support they need to age successfully.

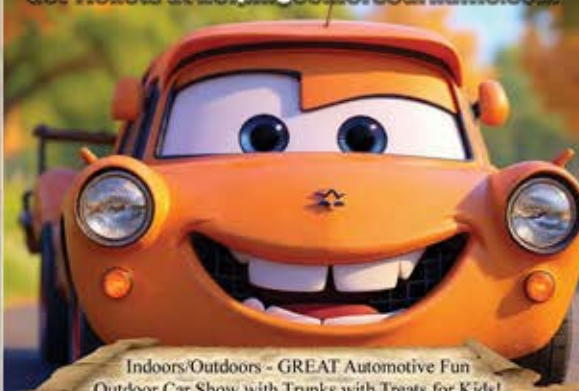
Your Ticket Includes:

- Entry into the Car Raffle!
- Admission to the Grand Drawing 1pm-4pm October 25th 2026!
- Fun afternoon inside and out at American Muscle Car Museum!

Bring the Family! Kids 12 & Under FREE (2 per adult ticket). Enjoy indoor & outdoor classic cars, plus Trunks with Treats outside for kids as we celebrate the Fall Harvest Festival! Costumes encouraged. Kids bring your treat bags!

Get Tickets Now:
HelpingSeniorsCarRaffle.com

Get Tickets at HelpingSeniorsCarRaffle.com



1pm-4pm Sunday - October 25th 2026 - American Muscle Car Museum 3500 Sarno Road - Melbourne FL



Boniface-Hiers
AUTOMOTIVE GROUP

Call (321) 473-7770 or visit HelpingSeniorsCarRaffle.com for tickets & information. Grand Drawing is 330pm 10/25/26 at the American Muscle Car Museum. (need not be present to win)
Cars shown and/or pictured are for illustrative purposes only. Base model provided. Upgrade at winner's cost/discretion. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.

AUGUST 2026 SENIOR CALENDAR (continued)

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

Monday:

11:00am Senior Beats

Gentle Yoga 11:30am-12:30pm \$5/\$6
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 nbsc.com

MONDAY

No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321)225-4872

Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782

Golden Hearts Senior Fitness- Monday

1PM-2PM \$5/\$6 Robin 321-514-5945

Mexican Train Dominoes 1PM-3PM

\$2/\$3, Joanne (321)267-5923

Hand & Foot 12:30-3:30pm \$2/\$3 Donna

(407) 808-5237

Poker 10AM-2PM \$2/\$3 321-591-5156

Bunco 2nd Monday of the month 9am-noon

Carol 332-268-8087

Zumba 6:00PM-7:00PM \$7/\$8 Robin

(321)514-5945

Strength and Stretch 9am-10am Susan

540-220-4831

TUESDAY

Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322

Muscle Memory Strength Balance

10:00AM-11AM Natine (321)609-0999

Tap & Jazz 11AM-12PM \$2/\$3 Marsha

(321)264-2776

Connie's Card Making (2nd Tues)

11:30AM-12:30PM \$4/\$5, Connie

(410) 598-3755

Mahjong 12:30 PM-3:30PM \$2/\$3 Andi

(321)385-3595

Beginning Tap Class 9am-10am \$2/\$3

Darling Damsels Bridge 1PM-3:30PM

\$2/\$3 Kathy (321) 268 4827

Tai Chi, 1PM-2:30PM \$4/\$6 Ada

(321)848-4689

Zumba Toning 6pm-7pm \$7/\$8 Robin

321-514-5945

WEDNESDAY

Line Dance Class Beginners 11am-Noon

\$3/\$4 Yvette 321-258-6534

Zumba Gold 9:15AM-10:15AM \$7/\$8

Robin (321)514-5945

Golden Hearts Senior Fitness- Wednesday

11AM-Noon \$5/\$6 Robin 321-514-5945

Hurricane Rug Hooking (2nd & 4th Wed)

10AM-2PM \$2/\$3 Fonda (321-298-2796

Duplicate Bridge 11:30-3:30pm John

321-269-5525 \$2/\$3

Line Dance Class-Intermed 4:45 to 6pm

\$3/\$4

Beginning Ballet/Lyrical 9am-10am

Susan 540-220-4831

THURSDAY

Bingo (Play begins at 10AM) 9AM-2:30PM

Varies (#of cards played) Cat (321) 231-1135

Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831

Zumba 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945

Zumba Gold Tone/Chair Thursday 11AM-Noon

\$7/\$8 Robin 321-514-5945

FRIDAY

Euchre - Friday 10AM-1PM \$2/\$3 Barbara

321-750-2679

Muscle Memory Strength Balance

10:00AM-11AM \$2/\$3 Natine (321)609-0999

No Brevard Line Dance (Impr/Intermed)

Noon-2pm \$3/\$4 Yvette 321-258-6534

Line Dance Social (last Friday of the month)

noon-3:00pm \$5 Yvette 321-258-6534

SUNDAY

Intermed./Adv'd Line Dance Class 2PM-

4PM \$5/\$6 Pat (321)268-2333

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

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;

10:30-11:30am (Dr's permission req'd)

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

Poker: Straight 10am-2pm; Noon-3:30pm

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

Vets-to-Vets Cafe 3:30-5:00pm (4th Mondays)

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

Hand & Foot 11:30am-3:30pm

Fitness Fun 9:15-10:15am

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

(1st & 3rd Tues)

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm

(On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

Bingo 11:30am-3:30pm Doors open at 9am.

Food available to purchase

Bone Builders 9:15-10:15am;

10:30-11:30am (Dr's permission req'd)

Bridge 9:30am-12pm

Darts 4:30-6pm (2nd & 4th Weds)

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

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

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct

(Last Saturday of month)

Tour our facility any weekday 8:30am to

4pm. Our Center is run 100% by volunteers.

Consider becoming a member and

volunteering.

The Center is available to rent for

seminars, adult birthdays, baby showers,

anniversaries, weddings, etc.

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

MONDAY PROGRAMS

Billiards 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

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

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

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

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

Pinochle - 12:15-4:00 pm

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

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

SATURDAY PROGRAMS

Shuffleboard Open Practice - 9:00

am - noon

Duplicate Bridge - 12:30 - 4:00 pm

Rubber Bridge - 12:30 - 3:30 pm

Helping Seniors Info Series

AUGUST 2026

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

Scam Jam: "What AI Is":

Friday, August 7 | 10:00 AM - 2:00 PM

**Zon Beachside • 1894 S. Patrick Dr.,
Melbourne**

FREE Artificial Intelligence for Seniors Workshop (Lunch Included)

Artificial Intelligence (AI) is changing the way we live, work, communicate—and even how scammers target us. Join us for this informative workshop designed to help seniors and their families understand AI in plain English, discover practical ways it can improve everyday life, and learn how to recognize and avoid AI-powered scams.

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

Senior Resource Center Events:

**Helping Seniors Info: 321-473-7770 and/or
HelpingSeniorsOfBrevard.org.**

**Senior Resource Center - 1344 S Apollo Blvd -
2nd Floor - Melbourne FL 32901**

The Senior Resource Center of Brevard is your hub for trusted senior information, education, and community resources. Home to the Helping Seniors Information Helpline, broadcast and podcast studios, and an extensive information library, the Center offers programs, workshops, and connections to services that help seniors and their families thrive.

Friday - August 14th - 100pm-230pm

- Senior Planet - Senior Planet Tech Talk

Free help for older adults build technology skills - with our millennial expert Bri Prentice. Special guests: Raaha Sellamuthu & Tech Team (Mindcare Medics)

**Wednesday - August 19th - 1000am-
1100am - Coffee with a Cop**

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

**Wednesday - July 19th - 1100am-200pm -
Trash or Treasure**

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



Find SCG-TV:
Spectrum Channel 499
Comcast (North Brevard) Channel 51
Comcast (South Brevard) Channel 13
AT&T U-Verse Channel 99

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



**12pm - 1pm
Wednesdays**
Listen on 90.3 WEJF-FM Radio
or online WEJF.net



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



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 dietitian 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 921-751-6771.

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, PA., 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@clrm.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 DeLaura, Financial Advisor | Raymond James, Monday, August 24th, at 2pm. Join financial advisor Jim DeLaura 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, PA., 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:

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