



NOVEMBER 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

3

9am The Club
10am Liver Scans (By Appt. Only)
2pm Birds of a Feather: Let's Chat!
w/ Brevard Zoo
6pm Medicare Advantage Info Event
Health First Health Plans

4

10am Memory Tests (By Appointment Only)
Call 321-305-5015 to schedule
10am Dietitian Series: The Mediterranean Diet
w/ Susie Bond, RDN, LDN

5

8:30am Zumba w/ Alfredo
10am Liberty Company:
Veteran Social Club
11:30am Beyond the Uniform:
Connecting Veterans & Community
3pm Your Legal Roadmap: Guidance
From 3 Estate Planning Attorneys

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9am Recruitment Fun Fair Session 1
w/ Senior Partner Care Services
1pm Book Club
1pm Medicare Educational Event
w/ Health First Health Plans
4pm Recruitment Fun Fair Session 2
w/ Senior Partner Care Services

7

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

10

9am The Club
9am AARP Safe Driver Class
Call Nancy at 973-607-7996 to
Register
2pm Military Appreciation Luncheon
w/ National Cremation Society

11

11:30am Ask The Dr Lunch & Learn Series- The
Importance of Alzheimer's Biomarkers in Early
Detection
w/ Flourish Research
2pm BINGO
w/ Senior Partner Care Services

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10am Connected: A Spiritual Exploration
Support Group w/ Nina Dockery
10am Coffee & Chat Hospice Myths
w/ VITAS Healthcare
1pm Using Facebook to Stay Connected
2pm Mastering Your Phone

13

10am Grief Support Group
10am Your Estate, Their Future: How to
Avoid Legal Contests Over Your Will
w/ Estate Planning & Elder Law
1pm Book Club
2pm Movie Matinee feat. Dutch

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8:30am Stay Steady, Stay Strong
Functional Fitness w/ Are We Living
10am Senior Health Friday w/ Nurse
Lisa Self-Care * Managing Stress
Through the Holidays

17

9am The Club
2pm Downsizing Panel
w/ Four Star Real Estate

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10am Memory Tests (By Appointment Only)
Call 321-305-5015 to schedule
10am Medicaid Planning
w/ William Johnson, P.A.
1pm Puzzle Swap!
5:30pm iPhone & iPad User Group

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10am Liver Scans (By Appointment Only)
10am Don't Let Probate Gobble Up Your
Estate
w/ Rhodes Law, P.A.
2pm Alzheimer's & Dementia Support

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SPECIAL EVENT:
9am - 10:30am
**Give Back For Veterans: The Big Basket
Giveaway Celebration Breakfast**
12pm Nutrition & Pain Mangement
w/ Aquatic Health & Rehab
1pm Book Club
2pm The Benefits of Pre-Planning Your
Cremation
w/ National Cremation Society

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8:30am Stay Steady, Stay Strong
Functional Fitness w/ Are We Living
11am Operation: Trivia
12pm Tools to Quit Smoking

24

9am The Club
9am AARP Safe Driver Class
Call Nancy at 973-607-7996 to
Register
6pm Medicare Advantage Info Event
w/ Health First Health Plans

25

10am Trusts Made Simple: A Smarter Way to
Protect Your Family & Assets
w/ Estate Planning & Elder Law

26

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

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Closed for The Holiday


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Normal Hours Will Resume:
Monday, December 1st
8am - 5pm

