

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!

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



Grand Drawing
Sunday at Museum
1pm-4pm - October 25th 2026
at the
American Muscle Car Museum
3500 Sarno Rd - Melbourne FL

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



Pick Your Winning Car!
HelpingSeniorsCarRaffle.com

Support
the work of
Helping Seniors
Charity

WIN A CAR!
Support Seniors
& Join the Fun!

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

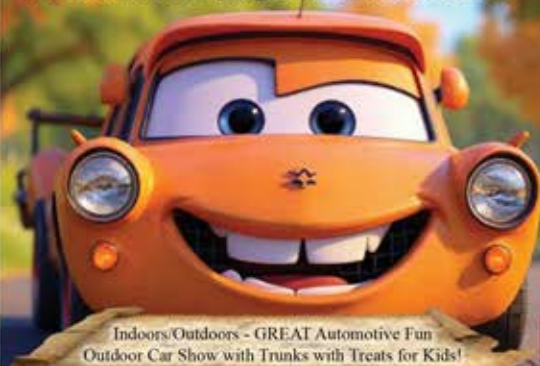
Your Ticket Includes:

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

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

Get Tickets Now:
HelpingSeniorsCarRaffle.com

Get Tickets at HelpingSeniorsCarRaffle.com



Indoors/Outdoors - GREAT Automotive Fun
Outdoor Car Show with Trunks with Treats for Kids!

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



Boniface-Hiers
AUTOMOTIVE GROUP

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

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 nbssc.com

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321) 267-5923
Hand & Foot 12:30-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 2nd Monday of the month 9am-noon Carol 332-268-8087
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Strength and Stretch 9am-10am Susan 540-220-4831

TUESDAY
Pinochle 10AM-2PM \$2/\$3 Rachel (321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321) 609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321) 264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321) 385-3595
Beginning Tap Class 9am-10am \$2/\$3
Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268-4827
Tai Chi, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$7/\$8 Robin 321-514-5945

WEDNESDAY
Line Dance Class Beginners 11am-Noon \$3/\$4 Yvette 321-258-6534
Zumba Gold 9:15AM-10:15AM \$7/\$8 Robin (321) 514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321) 298-2796
Duplicate Bridge 11:30-3:30pm John 321-269-5525 \$2/\$3
Line Dance Class-Intermed 4:45 to 6pm \$3/\$4
Beginning Ballet/Lyrical 9am-10am Susan 540-220-4831
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135
Beginning Jazz/Contemporary 9am-

10am Susan 540-220-4831
Zumba 6:00PM-7:00PM \$7/\$8 Robin (321) 514-5945
Zumba Gold Tone/Chair- Thursday 11AM Noon \$7/\$8 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321) 609-0999
No Brevard Line Dance (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534
Line Dance Social (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$5/\$6 Pat (321) 268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 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) 12-3:30pm
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 - 11:30 am - 4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm
WEDNESDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Duplicate Bridge - 12:30-4:00 pm
Euchre - 6:00-9:00 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm

THURSDAY PROGRAMS
American Mah Jongg - 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
Bunco - 12:30 - 4:00 pm - 1st & 3rd
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm
FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:30 am
Hand & Foot - 8:45 am - 12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle - 12:15-4:00 pm
Dealers Choice Poker - 11:30 am - 4:00 pm
Senior Law - 4th Friday 2:00-4:00 pm
SATURDAY PROGRAMS
Shuffleboard Open Practice - 9:00 am - noon
Duplicate Bridge - 12:30 - 4:00 pm
Rubber Bridge - 12:30 - 3:30 pm

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

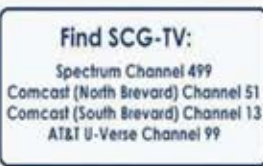
Oct 9th - Friday - 845am-945am - AARP Walk with a Doc, Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

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

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 Assisted 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

*Helping Seniors
continued on pg 49*



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 Wormsbecher

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 Wednesday 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, PA, 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@cll.com. Call 321-751-6771 to RSVP.

Medicaid Unmasked: The Truth About Medicaid & Protecting Your Assets in Florida w/ Rhodes Law, PA, 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 9-11pm. 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:

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