



# JANUARY 2026



All events are subject to change.

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

MON

TUE

WED

THU

FRI

# happy new year

# Closed For The New Year 2026

8am Functional Fitness w/ Are We Living  
9am The Club - Games & Social Club  
10am Liver Scans (By Appt Only)  
2pm Big Cats Talk w/Brevard Zoo

5 10am Memory Tests (By Appt Only)  
Call 321-305-5015 to schedule  
10am Dietitian Series "Meal Planning"  
1pm Ask The Property Appraiser w/ Four Star Real Estate

6 10am Liberty Company feat. Roger Klaffka  
11am Considering Cremation w/ National Cremation Society  
2pm Discover S.A.I.L: Senior Adventures in Learning

7 10am Grief Support Group w/ VITAS  
10am Is Your Estate Plan Ready for 2026? w/ Estate Planning & Elder Law Center of Brevard  
1pm Book Club - \*Currently Full\*

8 8:30am Functional Fitness w/ Are We Living  
10am Senior Health Friday w/ Nurse Lisa "Common Eye Disease"  
10am Connected: A Spiritual Exploration & Support Group

8am Functional Fitness w/ Are We Living  
9am The Club - Games & Social Club

12 10:30am Ask The Doctor "Benefits of Chiropractic Care for Seniors" w/ Dr. Haig John  
2pm BINGO w/ Senior Partner Care Services

13 10am Safe Medication Management w/ Nurse Lisa & Luke Zippi, PharmD,CPh

14 1pm Book Club - \*Currently Full\*

15 8:30am Functional Fitness w/ Are We Living  
12pm Medicare Advantage Info Event w/ Health First Health Plans

8am Functional Fitness w/ Are We Living  
9am The Club - Games & Social Club

19 10am Memory Tests (By Appt Only)  
Call 321-305-5015 to schedule  
2pm Creating a Wellness Routine That Feels Good  
5:30pm iPhone & iPad Users Group w/ MacMad

20 10am Liver Scans (By Appt Only)  
10pm New Year, New Wishes: Life Documents for Peace of Mind w/ Rhodes Law P.A.  
10am Stroke Support Group  
2pm Alzheimer's & Dementia Support

21 10am Grief Support Group w/ VITAS  
1pm Book Club - \*Currently Full\*  
2pm Considering Cremation w/ National Cremation Society

22 8am Functional Fitness w/ Are We Living  
10am Connected: A Spiritual Exploration & Support Group  
Noon Tools to Quit Smoking

8am Functional Fitness w/ Are We Living  
9am The Club - Games & Social Club

26 10am Why an Elder Law Attorney Matters w/ Estate Planning & Elder Law Center of Brevard  
12pm Medicare Advantage Info Event w/ Health First Health Plans

27 9am AARP Safe Driver Class  
10am The Power Health Hour: Three Experts, Three Topics, 20 Minutes Each

28 1pm Book Club - \*Currently Full\*

29 8am Functional Fitness w/ Are We Living

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**BIG CATS  
OF BREVARD ZOO**

**Lions and jaguars and bobcats — oh my!**

Join Brevard Zoo for a lively chat about their big cat residents. You'll learn about their unique adaptations, how they survive in their natural ranges, and what sets each species apart.

**Presented By:**  
**BREVARD ZOO**

**Monday,  
January 5th  
2 PM**

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

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



**PROPERTY APPRAISAL**  
Checklist Form

**FOUR STAR  
real estate**

**PRESENTS: ASK THE PROPERTY APPRAISER**

**TUESDAY,  
JANUARY 6TH  
1PM**

**ONE SENIOR PLACE**  
8085 SPYGLASS HILL RD  
VIERA, FL 32940

This session provides a plain-language explanation of how and why property assessments are done, followed by an overview of common exemptions such as homestead and senior exemptions.

Learn how to review your property record, understand what you're seeing, and know when and where to ask questions if something doesn't look right.

**321-751-6771 | OneSeniorPlace.com**

# FREE SCREENINGS



## LIVER SCANS

Monday, Jan. 5<sup>th</sup>  
Wednesday, Jan. 21<sup>st</sup>  
10 AM - 2 PM

Call 321-751-6771 to Schedule



## MEMORY TESTS

Tuesdays, Jan. 6<sup>th</sup> & 20<sup>th</sup>  
10 AM - 2 PM

Call 321-305-5015 to Schedule

# WEEKLY FITNESS AT ONE SENIOR PLACE

**MONDAYS & FRIDAYS  
8 AM**

**ONE SENIOR PLACE**  
8085 SPYGLASS HILL RD, VIERA, FL 32940

**TO SEE FULL CALENDAR OF  
EVENTS VISIT:**

[OneSeniorPlace.com](http://OneSeniorPlace.com)

## Ask the Doctor

**THE BENEFITS OF CHIROPRACTIC CARE FOR SENIORS**

Join us for an informative seminar exploring how chiropractic care may support comfort, mobility, and overall well-being as we age.

**Our Speaker**  
Haig John, DC  
Families First Physicians



**Tuesday, January 13th**  
**10:30 AM - 11:30 AM**  
**8085 Spyglass Hill Rd Melbourne, FL 32940**

Dr. Haig John is an award-winning chiropractor who has served the Brevard County community since 2005. His work focuses on holistic, wellness-based care designed to support health, mobility, and overall quality of life at every stage.

**Call 321-751-6771 to RSVP**

## STAY STEADY, STAY STRONG

Functional Fitness class with certified professional trainer, Mike Peterson of Are We Living!

- Designed to keep you strong, steady, and energized – whether you join seated or standing.
- Discover simple movements to improve balance, build strength, and feel your best.
- Bring your own 2-5lb weights for increased difficulty.

**EVERY MONDAY & FRIDAY**

**ONE SENIOR PLACE**  
8085 SPYGLASS HILL RD  
VIERA FL 32940

**8:00 AM**

**Presented by:**  


**Call 321-751-6771 to RSVP**