



OCTOBER 2025

All events are subject to change.

Visit [OneSeniorPlace.com](https://www.1seniorplace.com) or call **321-751-6771** for more information or to RSVP for any of our upcoming events.

MON

TUE

WED

THU

FRI

FREE SCREENINGS (By Appt. Only):

Liver Scans w/ ClinCloud

Monday, Oct. 6 & Wednesday, Oct. 15

Memory Testing w/ Flourish Research

Tuesdays, Oct. 7 & 21

6

9am The Club
2pm Scat & Tracks Activity
w/ Brevard Zoo

7

10am Dietitian Series: Nutrition 101
w/ Susie Bond, RDN, LDN
1pm What is IRCC & Can I Live There?
w/ Four Star Real Estate

8

10am Connected: A Spiritual Exploration
Support Group w/ Nina Dockery

9

10am Grief Support Group
10am Legal Impacts of Living Together
After 60
w/ Estate Planning & Elder Law
1pm Book Club
2pm Movie Matinee feat. Ghostbusters

10

8:30am Stay Steady, Stay Strong
Functional Fitness w/ Are We Living
10am Senior Health Friday w/ Nurse
Lisa - What is the GUIDE Model?

13

SPECIAL EVENT
Job & Volunteer Fair
10 AM - 2 PM
One Senior Place
8085 Spyglass Hill Rd.
Viera, FL 32940

14

11:30am Ask The Dr Lunch & Learn Series-
Minimally Invasive Hemorrhoid Treatments
w/ Vascular & Embolization Specialists
2pm BINGO
Senior Partner Care Services

15

10am Planning for Pets: Caring for Your
Furry Family Members
w/ Rhodes Law, P.A. & Jim DeLaura
2pm Alzheimer's & Dementia Support
2pm Five Wishes & Ice Cream Social
w/ VITAS Healthcare

16

9:30am Medicare Educational Event
w/ Health First Health Plans
12pm Shoulder Pain
w/ Aquatic Health & Rehab
1pm Book Club

17

8:30am Stay Steady, Stay Strong
Functional Fitness w/ Are We Living
11am Your Phone Made Simple

20

9am The Club
2pm Diabetes Part 2: Complication
Prevention & Medication Management
w/ Patricia Seemann

21

10am Medicaid Planning
w/ William Johnson, P.A.
11:30am Pilates Overview
w/ Aquatic Health & Rehab
1pm Medicare Educational Event
w/ Health First Health Plans
5:30pm iPhone & iPad User Group

22

10am Connected: A Spiritual Exploration
Support Group w/ Nina Dockery
10am Healing Beyond Treatment

23

10am Grief Support Group
10am Estate Planning
w/ William Johnson, P.A.
1pm Book Club
2pm Considering Cremation?
w/ National Cremation Society

24

SPECIAL EVENT
Healthy Living Day
10 AM - 2 PM
One Senior Place
8085 Spyglass Hill Rd.
Viera, FL 32940

27

9am The Club
9am AARP Safe Driver Class
Call Nancy at 973-607-7996 to
Register

28

10am Veterans' Benefits Unlocked: Discover
The Resources You Deserve
w/ Estate Planning & Elder Law
2pm Chakras 101

29

9:30am Medicare Educational Event
w/ Health First Health Plans

30

10am - 4pm OneBlood Blood Drive
1pm Senior Trick-or-Treat
1pm Book Club
5:30pm Speech Therapy Overview
w/ Aquatic Health & Rehab

HALLOWEEN 31

8:30am Stay Steady, Stay Strong
Functional Fitness w/ Are We Living





The Transition to Comfort: Learn How VITAS Can Help You

Come learn how comfort-focused care can ease symptoms, enhance quality of life, and provide support during life's most difficult moments.

This session will share practical information and resources to help you understand the ways VITAS can make a meaningful difference for you or a loved one.

**Thursday, October 2nd
10 AM**

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

Presented by:
Jennifer Allen

VITAS
Healthcare
SINCE 1980



321-751-6771 | OneSeniorPlace.com



WHO WENT THERE? Scat & Tracks

Join Brevard Zoo staff for a hands-on exploration using ID cards to identify animal scat and tracks. Learn how to tell which animals have passed through an area just by the clues they leave behind. It's a fun and fascinating look at wildlife detective work!

**Monday,
October 6
2 PM**

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940



Call 321-751-6771 to RSVP | OneSeniorPlace.com



FREE SCREENINGS



LIVER SCANS

Monday, Oct. 6th
Wednesday, Oct. 15th
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS

Tuesdays, Oct. 7th & 21st
10 AM - 2 PM

Call 321-305-5015 to Schedule

Join us! SENIOR HEALTH FRIDAY



with
Nurse Lisa



What is the GUIDE Model?

Presented by
Lisa Conway, RN, CCM
Maureen Rabazinski, APRN

This simple, step-by-step approach helps you feel confident in your healthcare, with the tools, guidance, and peace of mind you need along the way.

Clarify what matters most to you

Better understand your health and options

Create a care plan that fits your needs

Feel supported in making important decisions

**Friday, Oct. 10th
10AM**

One Senior Place

8085 Spyglass Hill Rd.
Viera, FL 32940



Refreshments Sponsored by:



Call 321.751.6771 to RSVP

See What's Next Month:
www.OneSeniorPlace.com

Planning for Pets:

Caring for Furry Family Members

Learn how to legally and financially plan for your pets' care if you're no longer able to.

Attorney Ruth Rhodes and Financial Advisor Jim DeLaura will explain:

- pet trusts
- designating caregivers
- fund allocation for your pets future

**Wednesday
October 15th
10AM**

One Senior Place

8085 Spyglass Hill Rd, Viera, FL 32940

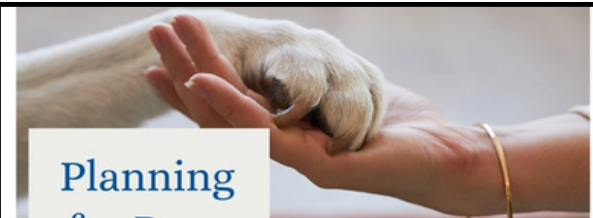
Guest Speaker:
Ruth Rhodes, Esq.
Attorney

Guest Speaker:
Jim DeLaura
Financial Advisor

RAYMOND JAMES
RHODES LAW, P.A.

Special Guests:

Tiki the 110lb Tortoise



OneSeniorPlace.com | Call 321-751-6771 to RSVP

Monthly Support Groups Hosted by Our One Senior Place Family:

Thursday, October 2nd at 5:30pm
Dementia & Alz. Support Group at Zon Beachside
Please call 321-777-8840 for more information

Friday, October 10th at 11:45am
**Circle of Friends Luncheon at YOURLife of
West Melbourne**

RSVP to ashley.whorley@yourlifesi.net

Wednesday, October 15th at 10am
Family & Caregiver Support at Sonata East at Viera
RSVP to KClaus@SonataEast.com