

June 2024



8085 Spyglass Hill Road, Melbourne, FL 32940

Monday—Friday 8:30am—5:00pm

More event information available at OneSeniorPlace.com — *Events are subject to change.*

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9am The Club: Active seniors playing board & card games</p> <p>10am Fibroscans (Liver Scans) w/ ClinCloud</p>	<p>4</p> <p>10am FREE Memory Testing Flourish Research</p> <p>11am Basics of Hearing Loss Lunch & Learn America's Best Hearing</p> <p>1pm Aging w/ Independence Panel Series: Maintaining Autonomy</p>	<p>5</p> <p>11am Pre-Planning Cremation Nat'l Cremation Society</p>	<p>6</p> <p>10am First Impressions Matter: Home Staging Seminar Oceans Realty Florida</p> <p>1pm Book Club</p>	<p>7</p> <p>8:30am Yoga Class w/ Beth Cooper</p>
<p>10</p> <p>9am The Club: Active seniors playing board & card games</p> <p>1pm Dietician Series: Part 1 - Meal Planning w/ Susie Bond</p>	<p>11</p> <p>11:30am Ask The Doctor Lunch & Learn Series: New Advanced Treatments for Hip & Knee Pain</p> <p>2pm BINGO Florida Health Care Plans</p>	<p>12</p> <p>10am Coffee & Convo: Chat w/ a Brain & Memory Health Expert Flourish Research</p>	<p>13</p> <p>10am Loss, Grief & Bereavement Support Group</p> <p>10am Top 10 Estate Planning Mistakes Estate Planning & Elder Law</p> <p>1pm Book Club</p> <p>2pm Movie Matinee Rhodes Law, P.A.</p> <p>5:30pm Social Security: Understanding Your Benefits Jim DeLaura</p>	<p>14</p> <p>10am Senior Health Friday with Nurse Lisa: PTSD</p>
<p>17</p> <p>9am The Club: Active seniors playing board & card games</p>	<p>18</p> <p>10am Estate Planning 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>19</p> <p>10am Fibroscans (Liver Scans) w/ ClinCloud</p> <p>10am Estate & Medicaid Planning Rhodes Law, P.A.</p> <p>1pm CPR Class</p> <p>2pm Alz. & Dementia Support Group</p>	<p>20</p> <p>10am Fall Prevention Panel</p> <p>1pm Book Club</p>	<p>21</p> <p>8:30am 5 Movements Class w/ Beth Cooper</p>
<p>24</p> <p>9am The Club: Active seniors playing board & card games</p> <p>9am AARP Smart Driver Course</p>	<p>25</p> <p>10am Planning For Incapacity In Order To Avoid Guardianship Estate Planning & Elder Law</p>	<p>26</p> <p>MEN'S DAY 10AM - 1:30PM</p>	<p>27</p> <p>10am Loss, Grief & Bereavement Support Group</p> <p>10am Medicaid Planning William Johnson, P.A.</p> <p>1pm Book Club</p> <p>2pm Pre-Planning Cremation Nat'l Cremation Society</p>	<p>28</p> <p>12pm QUIT YOUR WAY: Tools to Quit Smoking Tobacco Free Florida</p> <p>2pm Pain Management Series: Chronic Pain</p>

FREE Liver Scans, Monday June 3rd, and Wednesday June 19th, 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 June 4th and 18th, 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.

Better Hearing for Better Living Lunch & Learn, Tuesday June 4th, at 11am. Presented by Dr. Michele Gerrish. Complimentary lunch will be provided by America's Best Hearing for all registered attendees.

Ageing With Independence Panel Series: Maintaining Autonomy, Tuesday June 4th, at 1pm. Join a panel of experts as they share practical tips and strategies to help you maintain autonomy in various aspects of life including health, finances, and daily activities. Refreshments sponsored by One Senior Place & Senior Partner Care Services.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation Society, Wednesday June 5th, from 11am, REPEATS Thursday June 27th, 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.

Free Yoga Class, Friday June 7th, 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.

Dietician Series Pt. 1: Meal Planning, Monday June 10th, at 1pm. Join Registered & Licensed Dietitian/Nutritionist, Susie Bond, RDN, LDN as she discusses how to plan a healthy meal and how to eat throughout the day so you feel your best.

Ask The Doctor Lunch & Learn Series, New Advanced Treatments for Hip & Knee Pain, Tuesday June 11th, at 11:30am. Presented by Mark Davis, M.D. with Deuk Spine Institute. Complimentary lunch will be provided by Palm Cottages for all registered attendees.

BINGO!, Tuesday June 11th, at 2pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all!

Coffee & Conversation: Chat With a Memory Health Expert, Wednesday June 12th, at 10am. Join us for an open Q & A with Deidra Shubert, a memory and brain health specialist, from Flourish Research - Merritt Island.

Movie Matinee with Rhodes Law, PA, Thursday June 13th, at 2pm. Hosted by Rhodes Law, P.A. Enjoy a movie and treats!

Social Security: Understanding Your Benefits, Thursday June 13th, at 5:30pm. Join Jim DeLaura as he delves into the complexities of Social Security benefits so you can better secure your financial future.

Senior Health Friday with Nurse Lisa, PTSD, Friday June 14th, at 10am. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services and Ken Gestring with Emerald Coast Wounded Warriors. Refreshments sponsored by One Senior Place & Senior Partner Care Services.

MacMad User Group, Tuesday June 18th, at 5:30pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? Presented by Jim DeLaura, RJFS and MAC Mad.

Fall Prevention Panel Discussion, Thursday June 20th, at 10am. Join a panel of experts as they discuss ways to stay safe by understanding the various causes of falls.

5 Movements Class, Friday June 21st, at 8:30am. 5 Movements to Better Mobility. This stretch class will be led by Beth Cooper. **There is possibility of floor based exercises.** Please bring a towel.

AARP Smart Driver Course, Monday June 24th, 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 June 28th, 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**.

Pain Management Series: Lower Back Pain, Friday June 28th, at 2pm. Presented by Lee Neubert, D.O. with Physician Partners of America.

To register for any of our upcoming events, call **321-751-6771** or view our calendar at **OneSeniorPlace.com**



MEN'S DAY 10AM – 1:30PM

SPECIAL EVENT

Men's Day

**Wednesday
June 26, 2024**

10am – 1:30pm

**One Senior Place
8085 Spyglass Hill Rd
Viera, FL 32940**

FREE Event

Vendors
Giveaways
Door Prizes
Lunch and Learn
And More!

Call 321-751-6771 to RSVP

Support Groups

Loss, Grief & Bereavement
10am
Thursdays, June 13th & June 27th

Alzheimer's & Dementia
2pm
Wednesday, June 19th

No RSVP Required