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NOVEMBER 2026

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Doris Day

Who Takes Care of the Caregiver?

Excluding A Child From Estate Plan

Cruise Tips

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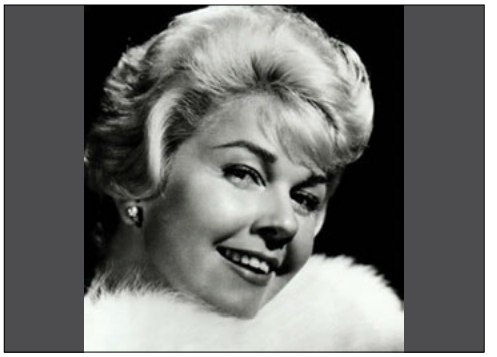
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John Frederiksen

ASSOCIATE PUBLISHER:
Liz Colicchio

ART DIRECTION:
Bernadette de Isaza

PRODUCTION:
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EXECUTIVE EDITOR:
Charlotte McQueen

ASSOCIATE EDITOR:
Jill Fulford

PHOTO JOURNALIST
Cheryl Clermont

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Letter from the Publisher



I think I almost experienced Fall the other day! And it's only November. Anyway, as you welcome in the less-warm weather, don't forget to honor Veteran's Day, November 11th. There are many organizations and municipalities here on the Space Coast celebrating Veterans, so join in, even if only in spirit. For many of us, this is an especially important remembrance.

Just one final comment about the COVID 19 virus. Let's keep in mind that the virus is still out there and the medical community is highly recommending getting the most current vaccine. We all thank you for thinking of others by getting your vaccine.

Have you had a chance to "friend" our facebook page? As we grow this service, we will offer an increasing number of notices and advice. Have you had a chance to visit our web site recently and try our digital version of the Senior Scene Magazine display? It's fun and easy to use.

Once again we are quite proud of the great articles and information provided this month. Hope you enjoy them.

So for now, enjoy this issue and have a wonderful Thanksgiving.





Who Takes Care of the Caregiver?

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

A new AARP report finds that the annual value of unpaid familyC aregiving in Florida has climbed to an estimated $81 billion. According Jeff Johnson, AARP State Director, 4.3 million family Caregivers of adults contribute about 4.1 billion hours of care each year and, if paid, would amount to that $81 billion, based on $19.66 hourly rate.

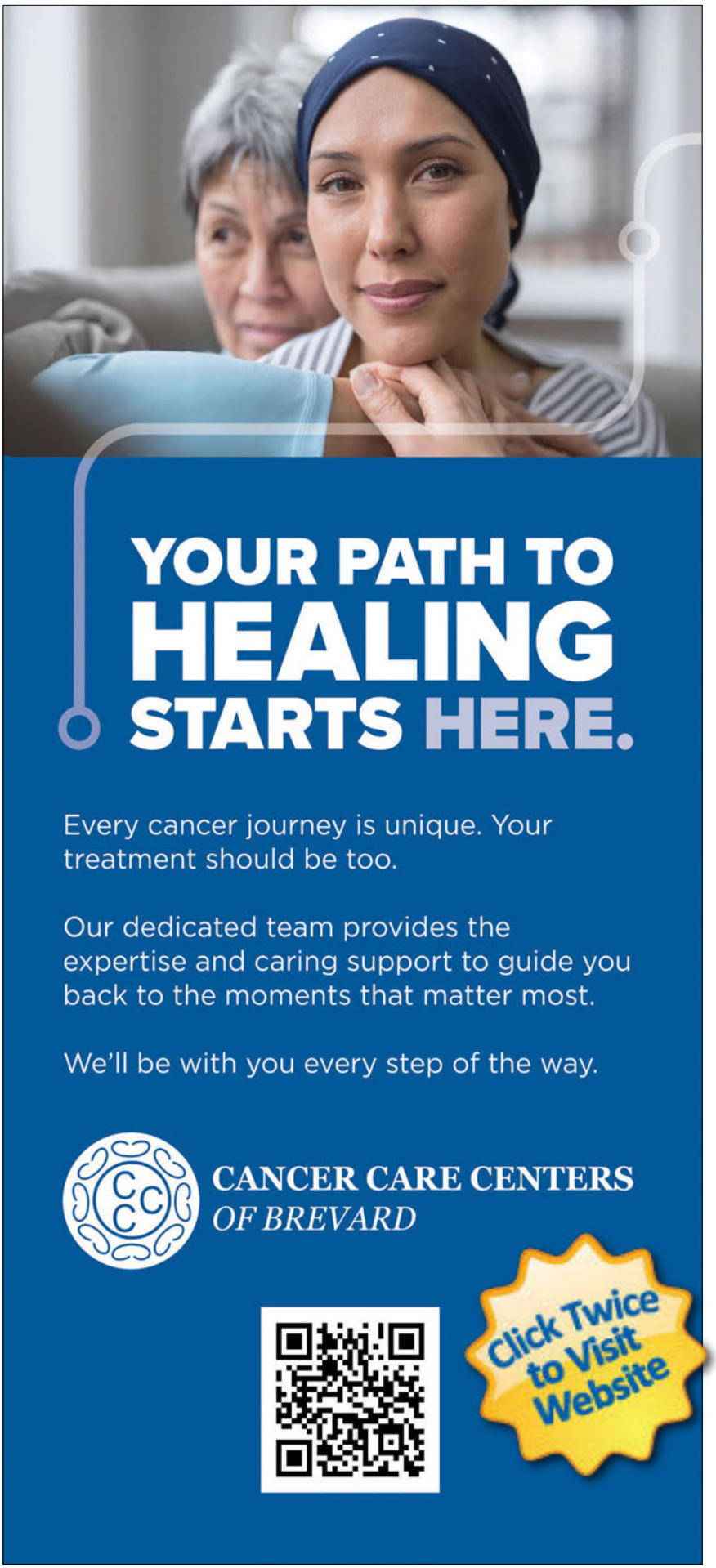
The statistics tell us that the average family caregiver in Florida is 71, with the average age of care recipient is 69 years - and the report further explains that 98% of family caregivers care for an adult, with about 15% caring for a child with complex medical needs.

All of this begs the question, how can we best support caregivers in our community? At the Helping Seniors non-profit, we are all about trying to find a way to help our Seniors and our Caregivers - who often face higher rates of anxiety, depression, and burnout due to chronic stress.

Our free call Senior Information Helpline (321-473-7770) handles more 4,500 calls each year and, often, those calls are all about finding resources and ideas that can help a caregiver cope with the relentless task that family Caregivers find themselves confronting. By working diligently to catalog and understand the many area programs and resources available in our area, Helping Seniors exists to navigate Caregivers to solutions that will keep it all moving for them while helping them manage the stress and hardships that Caregiving can bring.

Additionally, our Semi-Annual Caregivers Workshop, is a symposium of Caregiving experts and family Caregivers coming together to talk together and find reasonable solutions to unreasonable situations. On November 19th, 2026, Helping Seniors hosts the next edition of the popular event at the Senior Resource Center of Brevard, located at 1344 S Apollo Blvd, 2nd Floor, Melbourne Florida.

Who Takes Care of the Caregiver? continued on pg 45



The Confounding Compound

By Diane Barile

The Wild West of Palm Bay is a labyrinth of streets and roads. Renown for reckless abandon, the waste land is remnant of the 1980 land lot sales by the now defunct General Development Corporation.

Everybody has heard of the "goings on" out there. People have seen it as open spaces for recreation, legal and illicit. It has become a place for off road action, drag racing, shooting, paragliding even model rocket blast offs. The unlit space hosts drug deals, violent crime and five murders.

Buy why does such a place exist at all? The Compound is the result of failed community land sales by the swamp peddling General Development Corporation. From the 1960s the company goal was rapid land sales followed later by home sales on land purchased from local cattlemen. Cow pastures were cleared to supply lots to buyers from the North and internationally. The land was changed from agricultural to residential. Roads were required so that home sites could legally be put on the market. Lots had neither public water nor sewage treatment needed for a mature neighborhood.

Land sales were made at military bases at home and overseas at $10 down and $10 a month. Sales parties in winter months were made in northern markets augmented by managed free trip visits to Port Malabar. After years of shady deals, four of General Development's officers were sent to jail and the company went bankrupt in 1991.

Today the Compound consists of a grid of more than five thousand lots covering two thousand three hundred acres. The lots are not to be developed even though some are privately owned. The city owns about eight hundred acres and there are two hundred miles of crumbly pavement on substandard roads.

The City of Palm Bay is left with undeveloped wild lands



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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

Artist – Jeanne Harris Weaver



Jeanne received her B.A. from Florida Atlantic University. She studied oil painting three additional years under a master artist. She developed art curriculum for the College of William and Mary's gifted and talented program. In 2017, Jeanne received an Honorary Degree from The College of William and Mary. She is a published author of the book, Losing Todd: A Mother's Journey, Finding Peace in My Heart; and illustrator to children's books, Animals That Come From All Around Our Wonderful World and The Day I had to wear a Neckties, The Story of Andrew Mellon.

Of the cover painting, Jeanne says, "This painting is dear to my heart. The Patriot Guard Riders were there for us both at Arlington National Cemetery as well as Todd's Celebration of Life in Williamsburg, VA. They were there protecting us from the Westboro Cult." Jeanne writes about them in her book. "…



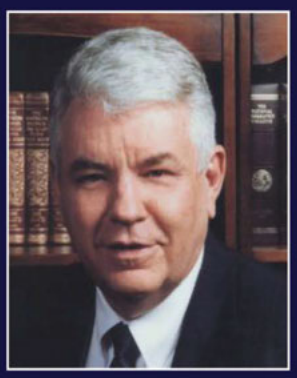
The Patriot Guard Riders stood with honor and respect inside the gates of Arlington National Cemetery knowing all too well the sacrifice that had been given by Todd and by the family…Their role that day and every day in their service was to honor and show the deepest respect for an American hero. .."

Jeanne has designed 4 monuments. Three stand in the Monument Plaza at the Veterans Center on Merritt Island. The fourth sits on the Monument Walk of the National Cemetery of Cape Canaveral in Scottsmoor, FL. Jeanne enjoys painting many different subjects in oils on canvas. She also creates Byzantine style Icons using egg tempera. In addition, Jeanne has created many paintings including The Station of the Cross for St. David's by the Sea Church in Cocoa Beach.



The cover painting is included in a series of twenty-one paintings entitled Losing Todd: A Mother's Journey. For many years the paintings were exhibited in Brevard Country as well as the Rotunda of the Florida State Capitol, TAPS, Washington DC, Compassionate Friends, and the Orange County Convention Center to name a few venues. Today the paintings are the property of The Muscarelle Museum of Art of The College of William and Mary, Williamsburg, VA. The entire series can be viewed at https://www.1lttoddweaver.org/the-paintings

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TALK WAS…..

The Sweetheart of Show Business

By William Sackett



The doctor walked back into the room with a gloomy face and sat down next to his patient, a teenage girl whose dream was to be a dancer. A young girl who's every waking moment was thoughts of appearing on the professional stage.

Several weeks earlier, Doris Mary Ann Kappelhof of Cincinnati Ohio was a passenger in a serious car accident, which resulted in an injury to her leg.

So after many weeks of rest and x-rays, the doctor, who did not have pleasant news to report and was not looking forward to facing the shining smiling face that always greeted him, gave his final diagnosis.



Bottom line, Miss Kappelhof would not be a dancer. The injuries were permanent.

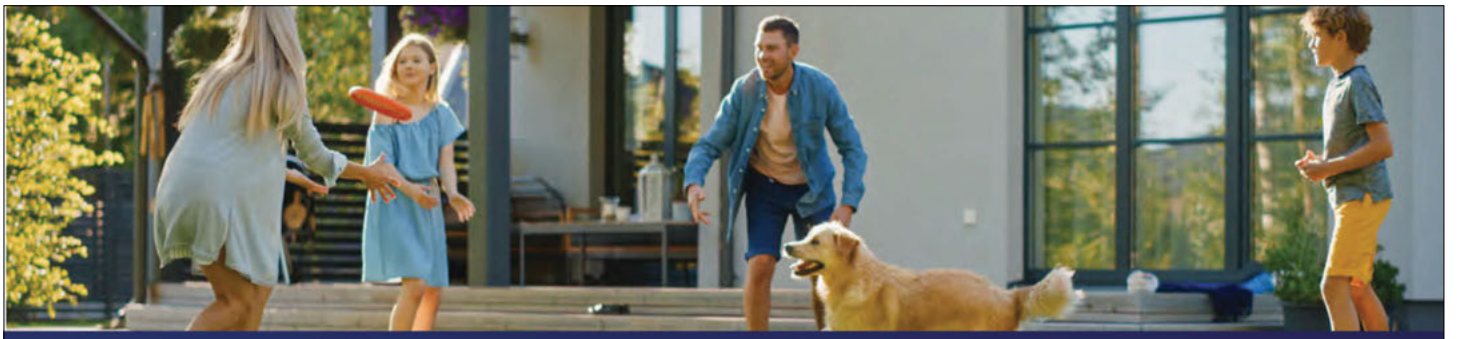
At that regretful moment, a different fate was caste for this young girl that would change her life and her future completely.

So after weeks of soul searching, a young Doris changed her dream and began taking singing lessons. Her tutor, so impressed with her progress, managed to get her some airtime on a local station. From this, a regional favorite, bandleader Barney Rapp, signed her up to perform with his band. He was so taken by her personality; he made the suggestion that she change her name to something bright and easy to remember. After some thought, Miss Kappelhof remembered a favorite tune of hers simply entitled



"Day After Day" and decided that "Day" felt good and sounded right to her. So at the next performance, Leader Rapp introduced his wonderful singer by her new name, the name that all generations have come to know and love, Doris Day!

The Sweetheart of Show Business continued on pg 46



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What Should Be Considered When Excluding A Child In Your Estate Plan?

By Attorney Truman Scarborough

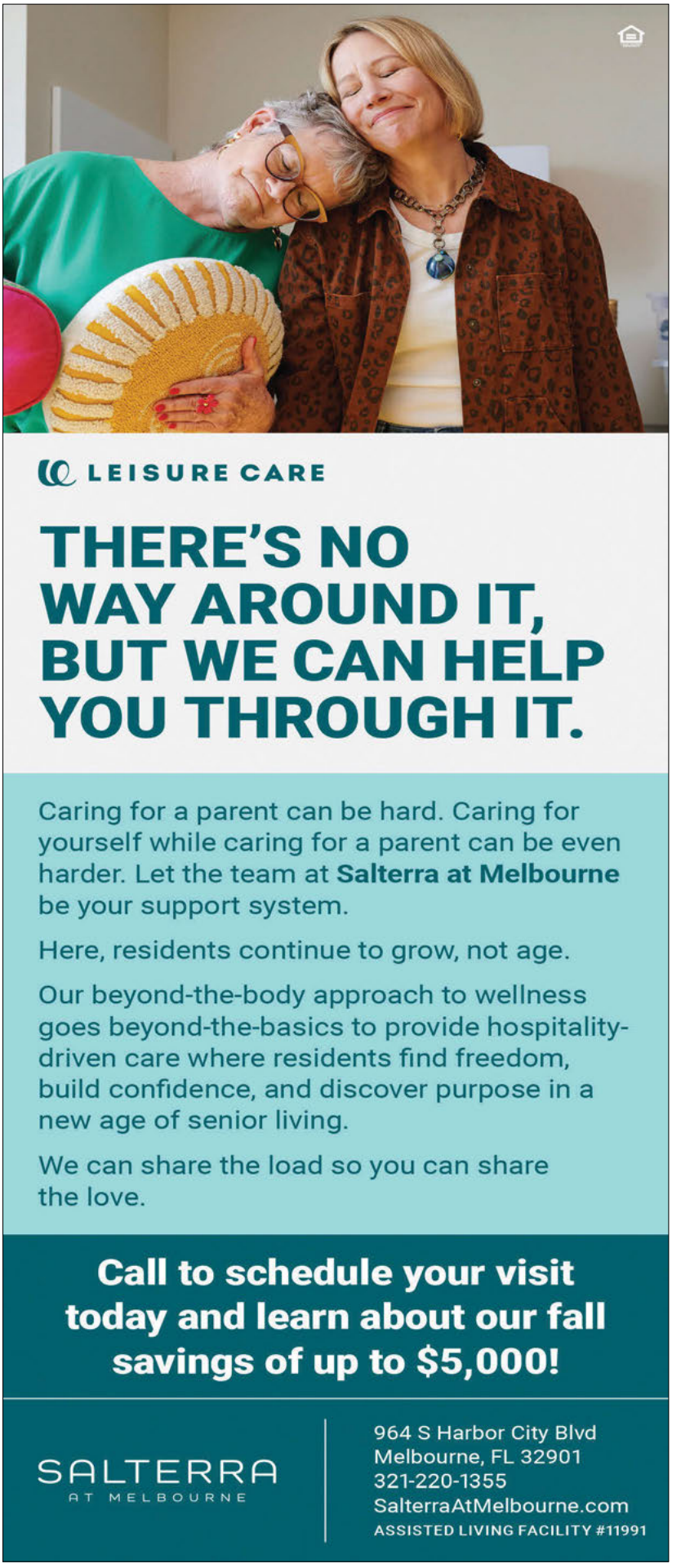
Except for certain rights minor children have in the home, Florida Law does not require that any part of your estate go to your children. This is not the case with the spouse. As a minimum, a surviving spouse has a right to the following from the deceased spouse's estate: a life estate or fifty percent interest in the home; $20,000 in furniture, appliances, and furnishings; two vehicles; and 30% of all other property regardless of how it is titled.

There can be a variety of reasons for excluding a child or giving the child a smaller share. These reasons include: 1] a child may be estranged from the parents; 2] a child may not need money, or other children may have a greater need for the money; 3] a child may have already received substantial sums from the parents; or 4] other children may have sacrificed more for the parents. On the other hand, if a child has creditor, marital, or substance abuse problems, a parent need not exclude the child, but can place the child's share in trust for the child's protection.

Once a decision is made to disinherit a child, care must be taken on how it is handled in the will or trust. You could simply not mention the child. However, if you don't state that the child is excluded, a court could be persuaded that the failure to mention the child was an oversight or drafting error and rule that the child receives an amount equal to the other children.

This rases the question when stating that a child is excluded, should you provide reasons? When a reason is given, the child could challenge the will / trust, alleging that the reason given is not factually correct. The courts have the power to overturn wills / trusts based on mistaken facts. In our documents we state that the child is excluded for reasons they will understand without giving a particular reason.

Excluding A Child In Your Estate Plan?... continued on pg 44





SENIOR SCENE MONTHLY TRAVEL TIPS

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

Senior Travel Agent Chris Morse has over 35 years travel agent experience.

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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.

Casino Programs

Cruise casinos reward play with points, and those points can lead to offers or perks. But for travelers watching their budget, it is important to remember that gambling is designed to favor the house. In many cases, you may be better off simply paying for the cruise you want.

Earlier this year I analyzed Royal Caribbean's program. You earn different amounts depending on the game you play. For example, if you played slots and the house edge were 8%, I calculated that you would need to put about $125,000 through the machine, with an expected net loss of $10,000, before earning enough points for a balcony cabin. To me, that seems expensive for a balcony room.

Why Cruise Lines Love Private Destinations

One of the biggest changes in cruising over the past decade has been the rise of private islands and private destinations.

These stops have existed for years, but many have changed dramatically. Some still offer a quiet beach day, while others now feel more like full resort-style playgrounds with pools, water features, restaurants, cabanas, and paid activities.

Private destinations are cruise-line-owned or cruise-line-controlled stops, often built around beaches, pools, restaurants, cabanas, and paid activities. Cruise lines promote them as vacation destinations, but they also offer

11 Tips Cruise Lines Really Wish... continued on pg 39



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Facebook Has Become Almost Useless

By James Bowman, Data Rescue Computer Service

Facebook has become almost useless because of all the ads and unwanted posts in my feed. Is there anything I can do about it?

You cannot completely eliminate ads from the default Facebook experience, but you can drastically clean up your feed by switching to hidden alternative views and adjusting your settings. Meta intentionally pushes algorithmic recommendations and ads on the standard "Home" screen, but a few specific workarounds will return your feed to a manageable, chronological view of just your friends and groups.

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1. The Best Fix: Use the "Feeds" Tab

The easiest way to escape "Suggested for You" posts and heavy algorithmic clutter is to bypass the main home feed entirely. Facebook includes a secondary tab that filters out algorithmic recommendations.

- On Mobile: Tap the Menu (three lines or hamburger icon), then select Feeds. From there, you can choose sub-tabs like Friends, Groups, or Pages. This shows you posts strictly from those sources in chronological order.
- On Desktop: Click Feeds in the left-hand sidebar menu, then select Friends.
- Pro-Tip: On the mobile app, you can often customize your navigation bar shortcut settings to pin the Feeds icon directly to your bottom or top toolbar for one-tap access.

2. Move to a Web Browser with an Ad-Blocker

If you usually access Facebook via the mobile app or a standard desktop browser, you will see a massive amount of advertising.

- On Desktop: Use a browser extension like uBlock Origin or switch to a privacy-focused browser like Brave Browser. These tools are highly effective at stripping out standard sidebar and inline feed ads when viewing Facebook on the web.
- On Mobile: Uninstall the official Facebook app and log in through a mobile browser (like Safari, Chrome, or Firefox) equipped with an ad-blocking extension. Ad-blockers cannot penetrate native apps, but they do work on mobile websites.

3. Clear Out Meta's Ad Profile on You

While this won't change the number of ads, it stops Facebook from tracking you across other apps to serve creepy, hyper-targeted sponsored content.

Facebook Has Become Almost Useless cont'd on page 45



Is Your Financial Advisor Board Certified? Here's Why It Matters

By Max ValaVanis, CFP®, CFS®

Every fall, Americans get swept up in CFP (College Football Playoff) fever. We're fixed on our TVs, arguing over rankings and relishing every touchdown. I'm a college football fan myself, but there's another CFP that deserves your attention, and it has far more to do with your retirement than your Saturdays. In my world, CFP® stands for CERTIFIED FINANCIAL PLANNER™, and unlike the football version, nobody earns a spot on reputation alone.

A CFP® professional is a financial advisor who has gone beyond basic licensing to prove their expertise in financial planning. That means looking at a client's entire financial picture: retirement, investments, taxes, insurance, and even estate planning. As we put the pieces of your financial puzzle together, every recommendation has to be in your best interest. That's because CFP® professionals are held to a higher standard when providing financial advice.

Think about how you would choose a doctor. A medical license means a doctor can practice, but board certification means they went further and proved their expertise in their specific medical field. The CFP® mark means the same thing in financial planning. Earning it requires a bachelor's degree, 6,000 hours of hands-on planning experience, and seven courses covering the core areas of financial planning. Then comes the exam itself. In July 2026, only 66% of candidates passed, a lower rate than first-time takers on this summer's Florida Bar exam.

Passing the exam is only the beginning. As CFP® professionals, we must keep learning throughout our careers. Strategies, regulations, and technology are always evolving, and we have to evolve with them. That's why we complete continuing education every two years, including ethics training that strengthens our commitment to clients. Just as your doctor owes you a duty of care, a CFP® professional must act in a higher standard of care. You'd trust your heart to a board-certified cardiologist. Shouldn't your life savings get the same treatment?

If you currently have a financial advisor, do you know what standard they're held to? If not, ask them two simple questions: "What credentials do you hold?" and "Are you held to a fiduciary standard or a best-interest standard?" The two may sound alike, but they aren't. A best-interest standard applies when a recommendation is made. A

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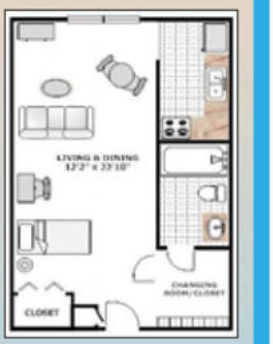
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Thanksgiving, Gratitude and Health

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

As we approach Thanksgiving, a widely celebrated day dedicated to remembering and acknowledging the goodness in our lives, we should stop to reflect on how this process of giving thanks for our blessings can positively impact our lives and also to the lives to our families and friends.

Many studies have found there are benefits of gratitude – both mental and physical – and all it takes to enjoy them is a little bit of introspection. Here are seven surprising benefits of practicing **Gratitude**.

Gratitude can make you more patient: It has been found that people who felt grateful for little, everyday things are more patient and better able to make sensible decisions, compared to those who didn't feel very gracious on a day-to-day basis.

Gratitude might improve your relationship: According to a study, feeling grateful toward your partner – and vice versa – can improve numerous aspects of your relationship, including feeling of connectedness and overall satisfaction as a couple. 'Having a partner that's grateful for you or you being grateful for the other' can both help your love life.

Gratitude improves self-care: In a study, people are asked to rate their levels of gratitude, physical health and psychological health, as well as how likely they were to do wellbeing-boosting behaviors like exercise, healthy eating and going to the doctor. They found positive correlations between gratitude and each of these behaviors, suggesting that giving thanks helps people appreciate and care for their bodies.

Gratitude can help you sleep: "Count blessings, not sheep". Research has found that feeling grateful helps people sleep better and longer. That's likely because "you have more positive thoughts before you go to sleep", which may soothe the nervous system. If you're going to make a daily gratitude list, write it before bed.

Gratitude may stop you from overeating: Gratitude replenishes willpower. The concept is similar to the one connecting between gratitude and patience: cultivating feelings of gratitude can boost your impulse control. Helping you slow down and make better decisions. If you find yourself taking slice after slice of pumpkin pie, for example, then recommend excusing yourself from the table to jot down a quick list of things you're grateful for, which can help you clear your mind and reset.

Thanksgiving, Gratitude and Health continued on pg 39

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SENIOR NEWS LINE

Saving Money – It's Worth The Effort

By Matilda Charles

Have you applied for assistance through Low Income Home Energy Assistance, also known as LIHEAP? The program is available in all 50 states and is managed by the states. Therefore, there are different eligibility levels in each state as well as different cutoff dates to apply.

Take a look at their main website (liheapch.acf.gov) and look up the specifics for your state. Click on "State Snapshots" to find information on the minimum and maximum available per person, the total funding for your state and more. While the application process can be cumbersome (lots of paperwork and numbers to provide), it can be worth it.

Have you applied for Supplemental Nutrition Assistance Program (SNAP) benefits for help with buying groceries? At this writing, the work requirements are changing. It used to be that those under age 54 must do some amount of work each month, approximately 20 hours per week. Now it's changing and the cutoff is age 64 -- below that age, you must work or volunteer. It's worth checking into because even one person, depending on income, can get approximately $300 per month.

As is typical with any program, applying can be complicated. Start with the SNAP directory (www.fna.usda.gov/snap/state-directory) to find your state's information. You'll likely need documents such as utility bills, proof of identity and more.

Call churches in your area to ask if they have a food bank. (It doesn't matter if you don't attend a particular church -- they probably won't ask.)

Take advantage of the loyalty programs at your local grocery stores. Watch the sales flyers to help you decide where to shop each week and keep a small notebook with a list of the prices you usually pay. Find out if your stores have senior hours where groceries can be as much as 10% off.

Saving money can mean a bit of work, but it's worth it!

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How Can A Retiree Help The Community?



ask ONE SENIOR PLACE

Lisa Peake

As the holiday season approaches, let's talk about the oodles of opportunities to help those less fortunate or to provide support to local not-for-profit organizations. Involvement can be fun—and rewarding.

Involvement in a charity of nonprofit is an opportunity to rally around a cause, share your talents, meet new people and make a meaningful difference in your community.

As we get older, having a sense of purpose and connection becomes increasingly important. Participation in something larger than yourself can provide both! Whether you are organizing a charity walk, selling baked goods, playing in a golf tournament, collecting donations, or simply helping spread the word about an important matter, your involvement can have an impact far beyond the dollars raised.

Want to stay connected? Consider working for a worthy cause! It brings together people of different ages, backgrounds and experiences who share a common goal. In Brevard County, there are countless organizations and causes that depend on community involvement. Supporting a local food pantry, animal rescue, veterans' organization, senior service, health-related nonprofit or performing arts groups can introduce you to people you might never otherwise meet.



There are personal benefits, too. Hold up your hand and volunteer to use the skills you already have. Someone who enjoys cooking might organize a bake sale. A person who likes to socialize may be an excellent event greeter. Someone comfortable with technology might help create social media posts or organize an online campaign. Others may simply be great at encouraging friends and neighbors to get involved.

And don't underestimate the emotional rewards. Helping others can provide a sense of accomplishment and purpose. We all have heard the phrase, "It's better to give than to receive." Why? Knowing that your efforts helped provide meals, support a family in need, assist a veteran or improve someone's life—can be incredibly fulfilling.

Perhaps the greatest reward of fundraising is realizing that we can make a genuine difference. Each of us has something to offer—our time, talents, creativity, connections or resources. It doesn't have to be complicated, expensive or even time-consuming. Every contribution matters.

Meals on Wheels, by Aging Matters in Brevard, delivers hot, well-balanced meals each weekday to homebound seniors in Brevard. Here's an easy way to help: Purchase raffle tickets to win any of dozens of prize-filled baskets now on display at One Senior Place in Viera. Winners will be drawn during a free breakfast event December 18th. All proceeds benefit Aging Matters. For more information, call 321-751-6771.

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.



Helping Seniors News

INFORM
EDUCATE
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"Getting Your Ducks in a Row!"

NOVEMBER 2026



Inside:

- Your Aging Plan: Putting it All Together
- The Great Wealth Transfer: Talking with Your Kids
- Safety in Every Season: Supporting Caregivers
- Planning to Stay Independent

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The Knowledge College For Aging



Terri Petzar
Time with Terri Podcast



10am Your Aging Plan:

Finding Good Information for Seniors

Helping Seniors Wellness Series



Angelika Keene
UF/IFAS Extension

UF IFAS UNIVERSITY of FLORIDA

11am Wellness Series:

Mental Health Awareness

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Thank You!

Kerry Fink
Executive Director - Helping Seniors

Thank You!

We are beyond grateful for the incredible response to our annual Helping Seniors Car Raffle fundraiser this year. As we have been telling folks, this represents about half of our budget, allowing us to serve Seniors and their families throughout Brevard County as we enter our 16th year in 2027!

Our founder, Joe Steckler, often said it was never easy to raise the funding needed to keep a nonprofit going year after year. That is why I want to personally thank everyone who donated this year. We appreciate every gift—from the $25 ticket to the $200 "Friends of Joe" donations (now over 100 strong!) and those who gave even more. And to those who could only give $5 or $10, my Bible reminds us of the widow's mite. Every single gift matters!

Looking ahead to 2027, we are excited to expand our services countywide—from our popular SCAM JAM series and SENIOR TECH TALK programs to Caregiver Conferences, Knowledge College for Aging, and Wellness Series workshops.

To everyone joining us at our Senior Resource Center, attending events throughout Brevard, or contacting our Senior Information Helpline at (321) 473-7770—including more than 5,000 callers annually and thousands more reaching us online or in person—we look forward to serving you with excellence in 2027!

As Joe told us, "Keep It Going! Seniors Need Us!"

Thank you—we can't do this without you!

Helping Seniors News



Caring for the Caregiver

Nancy Deardorff
Operations Director - Helping Seniors

Caregivers are often the quiet heart of a family. They manage medications, prepare meals, attend appointments, soothe fears, and keep daily life moving. Because their attention is focused on someone else, their own needs can slowly fade into the background. Caring for a caregiver begins by noticing them, not only for what they do, but for who they are.

Support does not have to be grand. Offer to run an errand, bring a nourishing meal, sit with their loved one, or handle a household task. Instead of saying, "Let me know if you need anything," suggest something specific: "I can stay for two hours on Thursday," or "May I pick up groceries this afternoon?" Clear offers make it easier to accept help without the added burden of organizing it.

Caregivers also need room to speak honestly. Remind them that exhaustion, frustration, grief, and even moments of resentment do not diminish their love.
Most of all, stay present. Caregiving can be a long road, and support is especially meaningful after the first flurry of concern has passed. A thoughtful message, a cup of tea, or a dependable weekly visit can become a lifeline.

When we care for caregivers, we strengthen the circle of compassion around everyone they serve. We tell them, gently and clearly: you matter too, and you do not have to carry this alone.



The Great Wealth Transfer: Talking to Your Kids

Cheryl A. Ward, Esq.
Law Office of Cheryl A. Ward, P.L

Over the next two decades an estimated $124 trillion will pass to heirs, in what experts are calling the greatest wealth transfer event in history. However, according to recent Kiplinger–Morning Consult survey, only two in five families have discussed inheritance. Respondents ranked it next to last among comfortable topics, ahead of only sex and dating. This reluctance is understandable.

Contemplating one's own mortality is uncomfortable, and many families were raised to regard money as a private matter. Unfortunately, the silence holds consequences. These consequences often result from lack of necessary planning. Only four in ten parents report having a Will. Without a Will or Trust, state law determines how assets are distributed.

An effective conversation does not require disclosing every dollar. Experts suggest these steps: • Begin with values. Explain what your life's work means to you and what you hope it will accomplish. • Share the essentials. Let your children know whether you have a Will or Trust, where it is kept, and who your executor is. • Make it an ongoing dialogue. Several brief conversations outperform a single announcement.

Explain your reasoning. This is particularly important if you intend to divide assets unevenly. A thoughtful conversation today can spare your family confusion later and ensure that your wishes, and the values behind them, are understood.

Law Office of Cheryl A. Ward, P.L.
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Senior Resource Center

Helping Seniors, with help from **AARP** and **Senior Planet**, has very special limited opportunity for those who want to enroll into our free Nov/Dec Senior Tech Talk training classes!

Thanks to Senior Planet and Human-I-T, we have received a limited number of top quality laptops. RSVP and plan to attend our November 13th 2026 Senior Tech Talk - we will share complete information on "My Own Laptop" program where a limited number of participants will earn their very one laptop by attending our 2x weekly courses at our Resource Center Nov/Dec.



Call Helping Seniors at (321) 473-7770 and secure your spot for the Nov 13th workshop. Very limited spots, so reserve your free spot with the bonus of earning your laptop in time for the Holidays!





Your Memory, Your Voice, Your Future

Jennifer Barton
Seniors Helping Seniors

November brings National Alzheimer's Disease Awareness Month and families visiting Florida for the holidays. These visits can open the door to important conversations about memory, health, and the future.

If you have noticed memory changes, speak openly with your doctor and someone you trust. Perhaps you are missing appointments, repeating questions, or finding familiar tasks more difficult. Sharing these concerns is a positive step toward getting support.

Memory changes do not always mean Alzheimer's. Medications, sleep problems, and other conditions can affect memory. An evaluation can identify the cause and guide next steps.

Your aging plan should include trusted people who understand your wishes. Talk about who can accompany you to appointments, manage important information, and support future decisions. Discuss living arrangements, care preferences, finances, and whom you want involved if your needs change.

Families can help by listening patiently, avoiding judgment, and approaching concerns with kindness. Make these conversations collaborative, with your voice at the center.

Putting your aging plan together begins with honesty and connection. Asking for help today gives you and those you love more time to prepare for tomorrow. We walk through this with families regularly.

If you'd like to talk, call 321-722-2999 to reach our Seniors Helping Seniors team.

The Importance of Advanced Care Planning

Vitas Healthcare

Many seniors today say they feel more active than ever before and overwhelmingly want to stay in their current home as they age instead of moving to a retirement community or assisted living facility.

Even if it might seem like the simplest option, aging in place requires planning. Some of that planning includes what to do if you get diagnosed with a serious illness and can no longer communicate your wishes.

You may think your partner, children or doctors will know the best course of action. But the only way to get the care you want is to put it in writing.

Discussing your preferences with family members and documenting your wishes are important parts of advance care planning. A written plan gives your loved ones and doctors guidance and takes the guesswork out of how you want to be cared for if you can no longer communicate your wishes for yourself.

As a pioneer and national leader in end-of-life care, VITAS encourages advance care planning no matter your age or health status.

The best time to develop an advance care plan is before you need it.

Make your wishes known. Talk it out. Write it down. Share your plan with loved ones. It's the most important conversation you need to have.

To learn more, visit VITAS.com
or call 800.723.3233.



Your Aging Plan: Putting it all Together

Laura Peery
Ramsey Trusted Laura Perry Agency

Most people plan for aging in pieces. A Medicare plan here, a retirement account there, maybe a will in a drawer. The pieces rarely talk to each other, and that is where families get hurt.

November is National Family Caregivers Month, Alzheimer's Awareness Month, and Home Care and Hospice Month. Together, they point to one truth: aging is a family event, not an individual one. A complete plan answers four questions.

Who will help? Name your caregiver and your backup before a crisis and talk with them now.

How will care be paid for? Medicare does not cover long-term custodial care, such as help with bathing, dressing, or memory support. Long-term care insurance, hybrid life policies, and annuities can fill that gap, but most require good health to qualify. Waiting narrows your options.

Will your income last? Social Security, savings, and guaranteed income should be built to outlast you, not just carry you through the first decade of retirement.

Are the legal basics done? Powers of attorney, healthcare directives, and an estate plan tell your family what you want when you cannot say it.

Put the answers on one page. Share it. Review it every year.

At Laura Peery Agency Ramsey-Trusted Pro team, we help Brevard families connect Medicare, long-term care, life insurance, and annuities into one plan. Start the conversation: call or text (321) 848-3838 or visit laurapeeryagency.com.



Planning to Stay Independent? Why Occupational Therapy Belongs in Your Aging Plan

Mica Allen OTD, OTR/L
Beyond Balance Therapy Services

Most people want to remain in their own homes, continue their routines, and stay as independent as possible as they age. But aging well often takes more than simply being careful. A good aging plan includes thinking ahead about how you will manage everyday activities if strength, balance, vision, memory, or endurance begins to change.

Occupational therapy (OT) can help identify small problems before they become bigger ones. An occupational therapist may look at how someone gets dressed, prepares meals, manages medications, moves around the home, completes household tasks, or participates in hobbies and community activities. OT can also help with things like hand function, fatigue, home setup, and finding easier ways to complete everyday tasks.

The goal is not to take over. It is to help people continue doing as much as possible for themselves.

Sometimes that means changing how a task is done. Other times it may involve adaptive equipment, energy-conservation strategies, home modifications, or caregiver education.

The best time to think about independence is before a crisis happens. Including OT in your aging plan can help you stay involved in the activities that matter the most to you while maintaining independence for as long as possible.

Mica Allen, OTD, OTR/L
Beyond Balance Therapy Services, LLC
321-338-3303
mica@beyondbalancetherapy.com



Safety in Every Season: How Time with Terri Podcast Supports Seniors & Caregivers

Terri Petzar
Time with Terri Podcast

As November arrives, many of us begin preparing for holiday gatherings, cooler evenings, and the gentle shift into the end of year routines. For seniors and their caregivers, this season also brings an important reminder: safety is not just a checklist, but a daily practice that protects independence, confidence, and peace of mind. On Time with Terri, safety is woven into every conversation, because it's at the heart of living well.

Throughout my years working as a Physical Therapist Assistant, I saw firsthand how small changes could make a big difference in someone's life. A clearer walkway, a well lit hallway, and a simple medication reminder are everyday safety choices that help seniors stay active and engaged. My podcast continues that mission by offering friendly, practical guidance that feels more like a conversation at the kitchen table than a lecture.

November is the perfect time to highlight safety because the season naturally brings new challenges. Shorter days can make walking outside or navigating steps more difficult. Holiday travel may disrupt routines, medications, or sleep. Family gatherings can be joyful, but they can also feel overwhelming for seniors who need a slower pace or quieter environment. Caregivers often take on more responsibilities this time of year, increasing the risk of burnout.

On Time with Terri, I explore these topics with clarity and compassion. We talk about fall prevention strategies, organizing medications before holiday trips, preparing the home for visiting family, and recognizing signs of caregiver fatigue. Safety isn't only physical, it's emotional, social, and practical. Seniors need to feel heard and respected. Caregivers need support, encouragement, and simple tools that make their days easier.

My goal is always to empower both groups. When seniors understand how to advocate for themselves at medical appointments, they feel more in control. When caregivers learn gentle ways to introduce safety changes at home, conversations become smoother and relationships stronger. Safety becomes a shared effort rather than a source of tension.

As we move through November, I hope Time with Terri continues to be a trusted resource, a place where seniors and their caregivers can learn, laugh, and feel supported. Safety is not just a theme for the month; it's a foundation for living with dignity, confidence, and connection.



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Helping Seniors of Brevard
Senior Information Helpline
(321) 473-7770

Helping Seniors: One Call Can Make a Difference!

` Growing older brings new opportunities, but it can also bring unexpected challenges. Knowing where to turn for help shouldn't be one of them. That's why Helping Seniors of Brevard exists.

Founded by retired U.S. Navy Captain Joe Steckler, Helping Seniors has spent 15 years working to ensure that older adults and their families have access to the information, education, and connections they need to navigate life's challenges.

At the heart of our mission is the Helping Seniors Information Helpline - a free call at : (321) 473-7770.

Whether someone needs assistance finding affordable housing, locating transportation, connecting with legal resources, understanding medical options or identifying in-home care services, our Helpline helps point them in the right direction.

Each year, Helping Seniors responds to thousands of requests from seniors, caregivers, and family members throughout Brevard County.

Our goal isn't simply to provide a telephone number. It's to listen, understand the situation, and help connect people with appropriate community resources.

Through our Senior Resource Center, educational programs, television and radio broadcasts, and community partnerships, we work every day to help seniors make informed decisions.

Need help? Have questions? Don't know where to start?

Call Helping Seniors at (321) 473-7770 or visit HelpingSeniorsofBrevard.org.



It's All About the Bone.

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

Dental implants can be a wonderful way to replace missing teeth. They allow us to restore chewing without grinding down neighboring teeth for a fixed bridge. But successful implant dentistry is not simply about putting a titanium screw into the jaw.

When a natural tooth is removed, some of the surrounding bone gradually disappears. A natural tooth has a periodontal ligament that provides mechanical stimulation to the surrounding bone. An implant does not. It depends directly on the bone surrounding it.

That is why bone volume matters. When planning an implant, we want adequate bone around its entire circumference, with enough thickness to maintain healthy, well-nourished bone. If that bone is not present, bone grafting may create a better foundation.

An implant is not automatically better than a natural tooth. I always ask: What is the risk of saving the tooth? What is the risk of removing it and creating enough bone for an implant? And perhaps the alternative, grinding down neighboring teeth for a bridge.

There is one more consideration. If teeth were lost because of periodontal disease, the patient is at increased risk for peri-implantitis, a similar inflammatory disease around implants.

The goal is not to sell an implant or save every tooth. The goal is to choose the option with the best odds for you for many years to come.

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SENIOR SERVICES DIRECTORY

HELPING SENIORS OF BREVARD | NOVEMBER 2026

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Brevard County Senior Information Helpline
Helping Seniors of Brevard



Mom & Me *by Audrey & Kimberley*

DEAR MOM AND ME,

Please help me, I am having the worst year of my life.

My dear darling mother died suddenly, and I did not have the opportunity to care and be close to her during her short final illness. She left me her house and during the time I was getting it ready to be sold I had a severe heart attack. I am beginning to feel better and now my husband has just told me his mother is moving to be close to her son (my husband).

This woman is dreadful, she has always caused me problems. At my age I will not allow this woman to destroy me, and I am seriously considering moving out. I will just let mother and son enjoy themselves together, she has won!

Ruth

DEAR RUTH,

Try if you can (for your own health's sake) not to get too upset. Your mother-in-law is not asking to move in, just to be closer to your husband.

Tell your husband exactly how you feel, if he will not listen to your concerns then ask him to go with you to a professional counselor for a few sessions of therapy. If he will not go with you, go alone.

If you are still not satisfied with the results, and your husband is insistent that his mother move in or move close to you and the therapy sessions offer you no help you have no other recourse but to do as you suggest.

– Audrey

DEAR RUTH,

To what end Ruth? Are you willing to give up your home and way of living without a fight? Are you willing to let your mother-in-law interfere with?

Your life to that degree? Things will be taken from those willing to give up without a fight!

You did not say your mother-in-law was moving INTO your home. If she moves into an assisted living facility or independent home-apartment in the area, you can choose when and how much you want to be around her. Decide on how much you can do to help your husband with her care, explain to him what you will or will not do and stick by it! She is your husband's mother he should take primary responsibility to care for her, particularly since she is so difficult.

I understand losing your mother without the opportunity to care for her has been very difficult for you. I also think the differences between your mother and mother-in-law magnify your sense of loss, frustration and distress. Please try not to make significant decisions in this crisis…decisions that you may regret. I also suggest you think about seeing a therapist to support and help you during this time.

– Kimberley



PAW'S CORNER

By Sam Mazzotta

Pet Sitting Adventures: Bark, Meow... Baa?

DEAR PAW'S CORNER: I work part time as a pet sitter, which fits in well with my full-time college schedule. Dogs and cats I can handle, but recently I got a request to pet sit a flock of sheep! The owner said that they can pretty much take care of themselves, and that their two sheepdogs monitor the flock. But I was nervous about it; what if a sheep gets sick?

I decided, what the heck? The money was good, it was only for a week, and I'd have a unique experience to talk about. But before accepting, I talked directly with the owner to get more details and allay my fears. Who should I contact if a sheep or a dog gets sick? What was the feeding schedule? Were any of them currently on medication, and how was it administered? Were there any neighbors who could help if I had trouble?

The owner had no problem answering my questions and helping me get ready for the job. I spent an uneventful week at their small farm, got to romp around outside with the dogs, and met their neighbors, who have all added me to their contact list as a pet sitter.

By pushing past my fears about caring for a different type of animal, I gained a new skill, several new clients and had a great time.

I just wanted to pass this along to say that if any of your readers are considering becoming pet sitters, go for it. And don't be afraid to take on the occasional new experience — as long as you get enough information upfront before committing.

– Haley L., Burlington, Vermont

DEAR HALEY: That is fantastic, and congratulations on the successful experience! Thank you for sharing it.

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

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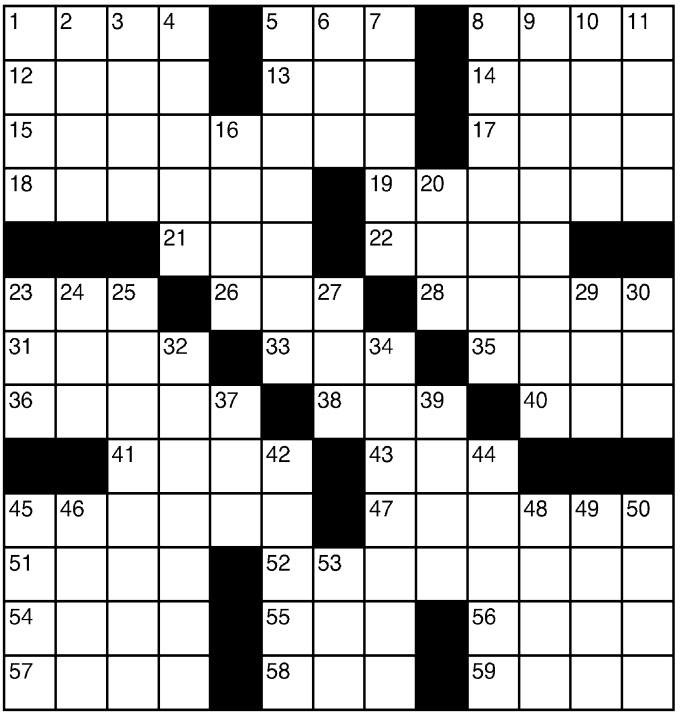
King Crossword

ACROSS

1 Havana's land
5 High tennis shot
8 Pitt of "Moneyball"
12 Spoken
13 Shock partner
14 Shakespearean villain
15 Military groups
17 Bar fight souvenir
18 Order by classes
19 Vehement protest
21 High school subj.
22 Poi base
23 Likely
26 Small battery
28 Cowboy in "Toy Story"
31 Indy winner A.J.
33 Away from SSW
35 Peevish fit
36 Seized vehicles
38 Business mag
40 Punker Vicious
41 Shacks
43 Cyclades isle
45 1912 Olympic legend
47 Relatives of loons
51 Mine, to Marcel
52 Spoofs
54 Dresses in
55 Org. with a style manual
56 Squad
57 Celeb's aide
58 Tummy muscles
59 Young fellows

DOWN

1 Club in a Manilow song
2 Web addresses
3 Sheepish remarks
4 Choir members
5 From Vientiane
6 Personal
7 Make drunk
8 Casual eateries
9 Masked mammals
10 Lab gel
11 "Finding Nemo" fish
16 Killer whale
20 Motor City labor org.
23 Ghana's cont.
24 "The Bells" writer
25 Violent storms
27 Blackbird
29 Nero's 502
30 Since Jan. 1
32 Sightseer
34 Bafflers
37 NASCAR advertiser
39 Business abbr.
42 1965 march site
44 Capital of South Korea
45 "I did it!"
46 Med. plan options
48 — fide (genuine)
49 Oklahoma city
50 Bygone jets
53 Cleric's tunic



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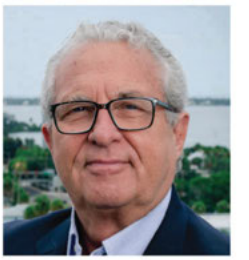
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Helping Seniors Info Calendar

Senior Resource Center Events November 2026 - FREE EVENTS

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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

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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!



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Wed - Nov 18th -11am-12pm

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

at the Senior Resource Center
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Wed - Nov 12th -10am-11am

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Thu - Nov 12th -11am-12pm

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Scam Jam Titusville

10am-2pm - Friday -November 20th
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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 - Merrritt 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

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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

major business advantages that are not always mentioned in the marketing.

They are also often close to major ports such as Miami, which can reduce fuel costs and make scheduling easier. Just as important, private destinations help cruise lines avoid some overcrowding concerns at independent ports, where local communities may push for limits on cruise traffic. For passengers, that can mean a more controlled and predictable day ashore.

The Reason for Pre-Cruise Discounts

Cruising can be relaxing and fun, but it is still a business. That means discounts, packages, and onboard offers are usually designed with the cruise line's bottom line in mind.

Many travelers know that drink packages, Wi-Fi, excursions, and other add-ons are often cheaper before the cruise begins. If you already know you want one of these packages, buying early can be a smart move.

Cruise lines often discount packages before the trip because of what is sometimes called a "fresh wallet." If you wait until you are on the ship and then spend $1,000 on a drink package, you may be less willing to spend more during the rest of the cruise.

For example, if you buy an $800 drink package several months before sailing, that cost may feel less immediate by the time you board. Once onboard, you may be more open to spending on specialty dining, shopping, excursions, or other extras. So yes, pre-cruise discounts can be useful — just make sure the package truly fits your plans and needs.

Transfers to the Port Maybe are not a Good Deal for Most

Before the vacation can begin, you still have to get to the cruise port. Cruise-line transfers can be convenient, especially if you prefer a simple, familiar option, but they are not always the best value.

Cruise-line transfers are convenient, but they are usually best only if you are going straight from the airport to the cruise port, or from the port back to the airport. If you need to make another stop, they usually will not work for you. You may also have to wait until the bus is ready to leave. From the port, that wait is often short. From the airport, it can take longer because the transfer may wait for passengers arriving on other flights. Check Lyft or Uber too, but remember that rates can double or triple during busy times.

11 Tips Cruise Lines... continued on page 47



Brevard No One Veteran Left Behind

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.

Three years ago the Support Committee of the Cape Canaveral National

Cemetery (CCNC), the Brevard Veterans Memorial Center and the Cape Canaveral Chapter of the Military Officers Association of America came together to complete a mission. They created a new joint volunteer group. For decades in Brevard County and beyond, some veterans have been abandoned at their end of service, sacrifice and life. No family has come to claim them at area funeral homes as some urns remain in storage for decades. For the fourth time, the Brevard No One Veteran Left Behind group organized a service for 18 such veterans from all service branches on 30 September 2026. The Staff at CCNC provided extensive support as Director and Army veteran Cindy VanBibber opened the service with poignant words about the veterans being forgotten no more and she said those who attended that day are their family.



Almost 100 attended the morning ceremony which included a somber approach via caisson; reading the names and branch of service of all 18; ringing the bell for each veteran; the flag ceremony, rifle salute and TAPS by the North Brevard Honor Guard; and cordons of visitors including the Patriot Guard Riders, saluting the veterans as their urns and folded flags passed by. It turned out to be the last day of federal service after more than 40 years for CCNC Director Van Bibber. She was joined to receive the folded flag by US Representative Mike Haridopolos. That ended the poignant service for the 18, but the program was not over.

CCNC staff read the name of 136 veterans who were laid to rest at CCNC in the past year without any family members present. The 100 became their family, too. CCNC is unique in the country and is the only VA Cemetery (Army run Arlington is another) that includes a volunteer caisson team and a group of ladies. The Cape Canaveral Ladies attend every veteran funeral ceremony at CCNC during the year. The Caisson and North Brevard Honor Guard support many of them as well. In fact, the CC Ladies were there for all 136 veterans at the end of their journey in life.



Thanks to many organizations that sent volunteers and observers besides the three BNOVLB founders. The Sons of the American Revolution were there in period uniform during America 250, along with Rolling Thunder, the North Brevard Honor Guard and more. As the ceremony closed, the somber mood changed to many smiles when the onlookers realized, as noted by BNOVLB Coordinator, Donn Weaver who led the Service, they had sealed the bargain of America — honor veterans and make sure they are never forgotten. That day they were also no longer alone.

Weekly SUDOKU

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

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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VETERANS POST

By Freddy Groves

Check On Your Buddies

Grab your calendar, including the new one for 2027, and on the 22nd of every month through the year, make a note for that day: Buddy Check.

The reason: veteran suicides.

The VA has taken major steps to address veteran suicides. Last year alone they fielded 1.3 million chats, texts and calls to the Veterans Crisis Line. They've launched Risk ID, a program that evaluates veterans and spots the red flags for at-risk veterans. They've spent millions on grants for suicide prevention programs.

But they can't do everything.

Buddy Check 22 was started years ago as a reminder that the rate of veteran suicides was shockingly high -- the latest report indicates that we're still losing 17 veterans per day to suicide -- but we can do something about it. And that includes you.

The note on your calendar will be your reminder to reach out to another veteran and check in. It's not hard. You can give them a call and ask how they're doing. You can send a text message saying you're thinking about them. You can invite them out for coffee or lunch. You can stop by and take a tray of coffee and donuts to snack on while you get caught up.

Pull in your friends, too. Enlist their help in expanding the list of veterans that are contacted every month.

If something doesn't sound (or feel) right when you check on a fellow veteran, you can provide resources for help.

To learn more about Buddy Check 22, see www.militaryveteranproject.org/buddycheck22.

Take a look at the American Legion's Buddy Check information (www.legion.org/advocacy/be-the-one/buddy-check). Learn how to spot the danger signs and what to do about it.

Keep this information below in your wallet for when you need to support another veteran:

VA Crisis Line number: Dial 800-273-8255, then press 1. (Or dial 988.) Open 24/7.

Veteranscrisisline.net: Chat online or send a text to 838255.

As a reminder, you don't need to be enrolled in VA healthcare to get help there.

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The Children's Hunger Project
"Brevard County's Backpack Program"

Our Reach & Impact

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

Why It Matters

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

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

How You Can Help

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

AMAZON WISHLIST

DONATE NOW



About Us

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

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

Proper nutrition is essential for academic success. By improving access to nutritious food over the weekend, we help at-risk children return to school better nourished, focused, and ready to learn.

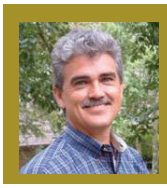
The Children's Hunger Project
26 Forrest Ave. Cocoa, FL 32922
Office: (321) 610-1900
info@thechildrenshungerproject.org

VETERANS
REALTY OF BREVARD
Residential & Commercial Real Estate
321-868-1833
315 Minuteman Cswy, #1, Cocoa Beach



Debi and Joe Roth
Licensed Real Estate Brokers

www.VeteransRealtyBrevard.com



Giving Back

Rev. Jeff Wood, First Presbyterian

Someone once tried to trap Jesus with a question about taxes. He asked for a coin and said, "Whose image is this?" They told him it was Caesar's. "Then give back to Caesar what is Caesar's," he said, "and to God what is God's." The coin had Caesar's face on it, so it was Caesar's. But the first page of the Bible says we are the ones made in God's image. Jesus was telling them that the coin was the small matter and that they themselves belonged to God.

In 1860 a church in Brooklyn passed the plates to buy the freedom of a nine-year-old enslaved girl named Sally Maria Diggs. People gave money and jewelry, and in one plate was a ring. The preacher put it on her finger and told her it was her freedom ring. Sixty-seven years later, in 1927, she came back to that church as an old woman and returned the ring. She was not paying anyone back. She had been free for most of her life. She gave it out of thanks.

That is a good picture of Thanksgiving. We usually treat the day as a time to count what we have. Jesus's question goes one step further and asks whose we are. Our days and our health, the people around the table, and our own selves were given to us. (did you notice that Jesus said "give back"?) The Christian claim is that we were made by God, first, and then, second, bought back at great cost, … so anything we give him is only being returned. This Thanksgiving, give thanks for what you have but also give thanks for whose you are.

Pastor Jeff Wood, 1st Presbyterian, 1405 Louisiana Ave, Sebastian FL 32958 772-589-5656 welovefirst.org facebook.com/welovefirstsebastian





King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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



Donna Erickson's BEST BITES

By Donna Erickson

Put "World's Best Granola" on Your Breakfast Menu



Homemade granola is tasty to eat any time of day, but in our family, it's a staple for fall breakfasts with nonfat plain yogurt and fresh fruit. Not only is granola a nutritious start to the day with its wholesome blend of heart-healthy oats and chopped nuts, but a handful makes a satisfying after-school treat with a glass of milk. Plus, a few spoonfuls add crunch to a scoop of ice cream for an evening dessert!

Granola is so easy to prepare that you and your kids can make this recipe in a jiffy -- just under an hour. While one child measures and stirs together the dry ingredients in a big bowl, another can measure, pour and stir the liquids in another. Combine all of the ingredients in the big bowl, and voila! The just-sweet-enough mixture is ready for you to spread on a baking sheet and place in the oven.

Give it a try and see why the fresh taste of this homemade granola rivals any packaged mixture.

"WORLD'S BEST GRANOLA"

Yields about 5 cups

- 3 cups old-fashioned rolled oats (not quick-cooking)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup coarsely chopped almonds
- 1/2 cup coarsely chopped pecans
- 1/4 cup canola oil
- 1/2 teaspoon vanilla
- 2 egg whites, slightly beaten
- 1/2 cup raisins

Here's the fun: Preheat the oven to 350 F. Line a rimmed baking sheet with parchment paper, or spray with nonstick spray.

Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in a large mixing bowl.

Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well.

Spread the mixture evenly on the baking sheet. Bake until golden brown, about 25-30 minutes. Cool completely; stir in raisins and store in an airtight container.

Cook's Note: If you wish, substitute 1/4 cup pure maple syrup and 1/4 cup honey for the brown sugar. Combine with liquid ingredients before tossing with dry ingredients.

Creative Tip: Let kids draw a label to tape or glue to the outside of a plastic storage container or glass jar. It might say "The Johnsons' World's Best Granola." (S)

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Don't Let Holiday Scams Steal Your Cheer

The holidays are a time for giving, gathering and making memories with the people we love. Unfortunately, they're also a busy season for scammers looking to take advantage of holiday shoppers and the generosity of others.

From fake shopping websites to fraudulent delivery notifications, scams can be difficult to recognize. The good news? A few simple precautions can help you protect your money and personal information.

Here are four common holiday scams to watch out for:

Online Shopping Scams: That popular gift at an unbelievably low price may not be the bargain it appears to be. Scammers create fake websites, online stores and social media advertisements to trick shoppers into sharing payment information. Before purchasing, verify the retailer, read reviews and be cautious of deals that seem too good to be true. When possible, use a credit card for additional purchase protections.

Fake Package Notifications: Expecting holiday deliveries? Scammers send convincing text messages and emails claiming there's a problem with your package, an unpaid shipping fee or an address that needs updating. These messages often contain links designed to steal your personal information. Instead of clicking, visit the retailer's or delivery company's official website or app to check your order.

Gift Card Scams: Gift cards make wonderful presents, but they should never be used to pay unexpected bills, taxes or urgent requests for money. Scammers may pretend to be a family member, employer or government agency and pressure you to purchase gift cards and share the card numbers and PINs. If you receive an unusual request, contact the person or organization directly using a trusted phone number.

Charity and Donation Scams: The holiday season inspires generosity, but scammers may impersonate legitimate charities or use emotional appeals to pressure you into donating immediately. Before giving, research the organization through a trusted resource such as Charity Navigator or Give.org. Donate directly through the charity's official website rather than links in unexpected messages.

When in doubt, pause before you pay. Scammers often create a sense of urgency, hoping you'll act before thinking. Take your time, verify requests and remember that it's always okay to say no.

At Community Credit Union of Florida, helping you protect your hard-earned money is an important part of our commitment to your financial well-being. If you receive a suspicious message involving your account or believe you've shared financial information with a scammer, contact us right away at 321.690.2338.

For more information about protecting your finances, visit ccuflorida.org.

Community credit union FLORIDA

What Should Be Considered When Excluding A Child In Your Estate Plan

continued from page 13

Even when there are good reasons, being disinherited can be painful. More than the money, there can be a feeling of rejection that could grow into resentment of the other children as well as the parents. If the reason is not stated in the Will / Trust should the parents while still living explain the reasons to the child? This could create immediate problems for the parents.

Contrary to popular thought, you are not required to leave the disinherited child anything. Some people mistakenly believe that you must give the disinherited child some small amount, say $10. This can create a problem. The child will find the gift insulting and refuse the gift. When there is $10 remaining in the estate account, it is difficult to close the estate.

Rather than completely disinheriting the child, he/she may be left a smaller share than the other children. Some people want to include a provision that if the child challenges the will or trust, he/she loses everything he/she was to receive. This is called a "terrorem clause" because it is intended to terrorize the person not to challenge the will / trust. Both the Florida Probate Code and the Florida Trust Code state that these terrorem clauses are not enforceable in Florida, so we do not include them in our documents.

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.

Who Takes Care of the Caregiver?

continued from page 9

This free 4-hour conference (lunch is included) is moderated by Jennifer Barton, Seniors Helping Seniors owner, who not only hires Seniors to help Seniors, but has extensive personal family Caregiving experience. She is joined by Case Managers, Home Health experts, Legal and financial experts as well as medical professionals, and these panelists foster a discussion with Caregivers in the room to work out ideas and directions that give Caregivers more tools and insight for their individual journeys with their family members.

Comments from the July session from attendees recorded how refreshing and helpful the conference was to help them (1) avoiding burnout and preserving their own health; (2) finding practical tools and strategies for everyday Caregiving; and (3) learning of community resources and team-building so Caregivers don't have to face their daunting assignments alone.

The session is free-of-charge, but limited to 50 participants to foster best discussion in the room - so please call 321-473-7770 to RSVP and/or visit HelpingSeniorsofBrevard.org for information/registation. Let's be successful in our efforts of Caregiving - see you there!

Facebook Has Become Almost Useless

continued from page 16

a. Go to Settings & Privacy > Settings.

b. Tap See More in Accounts Center at the top.

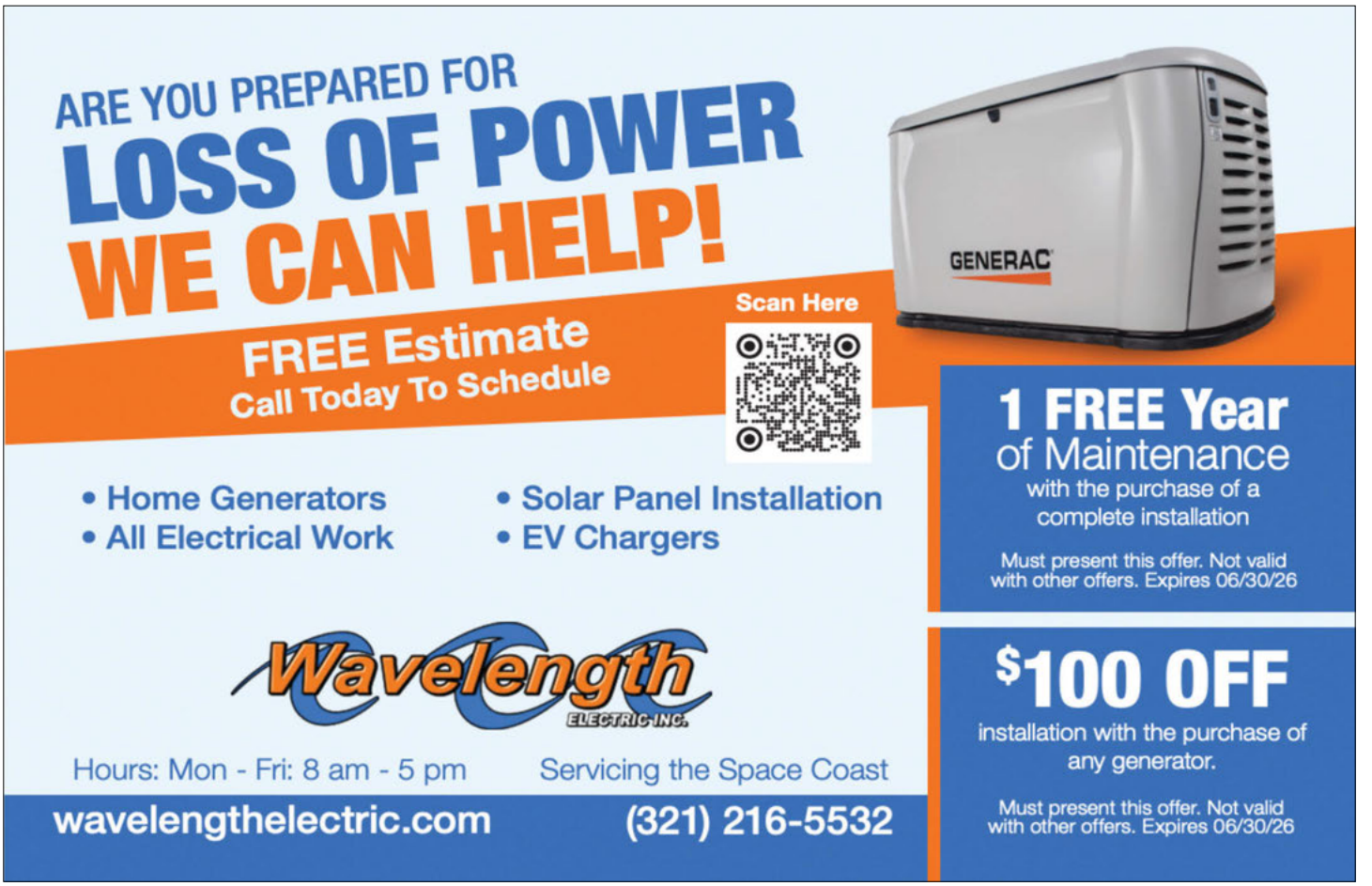
c. Scroll down and tap Ad Preferences.

d. Go to Ad Topics and select See Less on subjects you want to avoid.

e. Go to Manage Info > Audience-based advertising to opt out of businesses uploading your data to target you.

4. Aggressively Train the Algorithm

If you prefer to stay on the main "Home" tab, you have to manually signal to the system what you dislike. When a random, non-ad group or suggested post pops up, click the three dots (...) in the upper right-hand corner of that post and select Hide Post or Not Interested. Doing this repeatedly teaches the algorithm to stop serving you those specific topics.



The Sweetheart of Show Business

continued from page 12

Almost like a fairy tale, Miss Day's professional career skyrocketed. From Barney Rapp, she moved to the Bob Crosby Band (Bing's brother). And then on to Les Brown and his Band of Renown were she recorded her first worldwide hit, "Sentimental Journey". At that time, she also appeared with Frank Sinatra on the Saturday Night Hit Parade as well as made her first very successful movie debut as an actress and vocalist in "Romance On The High Sea". The Oscar nominated song from the film "It's Magic", was her first solo hit, which set the way for screen stardom.



The 1950's and 60's brought a plethora of hit songs including "Que Sera Sera" and "Secret Love" as well as numerous well loved film comedies, musicals and serious dramas. She played opposite such leading men as James Cagney, Rock Hudson, Jimmy Steward and Rex Harrison.

From 1968 to 1973, television brought Doris into our homes each week via the very successful "Doris Day Show" on CBS.

We sometimes say that fate is pre-determined. We often admire how spirit and will can move mountains no matter how high or how wide. But it is glorious when a person sees a door close before them and simply turns to another, opens it and walks through.

Doris Day, never the dancer, but forever the star.

Thanksgiving, Gratitude and Health

continued from page 19

Gratitude can help ease depression: Experiments have shown that people whole partake in the "three good things" (*) exercise – which, as the name suggests, prompts people to think of three good moments or things that happened that day – see considerable improvements in depression and overall happiness, sometimes in as little as a couple weeks. If there were a drug that did that, whoever patented that drug would be rich. "Gratitude is very powerful". (*) The most proven technique for increasing long term happiness has been proven again and again.

> ***"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them".***
>
> ***— John Fitzgerald Kennedy (May 29, 1917 – November 22, 1963), 35th President of the United States.***

Every night for the next week, set aside ten minutes before you go to sleep. Write down three things that went well today and why they went well. You may use a journal or your computer to write about the events, but it is important that you have a physical record of what you wrote. The three things need not be earthshaking in importance ("My husband picked up my favorite ice cream for dessert on the way home from work today").

Next to each positive event, answer the question "Why did this happen?". For example, if you wrote that your husband picked up ice cream, write "because my husband really thoughtful sometimes".

Writing about why the positive events in your life happened may seem awkward at first, but please stick with it for one week. It will get easier. The odds are that you will be less depressed, happier, and addicted to this exercise six months from now.

Gratitude gives you happiness that lasts: Lots of things, from a compliment to a sugary treat, can bring little bursts of happiness. But instant gratification also goes away quickly which leaves you craving more. Gratitude is something that leads to much more sustainable forms of happiness, because it's not based in that immediate gratification; it's a frame of mind. If you regularly take time to express gratitude and thankfulness, you're likely to see results.





11 Tips Cruise Lines Really Wish You Didn't Know *continued from page 39*

See Your Ship's Latest Health Reports

Most cruise ships are kept very clean, with crew members working throughout the day and night to maintain public spaces, dining areas, cabins, and restrooms.

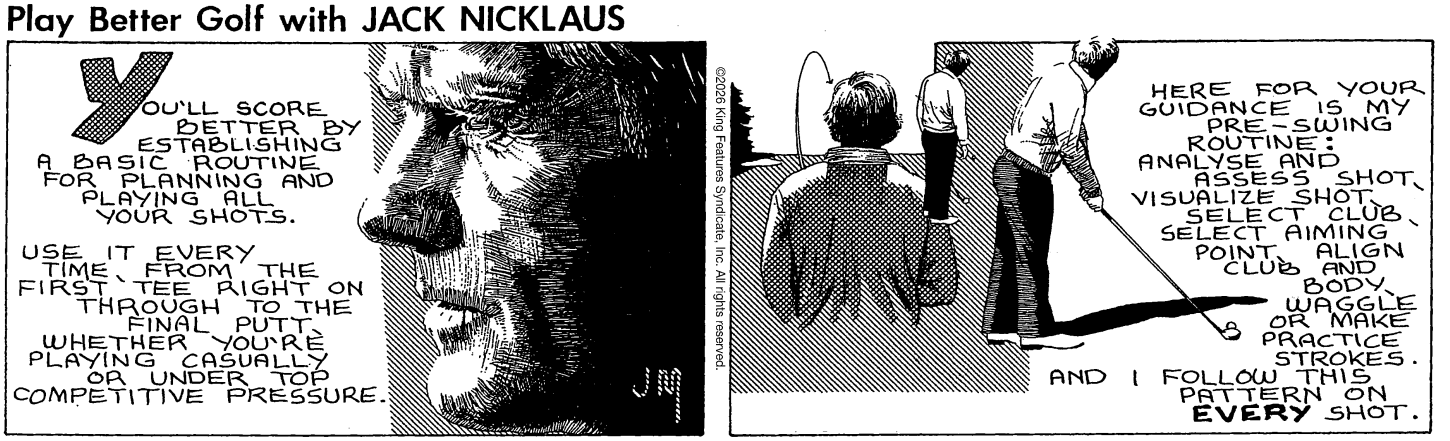
What many passengers do not realize is that cruise ships are also inspected by the government. Most ships score very well, often in the high 90s, and some earn scores of 98, 99, or even 100.

If you like doing a little homework before you travel, you can read the inspection reports online. They show the details inspectors found, from excellent scores to small issues that were noted during the visit. It is a helpful way to feel more informed before choosing a ship. https://wwwn.cdc.gov/InspectionQueryTool/InspectionSearch.aspx

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

Play Better Golf with JACK NICKLAUS



Caladium Foliage Brightens Gardens

By Eddie Smith, MSU Extension Service

There's something magical about a shaded garden that is still filled with color this time of year. When I recently visited my friend one of the first things I noticed in his garden was his incredible display of caladiums. These beautiful foliage plants prove that you don't need flowers to create a spectacular landscape.

Caladiums' large, heart-shaped leaves with intricate patterns of white, green, pink and striking shades of red brighten shady areas. Some leaves are delicately splashed with color, while others have bold veins and dramatic patterns that look as if an artist painted them by hand. The effect is especially beautiful when sunlight filters through the trees above.

Instead of harsh, direct sunlight, the caladiums in Maurice's garden receive soft, dappled light that highlights the colors and patterns of their foliage. The result is a garden that feels tropical, with layers of color and texture tucked into the coolness of the shade. What really caught my attention at Twin Oaks Cottage is the way Maurice incorporated caladiums throughout the landscape. Rather than confining them to a single flower bed or isolated area, they appear in unexpected places.



You'll find caladiums nestled beneath trees, growing alongside ferns, tucked around garden features and spilling from containers. As you move through the garden, your eye keeps discovering another splash of color. This creates colorful connections throughout the garden.

One of the things I love about caladiums is the way their bold foliage adds color to the landscape. They are particularly useful in shady and filtered-light areas where many flowering

Caladium Foliage Brightens Gardens cont'd on pg 49





Caladium Foliage Brightens Gardens

continued from pg 48

plants do not perform their best. Caladiums also give us wonderful opportunities to combine color and texture.

Caladiums prefer warm temperatures and rich, well-drained soil. They perform best in partial to full shade, although some newer selections can tolerate more sunlight, particularly when they receive adequate moisture. Consistent moisture is important for keeping caladium foliage lush and attractive during the heat of summer. I recommend monitoring plants closely during periods of extreme heat to make sure containers and other areas that dry out quickly receive adequate water. But avoid keeping the soil constantly soggy. Good drainage is just as important as adequate moisture.

Caladiums don't have to produce a single flower to command attention. That's an important lesson for all gardeners. When we think of adding color to a landscape, we often think first about flowers. But sometimes, the most spectacular color comes from the leaves.

If you have a shady area in your landscape, give caladiums a try. Their colorful foliage may be just what you need to turn a quiet spot into one of the most beautiful areas in your garden.

Is Your Financial Advisor Board Certified? Here's Why It Matters

continued from page 17

fiduciary standard goes further, requiring an ongoing duty of loyalty and care throughout your relationship. That means your advisor must put your interests ahead of their own.

As you cheer on your favorite team this season, remember that every winning team starts with a game plan, and your financial future deserves one too. If you'd like to learn more about what it means to work with a CFP® professional, or you'd like a second opinion on your situation, I'd welcome the conversation. You can meet with me in our Melbourne office, by phone, or over Zoom. Call (321) 956-7072 or email max.valavanis@jwcemail.com to schedule a time.

Securities offered through J.W. Cole Financial, Inc. (JWC) Member FINRA/SIPC. Advisory services offered through J.W. Cole Advisors, Inc. (JWCA). ValaVanis Financial and JWC/JWCA are unaffiliated entities.

NOVEMBER 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

NOVEMBER EVENTS

11/1: WORKS IN PROGRESS, Classical Guitar Space Coast Florida, 1000 E. Eau Gallie Blvd, Indian Harbour Beach, FL 32937 Frank DeGroodt 321-693-4039 Roger Allen Cope, 661-378-0791 Write: cihrmedia@gmail.com

11/1 – 11/28: 10 Year Anniversary Celebration, Studios of Cocoa Beach, Cocoa Beach, https://www.studiosofcocoabeach.org/

11/3, 11/10, 11/17: Acrylic Painting, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

11/3, 11/4, 11/10, 11/11, 11/17, 11/18: ART INSTRUCTION - ALL LEVELS - VARIOUS MEDIUMS, CBAA Office & Studio, Rockledge, cbaaartists.com 321-426-6485 or jbryant5@cfl.rr.com

11/3: Abstract / Modern Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

11/3 - 12/27: Christmas in America, First Friday Opening Receptions Nov. 6h & Dec 4, Fifth Avenue Art Gallery, Melbourne, https://fifthavenueartgallery.com/

11/4, 11/11, 11/18: Artists' Gathering, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

11/4: Melbourne BandWorks Presents: Signature Winds & The 3-2-1 Jazz Orchestra: Two Worlds, One Stage, Melbourne Auditorium, Melbourne, https://melbournemunicipalband.org

11/4, 11/5, 11/11, 11/12, 11/18, 11/19: Pottery with Candi, North Brevard Art League, Titusville, northbrevardartleague.com, 321-383-7441

11/6, 11/13, 11/20: Sip and Paint Art Class, Galleria of Art and Photography, Melbourne, artcreatedwithsoul.com, 321-338-9787

11/6: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

11/6: EGAD First Friday, Eau Gallie Arts District, egadlife.com

11/6 - 22: Parade, Surfside Playhouse, Cocoa Beach, surfsideplayhouse.com

11/7 & 11/21: PASTEL PAINTING TECHNIQUIES WITH ISHA VENKATESH, CBAA Office & Studio, Rockledge, cbaaartists.com, 408-425-8550

11/8: Jon Oxford Trio, Space Coast Jazz Society, Bervard Veterans Memorial Society, Merritt Island, www.SpaceCoastJazzSociety.org

11/8: Native Plant Landscaping Tour & Conservation Fair Orlando Park, Indialantic, https://brevardlandscapetour.org/

11/11 & 11/12: The Lion King, Foundry Conservatory Children's Production, The Brevard Zoo, Suntree, https://foundrytheatrecollective.com/

11/14: Music Makers of Tomorrow, Premiere Theater Oaks 10, Melbourne, https://www.mcorchestra.org/concerts

11/14: The Fall of a Feather, Brevard Symphony Orchestra, The Kings Center, Melbourne, https://www.kingcenter.com/

11/14 & 11/15: North Brevard Holiday Artisan Market, North Brevard Art League, Titusville, https://www.facebook.com/events/1330728345609673 614-313-8386

11/15: Central Florida Winds, Suntree United Methodist Church, Melbourne, https://cfwinds.com/concerts

11/15: AUDITION NOTICE, Things I Should've Said, a show about unspoken regrets, Funky Dog Improv, 587 W. Eau Gallie Boulevard, Melbourne, https://spacecoastperformingarts.com/

11/18: MANNHEIM STEAMROLLER CHRISTMAS , The King Center, Melbourne, https://www.kingcenter.com/

11/20-21: Holiday Market, Melbourne Auditorium, Friday 3pm-8pm, Kid Zone 5-8pm, Sat 10am-3pm, City of Melbourne

11/20 - 12/13: Frozen, The Henegar Center, Melbourne, https://henegarcenter.com/

11/20- 12/20: It's a Wonderful Life, Titusville Playhouse, Titusville, https://titusvilleplayhouse.com/shows/

11/20 - 12/6: The Lion, The Witch and the Wardrobe: Cocoa Village Playhouse, Cocoa Village, https://cocoavillageplayhouse.com/~historiccvp/drupal/index.php/performances

11/21: Gatehouse Market, Field Manor, 10-12 Merritt Island, Gatehouse Market My Site

11/21: The Space Coast Writers Guild, Lamplighter Village Clubhouse , Melbourne, https://scwg.org/

11/29: Holiday Favorites, Art Martin and the Rock and Roll Revue, Suntree United Methodist Church, Melbourne, https://www.mmband.org/concerts-and-dances

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. Hirams, 1606 N. Indian River Dr., Sebastian; 3rd Thursday monthly, Dixie Crossroads, 1475 Garden St., Titusville. For Info call Phil LoGiudice 203-507-0008. Lunch is at your own expense. For more information about SCHF, contact us at 321-456-7031 or info@spacecoasthonorflight.org

The Astronaut Trail Shell Club-
This active club meets monthly for presentations, outings, and crafts dedicated to learning and sharing knowledge in seashells and sea life. Monthly meetings: September-May. 1-3pm @ Wickham Park Community Center. 2815 Leisure Way. Melbourne FL. Annual dues: $15 per family. FB page: spacecoastseashells

The Genealogical Society of South Brevard meets on the 2nd Wednesday of the month (except July and August) at the Melbourne Public Library, 540 E, Fee Avenue. Doors open at 9:30 a.m. and meeting starts at 10:00 with speakers addressing various aspects of family history. Information: WWcontact@gssb.net.

The Brevard Antiques and Collectibles Club . The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday meetings are now held at The Eau Gallie Library 1521 Pineapple Ave. Melbourne at 1:30 PM. We have a different topic at each meeting.The group is open to anyone having an interest in learning about antiques and collectibles.We are collectors – not dealers therefore we do not give appraisals.

The Space Coast Weavers & Fiber Artists meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library, W1950 North Courtenay Parkway. Meetings are free and open to the public.

The Italian American Club's hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public.Games are played on Tuesday mornings at 9:00 am at three different locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit IAC321.com.

Scottish Country Dancing, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntree (8300 Holiday Springs Road in Suntree/Melbourne). FREE (there is no charge for the lessons or the dance evenings). Call Catie at 321-427-3587 for more information.

English Country Dancing, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and $5.00 a week after that. Call Catie at 321-427-3587 for more information.

New York State Club on the Space Coast meets the third Tuesday of every month for lunch, and presentations, except December. No meeting in June, July.

Find us on Facebook. All New York State friends, and guests welcome. Marie Russo, organizer, (321) 693-1856.

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

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

Spanish Study Group meets every Monday 1 – 3 pm at Providence Place, Room 106, 17 E. Hibiscus Blvd. Melbourne. If you already have some capability and want to improve. Participation is free. Information (321)726-8883.

Veterans Memorial Center (VMC)
on Merritt Island behind Merritt Square Mall.
Contact VMC or Donn Weaver
(321-453-1776)

CALENDAR OF EVENTS

Contact VMC for any additions or other information.
https://veteransmemorialcenter.org/other-veterans-events/

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. Register at SFH Dash 5k website.

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. Sign ups and more information via VFW Post 10131 and the City of Cape Canaveral.

07 Nov – Second Annual VyStar MOACC Good Deeds Foundation Veterans Recognition Dinner 1700-2000 Fundraiser at the Melbourne Hilton Rialto as they recognize veteran organizations, projects and individuals who have made major contributions on the Space Coast 2025-26. Sign up to reserve seats at moaacc.org

07 Nov – Veterans Day Parade in Palm Bay 1000-1200. The parade "Honoring All Who Served"starts at the Tony Rosa Community Center and end at Palm Bay Veterans Memorial Park. contact HolidayParade@palmbayfl.gov for more info and to register an entry.

08 Nov – Home Stretch 9th Annual 5K sponsored by National Veterans Homeless Support in the Eau Gallie Arts District with the start at 0800 hours. Sign up at https://runsignup.com/home-stretch5k

11 Nov – Veteran Day Events at BVMC and many other locations in the county. BVMC Event begins at 0900 in the Plaza followed by swearing in the new Officers and Board by Dana Blackly and brunch sponored by SpaceX.

14 Nov – JROTC Raider Challenge Meet #3 for District Championship at BVMC Park and Amphitheater (0630-1300). Best visor time 1000-1230 to observe events talk with 250 plus cadets and help award trophies sponsored by MOAACC Good Deeds Foundations NOTE: State Championships on 12 Dec. This event will rank top 3-4 Brte3vard school JRPTC teams to qualify for State Meet.

13 Nov – Annual Marine Corps Ball at Space Coast Convention Center, Cape Canaveral 1700-2200 sponsored by Brevard Marine Corps League Chapter 513. Ceremony, dinner, silent auction, tradition, dancing and fun. Contact : mclbrevard513@gmail.com to sign up, pay and for more information. Tickets $60 each.

14 Nov – The Support Committee at Cape Canaveral National Cemetery (501(c)3) will be having their annual Fall Fundraiser on November 14 at American Legion Post 1 in Titusville. Beginning at 5:30, dinner tickets are available at $25 per person; a 50/50 raffle and many raffle items will be available in a silent auction. With a DJ, the evening will be fun, tasty and entertaining while supporting the efforts to enhance ceremonies and education about Cape Canaveral National Cemetery For reservations and more information: saavik31324@yahoo.com

REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES. CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101

Chair Yoga with Pam
Mondays from 12:15 – 1:15 PM

Purly Girls Knitting Club
Tuesdays 10am to 1pm

Yoga with Maëla
Tuesdays, 9:00 – 9:55 AM

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

Master Gardener Clinic
1st & 3rd Fridays, 11:00 AM – 1:00 PM

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.
Crafternoon First Wed, 2:00PM-3:00PM. Materials are provided.
Book Club First Thursday, 1:30PM
Painting Class, 1st Thursday, 6:00PM Fee is $10 and covers all supplies. Registration is required as space is limited.
Cook the Book Club, 3rd Thurs, 6:00 PM

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

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

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

Beginning Computer Class Ist Wednesday, 1 PM
Adult Art Classes Thursdays 1PM
Technology Q & A: 3rd Wednesday at 1 PM
Quilters every Thursday at 6:00 PM.
Master Gardeners 1st & 3rd Tuesdays, 2 PM.
3rd Thursday at Three Book Club, 3PM

Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404

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

Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400

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

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

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

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

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

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, homemade 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

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:

Jordan Dascoli, Assistant Director
Jordan@OneSeniorPlace.com | 321-751-6771
One Senior Place, 8085 Spyglass Hill Road, Viera, FL 32940

OneSeniorPlace.com

one SENIOR place

20TH ANNIVERSARY

Happy Holidays

from the One Senior Place Team and Resident Business Family!



ONE SENIOR PLACE
ANNUAL HOLIDAY FUNDRAISER

Baskets for a Cause

SUPPORTING MEALS ON WHEELS

Ticket Pricing:
$2 Per Ticket **or**
$20 Head to Toe*
*However many tickets it takes to get from your head, to your toes.

SPONSORED BY
senior partner CARE SERVICES

MEALS on WHEELS BREVARD COUNTY

Aging Matters IN BREVARD

Baskets will be on display **November 2nd to December 18th**
Benefiting Meals on Wheels, a program of Aging Matters in Brevard.

Join us in giving back. Here are a few of the ways we are doing it...



Bring new/unwrapped toys and drop them off in the toy drive donation box during business hours.

DROP OFF DATES:

Monday, Nov. 2 - Friday, Dec. 11

GRANDPARENTS RAISING GRANDCHILDREN OF BREVARD COUNTY, FL INC

SENIOR SANTA

BRINGING JOY, GIFTS, AND HOLIDAY CHEER TO SENIORS!

One Senior Place is proud to be a Senior Santa Ornament and Gift drop off location!

General Donations/Extras Needed

- **PERSONAL HYGIENE PRODUCTS** - body lotion, soap, toothpaste, shampoo, conditioner, deodorant, disposable razors
- **FLEECE BLANKETS/THROWS**
- **SOCKS** - men's and woman's, non-skid
- **PUZZLE BOOKS** - large print, word search, adult coloring

HOLIDAY GIFT COLLECTION DEADLINE IS TUESDAY, DEC 1ST

PLEASE DO NOT WRAP GIFTS!

321-751-6771



Wednesday, December 9th 10am

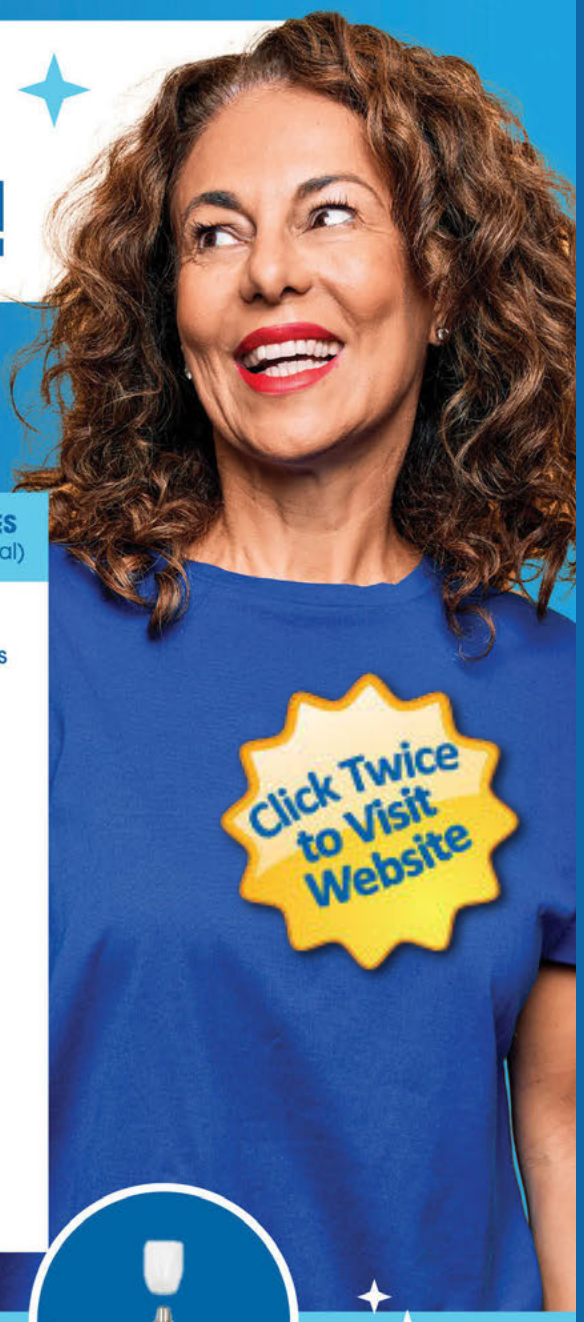
- Breakfast catered by The Brennity
- Mimosa Bar sponsored by Senior Partner
- Live music by Fred Cavese

RSVP 321-751-6771

THE BRENNITY - AT MELBOURNE -

senior partner CARE SERVICES

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

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!



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Melbourne, FL 32935
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1051 Port Malabar Blvd NE
Palm Bay, FL 32905
321.729.6060