



MARCH 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>2</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 9am The Club - Games & Social Club 10am Liver Scans (By Appt Only) Call 321-751-6771 to schedule 2pm Reptiles: Up Close Encounters w/ Brevard Zoo</div>	<div>3</div> <div>10am Memory Tests (By Appt Only) Call 321-305-5015 to schedule 10am Dietician Series "Healthy Eating At Home" w/ Susie Bond</div>	<div>4</div> <div>10am Liberty Company 11am Considering Cremation w/ National Cremation Society 2pm Max Meditation w/ Sue Rapley, Bridge for Wellness 3:30pm Chair Yoga w/ Senior Partner Care Services</div>	<div>5</div> <div>10am Fire Safety: Are You Protecting Your Home? w/ Senior Partner Care Services 1pm Book Club *Currently Full* 5:30pm Legal Happy Hour w/ Rhodes Law P.A.</div>	<div>6</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 10am Connected: A Spiritual Exploration & Support Group w/ Nina Dockery 2pm Mastering Your Phone w/ Gerald Delvalle, ITX Solutions</div>
<div>9</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 9am The Club - Games & Social Club</div>	<div>10</div> <div>10am Ask The Doctor "The Damage You Don't Feel Until It's Too Late: Liver Health" w/ Dr. Laird 2pm Bingo w/ Senior Partner Care Services 5pm Nutrition and Weight Loss Made Easy w/ Dr. Haig John</div>	<div>11</div> <div>10am Brunch & Learn - Know Your Care Options Before A Crisis: Palliative vs. Hospice Care w/ VITAS 1pm Let's Talk Downsizing! 3:30pm Chair Yoga w/ Senior Partner Care Services</div>	<div>12</div> <div>10am Grief Support Group w/ VITAS 10am Your Legacy, Your Way w/ Estate Planning & Elder Law Center of Brevard Powered by The Law For All 1pm Book Club *Currently Full* 1pm Medicare Advantage Sales Seminar w/ Health First Call to Register: 1-800-716-7737</div>	<div>13</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 10am Senior Health Friday w/ Nurse Lisa "Senior Living Communities: Not All Options Are The Same!"</div>
<div>16</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 9am The Club - Games & Social Club 2pm Feet First: The Foundation of Mobility and Independence w/ Dr. Karen Fischborn, Melbourne Mobile Podiatry</div>	<div>17</div> <div>10am Memory Tests (By Appt Only) Call 321-305-5015 to schedule 10am Special Needs Trusts w/ William Johnson, P.A. 5:30pm iPhone & iPad Users Group w/ MacMad</div>	<div>18</div> <div>10am Liver Scans (By Appt Only) 10am Law School For Life: Medicaid Planning 101 w/ Rhodes Law 2pm Alzheimer's & Dementia Support 3:30pm Chair Yoga w/ Senior Partner Care Services</div>	<div>19</div> <div>1pm Medicare Sales Seminar w/ Health First Call to RSVP: 1-800-716-7737 1pm Book Club *Currently Full*</div>	<div>20</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 10am Connected: A Spiritual Exploration & Support Group w/ Nina Dockery 12pm Tools to Quit Smoking</div>
<div>23</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 9am The Club - Games & Social Club</div>	<div>24</div> <div>10am Asset Protection w/ Elder Law Center of Brevard Powered by The Law For All 11:30am Lunch & Learn "The Myths of Senior Living" w/ Virtuous Senior Living</div>	<div>25</div> <div>9am AARP Safe Driver Class Call Nancy at 973-607-7996 to Register 10am Your Vote Your Voice w/ Tim Bobanic Supervisor of Elections 3:30pm Chair Yoga w/ Senior Partner Care Services</div>	<div>26</div> <div>10am Grief Support Group w/ VITAS 10am Veterans Benefits w/ William Johnson P.A. 1pm Book Club *Currently Full* 2pm Considering Cremation w/ National Cremation Society</div>	<div>27</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 11am Discover The Green Side of Healing w/ Tetra Horizon</div>
<div>30</div> <div>8am Functional Fitness w/ Mike Peterson: Are We Living 9am AARP Safe Driver Class Call Nancy at 973-607-7996 to Register 9am The Club - Games & Social Club</div>	<div>31</div> <div>10am Museum of Brevard</div>			



Take Home Important Safety Materials — Including a Vial of Life!
Brevard County Fire Rescue Fire Inspector Lucas "Luke" Mulvehill will share practical home fire-safety tips, demonstrate proper fire-extinguisher use, and provide easy ways to help protect yourself and your home. Plenty of helpful materials will be available for our seniors to take home.

Thursday, March 5th

10 AM

One Senior Place *Bring a Friend!*

8085 Spyglass Hill Rd, Viera, FL, 32940

321-751-6771 | OneSeniorPlace.com

senior partner
CARE SERVICES

FOUR STAR
real estate

Let's Talk Downsizing!

How to Simplify Your Move



Our Panel of Experts



Join our panel of experts for tips on how to make your next transition a breeze.

Wednesday, March 11th
1pm
One Senior Place
8085 Spyglass Hill Rd
Viera, FL 32940

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

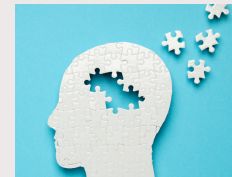
FREE SCREENINGS



LIVER SCANS

Monday, Mar. 2nd
Wednesday, Mar. 18th
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS

Tuesdays, Mar. 3rd & 17th
10 AM - 2 PM

Call 321-305-5015 to Schedule

WEEKLY FITNESS

MONDAYS & FRIDAYS
8 AM

WEEKLY CHAIR YOGA

WEDNESDAYS
3:30 PM

ONE SENIOR PLACE

8085 SPYGLASS HILL RD, VIERA, FL 32940

LUNCH & LEARN

MYTHS OF SENIOR LIVING COMMUNITIES

Senior living doesn't have to be confusing. Join Stacey Clark of Virtuous Senior Living Consultants as she busts common myths, walks through the top 10 senior living options, and shares what really matters when choosing.

Enjoy a complimentary lunch provided by Victoria Landing while you learn—this is one you'll be glad you came to.

Stacey Clark
Virtuous Senior Living Consultants

Tuesday, March 24th

11:30 AM

One Senior Place *Bring a Friend!*

8085 Spyglass Hill Rd. Viera, FL 32940

Catered by:

Victoria Landing
Waterford Assisted Living and Memory Care

Your **Vote** is your **Voice**

Seminar to Answer Election Related Questions

Guest Speaker, Supervisor of Elections **Tim Bobanic**

Date: Wednesday, March 25, 2026

Time: 10:00am - 11:00am

Also:

- Get registered to vote
- Update voter record
- Request mail ballots for 2026 election cycle

RSVP to 321-751-6771

TO SEE FULL CALENDAR OF EVENTS VISIT:

OneSeniorPlace.com