



MAY 2026

All events are subject to change.
 Visit 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
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 Florida Then & Now Interactive Fossil Experience w/ The Brevard Zoo

5
10am Memory Testing (By Appt Only)
 Call 321-305-5015 to schedule
10am Dietitian Series: The Power of Antioxidants w/ Susie Bond

6
10am Liberty Company
11am Considering Cremation w/ National Cremation Society
3:30pm Chair Yoga w/ Senior Partner Care Services

7
10am Love the Skin You're In: Caring for your skin as you age
1pm Viera 2026: Big Changes Are Coming...Be the First to Hear What's Happening Next w/ The Viera Company
1pm Book Club *Currently Full*

8
8am Functional Fitness w/ Mike Peterson, Are We Living
10am Senior Health Friday With Nurse Lisa Presents "Beautifully Unbroken: Finding Strength After a Cancer Diagnosis"
2pm BUNCO! w/ Senior Partner Care Services

11
8am Functional Fitness w/ Mike Peterson, Are We Living
9am The Club - Games & Social Club
2pm Gratitude and Remembrance: A Mother's Legacy of Love w/ VITAS

12
11:30am Ask the Doctor Lunch & Learn: The Silent Health Risks Women Over 55 Can't Ignore w/ Dr. Mary Lynn Perry, Brevard Health Alliance
2pm BINGO! w/ Senior Partner Care Services

13
11am AARP Senior Appreciation Day
3:30pm Chair Yoga w/ Senior Partner Care Services

14
10am - 2pm Big Red Bus Blood Drive!
10am Grief Support Group w/ VITAS
10am Medicare Basics & Options w/ Viera Ins. Professionals & Elder Law Center of Brevard
1pm Book Club *Currently Full*
2pm Coins, Cash, or Keepsakes? w/ Bill Norfleet, Brazito Coins & Collectibles

15
8am Functional Fitness w/ Mike Peterson, Are We Living
10am Mastering Your Phone w/ Gerald Delvaille, ITX Solutions
10am Connected: A Spiritual Exploration & Support Group w/ Nina Dockery

18
8am Functional Fitness w/ Mike Peterson, Are We Living
9am The Club - Games & Social Club
2pm Wine & Cheese Event: Big Bucket List w/ Stefan's Join the Fun Tours

19
10am Memory Testing (By Appt Only)
 Call 321-305-5015 to schedule
10am Estate Planning w/ William Johnson, P.A.
2pm Movie Matinee: Up Close & Personal - Reel Fun at One Senior Place!
5:30pm iPhone & iPad Users Group w/ MacMad

20
10am Law School For Life: Probate Law 101 w/ Rhodes Law
10am Liver Scans (By Appt Only)
 Call 321-751-6771 to schedule
2pm Alzheimer's & Dementia Support
3:30pm Chair Yoga w/ Senior Partner Care Services

21
10am Medicare Sales Seminar w/ Health First
 Call to RSVP: 1-800-716-7737
1pm Book Club *Currently Full*

22
8am Functional Fitness w/ Mike Peterson, Are We Living
12pm Tools to Quit Smoking
3:30pm Let's Get Origami-ing w/ Mindcare Medics

25
CLOSED for Memorial Day



26
10am Remember a Veteran: Memorial Day Service w/ VITAS
2pm Healthy Bones, Healthy You w/ Dr. Haig John

27
9am AARP Safe Driver Course
 Call Nancy at 973-607-7996 to Register
10am Before the Storm: Hurricane 2026 Expert Panel Discussion
2pm Max Meditation w/ Sue Rapley
3:30pm Chair Yoga w/ Senior Partner Care Services

28
10am Special Needs Trusts w/ William Johnson P.A.
10am Grief Support Group w/ VITAS
1pm Book Club *Currently Full*
2pm Considering Cremation w/ National Cremation Society

29
8am Functional Fitness w/ Mike Peterson, Are We Living
3:30pm Tech Help is Here: Laptop Edition w/ Mindcare Medics

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

FASHION SHOW

SIGNATURE COCKTAIL/MOCKTAIL

HORS D'OEUVRES

SELF-CARE VENDORS

COMPLIMENTARY CHAIR MESSAGES

SALSA DANCING DEMO

SELF-CARE VENDORS



FREE GIVEAWAYS

SPONSORED BY:



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).

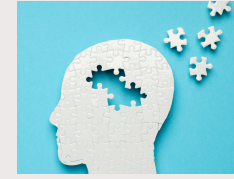
FREE SCREENINGS



LIVER SCANS

Monday, May 4th
Wednesday, May 20th
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS

Tuesdays, May 5th & 19th
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