



# MAY 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.  
 8085 Spyglass Hill Road, Viera, FL 32940

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**



4	5	6	7	8
<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>9am</b> The Club - Games &amp; Social Club</p> <p><b>10am</b> Liver Scans (By Appt Only) Call 321-751-6771 to schedule</p> <p><b>2pm</b> Florida Then &amp; Now Interactive Fossil Experience w/ The Brevard Zoo</p>	<p><b>10am</b> Memory Testing (By Appt Only) Call 321-305-5015 to schedule</p> <p><b>10am</b> Dietitian Series: The Power of Antioxidants w/ Susie Bond</p>	<p><b>10am</b> Liberty Company</p> <p><b>11am</b> Considering Cremation w/ National Cremation Society</p> <p><b>3:30pm</b> Chair Yoga w/ Senior Partner Care Services</p>	<p><b>10am</b> Love the Skin You're In: Caring for your skin as you age</p> <p><b>1pm</b> Viera 2026: Big Changes Are Coming...Be the First to Hear What's Happening Next w/ The Viera Company</p> <p><b>1pm</b> Book Club *Currently Full*</p>	<p><b>10am - 1pm</b> One Senior Place 8085 Spyglass Hill Rd</p> <p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>10am</b> Senior Health Friday With Nurse Lisa Presents "Beautifully Unbroken: Finding Strength After a Cancer Diagnosis"</p> <p><b>2pm</b> BUNCO! w/ Senior Partner Care Services</p>
11	12	13	14	15
<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>9am</b> The Club - Games &amp; Social Club</p> <p><b>2pm</b> Gratitude and Remembrance: A Mother's Legacy of Love w/ VITAS</p>	<p><b>11:30am</b> Ask the Doctor Lunch &amp; Learn: The Silent Health Risks Women Over 55 Can't Ignore w/ Dr. Mary Lynn Perry, Brevard Health Alliance</p> <p><b>2pm</b> BINGO! w/ Senior Partner Care Services</p>	<p><b>11am</b> AARP Senior Appreciation Day</p> <p><b>3:30pm</b> Chair Yoga w/ Senior Partner Care Services</p>	<p><b>10am - 2pm</b> Big Red Bus Blood Drive!</p> <p><b>10am</b> Grief Support Group w/ VITAS</p> <p><b>10am</b> Medicare Basics &amp; Options w/ Viera Ins. Professionals &amp; Elder Law Center of Brevard</p> <p><b>1pm</b> Book Club *Currently Full*</p> <p><b>2pm</b> Coins, Cash, or Keepsakes? w/ Bill Norfleet, Brazito Coins &amp; Collectibles</p>	<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>10am</b> Mastering Your Phone w/ Gerald Delvaille, ITX Solutions</p> <p><b>10am</b> Connected: A Spiritual Exploration &amp; Support Group w/ Nina Dockery</p>
18	19	20	21	22
<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>9am</b> The Club - Games &amp; Social Club</p> <p><b>2pm</b> Wine &amp; Cheese Event: Big Bucket List w/ Stefan's Join the Fun Tours</p>	<p><b>10am</b> Memory Testing (By Appt Only) Call 321-305-5015 to schedule</p> <p><b>10am</b> Estate Planning w/ William Johnson, P.A.</p> <p><b>2pm</b> Movie Matinee: Up Close &amp; Personal - Reel Fun at One Senior Place!</p> <p><b>5:30pm</b> iPhone &amp; iPad Users Group w/ MacMad</p>	<p><b>10am</b> Law School For Life: Probate Law 101 w/ Rhodes Law</p> <p><b>10am</b> Liver Scans (By Appt Only) Call 321-751-6771 to schedule</p> <p><b>2pm</b> Alzheimer's &amp; Dementia Support</p> <p><b>3:30pm</b> Chair Yoga w/ Senior Partner Care Services</p>	<p><b>10am</b> Medicare Sales Seminar w/ Health First Call to RSVP: 1-800-716-7737</p> <p><b>1pm</b> Book Club *Currently Full*</p>	<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>12pm</b> Tools to Quit Smoking</p> <p><b>3pm</b> Let's Get Origami-ing w/ Mindcare Medics</p>
25	26	27	28	29
<p><b>CLOSED for Memorial Day</b></p>	<p><b>10am</b> Remember a Veteran: Memorial Day Service w/ VITAS</p> <p><b>2pm</b> Healthy Bones, Healthy You w/ Dr. Haig John</p>	<p><b>9am</b> AARP Safe Driver Course Call Nancy at 973-607-7996 to Register</p> <p><b>10am</b> Before the Storm: Hurricane 2026 Expert Panel Discussion</p> <p><b>2pm</b> Max Meditation w/ Sue Rapley</p> <p><b>3:30pm</b> Chair Yoga w/ Senior Partner Care Services</p>	<p><b>10am</b> Special Needs Trusts w/ William Johnson P.A.</p> <p><b>10am</b> Grief Support Group w/ VITAS</p> <p><b>1pm</b> Book Club *Currently Full*</p> <p><b>2pm</b> Considering Cremation w/ National Cremation Society</p>	<p><b>8am</b> Functional Fitness w/ Mike Peterson, Are We Living</p> <p><b>10am</b> Connected: A Spiritual Exploration &amp; Support Group w/ Nina Dockery</p> <p><b>3:30pm</b> Tech Help is Here: Laptop Edition w/ Mindcare Medics</p>

# WOMEN'S DAY 2026

We want to celebrate YOU!  
Join us for a day of fashion, fun, and fabulous finds.

**Friday, May 1st**  
**10 AM - 1 PM**  
**One Senior Place**  
8085 Spyglass Hill Rd, Viera, FL 32940



**FREE GIVEAWAYS**

**FASHION SHOW**

**SIGNATURE COCKTAIL/MOCKTAIL**

**HORS D'OEUVRES**

**SELF-CARE VENDORS**

**COMPLIMENTARY CHAIR MESSAGES**

**SALSA DANCING DEMO**

SPONSORED BY:



SELF-CARE VENDORS



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



## Let's Get Origami-ing

Come fold, laugh, and create with Mindcare Medics teens in this beginner-friendly origami class—supplies included.

**Friday, May 22ND**  
**3PM TO 4PM**

**RSVP**  
**321-751-6771**



8085 Spyglass Hill Rd, Viera, FL 32940 | OneSeniorPlace.com



## Join AARP Florida for a Day of Friendship and Fun!

We're celebrating our 3rd Annual Senior Appreciation event in Brevard County. Enjoy live sax music, character performers, a delicious pizza lunch from Time Square Diner, and fun activities. Connect with fellow seniors, AARP members, and volunteers, plus learn about upcoming free events. We look forward to seeing you there!



**Wednesday**  
**May 13, 2026**  
**11am to 1pm**



8085 Spyglass Hill Rd. Viera, FL 32940 | Call 321.751.6771 to RSVP



## HURRICANE 2026 ARE YOU READY?

WHAT THE EXPERTS ARE SEEING... AND WHAT YOU MUST DO NOW

**Wednesday, May 27th**  
**10 AM to 12 PM**

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

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

Hurricane season is getting stronger—and waiting until the last minute is not an option. Join our expert panel featuring Brevard Fire & Rescue, the National Weather Service, and One Senior Place Nurse Care Management, as they break down what's on the radar for 2026 and how to prepare before it's too late.

OUR PANELIST:



Registered guests will receive a hurricane prep kit (while supplies last).

# FREE SCREENINGS



## LIVER SCANS

Monday, May 4<sup>th</sup>  
Wednesday, May 20<sup>th</sup>  
10 AM - 2 PM

Call 321-751-6771 to Schedule



## MEMORY TESTS

Tuesdays, May 5<sup>th</sup> & 19<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)