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Letter from the Publisher



September brings us Labor Day and the first day of autumn. Hard to believe that summer is “officially” over, we know better. But this does bring up an important item to remember, please watch out for school zones. Our future generation of seniors will thank us. And can the return of our snowbirds be far behind?

Have you had a chance to buy raffle tickets from our partner Helping Seniors of Brevard's car raffle? The winner gets to select from several exciting NEW autos. Plus your purchase gets you into the American Muscle Car Museum for the winner drawing event. Sure to be fun. This nonprofit civic organization is key to assisting the seniors in need here in Brevard. You can learn more by going to www.helpingseniorsofbrevard.org.

We would like to invite you to view our website, www.seniorscenemag.com. You will find a comprehensive presentation of our current and past issues, along with featured articles and an exclusive Bonus article. You can also visit our latest news as published on our facebook page. It's easy to navigate and user-friendly. Enjoy!

The fall months normally bring more Senior and Health Fairs and Expos. 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.

Take care and please be safe.

See you next month.

A handwritten signature in black ink, appearing to read "John".

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About Helping Seniors ...

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

Fifteen years ago, Joe Steckler—the man who simply couldn't stay retired—began the work that became Helping Seniors. Joe first retired from the U.S. Navy as a Captain after an exemplary career of service to our country. He later "retired" again after founding the Brevard Alzheimer's Association and developing the Joe's Clubs respite care program. Yet Joe saw another unmet need: seniors and their families needed a trusted place to turn for help navigating the challenges that often accompany aging.

That vision became Helping Seniors of Brevard, a 100% local nonprofit with a simple but powerful mission: To Inform, Educate, and Connect Seniors and their families with the resources they need for a safer, more confident aging journey.

For 15 years, Helping Seniors has answered that call—more than 4,500 times each year through its free Senior Information Helpline at 321-473-7770.

People contact Helping Seniors about virtually every aspect of aging—from legal, financial, and healthcare concerns to housing, transportation, caregiving, and help at home. Whatever the challenge, the goal is the same: helping seniors and families find practical solutions and reach the "next safe harbor" on their individual aging journeys.

Helping Seniors also welcomes visitors to its 5,600-square-foot Senior Resource Center, located on the second floor of the Apollo Professional Tower at 1344 S. Apollo Blvd. in Melbourne. There, the organization offers educational programs, community resources, and practical tools to help people create their own personal aging plan—something Helping Seniors affectionately calls "Getting Your Ducks in a Row."

Free educational programs are offered regularly at the Center and throughout Brevard County. They include Java with Joe – Coffee with a Cop and Senior Education programs on the third Wednesday; Knowledge College for



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About Helping Seniors ... cont'd on pg 45

The Invasion Of Palm Bay General Development Corporation

By Diane Barile

A small plane glided over the post-Civil War town of Tillman, renamed Palm Bay, fitting the excitement of the Florida land boom and bankruptcy of the Great Depression of the 1930s. Post World War II times of the late 1950s brought streams of new residents to the local real estate market for land and new houses.

The plane circled the palm tree ringed harbor and then turned to the west of Turkey Creek and over a grid of drainage canals left from a 1916 project to drain prairies and marshes for agricultural development. The airplane passengers grinned and nodded in agreement. The 185 miles of canals meant that the initial cost of land drainage was already done creating a community pattern – perfect for land sales.

Passengers on the plane included one of the Mackle brothers who sold homes all over Florida. His protégée and companion aboard was the new president of the subsidiary, General Development Corporation. The place they saw was a potential bonanza with drained land, no taxes and a weak local government.

In their minds, they saw the new City of Port Malabar, adjacent to the village of Palm Bay. General Development

had purchased 2,450 acres for its Welcome Center and first 130 homes. There were options for purchase of ranch lands and pastures west toward the St. Johns River.

Even as the flyers were optimistic, in 1959 the people below had their own pressures. The City of Melbourne, sharing boundaries with Palm Bay and West Melbourne, proposed to annex them both to expand its tax base. The smaller towns carried no city taxes and saw no advantage in becoming part of Melbourne. In 1960 Palm Bay incorporated blocking Melbourne's efforts.

The Palm Bay City Council met at a stucco City Hall where Palm Bay Road crossed the Florida East Coast Railroad tracks. Meetings were often interrupted by the loud rumbling of trains passing a few feet from the City Council proceedings. Sometimes it seemed the engine would run through the shaking building. Issues facing the new city became so heated that police paced the aisle between the warring factions.

Managers of General Development (GDC) were politically active, hosting council members to extravagant airplane

The Invasion Of Palm Bay ... continued on pg 44

LUXURY VACATIONS

Celebrity Apex sailing from Port Canaveral, January 23-30th, 2027 visiting Key West, Grand Cayman and Cozumel: Infinite Verandas starting at \$900pp, plus \$120 onboard credit for the room based on double occupancy. Deposit of \$250 per person due by July 1st, 2026.

Highlights of Route 66 with Mother Road Festival & Albuquerque Balloon Fiesta
Sept 23- October 8th, 2027 trip includes highlights



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

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 We will be visiting Valdez, taking a cruise on Prince William Sound along the Columbia Glacier, seeing the trans-Alaska pipeline, going to the largest national park in the United States, Wrangell-St Elias National Park and Preserve as we work our way to Fairbanks. Then we will be taking the Alaska Railroad back down to Denali National Park, which will include the tundra Wilderness Tour into the park with our naturalist guide. We will finish with an excursion to Seward and Kenai Fjords National Park, taking a cruise looking for whales, orcas, bears and more! Come join us for some fun! Rates start at \$5457pp based on double occupancy. Deposit is \$250pp and is nonrefundable.

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COVER STORY

John Enslow - Life's Pulse Through Lens and Brush

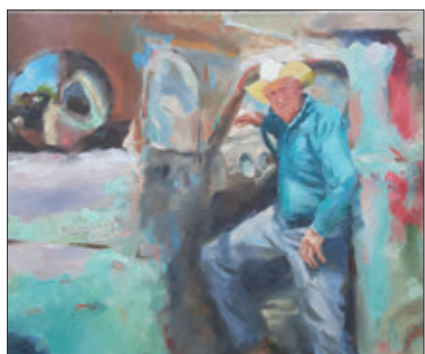


"Men go abroad to wonder at the heights of the mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering."

—Saint Augustine

I've spent decades hunting life's pulse – through lens and brush – and what I've caught are raw moments where life teems: that warm glow of sunlight breaking through, the full, rich perfume hanging in the air. My images don't just show it – they pull you inside the very heartbeat of the moment.

I seek life. I capture it. To me, a painting isn't decoration – it's proof. A record of breath, mood, motion. Words fall short; the image should hit like a heartbeat. I want you to feel it before you name it – alive, electric, urgent.



Freedom lives in the shutter, the stroke. The ordinary flips extraordinary the second I notice: every leaf, every shadow, pulsing. My heart races – I can't move fast enough. Art isn't tomorrow. It's now. You stay awake, tuned, watching.

And yeah – some sights are so perfect, they feel private. Like God whispered them just for me. When He does, I paint. We see them together. That's the real thing, ART. 

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TALK WAS.....

Buddy Holly - Revolutionary Performer, Writer and Artist *By George Khoury*

During September we celebrate the birth date of Buddy Holly. Critic Bruce Eder has called Holly "the single most influential creative force in early rock and roll." This statement covers some heady ground considering Elvis, Little Richard, Chuck Berry, Roy Orbison and Jerry Lee Lewis. His success lasted slightly under two years but did inspire the Beatles, The Rolling Stones, Dylan and Clapton.

In 1986 he was in the first class to enter the Rock and Roll Hall of Fame. Rolling Stone Magazine ranked Holly #13 among "The Fifty Greatest Artists of All Time." Born September 7, 1936 in Lubbock, Texas, he was always called Buddy by his family. His older brothers taught him guitar, banjo and steel guitar. His skills developed so rapidly that he won a talent contest at five years old.

He continued to sing and play his instruments well into junior high school when he met Bob Montgomery. They formed a bluegrass duo and performed at schools, talent shows and local radio stations that featured regional acts. His junior high school and Lubbock High School also have honored Buddy. 1955 was a pivotal year for Holly. That year he saw Elvis perform and was impressed enough to incorporate a rockabilly sound to his band. Later that year, they opened

for Presley in Lubbock and caught the eye of a Nashville talent scout. Holly continued his transition to rock and opened for Bill Haley & His Comets.

The Haley show led to a contract with Decca Records in February 1956. The contract misspelled his name from "Holley" to "Holly." His Nashville recordings were a disaster. He had no input and the sessions were confining. The sounds went no where and on January 22, 1957, Decca informed him that his contract would not be renewed.

His reworked song, "That'll Be The Day" from the John Wayne movie, "The Searchers" topped the charts on September 23, 1957 in the United States as well as England. Things were exploding for the band. They made an appearance on the Ed Sullivan show on December 1 and sang "Peggy Sue," and "That'll Be The Day."



Buddy Holly... continued on pg 46

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What Needs To Be Considered Before Making Lifetime Gifts?

By Attorney Truman Scarborough

A full description of estate planning would include the accumulation, preservation, and gifting of property. While most of our lives are devoted to the acquisition and preservation of assets, in time the focus moves to gifting. Gifting is not limited to the transfer of assets at our demise. It may occur throughout our lives with gifts to family, church, and charitable organizations. Major lifetime gifts to adult children can include helping them with educational expenses or the purchase of a home. There are benefits to life time gifts, including observing how children are able to handle money; working with them to see that funds are used wisely; and witnessing the happiness our gifts bring. By gifting we can find satisfaction and fulfillment in our lives.

While a recipient does not have to pay income taxes on these gifts, there are other issues that should be considered when making a lifetime gifts. In this article we will be looking at three of these:

STEPPED-UP BASIS FOR CAPITAL GAINS TAX: Gifting of appreciated real estate or securities can result in the person who receives the property paying higher capital gains taxes. When the property is sold, the appreciation in value is reported as capital gain. The gain is calculated by subtracting the "basis" from the sales price. The purchase price plus closing costs and costs of improvements is the basis in the property. With a gift, the child takes your basis in the property. However, if the child receives property at your demise, he/she obtains a "stepped-up basis", which is the value of the property at time of your demise.

For example, if you purchased property for \$100,000, that is now worth \$200,000 and gave it to a child during your life, he/she would take your basis of \$100,000. If he/she then sold the property for \$200,000 there would be a \$100,000 in taxable capital gains. But if it went to the child at your death, he/she would receive the date of death value of

\$200,000 as the basis. If your child then sold it for \$200,000 there would be no capital gains and no tax.

LOOK-BACK PERIOD FOR MEDICAID: Long term nursing home expenses are covered by Medicaid. Unlike Medicare, Medicaid is only available to those persons who meet an income and asset test. Gifts within a five year "look-back period" can disqualify a person for Medicaid benefits.

What Needs To Be Considered... continued on pg 35

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Melbourne Municipal Band Plans a Year of "Music that Moves You"

Melbourne Municipal Band is old enough to draw Social Security, but the official band of the City of Melbourne, now in its 62nd. season, is more like an active twenty-something when it comes to performance schedule.

Make that several active twenty-somethings, since Melbourne Municipal Band is more than one band, but rather is a conglomerate of musical groups that includes the Concert Band, 3-2-1 Jazz Orchestra, the Rock & Roll Revue, Oh Golly Dixieland Band, Sunshine Brass Quintet, Adagio Sax Quartet and the Swingtimers Vocal Trio.

Even though there is cross-pollination from one group to another, it is still a lot of musical groups playing a lot of

concerts...and most of them are free, a price that is hard to beat.

For the 2026-2027 concert season, MMB has crafted a series of concerts that should scratch the musical itch of most.

- "Rockin' Autumn"
Rock & Roll Revue, 3 p.m.,
Sunday, September 13,
Suntree United Methodist Church, 7400 N. Wickham Rd.
- "On the Job"
MMB Concert Band, 7 p.m., Wednesday and Thursday,
Sept. 16 and 17, at MMB's home venue, Melbourne
Auditorium, 625 E. Hibiscus Blvd.
- "Pipes and Reeds"
Adagio Sax Quartet, 3 p.m., Sunday,
Sept. 27, Suntree United
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*Melbourne Municipal Band...
continued on page 46*

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How to Use AI to Fight AI Scams

By James Bowman, Data Rescue Computer Service

The basic idea behind “using AI to fight AI scams” is sound: you can use an AI assistant as a second set of eyes on suspicious emails, texts, websites, and messages. AI can identify patterns such as urgency,

impersonation, suspicious requests, unusual wording, and potentially deceptive links.

How I recommend using AI against scams:

1. Don't click first—analyze first.

If you receive a questionable email, copy the text into ChatGPT and ask:

“Is this likely to be a scam? Identify every red flag and tell me what I should verify.”

You can also paste the sender's address and the visible link, without clicking it.

2. Ask AI to look beyond spelling mistakes.

This is important now. Good grammar is no longer evidence that an email is legitimate. AI can produce polished phishing messages, including personalized ones.

3. Have AI explain what the scammer is trying to accomplish.

For example:

“What information or action is this message trying to get from me?”

That can reveal that an innocent-looking “invitation” is actually trying to get you to log in, provide a phone number, install software, or make a payment.

4. Verify independently.

This is the most important step. AI should help you investigate, not be the final authority. If an email supposedly comes from your bank, Amazon, Microsoft, a friend, etc., go directly to the organization's known website or use a phone number you already have—not a

link or number supplied by the suspicious message.

One important warning:

Don't paste sensitive information into an AI tool—especially passwords, Social Security numbers, credit-card numbers, account recovery codes, or private financial information.

And don't rely on an AI detector to tell you whether a voice, photograph, or video is genuine. Current detection technology isn't reliable enough to make that your only defense. Independent verification remains much safer. ☹

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Creating Income In Retirement

By Max Valavanis, CFP®, CFS®

For nearly a century pension plans were the backbone to the American retirement system. Millions of retirees relied on the steady income flowing from their former employer's pensions as they aged. This opportunity has since diminished to only 11% of the private workforce according to the Pension Rights Center. If you are nearing retirement or have recently retired, this important piece of the retirement pie is likely missing! Across the nation, most retirees now have to develop complex and potentially risky plans to compensate for their lack of income. However, there are still options available for seniors to potentially develop their own pensions.

Having a guaranteed income used to be a relatively simple task, but now it's evolving into a mammoth undertaking. Social Security was once a safety blanket that every retiree could rely on, and now its benefits are in danger of being eroded. The Social Security Administration itself stated that the program is only fully funded until the year 2034. This, coupled with the volatility of the stock markets, means that retirees are struggling to find sufficient and reliable income. As a result, our roles as Financial Planners have adapted to meet the changing long-term needs of our clients.

Retirement income planning must also take into account the increasing longevity of American retirees. According to the Society of Actuaries, for a couple who is 65 years old today, there is a 50% chance that one of them will live to age 92! These factors, along with other considerations, changed the landscape of income planning.

You may have heard of the "Trinity Study" of 1998 which popularized the concept of the 4% withdrawal rate. This study, commissioned by three university professors, essentially proved how to invest in the markets and not go "broke" while only withdrawing 4% annually. At the time of publishing, the concept was relevant and effective. Now, according to the founder of this concept, William Bengen, new research suggests the same is not true for today's economy.

Retirement planning these days requires a departure from the old-school thinking of stockbrokers and mutual fund salesmen. Retirees must now understand it is possible to transfer the risk of going "broke" using innovative

Creating Income In Retirement continued on page 45

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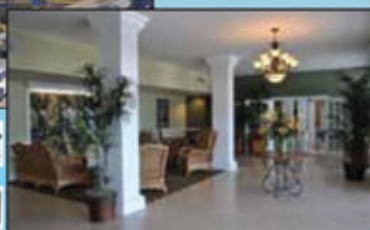
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World Alzheimer's Month

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

World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. World Alzheimer's Month was launched in 2012. World Alzheimer's Day is on 21 September each year.

2 out of every 3 people globally believe there is little or no understanding of dementia in their countries. The impact of World Alzheimer's Month is growing, but the stigmatization and misinformation that surrounds dementia remains a global problem, that requires global action.

The Global Impact Of Dementia (Alzheimer's disease and other dementias):

Around the world, there are 10.2 million new dementia cases in 2015 – one every 3 seconds.

46.8 million people worldwide are living with dementia in 2015. This number will almost double every 20 years – by 2030, 74.7 million, and 2050, 131.5 million.

Much of the increase will take place in low and middle income countries – in 2015, 58% of all people with dementia live in LMIC, rising to 63% in 2030 and 68% in 2050.

The total estimated worldwide cost of dementia in 2015 is \$818 billion; by 2018, it will become a trillion dollars, rising to 2 trillion dollars by 2030.

If 'global dementia care' were a country, it would be the 18th largest economy in the world exceeding the market values of companies such as Apple and Google – Dementia (\$818 billion), Apple (\$ 742 billion), and Google (\$368 billion).

Number of people living with dementia in each world region in 2015 – The Americas (9.4 million), Europe (10.5 million), Asia (22.9 million), and Africa (4.0 million).

Impact Of Dementia In The United States (Alzheimer's and other dementias):

Number of diseases in the 10 leading causes of deaths in the U.S. that cannot be prevented, slowed or cured – Alzheimer's disease stands alone. It is the 6th leading cause of death in the U.S.

An estimated 5.5 million Americans of all ages are living with dementia in 2017, and that includes estimated 5.3 million people age 65 and older (i.e., one in 10 people age 65 and older) has dementia.

World Alzheimer's Month continued on pg 39



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SENIOR NEWS LINE

Part D Drug Plan Costs Going Up

By Matilda Charles

Many of us avoid talking about politics, but now and then an issue comes along that needs to grab our attention.

The one we need to be concerned about now is the Medicare Part D subsidy that will expire at the end of the year and won't be offered in 2027.

It started as the Part D Premium Stabilization Demonstration and was intended for those with stand-alone Part D drug plans. The money, \$3.6 billion this year alone, was given to the drug companies to protect consumers from price spikes in the premiums. It helped 25 million beneficiaries.

And now it's going away.

What does it mean for us? Likely it means higher monthly premiums for our Part D drug plans. The pundits who talk about these things think that our monthly drug plan premiums will only go up \$10 per month. Others say it will be \$20 per month, or maybe even lower than we're paying now. At this point they're only guessing.

Between now and the end of the year we need to learn how to study the various drug plans. Become familiar with the

Medicare drug plan comparison tool at www.medicare.gov/plan-compare.

And, as much as I hate to even contemplate it, we need to figure out how to shave even more from our monthly expenditures. One place to start is with the cost of our drugs.

Look for lower costs for your prescriptions at WellRx (www.wellrx.com), GoodRx (www.goodrx.com), SingleCare (www.singlecare.com) and Community Cares (www.communitycaresrx.com).

Learn how to navigate Trump's drug website (trump.rx.gov), although they don't have all drugs listed yet.

Talk to the pharmacist where you get your prescriptions. Many pharmacies use a generic plan to save customers money -- and the savings can be significant.

With a little preparation, we can be ready for whatever is coming. Ⓢ

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Where Can A Retiree Volunteer?



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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 mosganized “Just in Case Binder” can be a tremendous gift for your family – just when they need it most.

Retirement can bring a wonderful sense of freedom—but it can also leave us wondering, “What comes next?” For many older adults, volunteering provides an answer. It offers an opportunity to stay active, meet new people, share years of experience and, perhaps most importantly, continue to make a difference.

A Win-Win

Volunteering isn’t simply about helping others. It can be good for the volunteer, too! Winston Churchill famously said, “We make a living by what we get, but we make a life by what we give.” Staying involved in the community can provide structure and purpose to our days, social connections and the opportunities to learn new skills. It can also help combat the isolation that sometimes accompanies retirement, relocation or changes in family and work life.

Use Your Skills

One of the greatest advantages of volunteering later in life is the opportunity to use the knowledge and experience you’ve accumulated over the years. A retired teacher may enjoy tutoring or mentoring. Someone with an accounting background might help a nonprofit with finances. A former business owner may have valuable organizational or leadership skills. Someone who simply enjoys people may find that greeting visitors, passing out programs at a concert or delivering meals is just as rewarding.



Where in Brevard?

The Space Coast offers many opportunities for older adults who want to stay involved. Aging Matters in Brevard takes part in the AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP), connecting adults aged 55 and older with local volunteer opportunities that match their skills and availability. Current opportunities include Meals on Wheels, transportation for seniors and veterans, and meal preparation.

Brevard County’s BRAVE program—Brevardians Responding as Volunteers—provides opportunities to support county services, including libraries, parks, public works and administrative offices.

Senior centers, churches and synagogues, food pantries, animal shelters, museums, zoo, veterans organizations, performing arts groups and so many more deserving nonprofits rely on the service of volunteers.

Start Slow

Consider whether you want to work with people, animals, children, veterans, seniors—or behind the scenes using your professional skills. When you find something that interests you, start with a few hours a month.

A volunteer position (or a paying job) can be more than something to fill the calendar. It can help us realize that we still have something important to contribute. On October 9, connect with Space Coast organizations offering job and volunteer opportunities, during the Senior Job & Volunteer Fair at One Senior Place in Viera. For more information, call 321-751-6771 or visit www.OneSeniorPlace.com. ⓘ

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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News from Helping Seniors Non-Profit

SEPTEMBER 2026



Your 2026 Aging Plan! Getting Our Ducks in a Row!



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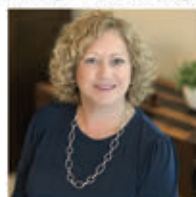
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Time for New Wheels?

Kerry Fink

Executive Director - Helping Seniors

Life is a journey, and we are always on the move! At Helping Seniors, we encourage folks to develop an Aging Plan—what we call **"Getting Your Ducks in a Row"**—so ideas are in place to navigate likely scenarios. One area deserving special consideration is **Transportation**, which we pair with **Organization** as one of the seven pillars of a good Aging Plan.

Sometimes, it is time for **"New Wheels"**—perhaps because it is wise to "hang up the keys" and let someone else do the driving for safety and comfort. Ride-sharing services like Uber and Lyft, combined with good transportation options in Brevard County, can provide solutions—especially with advance planning. This edition of **Helping Seniors News** explores some of those ideas.

Another kind of **"New Wheels"** is very near and dear to us—the **Helping Seniors Car Raffle**, now in its 10th year! On Sunday, October 25, 2026, someone (might as well be you!) will win their choice among **seven brand-new cars** from our friend AJ Hiers and the Boniface Hiers auto dealerships.

It all happens at the **American Muscle Car Museum**, thanks to our friend Mark Pieloch, during our **"Sunday at the Museum"** event—with amazing cars inside, a car show outside, and trunks filled with candy for the kids!

Get details and tickets at **321-473-7770** or **HelpingSeniorsCarRaffle.com**.

Let's get rolling!



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Your Aging Plan - Plan Now to Reduce Future Stress

Nancy Deardorff
Operations Director - Helping Seniors

An effective Aging Plan includes preparing for the death of a spouse or a partner ahead of time, preventing confusion and delays later.

Plan time to sit and talk with your spouse or partner about your plan for when one of you passes away. Not a pleasant conversation, but a necessary one.

Take time to review who takes care of household bills such as rent or mortgage payments, utility bills, homeowners and property insurance, car payments, credit card payments, cell phone, internet bills, etc. The list goes on. Are these accounts paid online? If so, does your partner know account numbers and how to access these accounts so bills may be paid on time.

If you are not the regular bill payer, ask your spouse or partner to show you the payment schedule, passwords, account numbers, and whether payments are made online, by mail, or automatically from a bank account.

Vehicle ownership should be checked as well. In Florida, a surviving spouse may need a certified death certificate, proof of identity, and possibly a marriage certificate to transfer or update a vehicle title or registration. Homeowners insurance, utilities, cable, and other services may also need to be changed into the surviving partner's name.

An important thing to keep in mind upon the death of a loved one, is the death certificate. Many organizations may require an original certified copy such as, banks, life insurance companies, retirement plans, pension administrators, government agencies, vehicle title offices, and probate or estate representatives. Some may accept a copy, but others may require an original certified copy and they will keep it, so it is wise to order several certified copies at the beginning.

Another crucially important part of your aging plan is transportation. If you depend someone else for transportation, and that is no longer an option, how will you get to where you need to be such as medical appointments, grocery or even social events. This is important to plan, even if you yourself drive. You should have a plan if you reach the point where you no longer can drive yourself.

Preparing now is not giving up hope; it is giving yourself support, security, and peace of mind.



Helping Seniors is here for you.

For Resources and/or if you would like to donate visit HelpingSeniorsofBrevard.org or call us at (321) 473-7770.



**Organizing Your Home
for the Life You're Living Now!**

Christina Knowles
Make Space Now

Our homes tell the story of our lives. Over the years, we accumulate belongings while raising families, building careers, enjoying hobbies, and creating memories. But as our lives change, our homes need to change with us.

Decluttering and organizing aren't simply about getting rid of things or having less. It starts with getting clear on one important question: How do I want to live now?

We often hold onto things connected to earlier chapters; careers, hobbies, family life, and routines that may no longer fit who we are today. Those things can hold wonderful memories, but we don't have to keep everything to honor the life we've lived.

Letting go doesn't erase the past. It allows us to consciously choose what deserves a place in our future.

As we age, an organized home can also support safety and independence. Clear pathways, having everyday items within easy reach and simple organizing systems can reduce unnecessary bending, climbing, lifting and daily frustration.

If you don't know where to begin, start with clarity. What matters to you now? What would make your home easier, safer, and more enjoyable?

Your home should support your life, not overwhelm it. "Make Space Now" can help you create a clear plan and move forward.

Christina Knowles, Owner
Make Space Now, LLC.

321-312-7959 - MakeSpaceNow.com



**Don't Miss Out on Transportation
Benefits: Prepare for
Medicare Annual Enrollment**

Vicki Moore
Moore Insurance Solutions

Finding transportation to and from medical appointments is a growing struggle for many older adults. Transportation is the number two reason seniors call into the Helping Seniors Information line. Missing doctor checkups, therapy, or pharmacy visits can lead to serious health complications. Original Medicare generally does not cover routine, non-emergency medical transportation. Fortunately, specific types of Medicare plans bridge this critical gap by offering non-emergency medical transportation as a supplemental benefit.

Medicare Advantage (Part C) plans frequently include routine rides to medical appointments, lab visits, and local pharmacies at no extra cost. For individuals who qualify for both Medicare and Medicaid, Dual-Eligible Special Needs Plans often offer even richer benefits.

The Annual Enrollment Period (Oct. 15 – Dec. 7) is the ideal time to review and compare plans, as well as learn about important 2027 Medicare changes.

Seniors in Brevard County can easily navigate these options by contacting Vicki Moore, a trusted licensed agent, of Moore Insurance Solutions, located inside the Helping Seniors Resource Center at 1344 S Apollo Blvd, Suite 2C in Melbourne, FL.

Moore Insurance Solutions is scheduling personalized appointments now and is hosting informative Medicare Review Events on Oct. 2 and Oct. 6 at the Resource Center. To reserve your spot or book an appointment, call 321-272-0218 or email vicki@mooreinso.com today.



Helping Seniors Of Brevard



**Keeping Seniors Connected
Through Transportation**

Aging Matters - Brevard

For many older adults, having reliable transportation can mean the difference between feeling independent and feeling isolated. As we age, driving may become more difficult, and giving up the ability to drive should not mean giving up the ability to live a full and active life.

At Aging Matters, our Transportation Program helps seniors get where they need to go safely and reliably. Whether it's a medical appointment, grocery shopping, the pharmacy, or another essential destination, transportation helps older adults maintain access to the resources and services they need.

Our dedicated volunteer drivers play an important role in making this possible. They provide not only a ride, but also a friendly face, a helping hand, and a connection to the community.

Your support helps Aging Matters continue providing transportation services that give seniors greater freedom, dignity, and peace of mind, helping them remain safely at home and connected to the community they call home.

When seniors can remain active, engaged, and independent, our entire community benefits.

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Program for Seniors**

**Brevard
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Our SafeRide proudly helps seniors throughout Brevard County stay connected, independent, and on the go. Whether medical appointment, pharmacy visit, or a grocery trip, SafeRide offers transportation to essential destinations that matter most.

What makes SafeRide special is that we wait during appointments and provide the ride home afterward, giving clients added convenience and reassurance.

SafeRide is available Monday through Friday from 10:00 a.m. to 2:00 p.m. with vehicles that accommodate wheelchairs and walkers, along with standard vehicles. SafeRide is designed to meet a variety of transportation needs. To keep every ride dependable, our transportation vehicles are inspected daily to support safety, reliability, and peace of mind.

SafeRide is offered for just \$10 each way or \$20 round trip, with additional donations gratefully accepted to help keep this valuable service moving.

Appointments fill quickly, so we encourage families and clients to schedule as early as possible. A minimum of two weeks' notice is requested.

Joe's Club also welcomes vehicle donations to help sustain SafeRide and continue providing meaningful transportation support for seniors across Brevard County.

Ready to schedule a SafeRide appointment or learn more? Call Karlee at 321-253-4430, ext. 116.

Brevard Alzheimer's Foundation
4676 N. Wickham Rd - Melbourne, FL 32935



10th Annual Helping Seniors Car Raffle

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

It is ON! The 10th Annual Helping Seniors Car Raffle fundraiser to support the work of the Florida non-profit is GO for Sunday afternoon, 1p-4p, October 25th 2026 at the world-famous American Muscle Car Museum in Melbourne, Florida.

In addition to a fun and family-friendly Sunday Afternoon at the Museum (need not be present to win), our Grand Drawing winner takes home their choice of 1 of 7 new 2026 cars from the Boniface-Hiers family of dealers.

It's Winner's Choice and, this year, our Winner gets to choose from 2026 models including the Mazda Miata Convertible, Jeep Compass Sport, Chevrolet Colorado Truck, Dodge Hornet, Mitsubishi Outlander, Mazda 3 Sedan, and Kia Sportage.



This event is the major fundraiser for the 100% local-to-Brevard Helping Seniors charity now into 15 years of service to Space Coast Seniors and families and we are grateful to Mark Pieloch and the wonderful American Muscle Car Museum team for having us back, once again, for the fun and festivities of this winning Celebration!

It's a family-friendly Sunday Afternoon Fall Festival event designed for all ages – inside and outside the Museum and with a special treat in store for the Kids!

Each ticket donation (1 for \$25 or 5 tickets for \$100) offers three great benefits:

(1) Each ticket is an entry in the Drawing Barrel for a chance to win one of seven amazing new cars!

(2) Each ticket is your "Admit One" to the Grand Drawing Sunday afternoon, October 25th, 2026 at the American Muscle Car Museum. You don't have to be present to win, but why miss the fun?

(3) Each ticket is a donation to the Helping Seniors of Brevard County, Inc., 501(c)(3) charity and goes to support the many programs that help our area Seniors.

Tickets are \$25 for one ticket or \$100 for five. Get tickets at all Boniface-Hiers auto dealerships, by calling **321-473-7770**, at our Resource Center and/or through one of our many sponsor partners, and/or online at **HelpingSeniorsofBrevard.org**.

**YOUR TICKET DOES MORE THAN ENTER YOU TO WIN!
IT'S YOUR TICKET TO A GREAT SUNDAY AFTERNOON!**



SUNDAY AT THE MUSEUM

October 25 • 1-4 PM

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Your Car Raffle ticket includes admission to the Grand Drawing Event!



Inside

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Outside

Enjoy a great car show featuring Classics, Muscle Cars & Exotics.



For the Kids

Trunks with Treats and Fall Festival fun!



Why Now Is the Perfect Time to Downsize

Carlett Deliquadri, Broker
Flamazing Real Estate, Inc.

For many older adults, the family home holds a lifetime of cherished memories. While those memories are priceless, maintaining a larger home can become physically, financially, and emotionally overwhelming. Downsizing before it becomes a necessity allows you to make decisions on your own terms rather than in a health crisis or unexpected life event.

The key is to start early. Don't wait until you're forced to move. Taking small steps over time makes the process far less stressful.

Think about your future lifestyle. Do you want less maintenance, a home with fewer stairs, or to be closer to family? Having a plan helps you make informed decisions that support your long-term independence.

As the Broker/Owner of Flamazing Real Estate, a nurse, and a Senior Real Estate Specialist (SRES), I understand that downsizing is much more than a real estate transaction, it's a major life transition. I work with a trusted network of professional organizers, estate sale companies, movers, contractors, senior living advisors, and other experts to help make the process as smooth and stress-free as possible.

Downsizing isn't about giving up your home. It's about creating a lifestyle that offers more freedom and greater peace of mind. The best time to plan your next chapter is before you have to.

Carlett Deliquadri, Broker
Flamazing Real Estate, Inc.

321-223-5665 FlamazingRealEstate@gmail.com



Steps to Stay Steady: Why Balance is Your Key to Confidence and Freedom

Peter Renz, DPT
FYZICAL Therapy & Balance Centers

When we think of health, we often focus on strength or heart health, but good balance keeps us moving smoothly, confidently, and independently.

Breaking the "Caution Cycle" - Feeling wobbly often sneaks up quietly. You might start avoiding uneven ground, skipping dimly lit restaurants, or hesitating to play with grandkids. Moving less to "play it safe" weakens muscles and stiffens joints, making you wobblier. Noticing these hesitations early is key to reclaiming your confidence.

Retraining Your Balance System - Balance relies on teamwork between your eyes, inner ear, and sensory signals from your feet. When those signals slow down, walking takes extra mental effort. Fortunately, balance acts like a muscle and can be retrained. Physical therapy sharpens this system through targeted head-tracking, surface stability, and weight-shifting drills.

Action Steps to Take Today

- * Review Medications
- * Keep Sight & Hearing Sharp
- * Wear Supportive Shoes
- * Get a Balance Check: A physical therapist can spot small stability issues before they cause a fall.

September is National Falls Prevention Awareness Month, the perfect time to prioritize staying steady so you can keep saying "YES!" to the life you love.

Peter Renz, DPT, owns FYZICAL Therapy & Balance Centers Brevard Beaches (Indialantic and Melbourne Beach, FL), specializing in balance disorders, inner ear rehab, concussions, and fall prevention. Join us at our Wellness Series event on Sept 24!



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Palm Bay enters August 2026 with a housing market that offers stability, choice, and a comfortable pace, ideal for seniors planning their next move.

Current data shows approximately 2,900 active listings, a median listing price near \$350,000, and homes averaging 65 days on the market. This slower, more predictable rhythm stands in contrast to the fast-moving pandemic years and gives older adults the time needed to make thoughtful decisions.

Sellers continue to perform well, with homes selling for about 98% of their list price. At the same time, the 1.61% average sale-to-list price dip shows buyers still have room to negotiate, an advantage for seniors seeking affordability, downsizing opportunities, or low-maintenance living.

Palm Bay's long-term appeal remains strong. Demand from Space Coast professionals, first-time buyers, and retirees keeps the market steady, and modest appreciation is expected.

Homes priced \$300,000-\$375,000 should see the most activity, while properties \$450,000+ may benefit from strategic pricing or cosmetic updates. Well-priced homes typically sell within 45-60 days.

For senior sellers, presentation matters. Overpriced listings may linger, but well-prepared homes continue to attract solid offers.

Overall, August 2026 positions Palm Bay as a stable, buyer-leaning market with strong fundamentals, ideal for seniors.

Real Broker, LLC
305-761-8500



Don't Blame Age for Loose Teeth.

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

"Of course my teeth are getting loose-I'm getting older." - I've heard that countless times over the years, but it simply isn't true.

Healthy teeth don't become loose because of age. They become loose because the body is reacting to bacteria and hardened deposits called calculus, or tartar, that collect on the roots beneath the gums. Your body's immune system recognizes those deposits as a problem and begins destroying the bone that supports the teeth.

Here's the challenge. Research has shown that once periodontal pockets become deeper than about four millimeters, it becomes very difficult to completely remove calculus using traditional methods alone. That doesn't mean your hygienist isn't doing an excellent job. It means the problem is often hidden where it can't be seen.

For most of my career, I've had the privilege of working with outstanding hygienists and some of the nation's leading periodontal researchers. Together, we've learned that seeing the root makes all the difference. Using a dental endoscope-a miniature camera that fits below the gumline-we can often locate deposits that would otherwise remain hidden.

When the deposits are finally removed, something remarkable happens. The inflammation subsides, the body can heal, and many teeth that patients thought were destined to be lost become firmer and healthier. Age isn't the enemy. Hidden disease is.

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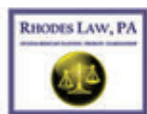
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Helping Seniors of Brevard



Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

My husband and I retired five years ago. We had the conventional life style and three years ago we sold our house and moved to a beautiful sea side retirement area.

I wanted to enjoy the retirement lifestyle too, but my work is even harder now, it just goes on and on. While my husband plays golf, boats and enjoys committee meetings I am at home cooking, cleaning and getting ready to entertain the next group of visitors from our old home town. Our family visits with the grandchildren are even worse as I have more work.

My daughter is always complaining about her two full time jobs. In spite of her having a career in the same profession as her husband, still she has to come home to a full load while he winds down reading the newspaper after "his stressful full day".

Does a woman ever get to enjoy a carefree time even in her seventies?

Sophie

DEAR SOPHIE,

Who said "a woman's work is never done"? A woman gets to enjoy carefree time only if she plans it.

Your daughter in spite of working two full time jobs is probably healthier than her husband, and statistics show she will probably out live him. His behavior is extremely annoying and a very common complaint. When will men ever learn, if they enjoy her money they must share the workload?

You on the other hand are also retired in spite of what your husband thinks. Plan a day that you are both calm and just tell him

you will no longer be the cleaning lady, cook and social planner for family and friends. Tell him you are finished and from now on you are going to think about yourself and your own needs. These people have to know that they must carry their share of the load.

When people call to say that they are coming just say that you would love to see them and that you will send them a list of suggested motels. When family visit just tell them what kind of food you want them to bring and in addition to bring their own towels and bed linens. Tell all your friends and family that you need more time to rest as you are busy in the social clubs you have recently joined. Find yourself a good cleaning person or agency, a catering service that can make special foods, and use the precooked foods now available at supermarkets, bakeries and local specialty gourmet boards.

– Audrey

DEAR SOPHIE,

I wish I could say the struggles of men and women in generations before me have resulted in a different situation for both wives and husbands in the "war" of household labor. But unfortunately, I cannot. It is hard for me to understand why. Is it societal expectations or is it genetic, is it economic? I know from my own situation I fell into the traditional role because it was easier. I allowed myself to be overworked, overburdened and responsible for both home and work. The key to changing my situation was understanding that I was allowing others to treat me in an unhealthy manner. Mom is right. You need to set boundaries and teach family and friends how to treat and respect you. It will be difficult to start because you have made it so easy for others around you. Be strong!

– Kimberley

What Needs To Be Considered Before Making Lifetime Gifts? continued from pg 13

GIFT TAX RETURN: Gift taxes are of concern to very few people. As of 2026 an individual can pass \$15,000,000 free of both gift and estate taxes. To the extent the exemption is used with lifetime gifts, it reduces the amount available at your demise. In addition there is a \$19,000 per individual recipient "annual gift tax exclusion" that does not count against the \$13,990,000.

Although no taxes are due until total gifts exceed \$15,000,000, a 709 gift tax return is required in any year when more than \$19,000 is given to a single individual. However, it has been reported that IRS believes that many taxpayers who should fail to file the 709 gift tax return.

In this article we have discussed outright gifts. There are additional issues to be considered when adding children's names to property. This will be the subject of the next Senior Scene article. §

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

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PAW'S CORNER

By Sam Mazzotta

Tracking the Source of Pet's Food Allergies

DEAR PAW'S CORNER: My cat "Starlight" has terrible skin allergies, and I haven't been able to pinpoint the cause. She does not have fleas -- I give her a monthly topical treatment and keep the house clean. She's an indoor cat, so environmental allergies may not be a problem, according to my veterinarian. Could she have a food allergy?

—Blake W. in Syracuse, NY

DEAR BLAKE: A food allergy is a possibility, and you should loop in your veterinarian regarding your concerns. That way you can work together to try to eliminate potential problem foods.

Like humans, dogs and cats can have an allergy to many kinds of food. That includes carbohydrates, including wheat or soy, and proteins like beef, chicken, lamb, fish or dairy.

Ilana Halperin, DVM, of UC Davis Veterinary Medicine explains that in order to pinpoint the allergy, they have owners eliminate any protein or carbohydrate that their pet has eaten in the past. This often means feeding a

specialized meal made with hydrolyzed protein, which the immune system is less likely to react to. Treats and flavored chews are also off the menu. This testing phase lasts about eight to 12 weeks.

It's very important to keep your pet on this strict diet for the entire period. Giving them a treat or table scraps could set off the immune response, and your pet's allergies will come roaring back.

The results of an elimination diet may be inconclusive. Pets, like humans, can be allergic to a combination of allergens -- food and dust mites (environmental), for example. Testing will take time as you and the vet work together to eliminate potential causes of your pet's allergies and zero in on the problem food or other allergen that is making them uncomfortable.

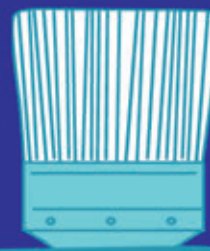
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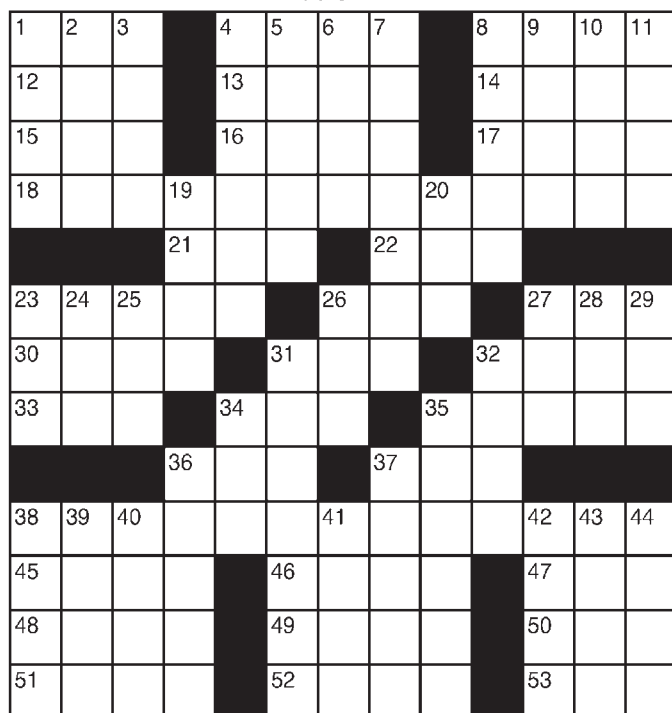
King Crossword

ACROSS

- 1 Sheepish "Hello!"
4 Out of control
8 Regretted
12 U.S. Navy vessel
13 — Crunch (breakfast cereal)
14 Singer Guthrie
15 Mel of baseball
16 Manitoba tribe
17 The same
18 Cold-hardy salad veggie
21 Whatever amount
22 Green shade
23 Kick out
26 Send electronically
27 Extinct bird
30 Sunrise direction
31 Future flower
32 Border on
33 Topsy
34 A Bobbsey twin
35 Dish
- 36 Cat's coat
37 Three, in Rome
38 Young person, metaphorically
45 Mideast airline
46 Bern's river
47 Actress Longoria
48 Lighten
49 Wall St. debuts
50 Profit
51 Times Sq. force
52 Salamander
53 Hosp. areas
- 11 Stadium top
19 Diplomacy
20 — -Mex cuisine
23 Long, skinny fish
24 — alai
25 Proposal fig.
26 Gaiety
27 CEO's degree, often
28 Chic no more
29 Chowd down
31 Shopper's quest
32 Novelist Waugh
34 Mother Teresa, for one
35 Mass celebrant
36 Mailed a tax return
37 Toss
38 Beheld
39 Stage show
40 Grate
41 Superhero's garment
42 Vegas game
43 Always
44 D.C. baseball team

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6 Autobahn auto
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8 Indian yogurt dish
9 Language of Pakistan
10 Power co. supply



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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 - September 11th - 200pm-400pm
- Senior Planet - Senior Planet Tech Talk

Free help for older adults to build technology
skills - Workshop 2pm with our millennial expert
Bri Prentice & Smartphone Lab 3pm with: Raaha
Sellamuthu & Mindcare Medics.

**Wednesday - September 16th - 1000am-
1100am - Coffee with a Cop**

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

Thursday - September 24th - 10am-11am
- Knowledge College for Aging

Understanding Senior Living Options with
Cathy Bates (Legacy Transitions)

Thursday - September 24th - 11am-12nn
- Helping Seniors Wellness

"Falls" Awareness with Peter & Michelle
Renz (Fyzical Therapy & Balance Center)

AARP/Helping Seniors Events:

Friday - September 4th - 1100am-100pm
- AARP Chapter #1413 Meetup

Gleason Park Center - 1233
Yacht Club Blvd - Indian
Harbour Beach FL

**Friday - September 11th -
845am-945am - AARP Walk
with a Doc**

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

Monday - September 21st
- 1100am-100pm - AARP
Chapter #2622 Lunch

BCASCA Center - 2174 Harris
Avenue - Palm Bay

More Great Events:

Saturday - September 12th
- 1000am-200pm - Brevard
Recovery Fest

Melbourne Auditorium -
625 E Hibiscus Blvd -
Melbourne FL

Free Family-Friendly event to
help end stigma of addictions
& mental health disorders.

Saturday - September 12th
**- 100pm-400pm - Health &
Safety Fair at Rise Viera**

Rise Viera - 8353 Auterra
Dr - Viera - Free Community
Information Fair

Tuesday - September 15th
- 1100am-1230pm - Golden
Providers B2B Lunch

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

Friday - September 18th
- 1100am-100pm - AARP
Dominoes Tournament

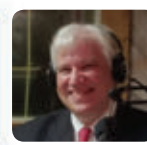
One Senior Place - 8085 Spy-
glass Hill Road - Melbourne
- Free & Fun!

Helping Seniors
continued on pg 49

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Sep 1	Tue	Concierge Care	Chefs for Seniors	Turning 65? All About Medicare	Buying, Selling, Investing Real Estate
Sep 2	Wed	Medicare Supplement or Advantage?	What an Elder Law Attorney Can Do	Rock Steady Boxing	Best Home Care Ideas
Sep 3	Thu	Finding a Good Place for Mom (or Dad)	Senior Info in Senior Scene	Transitional Care	Wellness: Expressing Thoughts
Sep 4	Fri	Great Employment for Seniors	How Medical Office Team Helps	Considerations in Home Care	Capital Update
Sep 7	Mon	Helping Seniors & MSC Cruises	Updating Your Estate Plan	Helping Seniors Services Directory	Wellness: Footcare & Wellness
Sep 8	Tue	Transitional Care	Two Assisted Living Questions	Concierge Care	Senior Info in Senior Scene
Sep 9	Wed	Understanding Medicare Options	Buying, Selling, Investing Real Estate	Too Many Teeth Being Extracted	Wellness: Rock Steady Boxing
Sep 10	Thu	Considerations in Home Care	Best Home Care Ideas	New to Florida? Elder Law to Know.	Wellness: Health Cooking
Sep 11	Fri	The Business of Helping Seniors	Durable Power of Attorney	Finding a Good Place for Mom (or Dad)	Capital Update
Sep 14	Mon	Rock Steady Boxing	Importance of Comprehensive Eval	Probate - What it is/How it Works	Wellness: Senior Health Mind & Body
Sep 15	Tue	Helping Seniors - 15 Years of Service	Finding a Good Place for Mom (or Dad)	Helping Seniors Travel Club	Considerations in Home Care
Sep 16	Wed	Two Assisted Living Questions	Concierge Care	Chefs for Seniors	Your Aging Plan: Your Legal Plan
Sep 17	Thu	Your Aging Plan - What It Is	Finding Good Help at Home	Buying, Selling, Investing Real Estate	Turning 65? All About Medicare
Sep 18	Fri	Senior Info in Senior Scene	The Parts of Medicare	Best Home Care Ideas	Capital Update
Sep 21	Mon	Best Home Care Ideas	Considerations in Home Care	Concierge Care	In Home Care Giving
Sep 22	Tue	Power of Attorney & Super Powers	Rock Steady Boxing	Cosmetic Dentistry	Finding a Good Place for Mom (or Dad)
Sep 23	Wed	Safe & Secure at Home	How to Cruise Successfully	Senior Info in Senior Scene	Your Aging Plan: Medicare/Medicaid
Sep 24	Thu	Helping Seniors - 15 Years of Service	VA Aid & Attendance	Transitional Care	Concierge Care
Sep 25	Fri	Buying, Selling, Investing Real Estate	Don't Go Broke Paying Nursing Home	Understanding Medicare Options	Capital Update
Sep 28	Mon	Periodontal Disease	Finding a Place for Mom or Dad	Put Kids on the Bank Account?	Chefs for Seniors
Sep 29	Tue	Medicare Supplement or Advantage?	New to Florida? Elder Law to Know	In Home Care Giving	Update Your Estate Plan
Sep 30	Wed	Things to Know Elder Law	Transitional Care	Helping Seniors Travel Club	Turning 65? All About Medicare



Date	Program	Special Guest	Listen On	Podcast On
Sep 2	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 9	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 16	Helping Seniors on "It Takes a Village"	Helping Seniors Team	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 23	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 30	Helping Seniors on "It Takes a Village"	Helping Seniors Team	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

By 2025, the number of people age 65 and older with dementia is estimated to reach 7.1 million - about a 35 percent increase from 2017. By 2050, this number is projected to be 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease. (In Florida, there are 520,000 people with Alzheimer's disease in 2017; between 2017 and 2020, there will be 11.5% increase, and between 2017 and 2025, it will be 38.5% increase in Alzheimer's disease).

Every 66 seconds someone in the U.S. develops the Alzheimer's disease.

35% of caregivers for people with dementia report that their health has gotten worse due to care responsibilities, compared to 19% of caregivers for older people without dementia. Data from the Center for Disease Control and Prevention (C.D.C.) show that between 1999 and 2014 the number of deaths from Alzheimer's disease climbed from 16.5 per 100,000 Americans to 25.4 percent per 100,000 (while those from heart disease have declined). Dementia has listed as the cause of nearly 94,000 deaths in 2015. However, dementia is the leading factor in as many as 500,000 deaths a year, many attributed to pneumonia, heart disease and other causes.

Since 2000, deaths from heart disease have decreased by 14%, while deaths from Alzheimer's have increased by 89%.

Alzheimer's disease and other dementias kill more than breast cancer and prostate cancer combined.

2017 marks the first year total annual payment for caring American individuals, age 65 and older, living with dementias will surpassed a quarter of a trillion dollars - \$259 billion, that include health care and long-term care. Out of that, \$131 billion (51%) for Medicare, \$44 billion (17%) Medicaid, \$56 billion (22%) out of pockets, and \$28 billion (11%) other.

By 2050, these costs could rise as high as \$1.1 trillion.

More than 15 million Americans provide unpaid care for people with Alzheimer's disease or other dementias. In 2016, these caregivers provided as estimated 18.2 billion hours of care valued at over \$230 billion.

A news at the Alzheimer's Association International Conference in London, U. K., in last week of July 2017: 'Twenty U. S. states have been identified as neurology "deserts" areas with a chronic shortage of neurologists and a rapid rise in Alzheimer's disease and other dementia cases.' (S)

10th Annual Purple Heart Ceremony is Special

The Brevard Veterans Memorial Center Military Museum was packed on Sunday, 09 August. More than 150 came to honor ten recipients of America's oldest military honor - The Purple Heart. The ceremony marked a decade the event has taken place at BVMC under the sponsorship of the Space Coast Chapter 453 of the Military Order of the Purple Heart. They are based at the BVMC and have grown to over 130 members in recent years. Purple Heart recipients are those seriously wounded or killed in direct combat. George Washington established the award in 1782.

With family members coming in from many states, the ten honored this year were:

■ Joseph Holly	USMC	Iraq/Afghanistan
■ Earl Fugleberg	USA	WWII/Korea
■ Erwin Hayward	USA	Vietnam
■ John Juliano	USA	Vietnam
■ Willie Stephensen	USA	Somalia
■ Cody Queen	USA	Iraq/Afghanistan
■ Mark Dusel	USA	Iraq/Afghanistan
■ Tom Feigel	USA	Vietnam
■ Jim Huckabee	USA	WWII/Korea
■ Tony Hodge	USMC	Vietnam



Three of the awardees were deceased, but not killed in action, and well-remembered with their families in attendance. Each received an engraved 8x8 in paver which will be added at the site of the Purple Heart Monument in the BVMC Memorial Plaza later. MOPH presented them challenge coins and a PH license plate. President of the Sons of the American Revolution, Hans Hunt, presented a SAR challenge coin and certificate while State Senator Debbie Mayfield also gave them a certificate from Tallahassee. Each of the Purple Heart honorees also received a beautiful

handmade quilt from Karmel Sowers and her Quilts of Valor team and will later be recognized by Rep Mike Haridopolos when the legislative session ends.



MOPH 453 Commandeer, Keith Van Buren, served as Master of Ceremonies as he and other Chapter members read some of the highlights of the service sacrifice and post military lives of the honorees.

The ceremony was moving and emotional but also uplifting as the assembled visitors and family members remembered and honored the Purple Heart recipients. An official MOPH cake cutting ended the afternoon. §

Weekly SUDOKU

	4					8	2	
1	9	8				3		
2			1			4		
4				5		9		
		7			4		3	
	3	9				7		
6					9	5	8	
	1		2	4			7	
					6			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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The VA OIG Catches More Scammers

Once again, the VA Office of Inspector General has nailed fraudsters who are determined to steal benefits and cash from the VA.

A pair of scammers, one of them incarcerated, cooked up a scheme to defraud seriously ill veterans. Specifically, the jailbird would call VA medical centers and impersonate VA employees to get info on veterans, including names and phone numbers. Then, with his scammer pal, they would call a veteran to get banking and credit card info for the alleged purpose of depositing Covid stimulus checks. Armed with that info, the jailbird was able to pull funds into his commissary and phone accounts. The pair was nailed on 26 counts of fraud and had harmed 60 veterans. They managed to pull the scam on over 30 VA medical clinics. The conspiracy to commit wire fraud and wire fraud are both good for 20 years in prison, with identity theft adding two more years each.

Then there was the non-veteran who applied for benefits and claimed he had both the Purple Heart and a Bronze Star.

While there is no central location with a list of all those who've received a Purple Heart for VA employees to check, once an application is made for benefits, the facts would show up on a DD-214. This scam is getting the fraudster four years in prison.

Then there was the Department of Homeland Security employee who faked an application to get a VA-backed mortgage. This was a veteran who should have known better. The fake documents said he had a 100% disability rating and received monthly disability benefits. Both lies. There was no disability rating and no monthly benefit. Not knowing the docs were faked, the lender issued a mortgage for \$478,000 with the VA giving loan guarantee backing. This scheme could be good for 30 years in prison.

I hate to think of the money that would be lost and the number of veterans defrauded if we didn't have the VA OIG to investigate these things. Ⓢ

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The Children's Hunger Project

Brevard County's Backpack Program

Our Reach & Impact

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

Why It Matters

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

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

How You Can Help

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






About Us

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

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

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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Yes, The Wind Is Against You, But Who is With You?

Rev. Jeff Wood, First Presbyterian

The disciples of Jesus, we are told, are on their own in a boat in a tempest. They are tired and afraid. In this distress, Jesus walks to them – on the water; he walks on water. He doesn't leave them to fend for themselves. He comes through wind and waves to get to them and the same is true for us.

Famously, Peter's response is, "Lord, if it is you, command me to come to you on the water." So Peter climbs out of the boat, walks a few steps, and then does what all of us do — he looks at the size of the waves instead of the size of the one who called him. And down he goes.

But notice his second prayer. Not, "Help me have more faith." Not, "Let me try again." Three words: "Lord, save me." That prayer has given up on impressing anyone. It has nothing to offer but need — and it's the one Jesus answers instantly, reaching out before Peter can say another word.

Without any other happening, Jesus gets in the boat with all of them. The winds and waves don't just stop. But Jesus is with them. And when the wind (and waves) are against us, "Lord, save me," gets him in the boat with us. 

Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave,
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King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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

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Donna Erickson's BEST BITES

By Donna Erickson

Roast Skinny Sweet Potato Fries



There's skinny this and skinny that -- as in skinny jeans or a skinny latte -- so I couldn't resist calling my family's favorite new version of roasted sweet potatoes: "Skinny Sweet Potato Fries."

It happened at the kitchen counter recently when a basketful of the tuberous root inspired me. Instead of cutting the sweet potatoes in wedges like I've always done for roasting vegetables, I slimmed the slices and turned them into a new experience for a tasty side to ribs, burgers, sandwiches and fish. They make a tasty and unique appetizer or a healthy snack, too.

Sweet potatoes have a rich, nutty and sweet flavor, and they're full of good-for-you beta carotene, antioxidants and fiber. Transformed into these fries, the vegetable is mouthwatering, delicious, and fun for dipping with good ol' ketchup (a kid favorite) or a tasty low-fat mayonnaise/Sriracha combo.

SKINNY SWEET POTATO FRIES

Serves 4

- 4 medium sweet potatoes approximately 5-inches long, peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt or to taste
- Pepper

Preheat the oven to 400 F. Cut the sweet potatoes in half lengthwise. Place them with the flat side down and cut them into thin, long slices -- about a 1/4 inch thick. Place the thinly sliced pieces on their side and cut additional thin slices, making sure that they're all uniform in thickness.

Place the cut potatoes in a single layer on a nonstick or parchment-lined rimmed cookie sheet. Drizzle with olive oil, and sprinkle with salt and pepper. Toss well. Bake for 15 minutes, rotate the sheet, and continue baking for another 10-15 minutes until golden brown and tender. Serve hot.

Extra Serving Ideas:

- **Spicy dipping sauce:** Stir together 4 tablespoons of low-fat mayonnaise with 1 teaspoon of Sriracha hot chili sauce. Or substitute a squeeze of fresh lime juice for the sauce.
- **Garlic dipping sauce:** Stir together 2 tablespoons of low-fat mayonnaise with 2 tablespoons of fat-free Greek yogurt and 1 clove of garlic, crushed and minced.
- **Season the fries before baking** with any number of herbs and spices such as thyme, parsley, cumin, chili powder or smoked paprika. ©

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excursions to the Miami Company headquarters. The idea of a separate Town of Port Malabar evaporated as GDC lands were eagerly annexed to Palm Bay.

With the purchase of more than 40,000 acres from rancher Marion Platt and venture capitalists, the ultimate size foresaw the largest city in Florida. The land purchased from the ranchers was leased back to the sellers as agricultural use until needed in development. The continued zoning as agriculture gave GDC a lower tax rate than urban land.

But there were problems. While company lots were sold at a density of three or four homes per acre, both the State of Florida and the Brevard County Health Department regulated the placement of water wells and septic tanks to ensure the health of the homeowners. Because of the wet soils, only Wlots of one acre or more were permitted for the septic tank form of sewage treatment. Therefore, the lots being sold were too small for development as advertised by General Development Corporation.

After much political dialogue, a unique agreement was made. (1) All GDC property in Palm Bay would be divided into individual Planning Units. (2) When 1/3 of the lots had houses in a Planning Unit, GDC would extend a water line to the unit. (3) When 2/3 of the lots were occupied, GDC would extend a sewer line.

This agreement set the scattered dispersed land use for the city. To avoid providing expensive community water supply and sewerage treatment, GDC would close housing densities just less than the one third limit set by the Health Department. Then home sales would shift to an alternate Planning Unit.

A percolation test was required before each home could install a septic tank. To ensure the tank would discharge sewage contaminants, the test determined that at least six feet of porous sand existed between the land surface and the top of the saturated water table. But the level of saturated soil varied through the year from near the surface to below six feet in the driest months. Port Malabar tests were always done in May, just before the rainy season. During most of the year, the septic tanks failed spewing bacteria contamination into street swales, canals, Turkey Creek and the Indian River Lagoon.

The two hundred miles of canals was the responsibility of the Melbourne-Tillman Drainage District (now the Water Management District) Board of Directors. The original design of the 1920s was to drain the St. Johns River marsh lands for farm lands and pastures. By the 1970s, the District met in the General Development offices with a company employee as Chairman. During this time channels were being dug deeper and wider to accommodate water running off roofs and driveways and new streets. The term "cheap as dirt" did not apply in the swampy lands of Florida. Finding soil to fill in wetlands was usually an expensive commodity, but not in Palm Bay. Stacks of dredged soil three stories high were carried by a barrage of trucks to elevate the flood prone Planning Units giving the impression of high and dry home

sites. Streets were paved below ground level so buyers looked up to lands that could flood.

General Development sold land nationally and internationally. During the Viet Nam War, engaging kiosks in Saigon described retirement life in subtropical Florida for \$10 down and \$10 per month. In France, handsome young Englishmen, trained by GDC, canvassed military base housing in late afternoons and early evening. Their sales pitch highlighted pay now for a happy retirement in a company house on your own property. At one point, sixty percent of Palm Bay residents were retired military.

On the American home front, markets rose to a deceptive scale. In cold northern states, potential buyers were hosted by General Development to lavish steak dinners and glowing pictures of the good life in Palm Bay with an invitation to visit the place during especially frigid months. Groups of guests were given three to four days full of tours, meals, heavy on how and where to invest in Florida land. Port Malabar, of course, was the answer. The buyers were never given access to realtors other than the GDC sales force. Phone calls from the guest rooms were monitored and diverted. Why? The company land was sold at three times the local market.

These marketing scams were in the 1980s extended to Taiwan, Hong Kong and South Korea with prices as much as ten times local values. One family bought a house for use while their son attended the Florida Institute of Technology. Four years later, the home and land seemed valueless.

After thirty years of selling Florida sunshine and the American Dream, the General Development Corporation with its 3,000 sales force globally came to the attention of the American Federal Trade Commission (FTC) and was indicted by a Federal Grand Jury. The company was charged as a massive scam for out-of-state and international buyers. Seduced by low monthly payments, immigrants from Canada and the Far East were unfamiliar with the local economy. Additionally GDC, through handshake agreement, won environmental and land use concessions which established less than adequate patterns of urban development.

General Development Corporation and top executives pleaded guilty in 1990 and accepted restitution of one hundred million dollars for the victims. The criminal charges of fraud and conspiring to commit fraud tainted the future of the employees and reputation of Florida land sales as a whole. Within months GDC declared bankruptcy.

Those two men flying over cattle ranches, chicken farms and flooded land in 1959 had a plan. They fore saw an urban development covering 72 square miles, subdivided into seventy thousand family lots sold primarily to military retirees. They saw the year 2000 when all the land would be sold out to house about 200,000 people. Rather than dedicated to building a thriving community, their organization theme centered on schemes and peddling practices to outwit politicians, regulators and most of all those building a new home. §

About Helping Seniors...cont'd from pg 9

Aging and the Wellness Series on the fourth Thursday; and Senior Tech Talk on the second Friday. Each is designed to help seniors stay informed, make better decisions, and get ahead of the aging curve.

Helping Seniors also presents community-wide SCAM JAM events in partnership with AARP Florida, bringing together law enforcement, banking professionals, elder law attorneys, and fraud experts to help seniors recognize scams and protect themselves.

Another signature event is the free Helping Seniors Caregiver Conference, offering family caregivers practical information, local resources, and expert guidance. The next conference is Thursday, November 19, from 10:00 a.m. to 2:00 p.m. at the Senior Resource Center. Lunch is provided; advance RSVPs are requested.

Helping Seniors extends its educational mission through Senior Scene® Magazine, daily programming on Space Coast Government TV, YouTube and Facebook, and its weekly Wednesday noon radio program on 90.3 WEJF-FM.

Whether you need information, resources, volunteer opportunities, or simply a trusted place to begin, Helping Seniors is here to help.

Call 321-473-7770, email info@HelpingSeniorsofBrevard.org, or visit HelpingSeniorsofBrevard.org. And be sure to learn about the annual Helping Seniors Car Raffle at HelpingSeniorsCarRaffle.com—every ticket helps support free programs and services for Brevard County seniors and their families. ⓘ

Creating Income In Retirement *continued from page 17*

insurance products. Insurance companies and financial institutions have worked together to modernize lifetime income. They developed a way to reinstate the 5% to 6% withdrawal rate of the 1980s and 1990s. This can help ensure that retirees will always have income for as long as they live. We use programs in our office from some of the best financial institutions in the United States.

As an advisor, I use this playbook to help achieve many goals for our clients. Goals such as guaranteed lifetime income, reducing income volatility, leaving a legacy, social security claiming, tax reduction, and planning for unexpected healthcare expenses. Many seasoned stockbrokers and mutual fund salesmen may avoid these issues, focusing purely on investments.

As a Certified Financial Planner, we take on a fiduciary responsibility to always focus on what is best for you.

If you are recently retired or are nearing retirement, you may be in a perfect position to take advantage of new income plans that you can't outlive. If this interests you, You can call our office at (321) 956-7072. We offer a free consultation for all Senior Scene readers where we will review your financial footprint and analyze whether you're a candidate. Although your path to a healthy retirement may be different, it does not have to be intimidating.

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Somehow Holly and the Crickets were booked into New York's Apollo for August 16-22, 1957. It took a few shows to win over the all-Black audience but when they started to dance in the aisles, it was a new world in Rock and Roll. Holly fell in love with the music and publishing side of New York City. The Crickets wanted to return to Lubbock but Buddy and his wife stayed in Greenwich Village.

New York was bursting with jazz, blues and folk music. He wanted to collaborate with such artists as Ray Charles and Mahalia Jackson. He studies piano and finger-style flamenco guitar. He signed up to study acting at Lee Strasburg's Actor's Studio where Marlon Brando and James Dean were graduates.

He started to experiment using the full capability of orchestral backing and that new recording technique called "Stereo."

His amount of royalties was being held up and fearing a legal battle, Holly went on the road.

He was offered a tour in the Winter Dance Party, a three-week tour across the Midwest starting January 23, 1959. The other performers were Ritchie Valens, and J.P. Richardson known as The Big Bopper. Holly's Crickets included Waylon Jennings on bass.

Long over night travel in a bus without heat did nothing to keep them warm in the -25F temperatures.

On February 2, 1959, Holly chartered a plane to get him to the next city. Jennings gave up his seat so Valens could join Holly and Richardson.

Holly yelled at Jennings before taking off. "I hope your ol' bus freezes up!" Jennings responded with, "I hope your ol'

plane crashes!" The statement haunted Jennings until his dying day.

Holly's funeral was held on February 7, 1959 in Lubbock. His headstone carries the correct spelling of his last name, "Holley."

In 1971, Don McLean released his "American Pie" that told of the day the music died.

Gary Busey starred in The Buddy Holly Story and received an Oscar nomination.

Holly was the first to organize a band with two guitars and bass and drums. He wrote, produced and performed his own songs. Holly did bridge country, mountain, R&B and pop.

The band the Beatles were named as homage to the Crickets.

"I play Buddy Holly every night before I go on; that keep me honest." -Bruce Springsteen

Buddy Holly released only three albums. ☹

Melbourne Municipal Band Plans a Year of "Music that Moves You" cont'd from pg 15

- "Songs that Stick"
3-2-1 Jazz Orchestra, 7 p.m., Wednesday and Thursday, Oct. 7 and 8, Melbourne Auditorium.
- "Two Worlds, One Stage"
Concert Band and 3-2-1 Jazz Orchestra, 7 p.m., Wednesday, Nov. 4, at Melbourne Auditorium.
- "Holiday Favorites"
Rock & Roll Revue, 3 p.m., Sunday, Nov. 29, Suntree United Methodist Church.
- "Soundtracks of the Season"
Concert Band, 7 p.m., Wednesday and Thursday, Dec. 9 and 10
- New Year's Eve Gala (admission charge applies)
Rock & Roll Revue, 7:30 p.m., Dec. 31, Melbourne Hilton at Rialto Place.
- "An Evening at the Jazz Club"
3-2-1 Jazz Orchestra, 7 p.m., Wednesday and Thursday, Jan. 13 and 14, Melbourne Auditorium.
- "To Infinity and Beyond"
Concert Band, 7 p.m., Wednesday and Thursday, Feb. 17 and 18, Melbourne Auditorium.

Melbourne Municipal Band Plans a Year of Music... cont'd on pg 47



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Melbourne Municipal Band Plans a Year of "Music that Moves You" *continued from page 46*

- "Sweethearts Dance" (admission charge applies)
Rock & Roll Revue, 7 p.m., Feb. 19, Eau Gallie Civic Center,
1551 Highland Ave.
- "TV Tunes V"
3-2-1 Jazz Orchestra, 7 p.m., March 3 and 4, Melbourne
Auditorium.

Founded in 1965, the MMB is an integral part of the Space Coast cultural community, serving more than 21,000 attendees each year through concerts, dances and other ensemble performances. The band's 80-plus members and

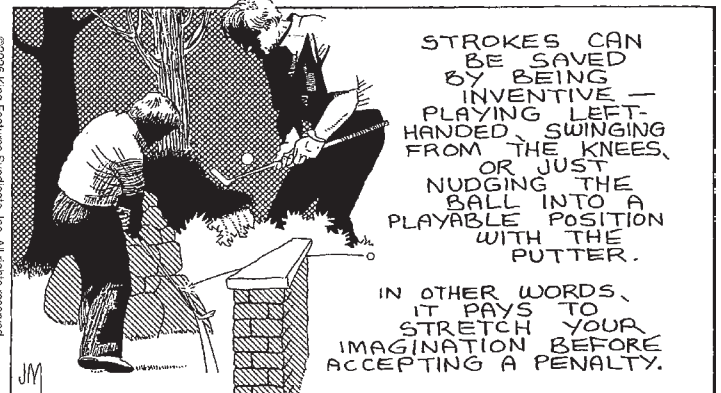
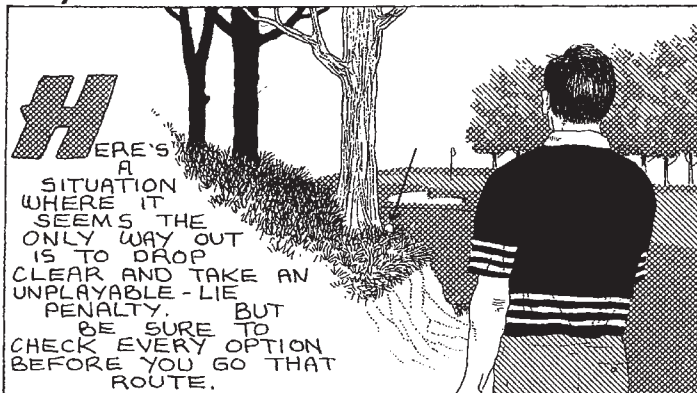
auxiliary volunteer 30,000 hours of their time each year in the form of rehearsals and performances.

The musical groups that are the Melbourne Municipal Band are eager to deliver the "music that moves you," as MMB's tagline goes. All you need do is listen.

For more information, visit mmband.org. §



Play Better Golf with JACK NICKLAUS



Modern Coleus Selections Add Color Despite the Heat

By Eddie Smith, MSU Extension Service

One of the things I enjoy about gardening is discovering plants that prove flowers are not the only way to fill a landscape with color. Whenever someone tells me they need more color in their summer garden, I remind them not to overlook foliage. Some of my favorite summer plants never rely on blooms to make an impression. Modern coleus varieties are among the best examples of plants that put on a spectacular show with foliage that remains colorful through the hottest days of the season.

I recently had the opportunity to admire three outstanding selections. These coleus varieties had beautiful leaves every bit as impressive as colorful flowers. The first plant that caught my eye was ColorBlaze Pepper Flakes Coleus.

I noticed that every leaf looked like it had been dusted with colorful garden confetti. The broad foliage is splashed with rich burgundy, deep crimson, olive green and flashes of creamy chartreuse scattered randomly across the leaf surface. With no two leaves exactly alike, the plant has a hand-painted appearance. The gently serrated edges frame the colorful pattern beautifully, while the slightly textured surface adds even more visual interest. As the plant grows, the layers of colorful foliage create a living mosaic that becomes more striking every week.

Another variety that demanded my attention was Charged Up Prismatic Coleus.

Its large, elongated leaves are saturated with velvety shades of royal purple and deep plum accented by magenta before blending into bright, emerald-green margins. Bold veins running through each leaf look like brushstrokes on a carefully painted work of art. The strong, upright habit of this coleus gives it a bold architectural presence. Whether planted in a container or tucked into a flower bed, it naturally becomes one of the first plants people notice.



Modern Coleus Selections... 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.

SATURDAY, AUGUST 15, 2026 • 7:00 PM

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Modern Coleus Selections Add Color Despite the Heat *continued from pg 48*

My third favorite was Charged Up Keylime Fringe Coleus.

Instead of rich, dramatic colors, this variety has glowing lime-green foliage that seems to capture sunlight. As the leaves mature, subtle shades of chartreuse and yellow-green develop across the surface, adding depth without overwhelming. Each leaf has finely fringed, deeply serrated edges that create an airy, feathery texture unlike any other coleus I've grown. Even a gentle breeze brings this plant to life as the fringed edges flutter, adding another dimension to the garden.

What I appreciate most about these coleus selections is that each contributes something different to the landscape. ColorBlaze Pepper Flakes offers an explosion of rich, painterly color. Charged Up Prismatic delivers bold jewel tones and dramatic contrast. Charged Up Keylime Fringe softens the garden with brilliant chartreuse foliage and exceptional texture.

These coleus provide lasting beauty through our long Southern summers. Every time I walk past them, they remind me that sometimes the most memorable plants in the garden never have to bloom at all. 

Helping Seniors Info Center *continued from page 38*

Saturday - September 26th - 7:00am-11:00am - Walk to End Alz
Cocoa Riverfront Park - 401 Riveredge Blvd - Cocoa

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

Saturday - September 5th - 9:00am-12:00pm - Tint World Car Show

Tint World - 3945 W Eau Gallie Blvd - Melbourne

Thursday - September 10th - 5:00pm-8:00pm - Friendly's Car Show

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

Sunday - September 13th - 10:00am-2:00pm - Tide & Tonic Car Show

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

Saturday - September 19th - 8:00am-12:00pm - Praise & Pistons Car Show

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

Saturday/Sunday - September 19/20 - St. Lukes Catholic Church

Tickets available at All Masses - St. Lukes - 5055 Micco Road - Barefoot Bay

Saturday - September 26th - 10:00am-2:00pm - VFW Post 4206 Car Show

VFW 4206 Post & Auxiliary - 3201 Dairy Rd - Melbourne

Saturday/Sunday - September 26/27 - Holy Name of Jesus Catholic Church

Tickets available at All Masses - 3050 N Highway A1A - Indialantic

SEPTEMBER 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

SEPTEMBER EVENTS

9/1: Dance Arts Centre 2026/2027 Registration NOW OPEN!, danceac.org, 321-777-2155

9/1: Classical Movement Collective, 2026-2027 Registration NOW OPEN, <https://www.classicalmovement.com>, (844) 686-3687

9/1: PHOTO COMPETITION: Portrait Of A Stranger | Judge-John Buck, Camera Club of Brevard, Eau Gallie Civic Center, Melbourne, <https://ccbrevard.org/>
9/1, 9/8, 9/15, 9/22, 9/29: Acrylic Painting, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

9/1: Abstract / Modern Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

9/1 - 9/27: KELLY BERNING: Common Threads, Solo Exhibition, Fifth Ave Art Gallery, Melbourne, fifthavenueartgallery.com, 321-259-8261

9/1, 9/8, 9/15, 9/22, 9/29: ART INSTRUCTION - ALL LEVELS - VARIOUS MEDIUMS, CBAA Office & Studio, Rockledge, cbaartists.com 321-426-6485 or jbryant5@cfl.rr.com

9/1: Sew What! MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/2: Floral Pumpkin, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/2, 9/9, 9/16, 9/23, 9/30: Artists' Gathering, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

9/2, 9/9, 9/16, 9/23, 9/30: Pottery with Candi, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

9/2, 9/9, 9/16, 9/23, 9/30: ART INSTRUCTION - ALL LEVELS - VARIOUS MEDIUMS, CBAA Office & Studio, Rockledge, cbaartists.com 321-426-6485 or jbryant5@cfl.rr.com

9/3: ZOOM PEER PHOTO REVIEW, Camera Club of Brevard, <https://ccbrevard.org/>

9/4: EGAD First Friday, Eau Gallie Arts

District, egadlife.com

9/4: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

9/4: Gnome Sweet Gnome: Halloween Edition, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/4, 9/11, 9/18, 9/25: OPEN PAINTING, CBAA Office & Studio, Rockledge, cbaartists.com 321-544-5990

9/4: Gnome Sweet Gnome: Halloween Edition, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/4 - 9/13: Joseph and the Amazing Technicolor Dreamcoat, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

9/4, 9/11, 9/18, 9/25: Sip and Paint Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

9/5 & 9/19: PASTEL PAINTING TECHNIQUES WITH ISHA VENKATESH (Ages 10 & up), CBAA Office & Studio, Rockledge, cbaartists.com 408-425-8550 or isha.venkatesh@gmail.com

9/5, 9/12, 9/19, 9/26: Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635

9/5, 9/12, 9/19, 9/26: Saturday Tours, Lawndale Historic Museum, Rockledge <https://friendsoflawndale.com> 321-632-5650

9/5: Saturday Art Market, Myrt Tharpe Square, Cocoa Village <https://visitcocoavillage.com>

9/7, 9/14, 9/21, 9/28: DRAWING, Central Brevard Art Association, CBAA Office & Studio, Rockledge, cbaartists.com 321-544-5990

9/8: Van Gogh Sunflower Paint Night, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/9: Gnome Sweet Gnome: Halloween Edition, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/9 GAME NIGHT, Eau Gallie Arts District, egadlife.com

9/10: Wave Board Workshop, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/11: Tonight We fly Paint Party, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/12: Hand Sewing Basics, MyMakerScape, Indialantic, mymakerscape.com,

321-499-3127

9/12: Led Zeppelin II, Classic Albums live, Kings Center, <https://www.kingcenter.com>

9/13: Shattered Glass Workshop, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/12 & 9/26: Saturday Morning Open Studio, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

9/12: General Meeting & Workshop Demo, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

9/13 Rockin' Autumn, Rock and roll Review, Suntree United Methodist Church FREE CONCERT mmband.org, 321-724-0555

9/13: BATTLE OF THE HORNS, Brevard Veterans Memorial Center, Merritt Island, <https://www.spacecoastjazzsociety.org>

9/13: American Spirit, Fall Concert, FREE CONCERT, Merritt Island High School Auditorium, Merritt Island, communitybandofbrevard.com, 321-338-6210

9/14: Elementary Art, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/14: The Sewing Studio, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/15: Paint Night @ Beachfly Brewing Company, MyMakerScape, Rockledge, mymakerscape.com, 321-499-3127

9/16 & 17: On the Job, Rock and Roll Review, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

9/17: Glass Tree Workshop, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/18: Wave Board Workshop, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/19: Floral Pumpkin, MyMakerScape, Indialantic, mymakerscape.com, 321-499-3127

9/19: SCW G Monthly Meeting, Lamplighter Village Clubhouse, Melbourne, scwg.org

9/19: Stacked Pumpkin Paint Night, MyMakerScape, Cocoa Village, mymakerscape.com, 321-499-3127

9/19: Mini Workshop, Wickham Park Community Center, Melbourne, brevardwatercolorssociety.org

9/22: Paint Night @ Vine & Olive,

MyMakerScape, Titusville, mymakerscape.com, 321-499-3127

9/26: Harvest Festival, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635

9/27: Pipes and Reeds, Adagio Sax Quartet with Suntree Pipe Organ, Suntree United Methodist Church, mmband.org, 321-724-0555

9/29: Shattered Glass Workshop @ The Plant Shack, MyMakerScape, Cocoa Village, 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
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 Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.

New York State Club on the Space Coast meets the third Tuesday of every

month for lunch, and presentations, except December. No meeting in June, July. Find us on Facebook. All New York State friends, and guests welcome. Marie Russo, organizer, (321) 693-1856.

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

Space Coast Table Tennis is played in Cocoa Beach Sunday Morning from 10:00 AM to 2:00 PM. We are located near 5th Street south on 321 Ramp Rd. Cocoa Beach and in Merritt Island Monday and Wednesday evening from 6:30pm to 10pm at the Veteran's Memorial Center. Everyone is welcome. Contact Mike at 321-557-2404

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/>

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. The ceremony will include several speakers who witnessed 9/11 attacks first hand as well as somber reflections in music and patriotism.

12 Sep – Space Coast Honor Flight #4 of 5 2026 visits by veterans to see their monuments and memorials in Wash DC. Starts at 0400 hours at Melbourne International Airport Main Terminal with Welcome home set 2030 hours same evening. Come out and honor these veterans, some from the Korean War era and their Guardians that will travel with them. Many veteran organizations and community groups support this amazing program. MOAACC Good Deeds funds FIT ROTC Cadets and Veterans in the VA sponsored FIT Psych PhD program to serve as guardians throughout the year. Contact

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

26 Sep – Special Vietnam Veterans Welcome Home Dinner and Celebration sponsored by the Vietnam Exhibit Project led by Ben Bydalek. Azon Temple, 1591 W Eau Gallie Blvd, Melbourne. Event starts at 1530. FREE Dinner 1630 -1730 with other events until 2000. VVA Chapter 1096 co sponsor. Contact Ben for more info. thenamwar@yahoo.com

03 Oct – JROTC Raider Challenge Meet #1 at BVMC Park and Amphitheater. (0630- 1230)

10 Oct – Medal of Honor BBQ, Craft Fair, Specialty Car show, music, food trucks and more. Contact BVMC VP Don Pearsall for more information. (1000- 1600). Veteran organizations invited to set up displays. Proceeds to be used to help fund the new Brevard Medal of Honor 501c3 Project.

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

Meditation with Amber
Tuesdays, from 4:00 - 5:00 PM

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.

Craftersnoon 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

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

SEPTEMBER 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

OCTOBER 3, FALL HARVEST OPEN HOUSE 10:00 am to 4:00 pm, Come check out some Antique cars, crafts and edibles.

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

SEPTEMBER 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 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 gpbpc.org

Sept. 26, from 11 a.m. to 3 p.m. SENIOR WELLNESS AND FUN DAY a free health fair and variety of wellness activities designed for seniors. Vendors include health insurance, financial products, wellness products, home services and food trucks. 321-724-1338.

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 https://bcwpssc.org

MONDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

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

Duplicate Bridge - 12:30-4:00 pm

Jazzercise Lo - 8:30-9:30 am

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

Friendly Poker - 1:00-4:00 pm

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

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

Pinochle - 12:15-4:00 pm

TUESDAY PROGRAMS

Chair Yoga - 3:00-4:00 pm

Rogue Bridge 12:15-4:00 pm

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

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

Line Dancing for Fun & Exercise -

4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards- 8:30 am-4:30 pm

Duplicate Bridge - 12:30-4:00 pm

Euchre - 6:00-9:00 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi-8:30-9:30 am

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

Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS

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

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

Oil Painting Class - 3rd Thursday 1:00-

5:00 pm

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

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:30 am

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

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

Pinochle - 12:15-4:00 pm

Dealers Choice Poker- 11:30 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

SEPTEMBER 2026 ONE SENIOR PLACE EVENTS

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

SAVE THE DATE:

Legal Happy Hour Q&A Panel: Are All Your Ducks In A Row?

Featuring Our OSP Attorney Resident Businesses - Wine & Cheese

Thursday, September 10th, 5:30 PM - 6:30 PM

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

FREE Memory Testing, Tuesdays September 1st and 15th, 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: Brain Power w/ Susie Bond, Tuesday, September 1st, at 10am. Give your brain a boost! Learn how everyday food choices can help support memory, focus, and healthy aging. Susie Bond, RDN, LDN, will share practical nutrition tips designed to help you stay mentally sharp and feeling your best. Call 321-751-6771 to RSVP.

Paint It Purple: A Night for Alzheimer's Vase Painting Fundraiser, Tuesday, September 1st, 4pm - 6pm. Join us for a fun afternoon of painting with a purpose! Create your own beautiful painted vase while helping raise funds for the Walk to End Alzheimer's. All painting supplies are provided, with instruction by Teri Brant. Enjoy food and drinks while you paint, connect and support an important cause. Cost: \$30 per person. Proceeds support Alzheimer's research, awareness and care initiatives. Call 321-751-6771 to RSVP.

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Wednesday September 2nd, from 11am and Thursday, September 24th, 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. Call 321-751-6771 to RSVP.

Lunch & Learn "The Real Cost Of Senior Living: What To Know Before You Choose" w/ Stacey Clark, Virtuous Senior Living Consultants, Thursday, September 3rd, at 11:30am. Thinking about senior living for yourself or a loved one? Join Stacey Clark for an easy-to-understand conversation about what senior living really costs, what's typically included, expenses you may not expect, and how to confidently compare your options. Lunch generously catered by Palm Cottages Assisted Living & Memory Care. Call 321-751-6771 to RSVP.

Your Medicare Roadmap: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent, Viera Insurance Professionals, Friday, September 4th at 10am and Monday, September 21st, at 2pm. 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 mistake. Call 321-751-6771 to RSVP.

Mastering Your Phone w/ Gerald Delvalle, ITX Solutions, Friday, September 4th, at 2pm. Learn how to feel more confident using your phone in this hands-on seminar with IT professional Gerald Delvalle. From everyday features to helpful tips and one-on-one support, this session is designed to make your device easier to use. Call 321-751-6771 to RSVP.

BINGO! w/ Senior Partner Care Services, Tuesday, September 8th, 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.

Medicare Advantage Sales Seminar w/ Health First Health Plans, Wednesday, September 9th, at 10am. Join Health First Health Plans for a Medicare sales seminar designed for those new to Medicare or exploring coverage options. Learn about available plans, benefits, costs, and extra perks while getting your questions answered by a licensed representative. To Register Call 1-800-716-7737 *Select Option 2*

Ask the Nurse: Q&A with Our OSP Care Management Nurses, Wednesday, September 9th, at 2pm. Have health questions? Bring them to Ask the Nurse! Join the OSP Care Management nurses for a relaxed Q&A covering blood pressure, medications, swelling, fatigue, hydration, weight loss, medical myths and more. Bring your questions and get trusted answers from the nurses who know senior health! Call 321-751-6771 to RSVP.

Roles: You've Been Appointed, Now What? w/ Estate Planning & Elder Law Powered by The Law For All, Thursday, September 10th, at 10am. If you've been asked to make important decisions for a loved one, this seminar is for you. Discover what to expect, understand your responsibilities, and gain practical guidance to help you confidently fulfill your role, followed by an opportunity to ask questions. Call 321-751-6771 to RSVP.

Legal Happy Hour Q&A Panel: Are All Your Ducks In A Row? Ft. OSP Attorney Resident Businesses - Wine & Cheese, Thursday, September 10th, from 5:30pm - 6:30pm. Get your legal questions answered at our Legal Happy Hour Q&A! Enjoy wine and cheese while our panel of local attorneys discusses estate planning, wills, trusts, powers of attorney, healthcare directives, and more. Featuring our Legal Panel: Ruth Rhodes |

Rhodes Law, PA., William Johnson | William Johnson, P.A., Anna Howard | Estate Planning & Elder Law Center of Brevard Powered by The Law For All. Bring your questions and make sure all your legal ducks are in a row! Ages 18+. RSVP required. Call 321-751-6771 to RSVP.

Senior Health Friday with Nurse Lisa Presents: Retired...Now What? Work, Volunteer, Connect & Thrive, Friday September 11th, at 10am. Retirement is a new chapter, but what comes next? Join Nurse Lisa for Senior Health Friday as she explores how working, volunteering and staying connected can support your health, confidence, social life and sense of purpose as you age. Plus, get a sneak peek at opportunities coming to our Senior Job & Volunteer Fair in October! Call 321-751-6771 to RSVP.

Poop Lab: Be a Wildlife Detective w/ Brevard Zoo, Monday, September 14th, 2pm. Join Brevard Zoo for a wildly fun, hands-on Poop Lab! Become a wildlife detective as you examine simulated animal fecal samples and determine who's healthy and who may need a veterinarian. *Limited to 25 participants. RSVP required! Call 321-751-6771 to RSVP.

Special Needs Trusts w/ William Johnson, P.A., Tuesday, September 15th, at 10am. Proper planning can make all the difference for families caring for a loved one with special needs. This seminar explores how Special Needs Trusts work, the benefits they provide, and how they can help preserve access to public assistance while planning for long-term care and financial security. Call 321-751-6771 to RSVP.

Lunch & Learn "Happy Pets, Happy Seniors: Affordable Pet Healthcare, Preparedness & Peace of Mind" w/ Florida Aid To Animals, Tuesday, September 15th, at 12pm. Pets are family, and planning for their care is just as important as planning for your own. Join Florida Aid to Animals to learn about affordable pet healthcare, emergency preparedness, financial planning, and valuable resources to help keep your furry companions healthy and cared for at every stage of life. Call 321-751-6771 to RSVP.

iPhone and iPad: MacMad User Group, Tuesday September 15th, 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@cdl.ir.com. Call 321-751-6771 to RSVP.

FREE Live Scans, Wednesday September 16th, from 10am - 2pm. ClinCloud is offering FREE Fibrosans 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.

Donut Forget Your Brain Games: Brain Games For Better Hearing! w/ Scott Bigler, Viera Clear Hearing, Thursday, September 17th, at 10am. Join Scott Bigler of Viera Clear Hearing for a fun, interactive session designed to put your listening skills to the test! Practice simple strategies to help you hear and understand better in noisy environments while giving your brain a workout. Coffee and donuts provided! Call 321-751-6771 to RSVP.

Grow With Us: A Hands-On Gardening Workshop w/ Melbourne Garden Club, Thursday, September 17th, at 2pm. Get your hands in the soil and grow your gardening skills! Join members of the Melbourne Garden Club for a fun, hands-on workshop where you'll learn plant propagation, proper tool care, and simple techniques to help your garden thrive. Each attendee will take home a potted plant to continue growing at home. *Space is Limited to 25 Attendees RSVP is Required* Call 321-751-6771 to RSVP.

AARP Dominoes Learn & Play Event, Friday September 18th, at 11am. Join AARP Florida at One Senior Place for a fun and engaging Dominoes Learn & Play event! Whether you're a seasoned player or brand new to the game, you'll enjoy a relaxed atmosphere filled with friendly competition, laughter, and connection. Bring a friend and get ready to learn, play, and have a great time! Call 321-751-6771 to RSVP.

BUNCO! with Senior Partner Care Services, Friday, September 18th, from 2pm - 4pm. 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! Call 321-751-6771 to RSVP.

Legal Impacts of Living Together After 60 w/ Estate Planning & Elder Law Powered by The Law For All, Thursday, September 22nd, at 10am. Living together later in life can bring unique legal and financial considerations. Join the Estate Planning & Elder Law Center of Brevard for an informative discussion on how unmarried couples can protect themselves and each other through proper planning. Learn about legal protections, financial security, healthcare decisions, and other important considerations when sharing a life and home after 60. A Q&A will follow to address your questions and concerns. Call 321-751-6771 to RSVP.

Reel Fun at One Senior Place Movie Matinee Featuring: The Intern Starring Robert De Niro & Anne Hathaway, Tuesday September 22nd, at 2pm. Grab some popcorn and settle in for an afternoon at the movies! Join us for a fun movie afternoon featuring The Intern, starring Robert De Niro and Anne Hathaway. This feel-good comedy follows a retired widower who decides retirement isn't quite for him and becomes a senior intern at a fast-growing fashion company, forming an unexpected friendship with its busy young founder along the way. Popcorn provided by Senior Partner Care Services. Call 321-751-6771 to RSVP.

Soul Skin® Skin Series 2 "Beauty From Within: Touch, Try, Discover" A Hands-On Skin Health Experience w/ Jessica Mooney, Founder of Soul Skin®, Wednesday, September 23rd, at 10am. Join Jessica Mooney and explore skincare firsthand as you try different products, experience textures, learn the correct way to layer your skincare, and discover The Soul Skin Method™. Bring your questions and a list of the products you currently use for personalized guidance along the way. Whether you joined us for the first workshop or this is your first time, everyone is welcome! Call 321-751-6771 to RSVP.

Medicaid Planning w/ William Johnson, P.A., Thursday, September 24th, 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. Call 321-751-6771 to RSVP.

Salsa & Sight: Good Vision Never Misses A Beat! w/ Dr. Garcia, Space Coast Ophthalmology, Friday, September 25th, at 2pm. Good vision never misses a beat! Join Space Coast Ophthalmology for a fun afternoon featuring a beginner-friendly salsa dance lesson and a quick Vision Spotlight with simple tips for protecting your eyesight. No dance experience or partner needed. Come move, laugh, learn and have some fun! Call 321-751-6771 to RSVP.

Music BINGO! Hosted by Senior Partner Care Services & Rockledge Health and Rehab, Monday, September 28th, at 2:30pm. It's bingo with a musical twist! Test your knowledge of favorite songs, enjoy friendly competition, and win prizes while connecting with others in a fun and upbeat atmosphere. Call 321-751-6771 to RSVP.

Under Pressure: It Starts With A Healthy Heart w/ Dr. Haig John, Families First Physicians, Tuesday, September 29th, at 11am. Join Dr. Haig John of Families First Physicians for an informative conversation all about keeping your heart healthy and strong. Learn how everyday habits, stress, and lifestyle choices can impact your heart, along with practical tips you can start using to support your overall health and well-being. Call 321-751-6771 to RSVP.

Steps That Keep You Moving: Simple Ways To Support Healthy Feet As You Age w/ Dr. Karen Fischhorn, Melbourne Mobile Podiatry, Tuesday, September 29th, at 2pm. Join Dr. Karen Fischhorn of Melbourne Mobile Podiatry for a helpful conversation focused on keeping your feet feeling their best as you age. Learn about common foot concerns, easy ways to care for your feet, and how staying on top of foot health can help you remain comfortable, active, and independent. Call 321-751-6771 to RSVP.

AARP Smart Driver Course, Monday September 30th, at 9am. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

Lunch & Learn "Leg Pain Isn't Just Aging: When Walking Troubles Could be a Circulation Problem" w/ Dr. Manuel Perez-Izquierdo, Health First, Wednesday, September 30th, at 10am. Don't ignore leg pain. This informative Lunch & Learn will help you understand when walking discomfort could be a sign of a circulation problem. Join Dr. Manuel Perez-Izquierdo as he explains symptoms, diagnosis, and treatment options to help you stay active and healthy. Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Loss, Grief & Bereavement Support Group, Thursdays, September 10th & 24th 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 Lisa Peake, RN, One Senior Place Care Management, Wednesday, September 16th, 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, September 25th, 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: A Veteran Social Club, Wednesday, September 2nd, at 10am. Join us and special guest Deiby (David) Legarda, retired U.S. Army veteran and Veteran Outreach Program Coordinator with the Orlando VA Health Care System. Connect with fellow veterans while learning about VA benefits, community care, helpful resources, upcoming events, and more. Enjoy complimentary donuts and coffee sponsored by Senior Partner Care Services while connecting, learning, and spending time with fellow veterans. All veterans are welcome!

Move Well. Live Well. Fitness Class, Mondays, starting September 14th, from 1pm - 2pm. Join instructor Eric Parent for our Move Well. Live Well. Fitness Class! Build strength, improve mobility, and boost confidence with practical exercises for all fitness levels. Bring your own 2-5 lb. weights if you'd like an added challenge. Call 321-751-6771 to RSVP.

Stay Steady, Stay Strong Functional Fitness Class, Fridays from 8am - 9am. Start your morning strong with our Functional Fitness class led by certified trainer Mike Peterson of Are We Living! This class focuses on improving balance, building strength, and helping you stay active - whether you prefer seated or standing exercises. Call 321-751-6771 to RSVP.

Chair Yoga, Wednesdays from 3:30pm - 4:30pm. Join Vicky with Senior Partner Care Services and take a moment to stretch, breathe, and move with our free chair yoga class. This gentle session is designed for comfort and accessibility while helping improve flexibility, balance, and overall well-being. Walk ins welcome. Call 321-751-6771 to RSVP.

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

8085 Spyglass Hill Rd
Viera, FL 32940



321-751-6771
OneSeniorPlace.com

Click Twice
to Visit
Website

1 VETERAN RESOURCE PANEL

**Friday
October 1
10AM-12PM at
One Senior Place**
Enjoy **Coffee and Specialty
Donuts** while our Expert Panel
discusses **Veteran Resources**.



Dr. Brandan Wormbacher
Chief Medical Office
VA Healthcare System

Dr. Nyree Cirilo
Counselor - Melbourne Vet Center

Deiby B. Legarda
Program Specialist
VA Healthcare System

Tony Ingram
Viera Lead Social Work
VA Healthcare System



Lisa Peake
One Senior Place
Care Management

2 SENIOR JOB & VOLUNTEER FAIR



**Friday, October 9
10AM-12PM at
One Senior Place**

No experience necessary!
You'll be able to speak
with **local organizations**
seeking capable seniors
looking for various
opportunities.

3 BIG FALL EVENTS CELEBRATE THE SEASON!



**Friday, October 23
10AM-1PM at
One Senior Place**



- One Senior Place Care Management - Wellness Checks
- Viera Clear Hearing - Air Conduction Audiometry
- Your Family Chiropractor - Spinal Health Screenings
- Forefront Dermatology - Skin Screenings
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3 HEALTHY LIVING DAY!

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WE OFFER DENTAL IMPLANT SERVICES!

Learn why dental implants are the superior tooth replacement option.

TOOTH REPLACEMENT TREATMENTS	IMPLANT	BRIDGE	DENTURES (Full or Partial)
Longevity	Can last a lifetime with good oral hygiene	7-10 Years	5-7 Years
Natural Look & Feel	Yes	No	No
Same Care As Your Natural Teeth	Yes	No	No
Preservation Of Healthy Adjacent Teeth	Yes	No	No
Prevent Bone Loss & Preserve Facial Appearance	Yes	No	No
Need Regular Adjustments	No	Yes	Yes
Accelerated Loss Of Adjacent Teeth	No	Yes	Yes

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OUR IMPLANT SERVICES

- **Single Implants** - A great option for patients who are missing one or multiple teeth
- **Overdentures/Snap-On Dentures** - No more gluing your dentures in! This type of denture uses implants for support so you can snap them in!

 **Bright Now! Dental**
& ORTHODONTICS

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

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1324 Jimmy Buffett Mem Hwy
Satellite Beach, FL 32937
321.773.6666

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Melbourne, FL 32935
321.253.0606

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