



AUGUST 2026



Updated 7/15/26

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

8am Functional Fitness w/ Mike Peterson
9am The Club
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

3

TUESDAY

10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Dietitian Series: Nutrition for Women w/ Susie Bond
2pm Puzzle Swap: Bring a Puzzle, Take a Puzzle!

4



WEDNESDAY

10am Liberty Company
11am Benefits of Pre-Planning Your Cremation w/ National Cremation Society
3:30pm Chair Yoga w/ Senior Partner Care Services

5

THURSDAY

1pm Book Club *Currently Full*
2pm Grandparents & Grandkids Back-To-School Ice Cream Social! Hosted by VITAS Healthcare

6

FRIDAY

8am Functional Fitness w/ Mike Peterson
10am Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent | Viera Insurance Professionals

7

8am Functional Fitness w/ Mike Peterson
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

10

2pm BINGO! Hosted by Senior Partner Care Services

11

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

12

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

13

8am Functional Fitness w/ Mike Peterson
10am Senior Health Friday with Nurse Lisa Presents: Creating Your Just In Case Binder
Create an easy-to-use emergency binder with important health, legal and financial information.

14



8am Functional Fitness w/ Mike Peterson
9am The Club

17

10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Estate Planning w/ William Johnson, P.A.
5:30pm iPhone & iPad Users Group w/ MacMad

18

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

19

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*

20

8am Functional Fitness w/ Mike Peterson
2pm BUNGO! w/ Senior Partner Care Service
Play to WIN Gift Card Prizes!

21



8am Functional Fitness w/ Mike Peterson
9am The Club
2pm Social Security Basics: Understanding Your Benefits w/ Jim DeLaura, Financial Advisor | Raymond James

24

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

25

9am AARP Safe Driver Course
Call Nancy at 973-607-7996 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

26

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

27

8am Functional Fitness w/ Mike Peterson
10am Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent | Viera Insurance Professionals
12pm Tools to Quit Smoking

28

8am Functional Fitness w/ Mike Peterson
9am The Club
9am AARP Safe Driver Course
Call Nancy at 973-607-7996 to Register

31

Sweet Summertime





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

Proudly sponsored by:
VITAS Healthcare
SINCE 1980

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

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

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

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