

April 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
<p>1</p> <p>9am The Club, Active seniors playing board and card games</p> <p>10am Fibroscans (Liver Scans) ClinCloud</p>	<p>2</p> <p>10am FREE Memory Testing Flourish Research</p>	<p>3</p> <p>11am Pre-Planning Cremation Nat'l Cremation Society</p>	<p>4</p> <p>1pm Book Club</p>	<p>5</p> <p>8:30am Chair Yoga Class with Beth Cooper</p>
<p>8</p> <p>9am The Club, Active seniors playing board and card games</p>	<p>9</p> <p>11:30am Ask The Doctor Lunch & Learn Series Nothing Beats a Great Pair of Healthy Legs</p> <p>2pm BINGO Florida Health Care Plans</p>	<p>10</p> <p>9am Coffee & Conversation: Chat With a Brain & Memory Health Expert Flourish Research</p>	<p>11</p> <p>10am My Loved One Was Just Diagnosed w/ Dementia... Now What? Estate Planning & Elder Law</p> <p>10am Loss, Grief & Bereavement Support Group</p> <p>1pm Book Club</p> <p>2pm Movie Matinee: "Never Been Kissed" Rhodes Law, P.A.</p>	<p>12</p> <p>10am Senior Health Friday with Nurse Lisa: Benefits of Medical Marijuana</p>
<p>15</p> <p>9am The Club, Active seniors playing board and card games</p>	<p>16</p> <p>10am Special Needs Trusts William A. Johnson, P.A.</p> <p>10am FREE Memory Testing Flourish Research</p> <p>5:30pm MacMad User Group Hosted by Jim Delaura</p>	<p>17</p> <p>10am Fibroscans (Liver Scans) ClinCloud</p> <p>10am Estate & Medicaid Planning Rhodes Law, P.A.</p> <p>2pm Alz. & Dementia Support Group</p>	<p>18</p> <p>8:30am Veterans Day Out In partnership w/ VITAS, Nat'l Cremation, VFW Post 10131, & D.A.V.</p> <p>12pm Nutrition & Pain Management Aquatic Health & Rehab</p> <p>1pm Book Club</p>	<p>19</p> <p>8:30am 5 Movements Class with Beth Cooper</p>
<p>22</p> <p>9am The Club, Active seniors playing board and card games</p> <p>9am AARP Smart Driver Class</p>	<p>23</p> <p>10am Elder Law Concepts: What You Need to Know During the Second Half of Life Estate Planning & Elder Law</p>	<p>24</p> <p>10am Finding Your Path Lacey, Lyons, Rezanka</p>	<p>25</p> <p>10am Loss, Grief & Bereavement Support Group</p> <p>10am Medicaid Planning William A. Johnson, P.A.</p> <p>1pm Book Club</p> <p>2pm Pre-Planning Cremation Nat'l Cremation Society</p>	<p>26</p> <p>10am Seeing is Believing Feat. Dr. Staci Walters</p> <p>12pm QUIT YOUR WAY Tobacco Free Florida</p> <p>1pm Protecting Your Feet Feat. Dr. Kathleen Bauer</p>
<p>29</p> <p>9am The Club, Active seniors playing board and card games</p>	<p>30</p>			

FREE Liver Scans, Monday April 1st, and Wednesday April 17th, 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 April 2nd and 16th, from 10am – 3pm. Flourish 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 April 3rd, from 11am, REPEATS Thursday April 25th, 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.

Chair Yoga, Friday April 5th, 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 floor based exercises.** Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

Ask The Doctor Lunch & Learn Series, Nothing Beats a Great Pair of Healthy Legs, Tuesday April 9th, at 11:30am. Join Hany Guirgis, MD with Prestige Cardiology Consultants as he discusses vein disease, leg swelling, & varicose vein issues. Lunch provided by Viera Health and Rehab. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday April 9th, 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 April 10th, 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 April 11th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Never Been Kissed", and enjoy movie treats! MUST RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa, Benefits of Medical Marijuana, Friday April 12th, at 10am. Presented by Frank P. Filliberto, MD with Marijuana of Brevard and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

MacMad User Group, Tuesday April 16th, 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.

Veterans Day Out, Thursday April 18th, at 8:30am. Join us for a FREE day trip to multiple destinations and lunch. Leave the driving to us in an air conditioned, luxury bus while you enjoy the journey, reflecting on your service with fellow veterans. Sponsored by VITAS, National Cremation Society, VFW Post 10131 Cape Canaveral, D.A.V. Seats limited. RSVP Required, MUST call 321-253-6324.

Nutrition & Pain Management, Thursday April 18th, at 12pm. Presented by Aquatic Health & Rehab. This presentation will discuss diet, nutrition, inflammation, what to eat, what not to eat, and alkaline vs acidity. For more information and to RSVP, call 321-253-6324.

5 Movements to Better Mobility, Friday April 19th, at 8:30am. Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

AARP Smart Driver Course, Monday April 22nd, 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.

Seeing Is Believing, Friday April 26th, at 10am. Presented by Staci Walters, D.O., F.A.A.O with Space Coast Ophthalmology. MUST RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday April 26th, from 12pm. 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.

Protecting Your Feet, Friday April 26th, at 1pm. Join Kathleen Bauer, MD as she discusses the importance of foot health and its impact on those with diabetes. MUST RSVP to 321-751-6771.

Legal Seminars call 321-751-6771 to RSVP

My Loved One Was Just Diagnosed With Dementia...Now What?, Thursday April 11th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

Special Needs Trusts, Tuesday April 16th, at 10am. Presented by Elder law attorney William A. Johnson, P.A. 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.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday April 23rd, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

Finding Your Path, Wednesday April 24th, 10am. Presented by Attorney Stephen J. Lacey with Lacey, Lyons, Rezanka. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday April 25th, at 10am. Presented by Elder Law Attorney William A. Johnson, P.A. RSVP to 321-751-6771.

Support Groups

Loss, Grief & Bereavement Support Group, Thursdays April 11th & 25th, 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 April 17th, 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 April 17th, 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

Mondays 9am—12pm & Thursdays 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.

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



