

September 2023



8085 Spyglass Hill Road, Melbourne, FL 32940
 Monday—Friday 8:30am—5:00pm
 More event information available at
 OneSeniorPlace.com Events subject to change.

Use your cell phone
 camera to scan the
 QR code and
 register for our events.



<p>Ask the Realtor Monday's 9am—12pm & Thursday's 1pm—3pm</p> <p>Barbara Asinari with Oceans Realty Florida, will be on hand to answer your real estate questions. For more information and an appointment call 321-960-2375.</p>	Mon	Tue	Wed	Thu	Fri
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	<p>4</p>	<p>5</p> <p>11am FREE Memory Testing Merritt Island Medical Research</p>	<p>6</p> <p>11am Benefits of Pre-Planning Your Cremation Nat'l Cremation Society</p> <p>2pm Probate and Real Estate Lacey Lyons Rezanka and Oceans Realty Florida</p>	<p>7</p> <p>11:30am Diabetic Education Lunch & Learn Florida Health Care Plans</p> <p>1pm Book Club</p>	<p>8</p> <p>10am New Treatment Options for Parkinson's Disease Senior Health Friday with Nurse Lisa</p>
	<p>11</p> <p>9am The Club Independent group playing board and cards games</p> <p>12pm Emergencies Happen... The question is, How much will it cost you? MASA MTS</p>	<p>12</p> <p>11:30am The Mind Diet Ask The Doctor Lunch & Learn Series</p> <p>2pm BINGO Florida Health Care Plans</p>	<p>13</p>	<p>14</p> <p>10am How to Bullet Proof Your Estate Plan Estate Plan. & Elder Law</p> <p>10am Loss, Grief Support Group</p> <p>1pm Book Club</p> <p>2pm Movie Matinee: My Big Fat Greek Wedding Rhodes Law, PA</p>	<p>15</p> <p>11am Tinnitus [and Hearing Loss] Lunch & Learn Personal Hearing Solutions</p>
	<p>18</p> <p>9am The Club, Independent group playing board and cards games</p> <p>2pm Get your Medicare Questions Answered! Viera Insurance Professionals</p>	<p>19</p> <p>10am Veterans Benefits William A. Johnson, P.A.</p> <p>11am FREE Memory Testing Merritt Island Medical Research</p> <p>5:30pm How to Prepare Your Digital Legacy MacMAD User Group Hosted by Jim DeLaura</p>	<p>20</p> <p>10am Hurricane Planning for Your Life Rhodes Law, PA</p> <p>10am Fibroscans (Liver) Scans ClinCloud</p> <p>10am Parkinson's Support Group</p> <p>2pm Alzheimer's & Dementia Support Group</p>	<p>21</p> <p>12pm Therapeutic Laser Aquatic Health & Rehab</p> <p>1pm Book Club</p> <p>5:30pm Senior Single Mingle One Senior Place and Senior Partner Care Services</p>	<p>22</p> <p>12pm Meditation; Clear the Chatter , the Mind Matters Lisa Gladu-Molina with Aquatic Health & Rehab</p> <p>2pm Alternative Wellness Practices April Boykin, MSW, LCSW with Counseling Resource Services</p>
	<p>25</p> <p>9am The Club, Independent group playing board and cards games</p> <p>12pm Emergencies Happen... The question is, How much will it cost you? MASA MTS</p>	<p>26</p> <p>10am Guardianship—Start to Finish Estate Plan. & Elder Law</p> <p>2pm Get your Medicare Questions Answered! Viera Insurance Professionals</p>	<p>27</p> <p>11am Veteran Resource Q & A VITAS Healthcare</p> <p>1pm PWR! Up for PD Aquatic Health & Rehab</p>	<p>28</p> <p>10am Estate Planning William A. Johnson, P.A.</p> <p>10am Loss, Grief Support Group</p> <p>1pm Book Club</p> <p>2pm Benefits of Pre-Planning Your Cremation Nat'l Cremation Society</p>	<p>29</p> <p>2pm QUIT YOUR WAY Tobacco Free Florida</p>

Get Your Medicare Questions Answered!

**2pm Mon. Sept. 18th &
Tues. Sept. 26th**

**Find out more today!
Call 321-253-6323.**

Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions.

Hosted by
Viera Insurance Professionals,
call to reserve your seat.

This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meetings, call 321-253-6323 TTY: 711 Not affiliated with or endorsed by the government or the federal Medicare program.

Probate and Real Estate Seminar 2—3pm. Wed. Sept. 6th

Presented by Atty. Stephen J. Lacey, w/Lacey Lyons Rezanka, and Barbara Asinari, w/Oceans Realty Fl. Attorney Lacey will speak about the Florida probate process and what it means for property left in a decedent's estate.

This presentation is in partnership with Barbara Asinari who will be available to answer real estate related questions. RSVP to 321-751-6771.

Events:

Sept. 5th and 19th, Tues., FREE Memory Testing, 11—3pm. Merritt Island Medical Research will be offering free memory screenings the 1st & 3rd Tuesday of each month at One Senior Place. Call 321-305-5015 to schedule an appointment.

Sept. 6th, Wed., from 11am—1pm, Benefits of Pre-Planning your Cremation, Lunch & Learn, and REPEATS Sept. 28th, Thur., from 2—4pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP required, call 321-751-6771.

Sept. 7th, Thur., Diabetic Education Lunch & Learn, 11:30am—1pm. Presented by Florida Health Care Plans. Guest speaker Kathy MacNeill, RN and Certified Diabetes Care & Educational Specialist with Florida Health Care Plans. She has over 25 years experience in diabetes education. Lunch provided, must RSVP to 321-751-6771.

Sept. 8th, Fri., New Treatment Options for Parkinson’s Disease, Senior Health Friday with Nurse Lisa, 10am. Presented by Stephen Morio with Insightec, Barbara Fradkin, BSW, CCM with Brevard Parkinson’s Alliance, and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

Sept. 11th & 25th, Mondays, 12pm—1:30pm, Emergencies Happen...The question is, how much will it cost you? Lunch & Learn. Join MASA MTS for a FREE Lunch & informational seminar to provide peace of mind when it comes to surprise medical costs. Lunch provided for all registered attendees. RSVP to 855-359-4899.

Sept. 12th, Tue., The Mind Diet, Ask the Doctor Lunch & Learn Series, 11:30am—1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP to 321-751-6771.

Sept. 12th, Tue., BINGO, 2—3:30pm. FREE to play, prizes awarded, fun for all! Presented by Florida Health Care Plans.

Sept. 14th, Thurs., Movie Matinee with Rhodes Law, PA, 2pm. Hosted by Rhodes Law, P.A. Come and watch “My Big Fat Greek Wedding” and enjoy classic movie treats! RSVP to 321-751-6771.

Sept. 15th, Fri., Tinnitus [and Hearing Loss] Lunch & Learn Seminar. 11—1pm. Brought to you by Personal Hearing Solutions and Clinical Education Specialist from Widex. This presentation will center on the cause of Tinnitus “Ringing in your ears”, and what can be done to improve it. Boxed lunch provided, RSVP to 321-751-6771.

Sept. 19th, Tues., How to Prepare Your Digital Legacy— MAC/Apple Users Group Meeting, 5:30—7pm. This class will include steps we all need to take for a seamless transition to...*insert your preferred ultimate destination here*. Apple has provided some tools for this so we will go into detail about that and other issues like passwords, contacts and emails. Call 321-751-6771 today to reserve your seat. Presented by MacMAD, hosted by James DeLaura, RJFG.

Sept. 20, Wed., 10am—2pm. **FREE Fibroscans (Liver Scan)** offered by ClinCloud. A Fibroscans is a non-invasive ultrasound which measures fibrosis (scarring) and steatosis (fatty change) in your liver. Call 321-751-6771 to schedule your 30 minute appointment.

Sept. 21st, Thurs., Therapeutic Laser, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab and Laser Center. Presenting ways to decrease pain, help heal fractures, increase circulation; helping to heal wounds, treatment for peripheral, idiopathic, and diabetic neuropathy. Call 321-253-6324 to RSVP.

Sept. 21st, Thurs., Senior Single Mingle, 5:30—7pm. Hosted by One Senior Place and Senior Partner Care Services. Come out to our first Senior Single Mingle and make some new friends! Bring a SINGLE Senior friend for a chance to win a prize. Call 321-751-6771 to RSVP.

Sept. 22nd, Fri., Meditation, Clear the Chatter the Mind Matters, 12—1pm. Join Certified Instructor, Lisa Gladu-Molina, CPT, with Aquatic Health & Rehab, will teach you the Five Reasons to meditate. Space is limited, call 321-253-6324 to RSVP.

Sept. 22nd, Fri., Alternative Wellness Practices, 2—3:30pm. Join April Boykin, MSW, LCSW with Counseling Resource Services to learn techniques to improve your overall wellness and quality of life. These techniques include breath work, acupressure, mindfulness and much more. RSVP to 321-751-6771.

Sept. 27th, Wed., PWR! Up for PD, 1—2pm. Presented by Aquatic Health & Rehab. Parkinson’s Wellness Recovery (PWR) is an exercise program. For more information call 321-253-6324.

Sept. 29th, Fri., QUIT YOUR WAY Tobacco Free Florida, 2—3:30pm. Quitting tobacco isn’t easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. FREE Nicotine replacement patches, gum and lozenges*. *While supplies last and if medically appropriate. To register or learn more call: 407-716-6392.

Support Groups

Sept.. 14th and 28th, Thurs., Loss, Grief & Bereavement, 10am. VITAS Healthcare.

Sept. 20th, Wed. Parkinson’s Support Group, 10 am. Hosted by One Senior Place. Come and share ideas, bring your questions and let’s discuss our experiences as we deal with Parkinson’s Disease.

Sept. 20th, Wed. Alzheimer’s/Dementia, 2—3pm. This group encourages the caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia.

Sept. 27th, Wed. Veterans Resources Q & A, 11—12pm. This group is for Veterans and families. Facilitated by Michael Tucker, MSW, Veterans Liaison, VITAS Healthcare.

Legal Seminars
call 321-751-6771 to RSVP

Sept. 6th, Wed., Probate and Real Estate Seminar, 2—3pm. Presented by Attorney Stephen J. Lacey, with Lacey Lyons Rezanka.

Sept. 14th, Thurs., How to Bullet Proof Your Estate Plan from a Contest or Challenge, 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expense for your family.

Sept. 19th, Tues., Veterans Benefits Seminar, 10—11:30am. William A. Johnson, P.A. will present.

Sept. 20th, Wed., Hurricane Planning For Your Life, Understanding your Advanced Directives, 10—11am. Are you prepared? Let us help guide you through the process. Presented by Gregory Schwendeman, ESQ. with Rhodes Law, PA.

Sept. 26th, Tues., Guardianship—Start to Finish, 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. If you are a guardian, been asked to be one, or know someone acting as one, this seminar will be informational.

Sept. 28th, Thurs., Estate Planning Seminar, 10—11:30am. William A. Johnson, P.A. will present.