



# MARCH 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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**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

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**10am** Memory Tests (By Appt Only)  
Call 321-305-5015 to schedule  
**10am** Dietician Series "Healthy Eating At Home" w/ Susie Bond

4

**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

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**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.

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**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 Delvaille, ITX Solutions

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

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**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

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**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

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**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

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**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!"

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**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

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**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



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**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

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**1pm** Medicare Sales Seminar w/ Health First  
Call to RSVP: 1-800-716-7737  
**1pm** Book Club \*Currently Full\*

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**8am** Functional Fitness w/ Mike Peterson: Are We Living  
**10am** Connected: A Spiritual Exploration & Support Group w/ Nina Dockery  
**12pm** Tools to Quit Smoking

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

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**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

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**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

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**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

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**8am** Functional Fitness w/ Mike Peterson: Are We Living  
**11am** Discover The Green Side of Healing w/ Tetra Horizon

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**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

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**10am** Museum of Brevard



**senior  
partner**  
CARE SERVICES

## FIRE SAFETY

ARE YOU PROTECTING YOUR HOME?

### 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**



8085 Spyglass Hill Rd, Viera, FL, 32940

321-751-6771 | [OneSeniorPlace.com](http://OneSeniorPlace.com)



### 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.

**Tuesday,  
March 24th  
11:30 AM**



**One Senior Place**

8085 Spyglass Hill Rd. Viera, FL 32940

**Stacey Clark**

Virtuous Senior Living Consultants

**Catered by:**

**Victoria Landing**  
Waterfront Assisted Living and Memory Care

**CALL 321-751-6771 TO RSVP**

**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](http://OneSeniorPlace.com) Call 321-751-6771 to RSVP

**Your Vote  
is your  
Voice**  
Tim Bobanic  
20th ANNIVERSARY  
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**

## FREE SCREENINGS

### LIVER SCANS

Monday, Mar. 2<sup>nd</sup>  
Wednesday, Mar. 18<sup>th</sup>  
10 AM - 2 PM



Call 321-751-6771 to Schedule

### MEMORY TESTS

Tuesdays, Mar. 3<sup>rd</sup> & 17<sup>th</sup>  
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

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

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