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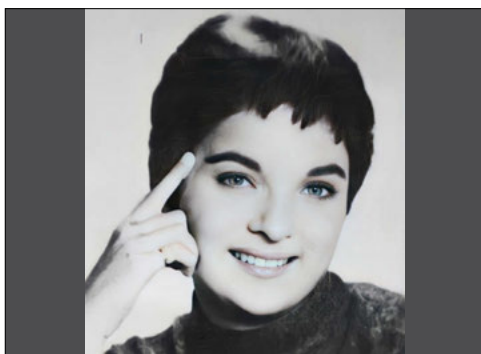
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Letter from the Publisher



Was that wings I just heard flapping? Could it be the sound of Snowbirds returning? We love the increase in activities and diversity that you bring each year. Welcome back! Thank you for choosing our beloved Space Coast. And to all those that will be cruising with us, have a fun and enjoyable experience.

This time of year also signals the return of the new seasons for our many Space Coast entertainment organizations such as the Brevard Symphony Orchestra, the Space Coast Symphony Orchestra, the Melbourne Municipal Band and King Center. Hopefully, you will have the opportunity to safely enjoy some of these wonderful events.

As some of our expos and health fairs return this fall, you have the opportunity to visit numerous companies and organizations that service our mature residents all at once and in one location. Use this opportunity to learn more about their products and services in an informal setting while seeking information and answers to your many questions.

We are rapidly approaching an especially important midterm election in November. Voting is a keystone of our precious Democracy that we all need to take seriously. Becoming an informed citizen is paramount to electing the best candidate to represent our interests both in Washington and Tallahassee, not to also mention locally. Do not rely on false ads or social media claims. VOTE!

Once again we are quite proud of the great articles and information provided this month. Hope you enjoy them. Did you know that we offer a monthly bonus article exclusively on our website? Presented by Buena Vida Estates in Melbourne. Check it out.

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John

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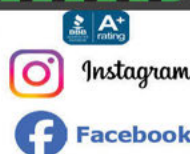
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Folks ... Start Your Engines!

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

2027 is on its way — and Helping Seniors will soon begin its 16th year of service.

When retired Navy Captain Joe Steckler founded Helping Seniors, after successfully building Joe's Clubs and the Brevard Alzheimer's Association, he wanted to leave a legacy: making sure seniors had somewhere to turn for help navigating the challenges on the highway of life.

Brevard County has grown significantly since then — but its senior population has grown even faster. In 2010, Census data showed 110,850 residents age 65+. By 2026, that number is estimated at approximately 165,500. While Brevard's overall population grew roughly 23.5% during those 16 years, our 65+ population increased nearly 49%.

Joe was right when he told us: "Keep it Going! Seniors need us!"

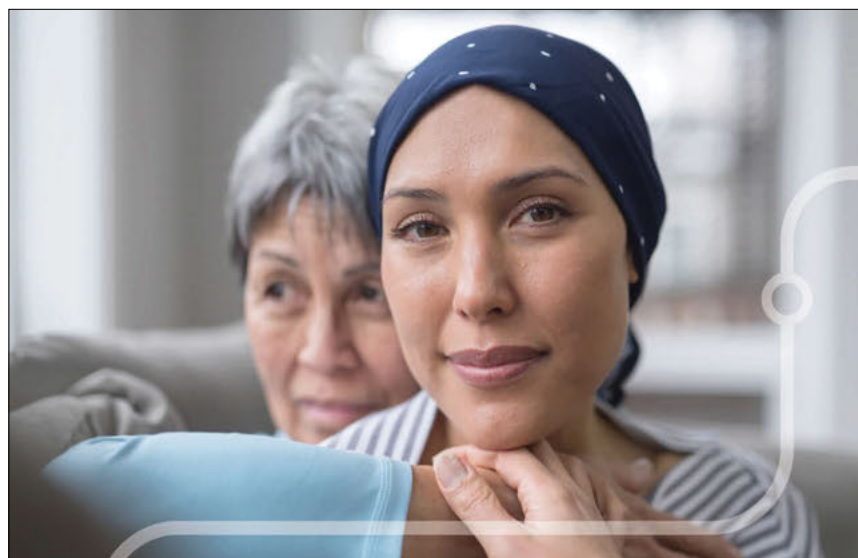
This year, Helping Seniors will handle more than 5,000 calls through our Senior Information Helpline at 321-473-7770, helping seniors — and those who love and care for them — navigate their aging journey. Our services are provided free of charge, which means we are always looking for creative ways to fund this important work.

And that brings us to some automotive fun!

Joe's friendship with AJ Hiers of Boniface-Hiers goes back to the 1990s, when Joe was building the Brevard Alzheimer's Association. Today, that friendship continues as we prepare for the 10th Annual Helping Seniors Car Raffle, featuring seven great vehicle choices from AJ's family of automotive brands.

The Grand Drawing is Sunday, October 25, 2026, from 1–4 p.m. at Mark Pieloch's incredible American Muscle Car Museum. The Museum, home to an extraordinary collection of nearly 500 automobiles, opens only on select dates to support worthwhile community causes.

This year there's even more! Car-show organizer Bill Antonetz is inviting 150+ collector



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Folks ...Start Your Engines! cont'd on pg 40

Green Gables, Riverview Village

By Diane Barile



Green Gables is the grand dame of the neighborhood called Riverview Village. Located on the bluff north of the Melbourne Causeway, on Riverview Drive, the street has some of the oldest houses in town. There is a mixture of homes and businesses.

During the 1890s there were grand homes of community leaders and winter residents. Cottages grew up along the Indian River Lagoon on a bluff over twenty feet above the business district below on what is now Front Street. A walking path or promenade followed the bluff line. All the homes porches and front doors faced the walkway and lagoon. A set of steps descended from the bluff called the Trysting Stairs. They were evidently a place to seal a kiss.

The homestead of Peter Wright occupied the top of the stairs. Wright, a black man, was one of the three founders of the village of Melbourne. Next door was the grand hotel, the Carleton. It welcomed guests from Christmas to Easter and was the center of community social life. Groups of visitors and investors, many from Ohio and Pennsylvania, stayed in the hotel, later building homes along the shoreline and buying investment property.

Elizabeth Eaton inherited her home from her aunt. The Melbourne Woman's Club headquartered in a small house. The Stewart home was a family gathering place with a broad porch on the second floor especially for sleeping on steamy summer nights. During the Prohibition years, the McCoy family, noted rum runners, lived in the neighborhood.

Green Gables was the crown of the upper class residences. The Wells family was winter residents who lead society during the winter season. Mr. William Wells, in order to accommodate his horse carriage, built a road he call Prospect Avenue along the back of the bluff walk houses (now Riverview Drive). New houses were then built to face the road rather than the walking path.

Mr. Wells was dedicated to the development of Melbourne through his generosity and business acumen. He formed a high school and sponsored and built a lecture hall. These are gone, but Wells Park includes the Melbourne Public Library spearheaded by Mrs. Wells. The Melbourne Auditorium hosts a variety of events throughout the year. During the 1950s, the

Green Gables, Riverview Village continued on pg 22



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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.

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COVER STORY

The Historic Queen Anne Home - Green Gables

by President Edwina Szelag, Artist Witha Lacuesta

Watercolor artist, Witha Lacuesta, certainly does project the tranquility of the home and grounds of Green Gables in her painting on this month's cover. Somehow when artists and visitors transcend on the property, calmness flourishes not only inside with the hominess of the rooms, but outside on the grounds overlooking the Indian River Lagoon.

Green Gables appears grand on the property, despite what years of neglect have done. Built in 1896, Green Gables was wired for electricity and had the first indoor toilet and bathtub. Using a generator and artesian well it had functioning lights and plumbing. The home initially served as the Wells' winter residence. The nonprofit, Green Gables at Historic Riverview Village, Inc., is working tirelessly to raise funds to erase the years of neglect and preserve one of only three Queen Anne homes left in Melbourne. Additionally, the group works to honor the legacy of William & Nora Wells a, family that provided many things for the young community. With three high school age children, a secondary school in Melbourne did not exist, therefore Mr. Wells hired a college professor, rented a building, and provided for a place for such classes to take place.

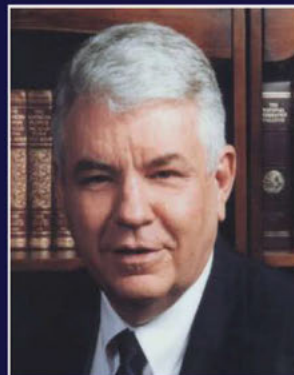


The group also pictures the community using the grounds for small affairs and outdoor events. As a museum it will serve as a local educational site for Melbourne history filling the void for the area. What a better way to embrace pride in our community and pay tribute to its past.



The Historic Queen Anne Home... continued on pg 39

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TALK WAS.....

Three Words Made "Rocky" Theme

Lyricist Carol Connors Rich *By Nick Thomas*

Fifty years ago, a scrappy boxing film with a surprisingly low budget and starring a little-known starving actor knocked out star-laden productions such as "A Star is Born" and "All the President's Men" to win the coveted title of highest grossing film for 1976. "Rocky" went on to win three Oscars including Best Picture.

Contributing to the film's success, some 80 minutes into the story, audience eardrums are pelted with one of the most stirring and memorable movie themes of the 20th century during Rocky's rigorous training scene. As the intensity of the training increases, so does the music and lyrics, culminating in the famous dash up the stone stairs of the Philadelphia Museum of Arts as Carol Connors' inspiring three simple words leap from the soundtrack.

"It's the film's iconic moment when Rocky runs through the streets, punches the meat, then climbs those stairs and thrusts his fists in the

air," Connors told me from her home in Beverly Hills. "Then you hear 'Gonna Fly Now.' I was actually one of the voices because we didn't have a big budget to hire a high-priced singer."

Connors doesn't hesitate when asked what the film's theme has meant to her over the past 50 years. "It paid for my Beverly Hills home!" she said. "But beyond that, it captured a movie moment that represents believing in yourself while demonstrating perseverance, hope, and courage. It's something we can all identify with and is such an enormous high in the story."

Carol co-wrote the lyrics with Ayn Robbins, while the music was scored by now veteran composer Bill Conti. The three had the same



"Rocky" Theme Lyricist Carol Connors... continued on pg 46

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Can Adding Children's Names To Property Create Problems?

By Attorney Truman Scarborough

In the last article, we looked at what should be considered before making out right gifts to children. Problems can also be encountered when children are made co-owners of property with the parents. In this article, we will consider some of these issues.

Parents add children's names to accounts for various reasons. It may be so the child can access an account to pay the parent's bills. Frequently, parents add their children's names on accounts or deeds to avoid probate. The reason is when someone dies with assets titled just in his/her name without beneficiaries the asset is frozen. Probate is required to transfer the asset. A Power of Attorney does not work, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees.

In probate, a Personal Representative (executor) is appointed by the Court to administer the estate. Throughout the process of collecting assets, paying bills and finally making distribution to the beneficiaries, the Personal Representative must show the Probate Court that everything is proceeding in accordance with Florida Statutes and Probate

Rules. The word probate essentially means "to prove." When everything runs smoothly, formal probate takes around six months from the time the petition is filed with the court. There are fees and court costs. For an estate between \$100,000 and \$1,000,000, Florida Statutes suggests a fee for both the Personal Representative and the attorney of 3% of the gross assets.

This leads people to ask: "Can probate be avoided by adding children's names to property?" Yes, jointly owned property with survivorship rights goes to the survivor. However, this simple solution can create other problems: First, with joint bank accounts, the child has the ability to use the funds as he desires. Second, with real estate there is a loss of control. Any further transfer will require the child's signature on the deed. For example, if a widow adds one child to the title of her home but later wants her estate plan to have it to go equally to all her children, it would require the child deeding his/her rights in the property back to the mother. Third, jointly owned property is exposed to the child's judgement creditors. Fourth, only one-half of the property

Adding Children's Names To Property ... cont'd on pg 39



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SENIOR SCENE MONTHLY TRAVEL TIPS

11 Tips Cruise Lines Really Wish You Didn't Know (Part 1 of 2)



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A little inside knowledge can make a cruise feel smoother, more comfortable, and often less expensive. Some tips simply help you avoid surprises, while others can help you make smarter choices before you book or board. None of these are tricks or rule-breaking ideas — they are practical things senior travelers deserve to know before setting sail.

You Aren't Limited to Just a Single Item on the Menu

Food is one of the pleasures of cruising, and cruise lines know it matters to passengers. Behind the scenes, though, feeding thousands of guests is also a major expense. In 2025, Carnival Corporation spent \$1.5 billion on food across its ships.

Because food costs are so high, cruise lines look for ways to reduce waste without making the experience feel limited. That is why dining-room portions may be modest, and why some lines now charge for certain room-service orders.

The good news is that in the main dining room, you can usually ask for more. If two appetizers sound good, or you would like to try an extra entrée, just ask your server. Some cruise lines may charge if you order quite a lot, but if you are still hungry or simply want to sample something new, you are not limited to only one item.

Those Big Sales Are Kind of Bogus

Everyone enjoys feeling like they found a bargain, and cruise lines understand that very well. Once you join an email list, you may see a steady flow of messages about limited time offers, special savings, and sales that sound too good to miss.

But before you rush, take a moment to compare the actual price.

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11 Tips Cruise Lines Really Wish... continued on pg 44

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Why Flu Prevention Matters More as We Age

By Millennium Physician Group

Staying protected from the flu is an important part of staying healthy throughout the year. For older adults, influenza can be much more serious. As we age, changes in the immune system can make it harder to fight infections. At the same time, chronic conditions such as heart disease, diabetes, asthma, and chronic obstructive pulmonary disease (COPD) can increase the risk of complications.

Flu Season Is Coming. How Can You Prepare?

Flu is a highly contagious respiratory infection caused by influenza viruses.



For the 2026-2027 flu season, the Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone 6 months and older. For most people, September and October are the ideal months to get vaccinated. The timing is particularly important

for older adults because the body needs about two weeks after vaccination to develop its protective immune response.

This doesn't mean the opportunity to protect yourself passes after October. If you haven't received your flu vaccine, it is still worthwhile to get vaccinated later in the season while flu viruses are circulating and the vaccine is still available.

Why Older Adults Face Greater Flu Risks

Adults 65 and older are more likely than younger adults to experience serious complications from influenza. One reason is immunosenescence, the natural change in immune function that occurs with age. The immune system may not respond to infections as strongly as it once did, making recovery more difficult.

The risk can be even greater for older adults living with certain chronic health conditions. Influenza can worsen existing heart and lung conditions, and may contribute to complications such as pneumonia, hospitalization, and, in several cases, death.

Is There a Different Flu Vaccine for Older Adults?

Because the immune response can become less robust with age, the CDC recommends that adults 65 and older receive one of three types of flu vaccines when available:

- A high-dose vaccine
- An adjuvanted vaccine
- A recombinant vaccine

These vaccines are designed to produce a stronger immune response in older adults than a standard-dose flu vaccine.

A Flu Shot is One Part of Staying Well

Vaccination is an important step you can take to reduce your risk of seasonal flu, but it works best alongside everyday precautions:

- Wash hands regularly
- Avoid close contact with people who are sick
- Stay home when you're ill to limit spread

Get Ready for Flu Season with Millennium Physician Group

You don't have to navigate flu season alone. Millennium Physician Group can help you understand your vaccination options, determine which prevention plan is right for you, and answer questions about protecting yourself and loved ones from influenza and other respiratory illnesses.

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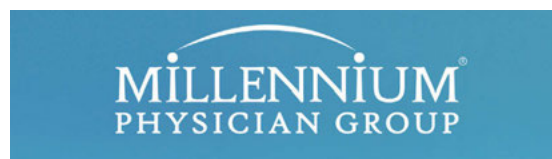
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Do AI Detection Apps Really Work On Scam Messages?

By James Bowman, Data Rescue Computer Service

Yes, AI detection tools do work to an extent, but they are not perfect armor against modern fraud. While they excel at catching common, text-based phishing traps, they regularly struggle with complex, emotionally manipulative schemes or brand-new malicious web links.

Where They Excel

Dedicated anti-scam tools—such as Norton Genie, McAfee, and built-in systems like Google’s on-device AI—are highly effective at:

- **Identifying urgent phishing language:** Catching traditional red flags like spoofed bank alerts, immediate payment requests, or fake tracking numbers.
- **Spotting known malicious patterns:** Cross-referencing message text and links against historical fraud data instantly.
- **Real-time scanning:** Google’s on-device AI in Android, for instance, operates right inside your message app to flag suspicious incoming texts from non-contacts before you even open them.

Where They Fail

Cybersecurity tests show that standalone scam-detection apps have several critical blind spots:

- **Emotional and Romance Scams:** In tests conducted by consumer investigators, most apps failed or glitched when analyzing long-game “romance” scams or complex family emergency scripts. Because these messages use high-trust language rather than obvious malicious links, the AI struggles to definitively label them as fraud.
- **Brand-New Links (Zero-Day Phishing):** AI relies heavily on patterns extracted from historical data. If a scammer spins up a completely new web domain that has no prior history of malicious activity, text scanners often let it slide through.
- **Screenshots and Images:** Apps perform significantly better with raw text inputs than with screenshots. If you upload a photo of a text or email, the software frequently freezes or fails to read the crucial hyperlinks embedded inside the image.
- **False Positives:** Apps like Trend Micro’s Scam Check have been documented flagging completely legitimate transactional messages—such as real order confirmations from Amazon—as high-risk scams.

A Better Alternative: Chatbots as Analysts

Instead of paying for a dedicated, single-use scam app that might just harvest your data or lock you into a subscription, security experts recommend using free, general-purpose AI tools like ChatGPT or Google Gemini to vet messages manually.

Rather than simply asking the chatbot “Is this a scam?”, you will get a much more reliable defense by using a structured analytical prompt. (S)

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How Confident Are You In Retirement?

By Max ValaVanis, CFP®, CFS®

Retirement planning is trickier than ever. Some refer to planning for retirement as creating a map to navigate through this “adventure”. While this metaphor has its uses, a map can be misleading or outdated. Everyone has fallen victim to an inaccurate Google Maps route or a MapQuest printout; likewise, a Financial Plan can lead you to a dead-end. Thus, it is important to be malleable with your financial outlook, and merely look to the plan as a guideline of what may occur, rather than something set in stone.

A common mistake retirees encounter is believing their income will maintain its strength as they age. Unfortunately, as time ticks, purchasing power seemingly dwindles as inflation creates its mark. Even modest inflation can rear its ugly head on your retirement funds. 2.5% inflation over 25 years will degrade purchasing power by over 46%. In essence, in 25 years this relatively low inflation would make \$100,000 worth less than \$54,000 in today’s money. In a world where people live longer in retirement, inflation becomes far more important in preparing for the future.

The Society of Actuaries studied the life expectancy of a couple aged 65, and their findings highlight the importance of

planning for a long retirement. Their studies found a 50% chance one spouse will live past age 90! This is amazing to hear, but many people aren’t prepared to live this long. AARP announced that 61% of those 50 years or older fear they do not have enough money for retirement. As the population lives longer, inflation’s effects grow stronger, and we must adjust our financial plans accordingly.

As we know already, with age typically comes healthcare costs. Thankfully we have Medicare and supplement plans at your disposal, but seniors must recognize the possibility of paying some costs out-of-pocket. Fidelity estimates a 65-year-old may need approximately \$157,500 in savings to pay for these healthcare expenses. Many of these costs can come from extended stays in long-term care facilities or rehabilitation centers. These types of care are typically covered only up to 100 days with Medicare. The rest must be fulfilled either by your savings, a specific long-term care insurance policy, or Medicaid – if you qualify. A comprehensive financial plan will address this issue and the appropriate steps to take.

How Confident Are You In Retirement? cont’d on pg 47

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



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Eat Too Much Salt?

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

You overdid it on the salt at dinner, and now you're feeling awful. Here is how to bounce back and not make the same mistake again.

A few weeks ago, a friend of mine tried a new restaurant where he ate hot chicken and a side of fries. The meal was not exactly "Cooking Light-approved", but hey, we all have our occasional indulgences.

At night he thought it was odd that his heart was racing, his body felt swollen, and he couldn't fall asleep a few hours after dinner. After some late-night Googling, he found out that his body was probably reacting to the excess salt from his meal. It turned out in three pieces of hot chicken, there's over 3,000 mg. of salt – well over the health target of 2,300 mg per day – and he wasn't even counting the fries he had.

95 percent of the sodium you eat is absorbed in your body – even if you don't frequently overdo it on the salt, it still has the potential for negative impact. A study from the CDC showed that 90 percent of Americans eat too much salt, and the average adult as an average daily intake of 3,592 mg.

Overtime, your kidneys have trouble keeping up with excess sodium, so your body holds onto water to dilute it (hence why you might feel bloated and puffy). This process increases the fluid around the cells and the volume of blood in your body. Increased blood volume means that your heart has to work extra hard – over time, this could lead to high blood pressure, heart attack, and stroke.

While we definitely don't encourage you to regularly have a salt feast, eating too much sodium happens. Here are the best ways to bounce back.

- Drinking lots of water helps flush sodium from your kidneys; staying hydrated will also help you feel less bloated.
- Exercise will help you lose a little sodium through your sweat. Again, just make sure you're staying hydrated.
- Potassium helps counteract sodium. Foods like bananas, white beans, leafy greens, and potatoes are all great sources of potassium. Eating high-potassium foods is good because they are usually whole foods that are also naturally lower in sodium. However, those with kidney disease should monitor potassium intake and talk to their doctor.
- Certain people run a higher risk of being sensitive to salt, including those over the age of 51, African Americans, and those with cardiovascular disease or high blood pressure. If you are concerned about your salt intake or think you may be sensitive to salt, it's definitely worth calling your doctor. Ⓢ



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SENIOR NEWS LINE

Beware The Supplements On TV

By Matilda Charles

If you're home during the day and have spent much time with the television on, you've no doubt been inundated with advertising for supplements that promise to change your life. By the time you've heard those ads 30 times you can probably quote them word for word. And at some point you might even be tempted to just dial that number and place an order.

Don't do it.

Just because companies create slick ads that sound like they'll solve all your problems doesn't mean it's safe for you to use their products, especially if you take any prescription drugs or have a medical condition.

Supplements are not approved by the Food and Drug Administration. The FDA doesn't evaluate those types of products and doesn't conduct any trials to check their safety and recommended dosage. The supplement companies are required to tell you this in their advertising, but it's in all that tiny text at the bottom of the TV screen that's impossible to read.

Learn all you can about potential drug interactions. Go first to [drugs.com](https://www.drugs.com) and click on the Drug Interaction Checker. Type in the name of your drug. Then type in the name of whatever you're considering taking and see what it says. I tried this with one of my prescription drugs and added one of the frequently advertised products and it showed 11 potential drug interactions. There were also some possible uncomfortable side effects, even without the possible drug interactions.

Seniors are especially targeted by the manufacturers of those supplements, hoping we'll believe their slick claims if we see those ads often enough. It's a billion-dollar industry, and they want your money. Before you dial that number on the TV screen, dial your doctor's office and ask if the supplement is something you should have. Chances are they will say no. Ⓢ

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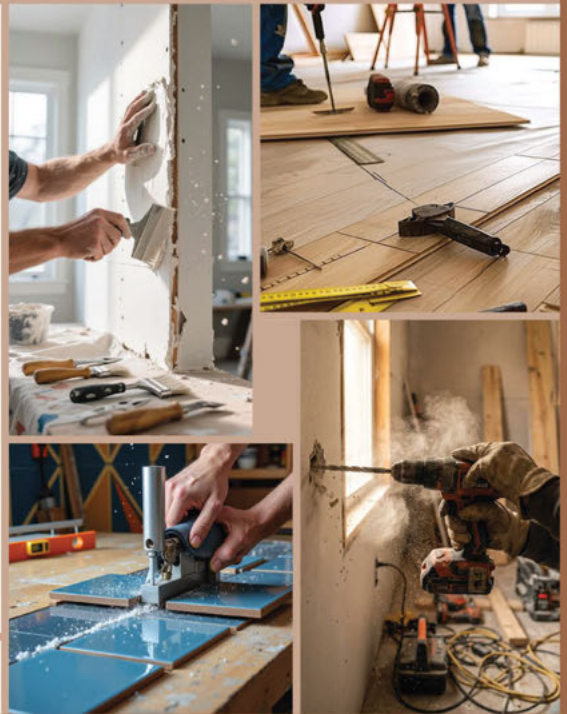
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Where Can I Find Fall Fun For Seniors?



ask ONE SENIOR PLACE

Lisa Peake

I love this question! Fall has a way of bringing out the kid in all of us. The cooler temperatures, pumpkin spice, familiar traditions, colorful decorations and, of course, Halloween—can remind us of a time when dressing up and collecting a bag full of treats was the highlight of the season.

But who says Halloween fun has to be reserved for children? For older adults, fall can be a wonderful time to get out, reconnect with friends, enjoy familiar traditions and try something new. Whether you are 8 or 80, there are plenty of ways to embrace the season.

Get creative with a costume. You don't have to go all out. A favorite character, a funny hat, a festive T-shirt or even a simple Halloween accessory can add some fun to your day. Better yet, invite the grandkids, friends or family members to help you come up with a costume.

Decorate and reminisce. Pull out the Halloween decorations or pick out a pumpkin to carve or decorate. Maybe you have a favorite decoration that has been part of your family for decades. Looking through old Halloween photographs can also be a wonderful way to spark memories and conversation.

Enjoy fall flavors. Pumpkin, apples, cinnamon, maple and other seasonal favorites can make fall feel special. Bake something with the grandchildren or the neighborhood kids or simply enjoy a favorite autumn treat.



Get out and socialize. One of the best things about seasonal activities is the opportunity to spend time with others. Community events can provide a chance to meet new people, reconnect with friends and simply enjoy a little laughter.

And that brings us to one of our favorite fall traditions...

Trick or Treat—For All Ages! On Friday, October 30th @ 2 PM, we invite children, parents, grandparents, friends and neighbors to join us at One Senior Place in Viera for a fun, family-friendly Trick or Treat event.

Come dressed in your favorite costume—or just come as you are! Bring a group and enjoy an afternoon of treats, smiles and Halloween spirit. It's a chance to celebrate the season and remind ourselves that fun, laughter and a little bit of silliness have no age limit.

So this fall, don't sit on the sidelines. Because Halloween is about more than just candy. And you're never too old—to have a little Halloween fun. For more information, visit www.OneSeniorPlace.com or call 321-751-6771 in Viera. ☎

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.

Green Gables, Riverview Village

continued from page 10

town baseball field was at the corner of Fee Avenue and Lake Street. Many children remember feeding the ducks and geese by the ponds in Wells Park.

Thirty years ago, there was an effort to create an historic district along Riverview Drive from the lagoon to US1 and north from the Melbourne Causeway to Green Gables. The plan developed at Florida Tech called for preservation of neighborhood character by establishing community standards for the oldest houses in Melbourne. The plan was not approved. Today Green Gables is the surviving example of the 1890s Florida while time works the changes in Riverview Village. ☎



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The 10th Annual Helping Seniors Car Raffle!

1pm-4pm - Sunday - October 25th 2026

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Our 2025 Winner!

**Tom & Patti Kabana
selected Kia!**

Which car will YOU
pick when you win
October 25th?



7 Great Choices!

As you probably know, the American Muscle Car Museum is NOT OPEN TO THE PUBLIC, which is why we are so grateful that Mark Pieloch, once again kindly opens his doors to host Sunday at the American Muscle Car Museum and our Grand Drawing event live 1pm-4pm on Sunday October 25th 2026!

There's fun inside the museum and outside the museum - as Mark's amazing collection is available for you to tour inside and a great Classic Car Show is happening outside at the same time. Don't miss this - get tickets ahead of time at HelpingSeniorsCarRaffle.com



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Mark Pieloch, owner of the American Muscle Car Museum, reads out the winning ticket!
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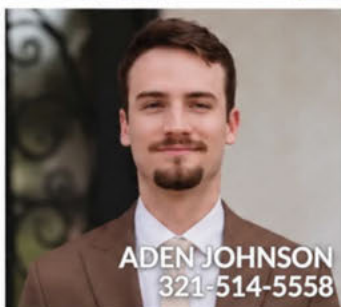
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The 10th Annual helping Seniors Car Raffle - Helping Seniors News Special Edition

The Cars & The Story About the Cars!

Helping Seniors Founder Joe Steckler paid a visit to his friend A.J. Hiers to talk ideas for a follow-up to the work he and AJ did together when Joe first was building "Joe's Clubs" at Brevard Alzheimer's.

AJ handed Joe the keys to a car from his personal collection, a beautiful 1951 Ford Victoria - like the one Robert Mitchum drove in the classic movie "Thunder Road" - and, with that, the annual Helping Seniors Raffle came to life!



AJ Hiers (Boniface Hiers) with our 2020 Car Raffle Winners and their beautiful new Camaro!



Kerry Fink (Helping Seniors) behind the wheel of the 1951 Ford Victoria HotRoad that got the Raffle Rolling!

Our Winners:

- 2025 - Tom & Patti Kabana (Melbourne) - Kia
- 2024 - Jim Neumann (Cocoa) - Chevy Colorado
- 2023 Diane Pelak (Melbourne) - Mitsubishi Outlander
- 2022 - Gail McGinnis (West Melbourne) - Chevy Camaro
- 2021 David Odahowski (Orlando) - Kia Sportage
- 2020 - Troy Darling (Indialantic) - Chevy Camaro
- 2019 - Karen Hoodless (Melbourne) - Dodge Challenger
- 2018 - James Lawler (Satellite Beach) - Classic Ford
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The 10th Annual helping Seniors Car Raffle - Helping Seniors News Special Edition

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- * Drop by our Senior Resource Center at 1344 S Apollo Blvd-2nd Floor - Melbourne
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Helping Seniors Sunday at the Museum & Car Raffle

**1pm-4pm Sunday
October 25th 2026**

Inside: Tour the Amazing
American Muscle Car Museum!

Outside: Enjoy The Fall Festival
Car Show & Trunks with Treats!



Zone 1 - Visit the Museum

The Opportunity we have all been looking forward to! Grab your wristband (with your Raffle ticket) and join us inside to explore Mark Pieloch's amazing American Muscle Car Museum!

500 Cars pack the show floor and you could spend hours just enjoying the fabulous collection - in the Front Showroom and the Main Hall too!



Zone 2 - Raffle Car Row

As you approach the Museum, you'll head right for Raffle Car Row - your opportunity to explore the 7 great choices that you pick from in the 10th Annual Helping Seniors Car Raffle!

You'll also see our "Winner's Row" with some great cars including a collection of some of "Best in Show" Cars plus some great Food Trucks on-site as well!



**So Many Interesting Cars to See!
Inside and Outside!
1p-4p Sunday October 25th!**



Zone 3 - Fall Fest Car Show

This year our "Best of the Best" Car Show returns outdoors on the grounds of the American Muscle Car Museum and featuring some of the finest cars in all of Brevard County!

And, as it is last weekend in October, it also offers a fun "trunks of treats" experience for the kids! Costumes are encouraged and bring containers for the kids candy!



Zone 4 - The Fun

As you enter the Museum, there's so much to see and do! You can get more Raffle tickets and increase your odds - or jump into the 50/50 Raffle for more winning at the Museum!

There is actually much more than cars to check out at the Museum - you'll be amazed by the great memorabilia and fun things that you will find as you explore that day!



Getting Your Medicare Ducks in a Row

Vicki Moore
Moore Insurance Solutions

Navigating healthcare choices can feel overwhelming, but preparation is key as the 2027 Medicare Annual Enrollment Period (AEP) approaches. Standard enrollment runs from October 15 through December 7, with all changes going into effect on January 1, 2027.

Working with an independent broker means you are never limited to just one insurance carrier. Our experienced local team is ready to provide personalized guidance tailored to Brevard County residents.

Key Steps to Prepare for 2027: Review Your Annual Notice of Change (ANOC)-Every September, your current Medicare Advantage or Part D plan sends an "ANOC" detailing adjustments to premiums, deductibles, and drug tiers. Never ignore this document - autorenew without looking can lead to unexpected out-of-pocket expenses.

Evaluate Total Yearly Exposure: Part D prescription drug plans and Medicare Part B will see updated cost structures and maximum deductible limits for 2027. Be sure to look at your total yearly exposure combining monthly premiums and out-of-pocket drug cost, rather than focusing solely on the monthly premium.

Check Provider and Formulary Networks: Never assume your preferred doctors or medications are covered the exact same way next year. Formularies change frequently, meaning a drug you rely on could move to a higher tier, require prior authorization, or even be dropped.

Watch for new enrollment limits: Beginning in 2027, certain Medicare Advantage plans are permitted to set CMS-approved enrollment capacity limits. Popular plans could close to new members before December 7 if they hit capacity, making early research vital.

Assess Past Usage: Take time early to evaluate your medical and pharmacy usage from the past year so you can select the most cost-effective coverage for your needs.

As your trusted local resource, the team at Moore Insurance Solutions is here to help you navigate these updates and find a plan that genuinely fits your life and budget.

Schedule Your Consultation Today. Don't leave your coverage to chance.

Meet Your Local Team at Moore Insurance Solutions:

Vicki Moore

Agency owner, and licensed Agent.

Kara Davis - licensed Agent.

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The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Palm Bay and greater Brevard County continue to show steady real estate conditions. After several years of rapid shifts, the market has settled into a balanced pace.

Inventory has improved and homes are spending 60–72 days on the market.

Home values remain stable, with modest appreciation between 2% and 4% across most Palm Bay neighborhoods. Well-maintained homes in the \$300,000 – \$375,000 range continue to draw steady interest from Space Coast professionals, retirees, and relocating families.

The most significant factor shaping the months ahead is the expected rise in mortgage interest rates. After briefly easing earlier in the year, rates are projected to move back into the high-6% to low-7% range. While this may tighten affordability for some buyers, it reinforces the strength of local home equity, an advantage for seniors considering a sale.

As rates rise, strategic preparation becomes even more important. Clean inspections, realistic pricing, and attention to insurance considerations help sellers stand out and secure strong offers.

Palm Bay's fall market offers stability, opportunity, and a clear path forward for seniors planning their next chapter.

SRES TIP BOX – Fall 2026

- Review insurance before listing. Know your premium expectations early.
- Consider a pre-inspection.
- Explore financing options.
- Plan your move timeline.

Contact me at: ValueREMSG@gmail.com



Before You Give Up on a Tooth ...

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

Over the course of my career as a periodontist, I have seen many teeth that looked hopeless. Some probably were. But others surprised me. This has taught me to be cautious about extracting a tooth simply because the X-ray looks bad.

When treating advanced gum disease, I think about three things.

First, is the root truly clean? Today, we can use a tiny periodontal endoscope to see beneath the gumline and remove deposits that otherwise might be missed.

Second, is there an infection that needs to be identified and treated? In selected patients, bacterial testing can provide information that we cannot get from an X-ray or examination alone.

Third, is the tooth being subjected to excessive biting forces? A tooth that has already lost some of its support may be particularly vulnerable to those forces. Then comes something that is just as important: time.

Once we have cleaned the root, addressed infection when necessary, and reduced excessive forces, we need to give the body an opportunity to respond.

Not every tooth can be saved, and there are times when extraction is the right treatment. But before giving up on a questionable tooth, it is worth asking whether everything reasonable has been done to give it a chance.

Once a tooth is extracted, we will never know how well it might have healed.



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PODCAST

Time with Terri Podcast **GOLD**

Brevard's very own podcast about Senior Care.
Terri Petzar – TimewithTerriShow@gmail.com
[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

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Lorine McDavitt – Realtor
Senior Real Estate Specialist
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

Our mother was cruel and unreasonable when we were growing up. My two sisters and I know that it is called child abuse by today's standards.

None of us will ever get over her treatment and neglect and we have all had extensive therapy at great financial cost. We help each other out and fortunately, none of us are abusers.

Our mother is now in need of our help, because she can no longer care for herself. We are all very resentful that she expects us to be loving, caring daughters. We need help. What would you suggest we do?

E, M, & S

DEAR FOLKS,

Do not allow your mother to put any of you on a guilt trip. Many kind, caring and thoughtful parents are abandoned by their children for no cause - but you and your sisters have cause. I would suggest that you make arrangements for whatever housing she can afford for herself. Send her the odd card, but in no way allow her to disrupt your lives. Visit occasionally, and always have someone else with you so they can protect you from her criticism and anger

– Audrey

DEAR E, M AND S,

I know a woman whom is in a similar situation, except with her father. Her father abused her and her brother in their youth in horrible ways.

When her father needed help, she stepped up to the plate. I was both awed and puzzled by her willingness to help her father. I asked her why, because if I were in her situation, I do not think I would make the same decision she did.

She told me she was not going to be the abuser her father was. She was not going to allow his past actions to have control over her in the present. She simply forgave him for her actions toward her.

She was quick to point out, however that the forgiveness did not mean allowing herself to be abused again. She has made sure he is well cared for in an assisted living facility. She meets him at

his medical appointments to oversee his medical care. She even attends family functions at the assisted living facility. She though, will not have him spend the night at her house or allow her children to be around him for any length of time.

By forgiving him, she freed herself from the past. By setting boundaries, what she would or would not do, she protected herself from further abuse. It is an interesting story. I hope you can find something in it useful.

– Kimberley

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ITINERARY AT A GLANCE

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Day 4	Granville Hotel, Waterford	
Days 5, 6	O'Donoghue Ring Hotels, Killarney	
Days 7, 8	The George Hotel Limerick, Limerick	
Day 9	Cabra Castle, Kingscourt	

On some dates alternate hotels may be used.

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travelcenterusa@gmail.com

Betty Powers – 818-618-1211
travelwithpowers@gmail.com

PAW'S CORNER

By Sam Mazzotta

Pet's Dry Eye May Cause Corneal Scarring

DEAR PAW'S CORNER: My 9-year-old Terrier, "Buzzy," has developed what I think is an eye infection. She has red, irritated eyes and lots of yellowish discharge with runny tears. I called her veterinarian and will be taking her in to be seen this week. The tech on the phone told me it might also be "dry eye," which doesn't make sense with her runny eyes. What can I do to make her more comfortable ahead of the appointment?

— Beth in Santa Monica, CA

DEAR BETH: Gently clear away the discharge from around Buzzy's eyes with a soft washcloth dipped in warm water. Don't use soap, as this can irritate her eyes further. This will provide some relief.

The vet will check for several additional symptoms to determine what's going on.

Just as with humans, dogs and cats can develop dry eye, known in medical terms as keratoconjunctivitis sicca, or KCS. Several conditions can cause dry eye: infections, injury,

certain medications, hypothyroidism or, most common, an immune disorder.

Dry eye can cause scarring of the cornea if left untreated, because the condition changes natural tears so they produce less of the "film" that protects the cornea's surface. If the damage is bad enough, your dog's vision could be permanently impaired. So prompt evaluation by a vet is important -- kudos for contacting them so quickly.

There are very effective medications to manage Buzzy's symptoms, which stimulate tear production and replace tear film. During the first phase of treatment, you may need to administer these medications every two to six hours. Antibiotics may also be prescribed to treat any secondary infection.

After this initial phase, Buzzy will probably need lifelong treatment to manage dry eye.

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

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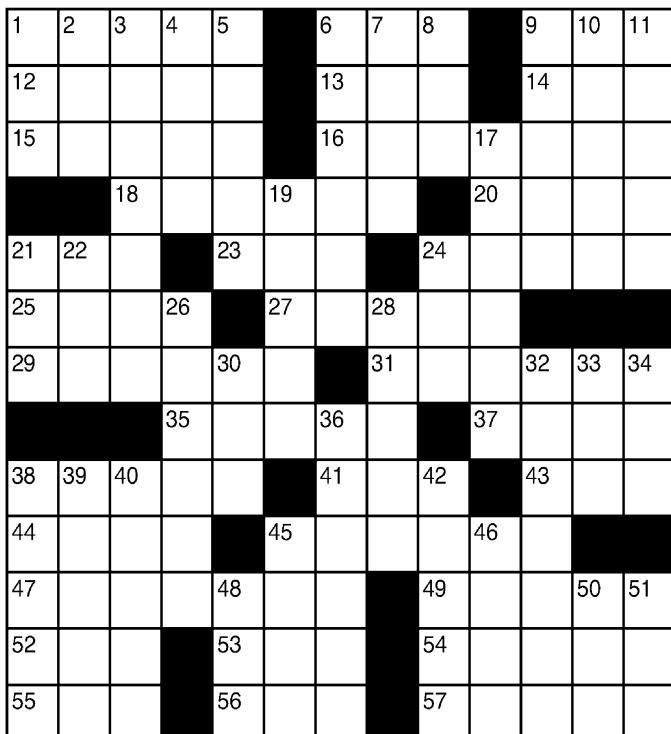
King Crossword

ACROSS

- 1 Ashley and Wynonna
6 Consumer protection agcy.
9 Catchall abbr.
12 Track star Bolt
13 Tic-tac-toe win
14 "The Matrix" character
15 Refuse an offer
16 Seattle suburb that's home to Microsoft
18 Credit rating publisher
20 Skin soother
21 Corp. money exec
23 Overly
24 Part of LGBTQ
25 Hit on the noggin
27 Japanese fish dish
29 Tranquil
31 Sort of dive
35 Police ID
37 Employ
38 Hairnet
- 41 Moray, for one
43 Past
44 Plane-related
45 Country song?
47 Archbishop Tutu
49 Stag
52 Altar affirmative
53 Reuben bread
54 More practical
55 Aachen article
56 Rowing need
57 Birch's kin
- 10 Mortise partner
11 Encryptions
17 "Butterfly" singer Carey
19 Medicated
21 "60 Minutes" airer
22 Nemesis
24 Fill in — blank
26 Explosive sound
28 Bed cover
30 Wee bit
32 Tiara stone
33 Work unit
34 Old Olds
36 Census info
38 "Sexy" Beatles girl
39 "— say more?"
40 Director Welles
42 — apso (small dog)
45 Novelist Seton
46 Airline to Tel Aviv
48 Spanish gold
50 Born
51 Blunder

DOWN

- 1 Roast beef au —
2 "Suits" network
3 "Shark Tank" star — John
4 Flintstones' pet
5 Stuffed shirt
6 Gift giver's words
7 Low digits
8 Atlantic fish
9 — Holmes (Sherlock's sister)



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Helping Seniors Info Series

OCTOBER 2026

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

Helping Seniors Car Raffle & Sunday at the Museum, 1pm - 4pm - Sunday - Oct 25th - at the American Muscle Car Museum. Join us at 3500 Sarno Rd for a great Sunday Fall Festival and Car Show with Big Drawing that afternoon! HelpingSeniorsCarRaffle.com for tickets!

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 resources. Home to the Helping Seniors Information Helpline, media studios, workshops, and community programs, the Center connects seniors and families with the information and help they need to navigate aging well.

Helping Seniors Car Raffle Pep Rally - Saturday - Oct 17th - 800am-1200nn

Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901. Join Show Organizer Bill Antonetz and his great car friends as we get ready for our 10th Annual Car Raffle with a BIG CAR SHOW on the grounds at Senior Resource Center!

Oct 2nd - Friday - 1000am-500pm - Medicare Preview Days (Day 1), Learn about Medicare 2026 with the Moore Insurance Solutions Team.

Oct 6th - Tuesday - 1000am-500pm - Medicare Preview Days (Day 2). Learn about Medicare 2026 with the Moore Insurance Solutions Team.

Oct 9th - Friday - 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.

Oct 15th - Thursday - 1100am-1230pm - Nourish Your Spirit Cooking Class. Join Celebrity Chef Jillian Zebris of Chefs for Seniors, in partnership with Senior Helpers of Melbourne. Fall Flavours! Free to attend. Advance RSVP is required.

Oct 21st - Wednesday - 1000am-1100am - Donuts with Daniel. Coffee & Donuts (Thank you Dunkin' & Rhodes Law!) with Daniel Thillet (Rhodes Law)

Oct 22nd - Thursday - 1000am-1100am - Knowledge College for Aging About Your Balance and Movement - Mica Allen (Beyond Balance Therapy)

Oct 22nd - Thursday - 1100am-1200pm - Helping Seniors Wellness. Stress Management - Angelika Keene (UF IFAS Extension)

Oct 23rd - Friday - 1000am-1100am - Veterans Claim Clinic. Presented by THRIVE USA at the Senior Resource Center

AARP/Helping Seniors Events:

Oct 2nd - Friday - 1100am-100pm - AARP Chapter #1413 Meetup. Gleason Park Center - 1233 Yacht Club Blvd - Indian Harbour Beach FL

Oct 9th - Friday - 845am-945am - AARP Walk with a Doc, Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

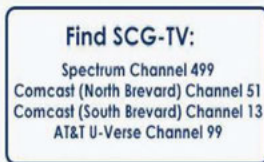
Oct 19th - Monday - 1100am-100pm - AARP Chapter #2622 Lunch, BCAS-CA Center - 2174 Harris Avenue - Palm Bay

More Great Events:

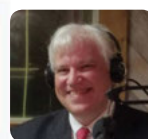
Oct 20th - Tuesday - 1000am-1230pm - Barefoot Bay Health Fair, Barefoot

Helping Seniors continued on pg 49

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Oct 1	Thu	Best Home Care Ideas	Chefs for Seniors	The Parts of Medicare	Your Aging Plan: Your Legal Plan
Oct 2	Fri	Buying/Selling/Investing in Real Estate	Understanding Medicare Options	Concierge Home Care	Capital Update
Oct 5	Mon	Senior Expos & Events	Avoiding Probate	Buying/Selling/Investing in Real Estate	Your Aging Plan: Medicare/Medicaid
Oct 6	Tue	Rock Steady Boxing	Finding Good Place for Mom or Dad	Best Home Care Ideas	Wellness: Expressing Thoughts
Oct 7	Wed	Great Employment for Seniors	Concierge Home Care	Chefs for Seniors	Considerations in Home Care
Oct 8	Thu	Medicare Supplement or Advantage?	Periodontal Disease	Turning 65? All About Medicare	Wellness: Footcare & Wellness
Oct 9	Fri	How to Cruise Successfully?	Updating Your Estate Plan	What an Elder Law Attorney Can Do	Capital Update
Oct 12	Mon	Chefs for Seniors	Durable Power of Attorney	Concierge Home Care	Rock Steady Boxing
Oct 13	Tue	Considerations in Home Care	Buying/Selling/Investing in Real Estate	The Parts of Medicare	Helping Seniors Directory
Oct 14	Wed	New to Florida? Elder Law to Know	Best Home Care Ideas	Cosmetic Dentistry	Your Aging Plan: Organize Paperwork
Oct 15	Thu	Turning 65? All About Medicare	Two Assisted Living Questions	Finding Good Place for Mom or Dad	5 Steps to Staying Safely at Home
Oct 16	Fri	Your Aging Plan - What is It?	Finding Good Help at Home	Helping Seniors & MSC Cruises	Capital Update
Oct 19	Mon	Probate - What it is/How it Works	The Business of Helping Seniors	Chefs for Seniors	Your Aging Plan: Putting it Together
Oct 20	Tue	Importance of Comp Evaluation	Senior Information in Senior Scene	Don't Go Broke Paying Nursing Home	When is Assited Living Appropriate?
Oct 21	Wed	Concierge Home Care	Medicare Supplement or Advantage?	Senior Info in Senior Scene	Your Legal Documents Checklist
Oct 22	Thu	In Home Care Giving	Rock Steady Boxing	Understanding Medicare Options	Helping Seniors - 15 Year of Service
Oct 23	Fri	Finding Good Place for Mom or Dad	Considerations in Home Care	Best Home Care Ideas	Capital Update
Oct 26	Mon	Best Home Care Ideas	Making Plans for Retirement	Senior Expos & Events	Golden Providers Biz-to-Biz
Oct 27	Tue	Probate: The Basics/The Process	Safe & Secure at Home	Concierge Home Care	Power of Attorney & Super Powers
Oct 28	Wed	Two Assisted Living Questions	VA Aid & Attendance Benefits	Considerations in Home Care	Rock Steady Boxing
Oct 29	Thu	Buying/Selling/Investing in Real Estate	Chefs for Seniors	The Parts of Medicare	Senior Travel Safe & Fun
Oct 30	Fri	Turning 65? All About Medicare	Too Many Teeth Being Extracted	Finding Good Place for Mom or Dad	Capital Update



Date	Program	Special Guest	Listen On	Podcast On
Oct 7	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Oct 14	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Oct 21	Helping Seniors on "It Takes a Village"	Helping Seniors Team	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Oct 28	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

This has been an ambitious endeavor for the entirely volunteer Green Gables members, and we encourage our community to see what Witha Lacuesta sees when she paints Green Gables. Please embrace Green Gable's vision for this architecture and family legacy to be safeguarded. As someone close to Green Gable's always comments, "If everyone in Brevard County donated five dollars, we could complete restoration sooner than later". In the meantime, we work tirelessly with fundraising and required planning and paperwork. We are like the ducks at Wells Park, we look like we are floating along so smoothly on the water, but our little feet are just paddling away underneath the surface.

Please visit our website - <https://www.greengables.org> ⓘ



Adding Children's Names To Property...

continued from pg 13

will receive a "stepped-up basis." In determining the capital gain tax on appreciated property, the basis (purchase price and cost of improvements) is subtracted from the sales price. When property is inherited at death, the date of death value becomes the basis reducing the capital gains tax when the property is sold. Fifth, when a gift exceeds the annual exclusion of \$19,000 a 709 Gift Tax Return should be filed with the IRS. Sixth, a home is not counted as an asset by Medicaid, but adding a child's name on the title is a gift which may prevent obtaining Medicaid. Seventh, with the home, the parent may lose some of his/her homestead property tax exemption.

As an alternative to joint ownership, you can with a bank account name a beneficiary to receive the account when you die. With real estate you can use a Lady Bird Deed. The best option is a Revocable Living Trust which offers the greatest flexibility and provides for incapacity. ⓘ

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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JROTC Launched with Great Support for 2026-27 School Year

All 14 JROTC Schools with both Instructors joined by MOAACC, BVMC members and BPS Supt Mark Rendell to celebrate the New Year with big checks in hand.

All Brevard JROTC Instructors from 14 Army (7), Navy (2) Air Force (3) Marine (1) and Space Force (1) visited the BVMC Military Museum on 05 August for a workshop designed to kick off another banner school year, less than week before students/cadets return to classes. Over 15 MOAACC and BVMC attended the first 90 minutes of the program which featured community supporters.

Highlights of the session included –

- Welcome by BVMC President Dean Schaaf who reminded how the museum and VM Park make for great field trips.
- MOAACC Good Deeds Foundation presentation of a record \$49,000 garter to help all the programs launch at \$3500 each.
- JROTC Units signed up for Color Guards all year long at BVMC and MOAACC.
- Brevard Public Schools Superintendent Dr. Mark Rendell presented encouraging remarks and support to the

programs and the veteran groups that help them.

- Briefings from FIT ROTC Leaders, all military recruiting offices, new program to support ROTC and Academy applications by Scott Waggoner, former MIHS JROTC Instructor, SAR and other veteran groups on awards and scholarship money. Coffee, donuts and lunch was provided courtesy of GDF.



It was a great start to what promises to be a solid year for Brevard JROTC programs with plenty of support from GDF, BVMC and many other veteran organizations. We know how important supporting such programs is to the future of our country. 🇺🇸

Folks... Start Your Engines! *cont'd from pg 9*

cars for an outdoor show, complete with a Fall Festival atmosphere and treats for the kids. Two children age 12 and under are admitted free with each adult admission.

Your Car Raffle ticket does triple duty: it supports Helping Seniors, gives you a chance to win your choice of a great new vehicle, and serves as your admission to an unforgettable afternoon at the American Muscle Car Museum. You need not be present to win.

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Weekly SUDOKU

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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 OIG At Work

The Veterans Affairs Office of Inspector General (VA OIG) has been busy. And as is typical, their work involves saving millions of dollars that should have gone to veterans services.

When the OIG analyzed the details about a contractor for the Veterans Crisis Line, they questioned why millions of dollars were paid when the work wasn't actually done. The job involved providing backup services for the toll-free 24/7 crisis line. However, that contractor didn't have enough staff, didn't train the staff they did have and didn't meet federal security requirements. Due to lack of contract oversight, the VA made payments to that contractor -- \$11.2 million worth -- for a year. The OIG, naturally, wants that money back.

Then there was the not-so-small matter of critical medical supplies and equipment and how those were managed. After being called on to inspect the practices at one certain VA facility, the OIG spent months looking at the inventory of expendable supplies, nonexpendable equipment, distribution controls and the leadership. What they found was so bad

that four operating rooms had been closed because of lack of supplies, expired supplies and unreliable restocking, causing surgery backlogs and cancellations.

The OIG found expired supplies in operating rooms. (The OIG asked that they be removed, yet two months later the expired supplies were still there.) They discovered 50 pallets of supplies that were expired, damaged or obsolete. When it came to equipment, five pieces couldn't even be located. The value of missing nonexpendable items was \$10.5 million.

The facility had been awarded \$3.2 million for a contract for an inventory management system but never completely installed it and eventually disabled the program. They were then awarded more money to get the contractor to do the complete installation, and that wasn't done either.

Rumor is that the VA's OIG is not getting a bigger budget for 2027. That's ridiculous considering the amount of money they save the VA through their investigations. ®

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October Waiting Faith

Rev. Jeff Wood, First Presbyterian

Every Floridian knows the feeling: sometime in October, after months of soupy humidity, a cool front finally pushes through. I used to think that it waited until after our children had a sweaty Halloween trick or treat night! The air changes quickly. People open windows they haven't touched since March. Evening walks are friendlier, breathing is a little easier, sweating isn't as big an issue. We don't get falling leaves down here in Florida but we do get a fall relief.

There's something in that waiting for October worth pondering. Christian scripture is full of people enduring a long, heavy stretch before the relief comes — Israel in the wilderness, the disciples in the storm, the psalmist crying out, how long, O Lord? (Psalm 13:1). We tend to think faith means never feeling the weight of waiting. It doesn't. Faith means trusting the cool weather is coming even in the thick of August. Paul put it plainly: we do not lose heart... for this light momentary affliction is preparing us for an eternal weight of glory (2 Corinthians 4:16-17). Maybe that's our October reminder: the humidity always breaks eventually — and so, in God's time, does everything else we're hoping for. [§]

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Sudoku Answers

7	3	5	6	1	2	8	4	9
8	2	9	7	4	3	1	6	5
6	1	4	8	5	9	7	3	2
3	4	6	2	8	5	9	7	1
5	9	8	1	7	6	3	2	4
1	7	2	3	9	4	6	5	8
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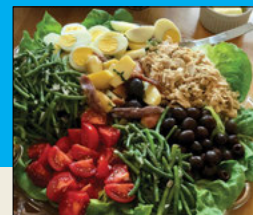
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Donna Erickson's BEST BITES

By Donna Erickson

Make a Family-Style Salade Nicoise



It's market time! On weekend mornings, I like to saunter through our neighborhood farmers market amid the crowds of people who, like me, are attracted to the "picked at their peak" vegetables, flowers, eggs, honey and jams in colorful stalls. Adults and kids alike visit with vendors, while friends happily bump into one another for a chat.

Since produce is overflowing at markets and grocery stores, there's no better time to make a fresh, easy-to-prepare dish that the whole family will love. I was recently inspired by my friend, Ann Francois, to make a big salade nicoise for the centerpiece of her dining table at a recent gathering with our friends.

While I have vivid memories of traveling in southern France and feasting on this country salad (which is typically composed of tomatoes, tuna, hard-boiled-egg halves, and anchovies on a bed of lettuce, dressed with a vinaigrette), Ann's version featured the addition of locally sourced new potatoes and mounds of green beans. Each ingredient was artfully arranged on a platter and served with crusty French bread.

Make this healthy salad with your kids for a light and simple-to-prepare main course. What makes it so family-friendly is that you can tweak it to suit tastes. Add artichoke hearts, capers, or grilled red peppers. Don't like anchovies? Just skip them!

SALADE NICOISE

Serves 6

- 1/2 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar

- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 head Boston lettuce, separated into leaves, washed and dried
- 1 pound firm green beans, preferably French string beans (haricot verts), cooked just beyond the tender-crisp stage and chilled
- 1 pound new potatoes, cooked and halved
- 2-3 (5- or 6-ounce) cans albacore solid white tuna, drained and flaked, or grilled fresh tuna, cut into chunks
- 3 large vine-ripe tomatoes, sliced into wedges
- 3 hard-boiled eggs, halved lengthwise
- 1 cup pitted black olives
- 1 (2-ounce) can anchovy fillets, rinsed and patted dry (optional)

To make the vinaigrette, in a jar, let kids measure and shake vigorously to combine the oil, vinegar, lemon juice, mustard, garlic, salt and pepper. Set aside.

To assemble the salad, working together with your kids, arrange the lettuce over a large serving platter. Top with mounds of the green beans, potatoes, tuna, tomatoes, eggs and olives. Drape the anchovy fillets (if using) over the potatoes.

Drizzle vinaigrette over the salad and serve. (S)

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Give Your Savings a Little More Power in Retirement

Retirement planning is more than building investments. It is also about having savings available for everyday needs, unexpected expenses, travel, home repairs, health-related costs, and other priorities that may arise.

A high-yield account can be a useful part of that plan by giving you a place to keep money accessible while still earning interest.

Keep a Portion of Your Retirement Savings Accessible

Many retirees prefer to keep some funds outside of long-term investments, so they are readily available when needed. A high-yield account can provide flexibility while helping those dollars earn more than they might in a traditional savings account.

This can be especially helpful for money set aside for short-term expenses, emergency savings, planned purchases, or upcoming withdrawals.

Add Stability to Your Financial Plan

Investment accounts can play an important role in long-term retirement planning, but market values can fluctuate. Keeping a portion of your savings in a high-yield account can provide a more stable place for funds you may need in the near term.

That can help you avoid having to rely on investment funds for every unexpected expense.

Let Your Savings Continue to Grow

The interest you earn is added to your balance, allowing you to earn interest on both your original deposit and previously earned interest. Over time, that compounding can help your savings continue working for you.

Make Your Retirement Savings Work Smarter

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11 Tips Cruise Lines Really Wish You Didn't Know *continued from page 14*

One tip to know is that cruise-line sales are often less special than they sound. Cruise lines run promotions constantly. When one sale ends, another usually replaces it, often with similar pricing. A "buy one, get one free" offer, for example, may work out much like 50% off.

Those "ends soon" messages can feel urgent, especially when a countdown timer is involved. In many cases, though, the sale is extended or replaced by another offer that looks terribly similar.

The best approach is simple: book when the cruise, cabin, and total price work for you — not just because a sale banner says time is running out.

Wet Wipes Are a Must (Just Don't Flush)

Cruise ship bathrooms are compact and use extremely sensitive plumbing, so it is important to be thoughtful about what gets flushed.

The toilet paper provided on many ships is thin because it needs to break down quickly in the ship's system. It may do the job, but it is not always the most comfortable option.

That is why many experienced cruisers bring a small pack of wet wipes for personal comfort. They can make an enormous difference, especially on longer trips.

Just remember even wipes labeled "flushable" should go in the trash, not the toilet. They can cause plumbing problems



11 Tips Cruise Lines... continued on page 45

11 Tips Cruise Lines Really Wish You Didn't Know *cont'd from page 44*

at home and can be even more troublesome on a ship. Use them if they help you feel more comfortable but dispose of them carefully.

Loyalty Programs Are Nearly Worthless for Many Passengers

I have sailed on over 135 cruises on many cruise lines. The one items that I do not let influence my decision on what cruise to travel on is the loyalty program.

Cruise lines promote loyalty programs because they encourage passengers to keep sailing with the same brand instead of comparing other options.

For most occasional cruisers, the rewards simply are not valuable enough to outweigh price, itinerary, cabin choice, or comfort. Unless you cruise several times every year, you may only receive small perks. On Royal Caribbean, for example, most passengers need 80 points — nearly three months at sea — before earning a free drink at the bar. Carnival has also revamped their entire plan, making rewards more closely tied to spending and resetting overtime. In most cases, choose the cruise that fits you best first, and treat loyalty perks as a bonus.

A “free” cruise sounds wonderful, but it usually comes with strings attached. In general, you either need an extraordinary number of loyalty nights, or you need to earn casino offers through gambling.

Our best advice is to Call Senior Travel and get all the up to date information on your cruise or land package.

Acknowledgement to Travel & Leisure for some of the included information ©

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agent who informed the trio of "a little film about a boxer" that needed a theme song. After watching a rough cut of the partially scored film, everyone in the viewing room knew a more powerful theme was needed and "Gonna Fly Now" was born.

The upfront payment of \$500 for Carol's contribution didn't go far in the late-70s, but royalty checks soon began arriving and continue to this day whenever the movie airs or the song plays. "The entire music budget for the film was \$18,000," she recalls. "You couldn't write four notes of a movie theme for that today."

Connors recalls Conti arriving at her house after the screening, sitting at her piano, and belting out the Rocky melody. "After he left, I remember thinking how could anyone write words to that music?" she said. "I went into the shower, and the film and training scene were still fresh in my mind. I pictured Rocky reaching the top of those stairs and thought, oh my God, he could even fly now. So that's where 'Gonna Fly Now' came from."

With cowriter Robbins, the pair constructed an entire song but the director (John Avildsen) only used 30 words, basically three short verses in the final score. "It begins with 'trying hard now' then 'getting strong now' and the final verse 'gonna fly now,' so three movements each one upping the ante until Rocky reaches the top of the stairs and knows he can go the distance," explained Connors.

Nominated for Best Original Song at the 49th Academy Awards, Connors attended the ceremony and was seated next to veteran film scorer Henry Mancini, himself a four-time Oscar winner. As "Rocky" began winning awards, Mancini leaned in with encouraging words, at least initially.

"He said to me, 'You're going to win the Oscar!'" she recalled. "Then Barbara Streisand got up and sang Evergreen (from 'A Star is Born') and he said to me, 'I don't know how to tell you this Carol, but you just lost the Oscar.' And we did, but it was an honor to be recognized for my work on the film."

The following year, Connors and Robbins received a second Oscar nomination for writing lyrics to Sammy Fain's "Someone's Waiting For You" melody for Disney's animated feature, "The Rescuers." Two decades earlier, Carol was recognized with a gold record for selling over 2.5 million copies of the massive 1958 hit "To Know Him Is to Love Him" as lead singer of The Teddy Bears. The song was one of the first written by legendary record producer Phil Spector, who also performed with the group before it quickly disbanded.

In addition to composing songs for numerous other film and TV projects, another musical career highlight was writing the music and lyrics, with a little help from brother Marshall, to "Hey Little Cobra" recorded by The Rip Chords. Cashing in on the racing car culture of the 60s, the song became a Top 5 hit in 1963.

Details of Connors' career were published in her 2024 autobiography "Elvis, Rocky and Me" coauthored with Steve Bergsman (Carol dated Elvis for several months in the 60s,

see her website, www.carolconnors.com). Based on the book, the documentary film "Elvis, Rocky & Me: The Carol Connors Story" was released early 2026. The film won numerous film festival awards while the audio book, narrated by Kathy Garver, was nominated for a Grammy for the Best Audio Book, Narration, and Storytelling Recording, losing out to no less an author than the Dalai Lama.

Turning 85 later this year, Carol Connors continues to write music that still packs a punch and even occasionally belts out a tune, continuing to inspire others – just like Rocky. "Music has been my life," she says. "I'm glad I could share it."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org. ©





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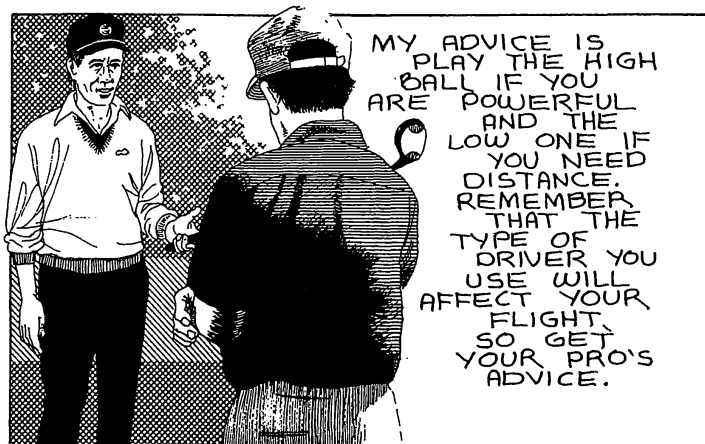
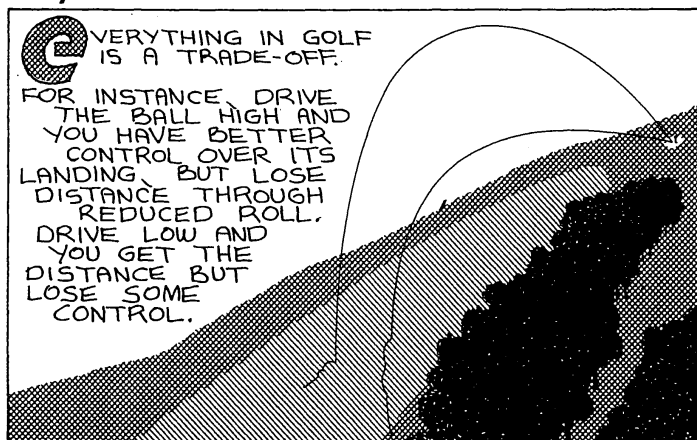
How Confident are you in Retirement? continued from page 17

Your retirement plan should grow with you, and adjust to the changes in the economy and YOUR needs! It must have fluidity for aging into your 90s, unexpected health care bills, and a multitude of other issues that may arrive in the future. As a Certified Financial Planner™ (CFP®), I specialize in creating financial plans tailored for you. Whether you have a plan or not, I welcome you to a complimentary appointment at our

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Hanging Baskets Add Color To Decks, Porches

By Eddie Smith, MSU Extension Service

There's something about a colorful hanging basket that makes a front porch feel welcoming.

Whether it's part of a quiet morning with a cup of coffee or an evening visit from friends, those baskets overflowing with blooms add life and charm to your outdoor space. A few well-chosen plant combinations can turn ordinary baskets into real showstoppers.

One of my go-to plants for hanging baskets is *Supertunia* petunias.

These vigorous plants have a naturally mounding and trailing growth habit, which means they work beautifully as both fillers and spillers in containers. Instead of needing constant grooming, they simply grow and spill over the sides of the basket, creating that full, lush look everyone loves.

Another thing gardeners appreciate about *Supertunias* is that they are low maintenance.

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

Another excellent companion for hanging baskets is *Superbells* calibrachoa.

Much like *Supertunias*, these plants have a mounding, trailing habit that allows them to cascade beautifully from containers. They also share the same low maintenance nature with no deadheading needed. A steady diet of water and fertilizer keeps them blooming.



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

Hanging Baskets Add Color... continued on pg 49

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Hanging Baskets Add Color To Decks, Porches

continued from pg 48

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

Another beautiful combination includes Supertunia Vista Fuchsia, Snow Princess and Laguna Compact Blue with Eye.

Supertunia Vista Fuchsia delivers bold pink blooms, and Laguna Compact Blue with Eye adds stunning blue flowers accented by crisp white centers. Snow Princess spills over the basket with cascading white blooms that soften the whole arrangement. Together, the basket feels bright and cheerful.

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

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

Helping Seniors Info Center

continued from page 38

Bay Community Center - 625 Barefoot Bay - Barefoot Bay (Platinum Expos)

Oct 20th - Tuesday - 1100am-1230pm - Golden Providers

B2B Lunch, Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL., Great Business-to-Business Learning & Networking for those who serve Seniors

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

Oct 2nd - Friday - 1000am-100pm - Brookdale Melbourne Seniors Car Show Brookdale Melbourne - 1765 W Hibiscus Rd - Melbourne

Oct 3rd - Saturday - 900am-200pm - Satellite Beach Lions Club Car Show, American Muscle Car Museum - 3500 Sarno Rd - Melbourne

Oct 3rd - Saturday - 900am-1200pm - Tint World Car Show, Tint World - 3945 W Eau Gallie Blvd - Melbourne

Oct 8th - Thursday - 500pm-800pm - Friendly's Car Show, Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach

Oct 10th/11th - Saturday/Sunday - Immaculate Conception, Tickets available at All Masses - 780 S Hwy A1A - Melbourne Beach

Oct 24th - Saturday - 1000am-300pm - Charity Care & Motorcycle Show, Brevard County Sheriff's Charity - Viera High School - 6103 Stadium Way

OCTOBER 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

OCTOBER EVENTS

10/1: ZOOM PEER PHOTO REVIEW, Camera Club of Brevard, <https://ccbrevard.org/>

10/2, 10/9, 10/16, 10/23, 10/30: OPEN PAINTING, CBAA Office & Studio, Rockledge, cbaartists.com 321-544-5990

10/2: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

10/2: EGAD First Friday, Eau Gallie Arts District, egadlife.com

10/3: Coffee and Bake Fest, River Road Coffee and Popsicles, Cocoa Village (1) Facebook

10/3 & 10/17: PASTEL PAINTING TECHNIQUES WITH ISHA VEN-KATESH CBAA Office & Studio, Rockledge, cbaartists.com 408-425-8550 or isha.venkatesh@gmail.com

10/3, 10/10, 10/17, 10/24, 10/31: Weekly Saturday Art Market, Myrt Tharpe Square, Green Circle Art Gallery, <https://visitcocoavillage.com/>

10/3: Water Brother: The Sid Abbruzzi Story- An NKF Surf Fest Film, Surfside Playhouse, Cocoa Beach, info@surfsideplayers.com, (321) 783-3127

10/3, 10/10, 10/17, 10/24, 10/31 Saturday Tours, Lawndale Historic Museum, Rockledge <https://friendsoflawndale.com> 321-632-5650

10/3, 10/10, 10/17, 10/24, 10/31: Open House, Green Gables at Historic Riverview Village, Melbourne, greengables.org, 321-306-8635

10/5, 10/12, 10/19, 10/26: DRAWING, Central Brevard Art Association, CBAA Office & Studio, Rockledge, cbaartists.com 321-544-5990

10/6, 10/13, 10/20, 10/27: Acrylic Painting, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

10/6, 10/7, 10/13, 10/14, 10/20, 10/21, 10/27, 10/28: ART INSTRUCTION - ALL LEVELS - VARIOUS MEDIUMS, CBAA Office & Studio, Rockledge, cbaartists.com 321-426-6485 or jbryant5@cfl.rr.com

10/7, 10/14, 10/21, 10/28: Artists' Gathering, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

10/7 & 10/8: 3,2,1 Jazz orchestra, Songs that Stick, 7pm, Melbourne Auditorium, Melbourne, mmband.org, 321-724-0555

10/7, 10/8, 10/14, 10/15, 10/21, 10/22, 10/28, 10/29: Pottery with Candi, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

10/8: BCA Open House, Brevard Cultural Alliance, Melbourne, artsbrevard.org 321-690-6817

10/8 Watercolor Classes with Richard Davis, Sebastian River Arts, Sebastian, Home | [sebastianriverartclub](http://sebastianriverartclub.com)

10/9: Senior Job & Volunteer Fair, One Senior Place, Viera, www.OneSeniorPlace.com, 321-751-6771

10/9 - 10/25: The Hunchback of Notre Dame, Historic Cocoa Village, cocoavillageplayhouse.com, 321-724-0555

10/9, 10/16, 10/23, 10/30: Sip and Paint Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

10/9 & 10/10: Beware of the Dark Side, King Center, Melbourne, <https://www.kingcenter.com>

10/9 - 11/15: KEN LUDWIG'S MORI-ARTY A Sherlock Holmes Adventure, MELBOURNE CIVIC THEATRE, <https://www.mymct.org/our-74th-season>, (321) 723-6935

10/9: Jerusalem String Quartet, Melbourne Chamber Music Society, Melbourne, <https://www.melbournechambermusicsociety.org/>

10/10: Classic Albums Live: Pink Floyd Dark Side of the Moon, King Center, Melbourne, <https://www.kingcenter.com>

10/10: Wheel of Improv, Fearless

Improv Brigade, Surfside Playhouse, Cocoa Beach (321) 783-3127 info@surfsideplayers.com

10/10: Murder Behind The Mask - Murder Mystery Dinner Theater Case:002, The Vintage Vault, Cocoa Village, <https://visitcocoavillage.com/>

10/11: Richard Drexler Trio, Space Coast Jazz Society, Brevard Veterans Memorial Center, Merritt Island, <https://www.spacecoastjazzsociety.org>

10/14: MCO Concert Series After Dark, Melbourne Auditorium, Melbourne, www.mcorchestra.org

10/17: Gatehouse Market, Field Manor, Merritt Island, <https://www.fieldmanor.org/>

10/17: Oktoberfest! Advent Lutheran Church, Suntree, www.adventbrevard.org, 321-259-8515

10/17: Peace of Woodstock, Merritt Island Moose Lodge #2073, Merritt Island, www.ShowTickets.live, 407-252-3536

10/17 & 10/18: Cocoa Village Fall Art and Craft Fair, Cocoa Village, <https://visitcocoavillage.com/>

10/17: Echos of Freedom, Brevard Symphony Orchestra, King Center, Melbourne, <https://brevardsymphony.com/>

10/23: Ghouls in The Gardens, Rockledge Gardens, Rockledge, Discover Rockledge Gardens Events | Tickets & Details | [AllEvents](http://AllEvents.com)

10/24: Halloween in the District, EGAD, Melbourne, <https://egadlife.com/>

10/24: 29th Annual Puerto Rican Day Parade & Multicultural Festival, United Third Bridge, Inc, Palm Bay City Hall, Palm Bay

10/24: 12th Annual Halloween Pub Crawl Cocoa Village, COCOA ELKS LODGE #1532, Cocoa Village, <https://www.mad-hatterpromotions.com/2026-halloween-pub-crawl-cocoa-village.php>

10/24: Heroes of the Silver Screen, Space Coast Symphony Orchestra, Eau Gallie Hig School Performing Arts Center, Melbourne, www.SpaceCoastSymphony.org, 855.252.7276

10/25: Dracula, Henegar Center, Melbourne, <https://henegarcenter.com/>, (321) 723-8698,

10/31, Fall Fest, at, Fred Poppe Regional Park, Palm Bay, <https://allevants.in/palm-bay/fall-fest/200030658466356>

10/31: Halloween Golf Cart Parade, Cocoa Village, <https://visitcocoavillage.com/>

CLUBS & ORGANIZATIONS

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

Bipolar And Depression Support Group

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

For people suffering from Bipolar Disorder or Depression.

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

The Astronaut Trail Shell Club

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

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/>

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, live music, food trucks and more. Sponsored by SpaceX and other MOH Foundation supporters with proceeds going to support veteran families in distress. Contact BVMC VP Don Pearsall for more information on 321-313-2444. (1000-1600).

17 Oct – Space Coast Honor Flight #5 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.

31 Oct – JROTC Raider Challenge Meets #2 at BVMC Park and Amphitheater. (0630-1230)

07 Nov – Annual St Francis Hospice 5K Run for Veterans at the new Veterans Memorial Park Amphitheater and Plaza 0730-1130. Includes vendors, awards, veteran pinning as SFH raises funds for their "We Honor Veterans Program" throughout the County all year

07 Nov Third Annual Cape Canaveral Veterans Day Parade sponsored by VFW Post 10131. Starts and Ends near the Cape Canaveral City Hall at 1111 Hours until 1330. Includes music, vendors, food, and more.

REVIEW BREVARD.FL.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, No classes in October

Card Making with Donna
1st Thursday, 2:00 - 4:00 PM, No classes in October.

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
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Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519

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

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

Beginning Computer Class 1st Wednesday, 1 PM	Adult Art Classes Thursdays 1PM	Technology Q & A: 3rd Wednesday at 1 PM	Quilters every Thursday at 6:00 PM.
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Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404

Coin Talk 4th Tuesday, 6 PM Sit-n-Stitch 1-3pm, meets 1st & 3rd Weds. Brevard Investment Education Group 10:30am-1pm. Meets second Mondays. Books are ALWAYS Better Book Club 3rd Monday, 6:30-8pm	American Needlepoint Guild 2nd Tuesday, 1 PM Brevard Antiques and Collectables 1st Fridays, 10:00am-12:00pm. Space Coast Poets 3rd Tues 5:30-7:30pm	Space Coast Modern Quilt Group , 3rd Wednesday, 9am Viera Women's Book Club 3rd Tuesday, 2:00-4:00 pm International Plastic Modelers 2nd Tuesdays, 6-7:45 pm	Neighbors Book Club 3rd Thursdays, 2:00-4:30 pm Tai Chi Class with Brad Saturdays, 9:30-10:30 am Multiple Myeloma Support Group 4th Mondays, 10:30 am-12:30 pm
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Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400

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

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

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

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

OCTOBER 2026 SENIOR CALENDAR

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

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

Bingo each Monday at SB Civic Center, doors open 9:30am , game begins 11am. Card fees apply.	Line Dancing Tuesdays and Thursdays at Schechter Community Center, 1pm-2pm. Fee paid at the door.	Game Night each Wednesday at Schechter Community Center, 6-9pm. Free!	Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am at Schechter Community Center Gym. Free!
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Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinandersseniorcenter.com

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
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OCTOBER 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://bcwpsc.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

OCTOBER 2026 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:

Veterans Resource Panel: Beyond the Uniform

Connecting Veterans to Care, Benefits & Support

Featuring: **Dr. Brandon Wormsbacher**

Chief Medical Officer - VA Healthcare System

Coffee & Donuts Provided

Thursday, October 1st, 10am

One Senior Place

8085 Spyglass Hill Rd., Viera, FL 32940

SPECIAL EVENT:

Senior Job & Volunteer Fair

Friday, October 9th, 10am - 12pm

One Senior Place

8085 Spyglass Hill Rd., Viera, FL 32940

SPECIAL EVENT:

Healthy Living Festival

Friday, October 23rd, 10am - 1pm

One Senior Place

8085 Spyglass Hill Rd., Viera, FL 32940

Kick Up Your Heels! Learn The Moves & Join The Line: Line Dancing with Kili Burgess, Friday October 2nd, at 2pm. Get ready for an afternoon of fun, music and movement! Join Kili Burgess for a lively line dancing class where you'll learn popular dances in a relaxed, friendly environment. No partner needed, beginners and experienced dancers are welcome! Call 321-751-6771 to RSVP.

FREE Liver Scans, Monday October 5th & Wednesday October 21st, from 10am - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesdays of each month at One Senior Place. Call 321-751-6771 to schedule your half-hour appointment.

Dinosaur Chat with Brevard Zoo!, Monday October 5th, at 2pm. Travel back in time for a prehistoric adventure with Brevard Zoo! Join us for a fun, interactive chat as we explore incredible dinosaurs, make exciting discoveries and learn more about these fascinating creatures from the past. Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays October 6th and 20th, 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.

Dietitian Series: Hot Topics, Tuesday, October 6th, at 10am. Confused by all the nutrition trends and conflicting information out there? Join Registered & Licensed Dietitian/Nutritionist Susie Bond, RDN, LDN as she breaks down today's hot topics, including detox diets, personalized nutrition, ultra-processed foods, collagen, seed oils, GMOs and more! Call 321-751-6771 to RSVP.

Benefits of Pre-Planning Your Cremation, by National Cremation Society, Wednesday, October 7th, from 11am & Thursday, October 22nd, 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. Come get the facts, ask questions and learn what really matters when it comes to your health and nutrition. Call 321-751-6771 to RSVP.

Tax Reduction Secrets w/ Estate Planning & Elder Law Center of Brevard, Thursday, October 8th, at 10am. Learn strategies that may help protect your estate and preserve more of your wealth for future generations. Presented by the Estate Planning & Elder Law Center of Brevard, this informative seminar will cover ways to minimize tax liabilities, the role of revocable and irrevocable trusts, and strategies for simplifying the transfer of wealth. Call 321-751-6771 to RSVP.

Medicare with Confidence: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent, Viera Insurance Professionals, Monday, October 12th, at 2pm & Wednesday, October 14th, at 10am. Turning 65 or already on Medicare? Join Carrie Kachur, for a free educational seminar that breaks down the basics of Medicare, explains your cover-

age options, and helps you avoid common enrollment mistakes.

Call 321-751-6771 to RSVP.

Lunch & Learn "Colon Health Matters: Prevention, Detection, Peace of Mind." w/ Kathleen Tills, DNP, APRN, Health First, Tuesday, October 13th, at 11:30am. Join Health First Health Plans for an informative Lunch & Learn focused on colon health, prevention and early detection. Kathleen Tills, DNP, APRN, FNP-C, will discuss colorectal cancer risk factors, screening recommendations, warning signs to watch for and healthy habits that can help protect your colon health. Learn why routine screenings and early detection can make a lifesaving difference. Call 321-751-6771 to RSVP.

BINGO! w/ Senior Partner Care Services, Tuesday, October 13th, 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! Call 321-751-6771 to RSVP.

Lunch & Learn "Sound & Steady: The Connection Between Hearing & Balance" w/ Scott Bigler, Viera Clear Hearing, Wednesday, October 14th, at 12pm. Did you know your hearing and balance systems work closely together? Join Scott Bigler with Viera Clear Hearing for an informative Lunch & Learn exploring how changes in one may affect the other. Discover signs to watch for, how hearing health can play a role in stability, and simple ways to help you stay confident and steady on your feet. Call 321-751-6771 to RSVP.

Beyond The Hot Flash: Because Menopause is About a Whole Lot More Than Feeling Hot. w/ Laura Burgess, NP, NCMP, Friday, October 16th, at 10am. Join Laura Burgess, NP, Nationally Certified Menopause Practitioner (NCMP) for an informative conversation about perimenopause, menopause and beyond. Learn about hot flashes, sleep, mood, weight changes, brain fog, hormones, bone health and ways to feel your best through every stage. Call 321-751-6771 to RSVP.

BUNCO! with Senior Partner Care Services, Friday, October 16th, 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.

Estate Planning w/ William Johnson, P.A., Tuesday, October 20th, at 10am. Join Attorney William A. Johnson for an informative presentation covering the essentials of estate planning. Learn about wills and trusts, asset transfers, beneficiary designations, probate, homestead and important advance directive documents to have in place. Call 321-751-6771 to RSVP.

Coins, Cash, or Keepsakes? What to Do With Gold, Silver and Inherited Coin Collections w/ Bill Norfleet, Brazito Coins & Collectibles, Tuesday, October 20th, at 2pm. Wondering whether to sell, keep, or pass down your coins? Join Bill Norfleet of Brazito Coins and Collectibles for a simple, easy-to-understand look at today's gold and silver market. Learn what your coins may be worth and how to decide what makes the most sense for you and your family. Call 321-751-6771 to RSVP.

iPhone and iPad: MacMad User Group, Tuesday, October 20th, at 5:30pm. This meeting will feature presentations on topics of interest to MAC enthusiasts. Usually includes a guest speaker with a presentation, and often hardware or software demo. For more information contact Dennis Crowley at dcrowley1@cfl.rr.com. Call 321-751-6771 to RSVP.

Medicaid Unmasked: The Truth About Medicaid & Protecting Your Assets in Florida w/ Ruth Rhodes, P.A., Wednesday, October 21st, at 10am. Join Attorney Ruth Rhodes for a look at Medicaid and what Florida families need to know. Learn what Medicaid covers, who may qualify, common myths and misconceptions, and legal strategies that may help protect your home, savings and other assets. Discover why planning before a crisis can give you more options, greater peace of mind and help you feel better prepared for the future. Call 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar w/ Health First Health Plans, Thursday, October 22nd, at 10am & Thursday, October 29th, at 6pm. 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.*

Merry Money: A 3-Part Holiday Financial Series - Part 1: Don't Let The Holidays Haunt Your Wallet w/ Fifth Third Bank & Raymond James Financial, Monday, October 26th, at 2:30pm. Join Fifth Third Bank and Raymond James for Part 1 of our 3-part holiday financial series! Learn how to plan ahead for holiday spending, create a realistic budget, prepare for seasonal expenses and avoid unnecessary holiday debt. Call 321-751-6771 to RSVP.

Veterans' Benefits Explained: Unlocking Hidden Resources w/ Estate Planning & Elder Law Center of Brevard, Tuesday, October 27th, at 10am. Discover valuable financial resources and benefits available to veterans and their families with the Estate Planning & Elder Law Center of Brevard. Learn about often-overlooked benefits, resources that may help with long-term care costs and more, followed by a Q&A to address your questions. Call 321-751-6771 to RSVP.

Iron-Clad Immunity: Building A Stronger Immune System w/ Dr. Haig John, Your Family Chiropractor, Tuesday, October 27th, at

2pm. Build a stronger defense from the inside out! Join Dr. Haig John for an informative conversation about the immune system and the everyday habits that can help support your body's natural defenses. Learn practical ways to strengthen your foundation for better health, wellness and resilience at every age. Call 321-751-6771 to RSVP.

Help Shape Our 2027 Seminar Calendar: Collaborative Planning Session, Wednesday, October 28th, at 10am. Join the One Senior Place team and our regulars for a collaborative planning session to help shape our 2027 seminar calendar! Share your ideas, suggest topics you'd love to see and help us plan a great year ahead. Can't make this date? No worries! We're offering two identical planning sessions, so simply choose the date that works best for you: Wednesday, October 28th or Thursday, November 19th. Call 321-751-6771 to RSVP.

The Big Red Bus Blood Drive w/ OneBlood, Friday, October 30th, from 10am. Give blood. Give hope. Save lives! OneBlood will be at One Senior Place on Friday, October 30th for a community blood drive. Donors will receive an eGift Card, a free wellness checkup including blood pressure, pulse, temperature, iron and cholesterol screenings, plus access to OneBlood Journey, where you can follow your donation and see when and where it helps a patient. Roll up your sleeve and help make a difference!

Trick-Or-Treat: Local Business Edition! Trunks, Treats & Local Business Sweets, Friday, October 30th, from 2pm. Celebrate Halloween with us at One Senior Place! Our Resident Businesses will be handing out candy and goodies from decorated trunks outside and festive tables inside. Enjoy a costume contest, fun prizes and plenty of Halloween treats. Kids and grandkids are welcome to join in the fun, too! Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Loss, Grief & Bereavement Support Group, Thursdays, October 8th & 22nd, 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, October 21st, 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.

RECURRING EVENTS

Liberty Company: A Veteran Social Club, Wednesday, October 7th, at 10am. All veterans are welcome! Connect with fellow veterans over coffee and hear from guest speakers sharing valuable information about resources and services available specifically for veterans.

Move Well. Live Well. Fitness Class, Mondays, 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. (NO CLASS: Friday, October 9th & 23rd due to Senior Job & Volunteer Fair and Healthy Living Day)

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 wellbeing. 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!

THE MAHJONG CLUB

Membership \$15 a year - New members are welcome! The Mahjong Club (Starting October 7th) the 1st & 2nd Wednesday of each month from 1pm - 4pm. Enjoy an afternoon of Mahjong, friendly competition and great company! American and Chinese Mahjong players of all skill levels are welcome to practice, play and connect with fellow enthusiasts.

CONTACT INFORMATION:

Jordan Dascoli, Assistant Director

Jordan@OneSeniorPlace.com | 321-751-6771

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

OneSeniorPlace.com

321.751.6771

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

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Presented by:

Brevard
HEALTH
Alliance™

Healthy
Living
Festival

Friday, October 23

10AM - 1PM

One Senior Place

8085 Spyglass Hill Rd, Viera



RSVP
(321) 751-6771
REQUIRED



Wellness Talks

10-Minutes Each | Inspiring | Useful

- 10:30 **Heart Health** - Dr. Ravi Rao, Cardiologist
- 10:40 **Fall Prevention** - Next Day Access
- 10:50 **Memory: Aging or More?** - Autumn House
- 11:00 **Aging in Place** - Senior Partner Care Services
- 11:10 **Hearing & Brain Health** - Viera Clear Hearing
- 11:20 **Protect Yourself from Scams** - Rhodes Law
- 11:30 **Sponsor Spotlight**
- 11:45 **Lunch & Learn - Sexual Health & Intimacy**

Thank You to Our Sponsors



FREE Health Screenings

Retina Scans	Mini Hearing Checks	Spine Health Screenings
Memory	Mini Eye Exam	Sugar Glucose Testing
Liver	Vaccines	Pulse Testing
Skin Screenings	Professional Shoe Sizing	SpO2% Oxygen
Mental Wellness Screenings	Blood Pressure	Foot Health Checks

UPCOMING SEMINARS

Friday, October 9th at 10am: SPECIAL EVENT - Senior Job & Volunteer Fair

Wednesday, October 14th at 12pm: Lunch & Learn "Sound & Steady: The Connection Between Hearing & Balance" Presented by Scott Bigler, Viera Clear Hearing

Wednesday, October 21st at 10am: Stroke Support Group Facilitated by Sea Pines Rehabilitation Hospital

Friday, October 30th at 2pm: SPECIAL EVENT - TRICK-OR-TREAT Local Business Edition: Trunks, Treats & Local Business Sweets!

COMING IN NOVEMBER - November 2nd - December 18th:

Fundraiser Baskets for a Cause: Stop By Our Lobby to Purchase Tickets & Enter to Win! Supporting Meals on Wheels
\$2 per Ticket OR \$20 Head to Toe Head to Toe (However many tickets it takes to get from your head to your toes)

Save The Date - Wednesday, December 9th at 10am: Senior Holiday Breakfast

For details, stop by or see our full calendar of events on OneSeniorPlace.com

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

Click Twice to Visit Website

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

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CALL OUR OFFICE FOR A CONSULTATION!

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Satellite Beach, FL 32937
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Melbourne
1770 N Wickham Rd
Melbourne, FL 32935
321.253.0606

Palm Bay
1051 Port Malabar Blvd NE
Palm Bay, FL 32905
321.729.6060