NOVEMBER 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 begins11am. 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 atSchechter Community Center Gym. Free!

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

500+ Pickup Points in Brevard County.

(Get Your Copy of Senior Scene Before It Gets Gone!)

SENIOR SCENE® Magazine



HELPING SENIORS ...because we care. | AARP Florida

CAREGIVER'S WORKSHOP



Connect with other caregivers and discover great resources in our community to help you manage the load.

You're not alone. Let's do this together.

FREE and OPEN TO ALL!

THURSDAY
NOVEMBER 19, 2026
10:00 AM – 2:00 PM

CONNECT with other caregivers.

DISCOVER valuable resources in our community.

Senior Resource Center of Brevard | The Apollo Professional Tower
1344 S Apollo Blvd - 2nd Floor | Melbourne FL 32901 | (321) 473-7770 to RSVP



NOVEMBER 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 gpbsc.org

Nov 22, Vendor Fair 11AM-3PM, Over 70 local vendors, Food trucks, baked treats, home-made crafts, jewelry, soaps, gifts and more.

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 of Brevard

SENIOR RESOURCE CENTER OF BREVARD

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

RSVP at (321) 473-7770
HelpingSeniorsofBrevard.org



Helping Seniors Info Calendar

Senior Resource Center Events November 2026 - FREE EVENTS

1344 S Apollo Blvd - 2nd Floor -Melbourne
Call (321) 473-7770 to RSVP

Learn how to Digitally Navigate today's Tech World with millenial instructor Bri Prentice, Mindcare Medics and your Helping Seniors Senior Planet Team. Free & Fun.



Senior Tech Talk & Smartphone Lab
Fri - Oct 13th -2pm-4pm

Caregivers Workshop

10am-2pm - Thursday - November 19th



The 3rd Wednesday Info Series Nov 18th 2026 - FREE EVENTS

at the Senior Resource Center
Call (321) 473-7770 to RSVP

Coffee & Donuts! Thank you Dunkin' (and Rhodes Law!) with Elder Law Attorney Daniel Thillet. Let's make the Law work best for our Seniors!



Donuts with Daniel - Elder Law Conversation
Wed - Nov 18th -10am-11am

Let's follow up a great start to our monring with Wellness Wednesday - as we work to optimize our Health & Wellness with these free workshops!



Wellness Wednesday - ABCD's of Medicare
Wed - Nov 18th -11am-12pm

The Helping Seniors Info Series Nov 12th 2026 - FREE EVENTS

at the Senior Resource Center
Call (321) 473-7770 to RSVP

Knowledge College for Aging - Let's Get Our Ducks in a Row! Designed to help you develop your Aging Plan!



Knowledge College for Aging: How to Find Good Info
Wed - Nov 12th -10am-11am

Our Helping Seniors Wellness Series is all about helping you be the BEST you! Free, Fun and Informative! Let's learn!



Wellness Series: Mental Health Awareness
Thu - Nov 12th -11am-12pm

AARP & Helping Seniors Caregiver Workshop - 10am-2pm - Thursday - November 19th 2026
Free Event (lunch included/RSVP required) at the Senior Resource Center of Brevard
"Connect. Learn. Recharge." - Topics include Caring for Yourself While Caring for Others, Navigating the Caregiving Journey, and Community Resources and Building Your Caregiver Team - Call (321) 473-7770 for RSVP/Information



Scam Jam Titusville

10am-2pm - Friday -November 20th
Free and Important!

Call Helping Seniors for RSVP & Info
(321) 473-7770

Look for Helping Seniors at these events:

11/06/26 - Fri - 10a-2p - Senior Life Boomer Bash Fest - Route 7 Entertainment
11/06/26 - Fri - 11a-1p - AARP Chapter 1413 Meet - Gleason Park Rec Center
11/13/26 - Fri - 9a-10a - AARP Walk with a Doc - Merritt Square Mall
11/16/26 - Mon - 11a-1p - AARP Chapter 2622 Meet - BCASCA Palm Bay
11/17/26 - Tue - 11a-1230p - Golden Providers B2B Meet - Glenbrooke Palm Bay

Helping SENIORS TV

Weekdays on SCGTV

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

Helping Seniors Radio

Helping SENIORS RADIO — 90.3 FM WEJF

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

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Nov 2	Mon	Two Assisted Living Questions	Durable Power of Attorney	Helping Seniors & MSC Cruises	Wellness: Express Thoughts Clearly
Nov 3	Tue	Considerations in Home Care	Periodontal Disease	Senior Information in Senior Scene	Your Aging Plan: Putting it all Together
Nov 4	Wed	Finding a Good Place for Mom or Dad	Rock Steady Boxing	Guardianship: The Basics	Knowledge College: LTC Insurance
Nov 5	Thu	Buying/Selling/Investing Real Estate	Understanding Medicare Options	Concierge Home Care	Wellness: Technology & Wellness
Nov 6	Fri	Best Home Care Ideas	Medicare Supplement or Advantage?	What an Elder Law Attorney Can Do	Capital Update
Nov 9	Mon	Updating Your Estate Plan	Great Employment for Seniors	Buying/Selling/Investing Real Estate	Senior Travel Safe & Fun
Nov 10	Tue	Long Term Care Insurance	Concierge Home Care	When Assisted Living is Appropriate	Wellness: Rock Steady Boxing
Nov 11	Wed	The Business of Helping Seniors	Senior Expos & Events	Probate - What it is & How it Works	Your Aging Plan: Medicare/Medicaid
Nov 12	Thu	Chaplaincy - What it Means	Turning 65? All About Medicare	Considerations in Home Care	Aging Plan: Advances in Research
Nov 13	Fri	Probate: The Basics	Finding a Good Place for Mom or Dad	Cosmetic Dentistry	Capital Update
Nov 16	Mon	Helping Seniors - 15 Years of Service	The Parts of Medicare	VA Aid & Attendance Benefits	Knowledge College: LTC Insurance
Nov 17	Tue	Understanding Medicare Options	Considerations in Home Care	Your Aging Plan - What it Is	Wellness - How Social Workers Help
Nov 8	Wed	Importance of Comp Evaluation	Two Assisted Living Questions	Helping Seniors Services Directory	Your Aging Plan: Your Legal Plan
Nov 19	Thu	Power of Attorney & Super Powers	Helping Seniors & MSC Cruises	Finding a Good Place for Mom or Dad	Knowledge College: Decluttering
Nov 20	Fri	Senior Information in Senior Scene	Don't Go Broke Paying Nursing Home	Rock Steady Boxing	Capital Update
Nov 23	Mon	Probate - How & Why to Avoid	Buying/Selling/Investing Real Estate	Considerations in Home Care	Wellness - Footcare & Wellness
Nov 24	Tue	Finding Good Help at Home	New to Florida? Elder Law to Know.	Too Many Teeth Being Extracted?	Wellness - Healthy Cooking
Nov 25	Wed	Turning 65? All About Medicare	Long Term Care Insurance	The Helping Seniors Travel Club	Your Aging Plan: Organize Paperwork
Nov 26	Thu	Two Assisted Living Questions	Best Home Care Ideas	Things to Know About Elder Law	Your Aging Plan: Case Management
Nov 27	Fri	Concierge Home Care	Too Many Teeth Being Extracted	Medicare Supplement or Advantage?	Capital Update
Nov 30	Mon	Guardianship	Finding a Good Place for Mom or Dad	Rock Steady Boxing	Your Aging Plan: The Building Blocks

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

NOVEMBER 2026 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT:
One Senior Place Annual Holiday Fundraiser: Baskets for a Cause Supporting Meals on Wheels, A Program of Aging Matters in Brevard-
Baskets on Display From:
Monday, November 2nd - Friday, December 18th
Ticket Pricing: **$2 Per Ticket Or $20 Head to Toe**
***However many tickets it takes to get from your head, to your toes.**
One Senior Place
8085 Spyglass Hill Rd, Viera, FL 32940

SPECIAL EVENT:
Senior Holiday Brunch
Friday, December 9th, 10 am
One Senior Place
8085 Spyglass Hill Rd., Viera, FL 32940

SPECIAL EVENT:
Grand Finale Breakfast: Annual Holiday Fundraiser Baskets for a Cause
Friday, December 18th, 10 am
One Senior Place
8085 Spyglass Hill Rd., Viera, FL 32940

FREE Liver Scans, Monday November 2nd, Wednesday November 18th, 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.

Leaf Litter Explorations: Discover What's Hiding Below w/ Brevard Zoo, Monday, November 2nd, at 2:30pm. Join Brevard Zoo for a hands-on adventure exploring the tiny world hidden beneath wetland leaves! Discover fascinating organisms, examine samples under a microscope, and create your own slides for an up-close look at nature's hidden wonders. Call 321-751-6771 to RSVP.

FREE Memory Testing, Tuesdays, November 3rd & 17th, 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: Sugar, Salt, & Fat w/ Susie Bond, RDN, LDN, Tuesday November 3rd, at 10am. Join Susie Bond, RDN, LDN, for an eye-opening discussion about sugar, salt and fat in our everyday diets! Discover where these ingredients may be hiding in the foods you eat, how to make healthier choices by reading nutrition labels, and how food marketing can influence what we buy. Call 321-751.6771 to RSVP.

Ready, Set, Travel! Senior Travel Presentation w/ Stefan Shields, Join the Fun Tours, Tuesday, November 3rd, 2pm. Ready for your next adventure? Join Stefan Shields of Join the Fun Tours for a complimentary travel presentation featuring upcoming 2027 day trips and motor coach tours. Learn about exciting travel opportunities, group travel for seniors, and annual travel insurance, with plenty of helpful tips for planning your next getaway. Call 321-751.6771 to RSVP.

Coffee, Cookies & Pre-Planning Cremation or Burial w/ National Cremation Society, Wednesday, November 4th, at 11am. Join National Cremation Society for a relaxed and informative conversation about cremation and burial pre-planning. Learn how planning ahead can help protect your loved ones, make your wishes known, and provide peace of mind. Enjoy coffee and cookies, ask questions, and receive a FREE Pre-Planning Guide to take home. Call 321-751-6771 to RSVP.

Why You Remember Grandma's Pie but Forget Your Password w/ Deidra Shubert, Flourish Research – Merritt Island, Thursday, November 5th, at 2pm. Join us for a fun and interactive look at why some memories stick while everyday details slip away! Enjoy a little nostalgia, an engaging activity, Q&A, and coffee with a bite of pie! Call 321-751- 6771 to RSVP.

Steps That Keep You Moving: Simple Ways To Support Healthy Feet As You Age w/ Dr. Karen Fischborn, Melbourne Mobile Podiatry, Monday, November 9th, at 2:30pm. Join Dr. Karen Fischborn of Melbourne Mobile Podiatry for a helpful conversation focused on keeping your feet feeling their best as you age. Learn about common foot concerns, easy ways to care for your feet, and how staying on top of foot health can help you remain comfortable, active, and independent. Call 321-751- 6771 to RSVP.

Lunch & Learn "Fall Prevention: Small Changes Make A Big Difference." w/ Dr. Brittany Warren & Jessica Henwood, Health First, Tuesday, November 10th, at 11:30am. Join Dr. Brittany Warren and Jessica Henwood from Health First for an informative Lunch & Learn focused on staying safe, active, and independent! Discover simple ways to reduce your risk of falls, improve safety around your home, and build healthy habits that support your confidence and well-being. Call 321-751-6771 to RSVP.

BINGO! Hosted by Senior Partner Care Services, Tuesday, November 10th, at 2pm. Grab your lucky seat and get ready for an afternoon of laughter, friendly competition, and classic Bingo fun. It's free to play, easy to join, and always a good time with great company! Call 321-751-6771 to RSVP.

Medicare Advantage Sales Seminar w/ Health First Health Plans, Wednesday November 11th & Friday, November 20th, at 10am. Join Health First as they cover benefits, coverage options, and how to choose the plan that's right for you! Attend the seminar and receive a gift card while gaining helpful guidance about your Medicare choices. Call 1-800-716-7737 to Register. *Select Option 2*

Divorce And Separation's Affect On Your Estate Plan w/ Estate Planning & Elder Law Powered by The Law For All, Thursday, November 12th, at 10am. Divorce or separation can have a major impact on your estate plan. Learn which wills, trusts, powers of attorney, and other legal documents may need to be updated to ensure your wishes are protected and the right people remain in charge. The seminar will also cover ways to safeguard your assets, avoid unintended outcomes, and plan appropriately during separation. A Q&A session will follow. Call 321-751-6771 to RSVP.

You're Invited! Discover Longevity Day Club: A Better Way To Age Well, Thursday, November 12th, at 2pm. Join us for an introduction to Longevity Day Club and discover a fresh approach to aging well! Learn how their programs bring together friendship, engaging activities, brain health, and wellness to help older adults stay active, connected, and independent while continuing to enjoy life at home. Call 321-751-6771 to RSVP.

Senior Health Friday With Nurse Lisa Presents "Memory Legacy Photo Coasters: A Creative Craft With A Purpose" w/ Senior Partner Care Services, Friday, November 13th, at 10am. Bring your creativity and get ready for a little trip down memory lane! This hands-on craft is all about celebrating the photos, people and moments that mean something to you while enjoying a fun morning together. Call 321-751-6771 to RSVP.

Mastering Your Computer w/ Gerald Delvaille, ITX Solutions, Friday November 13th, at 2pm. Join Gerald Delvaille of ITX Solutions for a hands-on seminar designed to help you feel more confident using your computer! Learn helpful tips, explore everyday features, and get answers to your technology questions with personalized guidance and support. Call 321-751-6771 to RSVP.

Merry Money: A 3-Part Holiday Financial Series - Part 2: Shop Smart, Spend Merry w/ Fifth Third Bank & Raymond James Financial, Monday, November 16th, at 2:30pm. Join Fifth Third Bank and Raymond James for Part 2 of our 3-part holiday financial series! Get ready for holiday shopping with practical tips to help you spend wisely and protect what matters. Learn how to spot common shopping scams, make smarter buying decisions, stay safer online, and protect your cards and personal information throughout the holiday season. Call 321-751-6771 to RSVP.

Estate Planning w/ William Johnson P.A., Tuesday November 17th, at 10am. Learn the fundamentals of estate planning with Attorney William A. Johnson. This seminar will cover wills, trusts, probate, asset transfers, and essential advance directives to help protect you and your loved ones. Call 321-751-6771 to RSVP.

The Calm Within: A Nervous System & Sensitive Skin Reset w/ Jessica Mooney, Soul Skin® & Samantha Suresh, Wellness Recalibrated, Tuesday, November 17th, at 2pm. Join Jessica Mooney of Soul Skin and special guest Samantha Suresh of Wellness Recalibrated for an afternoon of relaxation and self-care! Explore how your nervous system influences your overall well-being and skin health while learning simple calming techniques and enjoying a guided, hands-on skincare experience. Call 321-751-6771 to RSVP.

iPhone and iPad: MacMad User Group, Tuesday, November 17th, 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.

Leaves Change. Seasons Change. Plans Matter. Understanding Guardians & Capacity Planning w/ Gregory J. Schwendeman, Esq., Rhodes Law, P.A., Wednesday, November 18th, at 10am. Join Gregory J. Schwendeman, Esq. of Rhodes Law, P.A. for an informative discussion on guardianship, incapacity, and planning for life's unexpected changes. Learn how Powers of Attorney, Healthcare Surrogates, Living Wills, and other planning tools can help protect your wishes, maintain independence, and prepare for the future. Call 321-751-6771 to RSVP.

Seeing Clearly: Cataracts, Eye Health & What You Should Know w/ Dr. Daniel Daroszewski, Atlantic Eye Group, Wednesday, November 18th, at 2pm. Join Dr. Daniel Daroszewski of Atlantic Eye Group for an informative discussion on cataracts, dry eye disease, glaucoma, and common changes in vision. Learn about treatment options, early detection, and simple ways to protect your eye health and maintain clear vision. Call 321-751-6771 to RSVP.

Help Shape Our 2027 Seminar Calendar: Collaborative Planning Session, Thursday, November 19th, at 10am. We want to hear from you! Couldn't make our first session? Here's another chance to share your ideas! Join the One Senior Place team and our regular attendees for a collaborative planning session as we work together to shape our 2027 seminar calendar! Call 321-751-6771 to RSVP.

Navigating the Holiday Season with Grieving Hearts: The Caregiver Experience Hosted by VITAS, Thursday, November 19th, at 2pm. The holidays can feel different when caring for a loved one, especially as familiar traditions begin to change. This supportive discussion offers helpful ways to navigate the emotions of the season, cherish special memories, and find comfort in creating new traditions that reflect the present. Call 321-751-6771 to RSVP.

Tools to Quit Smoking with Tobacco Free Florida, Friday, November 20th, from 12pm. If quitting tobacco has been on your mind, this free Group Quit program is a great place to start. With expert-led sessions, supportive group guidance, and access to tools like nicotine replacement options (if eligible), you'll walk away with a personalized plan and the confidence to take that next step. MUST register by calling 407-716-6392.

BUNCO! with Senior Partner Care Services, Friday, November 20th, 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.

Food Facts & Holiday Myths: Making Smarter Choices for Your Health w/ Eric Parent, Strength & Weight Loss Coaching, Monday, November 23rd, at 2:30pm. Join Eric Parent for an informative seminar exploring surprising food facts, common nutrition myths, and simple ways to make healthier choices. Learn practical tips for enjoying holiday favorites while managing conditions like diabetes, high blood pressure, and more! Call 321-751-6771 to RSVP.

Estate Planning As A Single Person w/ Estate Planning & Elder Law Center of Brevard Powered by The Law For All, Tuesday, November 24th, at 10am. Estate planning is just as important when you're single. Learn how to make sure your wishes are honored, the right people can make financial and medical decisions for you, and your assets go where you intend. This seminar will also cover planning for aging, long-term care, and future needs without a spouse. A Q&A session will follow. Call 321-751-6771 to RSVP.

Reel Fun at One Senior Place Movie Matinee Featuring: Planes, Trains & Automobiles, Tuesday, November 24th, at 2pm. Grab some popcorn and settle in for an afternoon at the movies! Get ready for a Thanksgiving comedy classic featuring Steve Martin and John Candy as two unlikely travel companions trying to make it home for the holiday! From missed connections to unexpected detours and hilarious mishaps, their journey becomes an unforgettable adventure filled with laughter, friendship, and heart. Popcorn provided by Senior Partner Care Services! Call 321-751-6771 to RSVP.

What's Cooking? In the Kitchen w/ Chef Kyle, Zon Beachside, Monday, November 30th, at 3pm. Join us for a festive cooking demonstration featuring Chef Kyle from Zon Beachside! Enjoy an afternoon of culinary inspiration as he shares his cooking skills and prepares something delicious just in time for the holiday season! Call 321-751-6771 to RSVP.

SUPPORT GROUPS AT ONE SENIOR PLACE

Loss, Grief & Bereavement Support Group, Thursday, November 12th, 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. (NO GROUP: Thursday, November 26th. We are closed for the holiday. Happy Thanksgiving!)

Alzheimer's & Dementia Support Group Facilitated by Lisa Peake, RN, One Senior Place Care Management, Wednesday, November 18th, 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, November 4th, 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, November 27th. We are closed for the holiday. Happy Thanksgiving!)

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 Starting November, every Tuesday 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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