



# JANUARY 2026



*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

happy new year

**Closed For The New Year**  
**2026**

<b>5</b> <b>8am</b> Functional Fitness w/ Are We Living <b>9am</b> The Club - Games & Social Club <b>10am</b> Liver Scans (By Appt Only) <b>2pm</b> Big Cats Talk w/Brevard Zoo	<b>6</b> <b>10am</b> Memory Tests (By Appt Only) Call 321-305-5015 to schedule <b>10am</b> Dietitian Series "Meal Planning" <b>1pm</b> Ask The Property Appraiser w/ Four Star Real Estate	<b>7</b> <b>10am</b> Liberty Company feat. Roger Klaffka <b>11am</b> Considering Cremation w/ National Cremation Society <b>2pm</b> Discover S.A.I.L: Senior Adventures in Learning	<b>8</b> <b>10am</b> Grief Support Group w/ VITAS <b>10am</b> Is Your Estate Plan Ready for 2026? w/ Estate Planning & Elder Law Center of Brevard <b>1pm</b> Book Club - *Currently Full*	<b>9</b> <b>8:30am</b> Functional Fitness w/ Are We Living <b>10am</b> Senior Health Friday w/ Nurse Lisa "Common Eye Disease" <b>10am</b> Connected: A Spiritual Exploration & Support Group
<b>12</b> <b>8am</b> Functional Fitness w/ Are We Living <b>9am</b> The Club - Games & Social Club	<b>13</b> <b>10:30am</b> Ask The Doctor "Benefits of Chiropractic Care for Seniors" w/ Dr. Haig John <b>2pm</b> BINGO w/ Senior Partner Care Services	<b>14</b> <b>10am</b> Safe Medication Management w/ Nurse Lisa & Luke Zippi, PharmD,CPh	<b>15</b> <b>1pm</b> Book Club - *Currently Full*	<b>16</b> <b>8:30am</b> Functional Fitness w/ Are We Living <b>12pm</b> Medicare Advantage Info Event w/ Health First Health Plans
<b>19</b> <b>8am</b> Functional Fitness w/ Are We Living <b>9am</b> The Club - Games & Social Club	<b>20</b> <b>10am</b> Memory Tests (By Appt Only) Call 321-305-5015 to schedule <b>2pm</b> Creating a Wellness Routine That Feels Good <b>5:30pm</b> iPhone & iPad Users Group w/ MacMad	<b>21</b> <b>10am</b> Liver Scans (By Appt Only) <b>10pm</b> New Year, New Wishes: Life Documents for Peace of Mind w/ Rhodes Law P.A. <b>10am</b> Stroke Support Group <b>2pm</b> Alzheimer's & Dementia Support	<b>22</b> <b>10am</b> Grief Support Group w/ VITAS <b>1pm</b> Book Club - *Currently Full* <b>2pm</b> Considering Cremation w/ National Cremation Society	<b>23</b> <b>8am</b> Functional Fitness w/ Are We Living <b>10am</b> Connected: A Spiritual Exploration & Support Group <b>Noon</b> Tools to Quit Smoking
<b>26</b> <b>8am</b> Functional Fitness w/ Are We Living <b>9am</b> The Club - Games & Social Club	<b>27</b> <b>10am</b> Why an Elder Law Attorney Matters w/ Estate Planning & Elder Law Center of Brevard <b>12pm</b> Medicare Advantage Info Event w/ Health First Health Plans	<b>28</b> <b>9am</b> AARP Safe Driver Class <b>10am</b> The Power Health Hour: Three Experts, Three Topics, 20 Minutes Each	<b>29</b> <b>1pm</b> Book Club - *Currently Full*	<b>30</b> <b>8am</b> Functional Fitness w/ Are We Living



# BIG CATS OF BREVARD ZOO

*Presented By:*  


*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.

**Monday,  
January 5th  
2 PM**

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

 Call 321-751-6771 to RSVP | [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.

**Tuesday,  
January 13th**

**10:30 AM - 11:30 AM**

**8085 Spyglass Hill Rd  
Melbourne, FL 32940**

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



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



**FOUR STAR  
real estate**

**PRESENTS: ASK THE  
PROPERTY APPRAISER**

**TUESDAY,  
JANUARY 6TH  
1 PM**

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

# STAY STEADY, STAY STRONG



**Instruction Provided by:  
Mike Peterson**

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