

March 2024



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.



Mon	Tue	Wed	Thu	Fri
	<h2>HAPPY ST. PATRICK'S DAY</h2>			<p>FREE Special Event: 11am—1pm Senior Living Options & Chef Competition Space Coast Health Foundation Center for Collaboration Vendors, Giveaways, Door Prizes, Food & Dessert Samples!</p>
<p>9am The Club, Active seniors playing board and card games 10am Fibroscans (Liver Scans) ClinCloud</p>	<p>10am FREE Memory Testing Merritt Island Medical Research</p>	<p>11am Pre-Planning Cremation Nat'l Cremation Society</p>	<p>11:30am Ask The Doctor Lunch & Learn Series Brain Health & Memory Screening 1pm Book Club</p>	<p>10am Senior Health Friday with Nurse Lisa: Aging In Place</p>
<p>9am The Club, Active seniors playing board and card games</p>	<p>2pm BINGO Florida Health Care Plans</p>	<p>10am Coffee & Conversation: Chat With a Brain & Memory Health Expert Merritt Island Medical Research</p>	<p>10am How to Minimize Taxes on Trusts & Probate Estates Estate Planning & Elder Law 10am Loss, Grief & Bereavement Support Group 2pm Movie Matinee: "Leap Year" Rhodes Law, P.A.</p>	<p>8:30am Chair Yoga Class with Beth Cooper 11am St. Patrick's Day Themed Trivia</p>
<p>9am The Club, Active seniors playing board and card games</p>	<p>10am Medicaid Planning William A. Johnson, P.A. 10am FREE Memory Testing Merritt Island Medical Research 5:30pm MacMad User Group Hosted by Jim Delaura</p>	<p>10am Fibroscans (Liver Scans) ClinCloud 10am Estate & Medicaid Planning Rhodes Law, P.A. 10am Parkinson's Support Group 2pm Alz. & Dementia Support Group</p>	<p>12pm Alternative Techniques for Pain Aquatic Health & Rehab 1pm Book Club</p>	<p>10am Easter Themed Cupcake Decorating Workshop</p>
<p>9am The Club, Active seniors playing board and card games 9am AARP Smart Driver Class</p>	<p>10am Who Will Inherit My Estate? Protecting Heirs Estate Planning & Elder Law</p>		<p>10am Loss, Grief & Bereavement Support Group 10am Estate Planning William A. Johnson, P.A. 1pm Book Club 2pm Pre-Planning Cremation Nat'l Cremation Society</p>	<p>12pm QUIT YOUR WAY Tobacco Free Florida</p>

Qi Gong, Friday March 1st, at 8:30am. Breathing and moving to help support quality of life! Instruction provided by Beth Cooper. **This class will be entirely standing.** Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

FREE Liver Scans, Monday March 4th, and Wednesday March 20th, 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.

FREE Memory Testing, Tuesdays March 5th and 19th, from 10am – 3pm. Merritt Island Medical Research 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.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday March 6th, from 11am, REPEATS Thursday March 28th, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP to 321-751-6771.

Ask The Doctor Lunch & Learn Series, Brain Health & Memory Screening, Thursday March 7th, at 11:30am. Amanda Fletcher, MD with ClinCloud will discuss the importance of brain health and memory screening. Seating is limited, RSVP required, call 321-751-6771.

Senior Health Friday with Nurse Lisa, Aging in Place: Care Management Makes it Possible, Friday March 8th, at 10am. Presented by Lisa Conway, RN, CCM, Karen Rowland, LPB, and Lynde Nail, LPN with Senior Partner Care Services. Refreshments sponsored by One Senior Place & Senior Partner Care Services. RSVP to 321-751-6771.

BINGO!, Tuesday March 12th, at 2pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Coffee & Conversation: Chat With a Memory Health Expert, Wednesday March 13th, at 10am. Join us for an open Q & A with Deidra Shubert, a memory and brain health specialist, from Merritt Island Medical Research. Limited seating, must RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday March 14th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Leap Year", and enjoy movie treats! MUST RSVP to 321-751-6771.

Chair Yoga Class, Friday March 15th, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. **There is possibility of standing exercises.** Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

St. Patrick's Day Trivia, Friday March 15th, at 11am. Put your knowledge to the test during a St. Patrick's Day themed trivia game. MUST RSVP to 321-751-6771.

MacMad User Group, Tuesday March 19th, at 5:30pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

Alternative Techniques for Pain, Thursday March 21st, at 12pm. Presented by Aquatic Health & Rehab. For more information and to RSVP, call 321-253-6324.

Cupcake Decorating Workshop, Friday March 22nd, at 10am. Join us for a fun filled morning as we make Easter baskets you can EAT! Seating limited. MUST RSVP to 321-751-6771.

AARP Smart Driver Course, Monday March 25th, at 9am. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

Quit YOUR Way, Free Tools to Quit Program, Friday March 29th, from 2pm. Programs cover all forms of tobacco. **FREE:** Nicotine replacement patches, gum or lozenges *if medically appropriate and 18 years of age or older. Participant workbook & materials. Presented by Tobacco Free Florida, MUST register by calling 407-716-6392.



To register for upcoming events, use your cell phone camera to scan the QR code to the right.



FREE SPECIAL EVENT Senior Living Options & Chef Competition Friday, March 1, 2024 from 11am—1pm

Being held at the Space Coast Health Foundation Center for Collaboration
1100 Rockledge Blvd. (Hwy 1), Rockledge, FL 32955

Vendors, Giveaways, Door Prizes, Food & Dessert Samples!

Legal Seminars call 321-751-6771 to RSVP

How to Minimize Taxes on Trusts or Probate Estates, Thursday March 14th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

Medicaid Planning, Tuesday March 19th, 10am. Presented by Elder law attorney William A. Johnson RSVP to 321-751-6771.

Estate & Medicaid Planning – Get Your Plan in Order!, Wednesday March 20th, 10am. Presented by Ruth C. Rhodes, Esq. and Jackie McManus. RSVP to 321-751-6771.

Who Will Inherit My Estate? Protecting Heirs, Tuesday March 26th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

Estate Planning Seminar, Thursday March 28th, 10am. Presented by Elder Law Attorney William A. Johnson, P.A. RSVP to 321-751-6771.

Support Groups

Loss, Grief & Bereavement Support Group, Thursdays March 14th & 28th, 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.

Parkinson's Support Group, Wednesday March 20th, at 10am. Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease.

Alzheimer's & Dementia Support Group, Wednesday March 20th, at 2pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia.

Ask the Realtor

Monday's 9am—12pm & Thursday's 1pm—12pm

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.