



AUGUST 2026



Updated 7/29/26

All events are subject to change.

Visit [OneSeniorPlace.com](https://www.OnSeniorPlace.com) or call **321-751-6771** for more information or to RSVP for any of our upcoming events.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10am Liver Scans (By Appt Only) Call 321-751-6771 to schedule 2pm Kangaroo Chat: Learn About Brevard Zoo Mob! w/ Brevard Zoo 3pm Tech Help is Here: Laptop Edition! w/ Mindcare Medics	10am Dietitian Series: Nutrition for Women w/ Susie Bond 2pm Puzzle Swap: Bring a Puzzle, Take a Puzzle!	10am Liberty Company 11am Benefits of Pre-Planning Your Cremation w/ National Cremation Society 3:30pm Chair Yoga w/ Senior Partner Care Services	1pm Book Club *Currently Full* 2pm Grandparents & Grandkids Back-To-School Ice Cream Social! Hosted by VITAS Healthcare	8am Functional Fitness w/ Mike Peterson 10am Your Medicare Roadmap: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent Viera Insurance Professionals
9am The Club 2pm Staying Hydrated: Risks of Dehydration in Older Adults w/ Sara Sargeant, RN, Master of Science in Nursing – Family Nurse Practitioner (MSN-FNP) Student	2pm BINGO! Hosted by Senior Partner Care Services	10am Keep Moving with Confidence: Fall Prevention Beyond Balance w/ Viera/Rockledge Health and Rehabilitation Centers 12pm Ask The Dr Lunch & Learn Series "Aging Without Pain: Strategies for a More Comfortable Life" w/ Dr. Giordano, Central Florida Spine & Pain 3:30pm Chair Yoga w/ Senior Partner Care Services	10am Grief Support Group w/ VITAS 10am Yours, Mine, and Ours: Estate Planning Strategies for Blended Families w/ Estate Planning & Elder Law Center of Brevard 1pm Book Club *Currently Full* 2pm Discover Your Personality Type: Personality Testing Made Fun! w/ Ryan Browne, Principal Consultant L.E.O. Management Consulting	8am Functional Fitness w/ Mike Peterson 10am Senior Health Friday with Nurse Lisa Presents: Creating Your Just In Case Binder <i>Create an easy-to-use emergency binder with important health, legal and financial information.</i>
9am The Club	10am Memory Testing (By Appt Only) Call 321-305-5015 to schedule 10am Estate Planning w/ William Johnson, P.A. 2pm Uncork Your Next Adventure: Wine & Cheese Travel Chat with Stefan's Join the Fun Tours 5:30pm iPhone & iPad Users Group w/ MacMad	10am Liver Scans (By Appt Only) Call 321-751-6771 to schedule 10am Dog Days of Summer: Estate Planning & Pet Trusts w/ Rhodes Law, P.A. 10am Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737 2pm Alzheimer's & Dementia Support Group 3:30pm Chair Yoga w/ Senior Partner Care Services	12pm Lunch & Learn "Don't Ignore The Signs: A Talk On Hernias" w/ Dr. Ken Tieu, General Surgery Health First 1pm Book Club *Currently Full*	8am Functional Fitness w/ Mike Peterson 2pm BUNCO! w/ Senior Partner Care Service Play to WIN Gift Card Prizes!
9am The Club 2pm Social Security Basics: Understanding Your Benefits w/ Jim DeLaura, Financial Advisor Raymond James	10am Who Will Inherit? Protecting Your Heirs from Disputes and Delays w/ Estate Planning & Elder Law Center of Brevard 2pm Joint Preservation Specialists: Protecting Your Joints. Preserving Your Mobility w/ Dr. Haig John, Families First Physicians	9am AARP Safe Driver Course Call Karen at 321-252-9073 to Register 10am Java with Joe: Meet the Deputy Behind the Programs Helping Protect Seniors & Families w/ Joe Downs, Brevard County Sheriff's Office 3:30pm Chair Yoga w/ Senior Partner Care Services	10am Grief Support Group w/ VITAS 10am Medicaid Planning w/ William Johnson, P.A. 1pm Book Club *Currently Full* 2pm Benefits of Pre-Planning Your Cremation w/ National Cremation Society	8am Functional Fitness w/ Mike Peterson 10am Your Medicare Roadmap: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent Viera Insurance Professionals 12pm Tools to Quit Smoking
9am The Club 9am AARP Safe Driver Course Call Karen at 321-252-9073 to Register 2pm FDA Product Recalls: What Every Consumer Should Know w/ Israel Santiago, Former FDA Consumer Safety Office/ Investigator	<i>Sweet Summertime</i>			



Grandparents & Grandkids

BACK-TO-SCHOOL

Ice Cream Social!

Celebrate the end of summer with a sweet afternoon of ice cream, fun and quality time together before the school year begins!

THURSDAY, AUGUST 6
2 PM

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

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VITAS Healthcare
SINCE 1980

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



HealthFirst
Health Plans

DON'T IGNORE THE SIGNS: A TALK ON HERNIAS

A hernia may start small, but ignoring the signs can lead to serious complications. Learn what symptoms to watch for, when to seek treatment, and how modern surgical options can help.

Dr. Ken Tieu MD
General Surgery | Health First

Kenneth Tieu, MD, FACS, FASMB, is a board-certified general surgeon and fellowship-trained specialist in minimally invasive and robotic-assisted surgery. He specializes in bariatric surgery, reflux treatment, hiatal hernia repair, and other digestive disorders. As part of NewFit, Brevard County's only nationally accredited surgical weight loss program, Dr. Tieu helps patients achieve lasting weight loss and improved health.

Thursday, August 20th
12pm

Lunch & Learn

RSVP Required for **FREE** lunch

Call 321-751-6771 | 8085 Spyglass Hill Rd. Viera, FL 32940 | OneSeniorPlace.com

Ask the Doctor

LUNCH & LEARN

AGING WITHOUT PAIN: STRATEGIES FOR A MORE COMFORTABLE LIFE

Complimentary lunch will be provided by Abbott Technologies for all registered attendees.

Aging doesn't have to mean living with pain. Join Dr. Giordano of Central FL Spine & Pain and Abbott Laboratories for a Lunch & Learn focused on understanding chronic pain, exploring treatment options, and finding ways to improve your comfort, mobility, and independence.

Wednesday, August 12th
12 PM

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

Our Speaker
Nicholas Giordano, MD
Central Florida Spine & Pain

Dr. Nicholas Giordano is a board-certified physician who specializes in interventional pain management. He is trained and experienced in a number of high-level techniques, all of which are designed to improve your quality of life.

Abbott
CENTRAL FLORIDA
SPINE & PAIN

RSVP 321-751-6771 | OneSeniorPlace.com

JAVA with Joe

Meet the Deputy Behind the Programs
Helping Protect Seniors & Families

Go beyond the badge and meet Sheriff Joe Downs, whose passion for community outreach has helped bring valuable safety programs to seniors and their families throughout Brevard County. Learn how these initiatives work, who they help, and how you can access them.

WEDNESDAY AUGUST 26TH
10:00 AM

ONE SENIOR PLACE
8085 Spyglass Hill Road
Viera, FL 32940

SPECIAL GUEST
SHERIFF JOE DOWNS
Community Outreach with Brevard County Sheriff's Office

RHODES LAW, P.A.

COFFEE & DONUTS PROVIDED!

RSVP 321-751-6771
OneSeniorPlace.com

FREE SCREENINGS

LIVER SCANS

Monday, August 3rd
Wednesday, August 19th
10 AM - 2 PM

Call 321-751-6771 to Schedule

MEMORY TESTS

Tuesdays, August 4th & 18th
10 AM - 2 PM

Call 321-305-5015 to Schedule

WEEKLY FITNESS

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