



AUGUST 2026



Updated 8/14/26

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
8085 Spyglass Hill Rd, Melbourne FL 32940.

MONDAY

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 Dietitian Series: Nutrition for Women w/ Susie Bond
2pm Puzzle Swap: Bring a Puzzle, Take a Puzzle!

4



11

2pm BINGO! Hosted by Senior Partner Care Services

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

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 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

THURSDAY

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

6

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

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

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

FRIDAY

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

7

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



12pm Tools to Quit Smoking
2pm BUNCO! w/ Senior Partner Care Service
Play to WIN Gift Card Prizes!

21



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

28

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

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

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

Proudly sponsored by:
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

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

SPONSORED BY:
RHODES LAW, P.A.

Coffee & Donuts Provided!

RSVP 321-751-6771
OneSeniorPlace.com

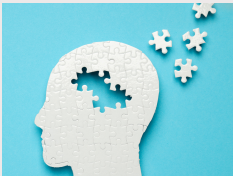
FREE SCREENINGS



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