

# May 2024



8085 Spyglass Hill Road, Melbourne, FL 32940

Monday—Friday 8:30am—5:00pm

More event information available at [OneSeniorPlace.com](http://OneSeniorPlace.com) — *Events are subject to change.*



Mon	Tue	Wed	Thu	Fri
		<b>11am</b> Pre-Planning Cremation Nat'l Cremation Society	<b>1pm</b> Book Club	<b>8:30am</b> Yoga Class w/ Beth Cooper
<b>9am</b> The Club, Active seniors playing board and card games  <b>10am</b> Fibroscans (Liver Scans) ClinCloud	<b>10am</b> FREE Memory Testing Flourish Research	<b>10am</b> Coffee & Conversation: Chat With a Brain & Memory Health Expert Flourish Research  <b>1pm</b> Ask The Fire Chief	<b>10am</b> Medicaid & Long-Term Care Alternatives to Medicaid Estate Planning & Elder Law  <b>10am</b> Loss, Grief & Bereavement Support Group  <b>1pm</b> Book Club <b>2pm</b> Movie Matinee: "Fools Rush In" Rhodes Law, P.A.	<b>10am</b> Senior Health Friday with Nurse Lisa: Listening to Unconscious Signals
<b>9am</b> The Club, Active seniors playing board and card games  <b>1pm</b> Show and Share Class: Public Speaking Enhances Memory	<b>11:30am</b> Ask The Doctor Lunch & Learn Series: SI Joint Dysfunction & Treatment  <b>2pm</b> BINGO Florida Health Care Plans	<b>10am</b> Fibroscans (Liver Scans) ClinCloud  <b>10am</b> Estate & Medicaid Planning Rhodes Law, P.A.  <b>2pm</b> Alz. & Dementia Support Group	<b>12pm</b> Osteoarthritis Aquatic Health & Rehab  <b>1pm</b> Book Club	<b>8:30am</b> Qi Gong Class with Beth Cooper  <b>11am</b> Ask The Fire Chief
<b>9am</b> The Club, Active seniors playing board and card games	<b>10am</b> Estate Planning William A. Johnson, P.A.  <b>10am</b> FREE Memory Testing Flourish Research  <b>5:30pm</b> MacMad User Group Hosted by Jim Delaura	<b>10am</b> Understanding Guardianships: The Process Lacey, Lyons, Rezanka	<b>10am</b> Loss, Grief & Bereavement Support Group  <b>1pm</b> Book Club <b>2pm</b> Pre-Planning Cremation Nat'l Cremation Society	<b>12pm</b> QUIT YOUR WAY Tobacco Free Florida  <b>1pm</b> Protecting Your Golden Years: Understanding & Preventing Skin Cancer With Nurse Lisa
<b>CLOSED FOR MEMORIAL DAY</b>	<b>10am</b> Q&A About Estate Planning Estate Planning & Elder Law	<b>2pm</b> Retain Your Brain: How to Age Proof Your Most Valuable Asset Hosted by Jim Delaura	<b>10am</b> Medicaid Planning William A. Johnson, P.A.  <b>1pm</b> Storm Ready: Mastering Hurricane Preparedness  <b>1pm</b> Book Club	

**Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday May 1<sup>st</sup>, from 11am, REPEATS Thursday May 23<sup>rd</sup>, 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 May 3<sup>rd</sup>, at 8:30am.** A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

**FREE Liver Scans, Monday May 6<sup>th</sup>, and Wednesday May 15<sup>th</sup>, 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 May 7<sup>th</sup> and 21<sup>st</sup>, 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.

**Coffee & Conversation: Chat With a Memory Health Expert, Wednesday May 8<sup>th</sup>, 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.

**Ask The Fire Chief, Friday May 8<sup>th</sup>, at 1pm.** Featuring Neil Frey, Brevard County District Fire Chief. Call 321-751-6771 to RSVP.

**Movie Matinee with Rhodes Law, PA, Thursday May 9<sup>th</sup>, at 2pm.** Hosted by Rhodes Law, P.A. Join us as we watch this classic "Fools Rush In", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa, Listening to Unconscious Signals, Friday May 10<sup>th</sup>, at 10am.** Presented by Nina Dockery, Ed.D and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Sonata East at Viera. RSVP to 321-751-6771.

**Ask The Doctor Lunch & Learn Series, SI Joint Dysfunction & Treatment, Tuesday May 14<sup>th</sup>, at 11:30am.** Join Nicholas Giordano, MD. Institute as he discusses new treatment options for joint pain. Lunch provided by Glenbrooke Senior Living. Seating is limited, RSVP required, call 321-751-6771.

**BINGO!, Tuesday May 14<sup>th</sup>, 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.

**Osteoarthritis, Thursday May 16<sup>th</sup>, at 12pm.** Presented by Aquatic Health & Rehab. This presentation will discuss the causes, symptoms, and treatment of osteoarthritis. For more information and to RSVP, call 321-253-6324.

**Qi Gong, Friday May 17<sup>th</sup>, at 8:30am.** Class will be led by Beth Cooper. *This is a fully-standing meditation class.* Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

**Protecting Your Golden Years: Understanding & Preventing Skin Cancer with Nurse Lisa, Friday May 17<sup>th</sup>, at 1pm.** Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Call 321-751-6771 to RSVP.

**MacMad User Group, Tuesday May 21<sup>st</sup>, 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.

**Quit YOUR Way, Free Tools to Quit Program, Friday May 24<sup>th</sup>, 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.

**Retain Your Brain: How to Age Proof Your Most Valuable Asset, Wednesday May 29<sup>th</sup>, at 2pm.** Presented by Jim DeLaura, RJFS. For more information or to RSVP call 321-751-6771.

**Storm Ready: Mastering Hurricane Preparedness, Thursday May 30<sup>th</sup>, at 1pm.** Hurricane season is approaching. Join us as we discuss the essentials to ensure you, your family, and your property is prepared. For more information or to RSVP call 321-751-6771.

## Legal Seminars call 321-751-6771 to RSVP

**Medicaid & Long-Term Care Alternatives to Medicaid, Thursday May 9<sup>th</sup>, 10am.** Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

**Estate & Medicaid Planning – Get Your Plan in Order!, Wednesday May 15<sup>th</sup>, at 10am.** Presented by Ruth C. Rhodes, Esq. and Jackie McManus. RSVP to 321-751-6771.

**Estate Planning, Tuesday May 21<sup>st</sup>, at 10am.** Presented by William A. Johnson. RSVP to 321-751-6771.

**Understanding Guardianships: The Process, Wednesday May 22<sup>nd</sup>, 10am.** Presented by Lacey, Lyons, & Rezanika. RSVP to 321-751-6771.

**Q & A About Estate Planning, Tuesday May 28<sup>th</sup>, 10am.** Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

**Medicaid Planning Seminar, Thursday May 30<sup>th</sup>, at 10am.** Presented by William A. Johnson, P.A. RSVP to 321-751-6771.

## Support Groups

**Loss, Grief & Bereavement Support Group, Thursdays May 9<sup>th</sup> and 23<sup>rd</sup>, 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.

**NEW LOCATION - Parkinson's Support Group has MOVED.** Their new Location is Christ Episcopal Church. 190 Interlachen Rd, Melbourne FL 32940. For more information or to RSVP e-mail [BrevardParkinsons22@gmail.com](mailto:BrevardParkinsons22@gmail.com) or call 321-345-1031.

**Alzheimer's & Dementia Support Group, Wednesday May 15<sup>th</sup>, 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,  
call 321-751-6771 or view our calendar at  
[OneSeniorPlace.com](http://OneSeniorPlace.com)