



SEPTEMBER 2026



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Dietitian Series: Brain Power w/ Susie Bond
4pm Paint It Purple: A Night For Alzheimer's Vase Painting Fundraiser, Cost \$30 per person - *All supplies provided. Proceeds support Alzheimer's research, awareness and care initiatives.*



10am Social Club for Veterans w/ Guest Speaker Deiby (David) Legarda, retired U.S. Army Veteran, Veteran Outreach Program Coordinator with Orlando VA Health System
11am Benefits of Pre-Planning Your Cremation w/ National Cremation Society
1pm Senior Flu Vaccine Clinic with Brevard Health Alliance Pharmacists | Bring Insurance Card
3:30pm Chair Yoga w/ Senior Partner Care Services



11:30am Lunch & Learn "The Real Cost Of Senior Living: What To Know Before You Choose" w/ Stacey Clark, Virtuous Senior Living Consultants Sponsored by Palm Cottages
1pm Book Club *Currently Full*
2pm Social Security Basics: Understanding Your Benefits w/ Jim DeLaura, Financial Advisor | Raymond James

8am Functional Fitness w/ Mike Peterson
10am Your Medicare Roadmap: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent, Viera Insurance Professionals
2pm Mastering Your Phone w/ Gerald Delvalle, ITX Solutions

CLOSED FOR LABOR DAY

2pm Senior Flu Vaccine Clinic w/ Brevard Health Alliance Pharmacists | Bring Insurance Card
2pm BINGO! Hosted by Senior Partner Care Services



10am Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737
Select Option 2
2pm Ask the Nurse Q&A Panel: Your OSP Care Management Nurses Answer Your Questions
3:30pm Chair Yoga w/ Senior Partner Care Services

10am Grief Support Group w/ VITAS
10am Roles: You've Been Appointed, Now What? w/ Estate Planning & Elder Law Center of Brevard
1pm Book Club *Currently Full*
5:30pm Legal Happy Hour Q&A Panel: Are All Your Ducks In A Row? Ft. OSP Attorney Resident Businesses - Wine & Cheese



8am Functional Fitness w/ Mike Peterson
10am Senior Health Friday with Nurse Lisa Presents: Retired... Now What? Work, Volunteer, Connect & Thrive

9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2pm Poop Lab: Be a Wildlife Detective w/ Brevard Zoo *Examine simulated animal fecal samples*

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

10am Liver Scans (By Appt Only)
Call 321-751-6771 to schedule
10am Avoiding Probate: Don't Fumble Your Estate Plan w/ Rhodes Law, P.A.
2pm Alzheimer's & Dementia Support Group Facilitated by Lisa Peake, RN, One Senior Place Care Management
3:30pm Chair Yoga w/ Senior Partner Care Services

10am DONUT Forget Your Brain Games: Brain Games For Better Hearing! w/ Scott Bigler, Viera Clear Hearing *Donuts & Coffee Provided*
1pm Book Club *Currently Full*
2pm Grow With Us: A Hands-On Gardening Workshop w/ Melbourne Garden Club



8am Functional Fitness w/ Mike Peterson
11am AARP Dominoes Learn & Play Event
2pm BUNCO! w/ Senior Partner Care Service
Play to WIN Gift Card Prizes!



9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2pm Your Medicare Roadmap: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent, Viera Insurance Professionals

10am Legal Impacts of Living Together After 60 w/ Estate Planning & Elder Law Center of Brevard
12:30pm Lunch & Learn "Sepsis: What Seniors and Caregivers Need to Know" w/ Dr. Mohan Shah, MD, MPH | Senior Medical Director, VITAS Healthcare
2pm Reel Fun at One Senior Place Movie Matinee Featuring: The Intern starring Robert De Niro & Anne Hathaway



10am Soul Skin® Skin Series 2 "Beauty From Within: Touch, Try, Discover" A Hands-On Skin Health Experience w/ Jessica Mooney, Founder of Soul Skin®
12pm Learn American Mahjong from a Mentor: A Two Part Beginner's Class Series w/ Mentor Sybil Jacobs
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
3:30pm Crack the Cube: Learn the 2x2 Rubik's Cube w/ Mindcare Medics



8am Functional Fitness w/ Mike Peterson
12pm Tools to Quit Smoking
2pm Salsa & Sight: Good Vision Never Misses A Beat! w/ Dr. Garcia, Space Coast Ophthalmology

9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2:30pm Music BINGO! Hosted by Senior Partner Care Services & Rockledge Health and Rehabilitation Center

11am Under Pressure: It Starts With A Healthy Heart w/ Dr. Haig John, Families First Physicians
2pm Steps That Keep You Moving: Simple Ways To Support Healthy Feet As You Age w/ Dr. Karen Fischborn, Melbourne Mobile Podiatry

9am AARP Safe Driver Course
Call Nancy at 973-607-7996 to Register
12pm Lunch & Learn "Leg Pain Isn't Just Aging: When Walking Troubles Could be a Circulation Problem" w/ Dr. Manuel Perez-Izquierdo, Health First
3:30pm Chair Yoga w/ Senior Partner Care Services

Paint it Purple: A Night for Alzheimer's

Join us for a fun afternoon of painting with purpose! Create your own beautiful vase while helping us raise funds for the **Walk to End Alzheimer's**.



Thank You to Our Sponsors!

Paint Supplies



Drinks
SALTERRA
AT MELBOURNE

Food



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

BRING INSURANCE CARD

FLU VACCINE

Brevard Health Alliance™

SENIOR VACCINE CLINIC

Brevard Health Alliance Pharmacists will be on site at One Senior Place. We are providing flu shots to our senior community on a walk-in basis. Get protected quickly, **while supplies last**.

Thursday, September 3rd
1pm to 2pm

&

Tuesday, September 8th
2pm to 3pm

GRAB A FREE BOOK

Walk-ins Welcome! 321-751-6771 | 8085 Spyglass Hill Rd. Viera, FL 32940

LEGAL HAPPY HOUR Q&A

ARE ALL YOUR DUCKS IN A ROW?

FEATURING OUR LEGAL PANEL

RUTH RHODES
RHODES LAW, P.A.

WILLIAM JOHNSON
WILLIAMS JOHNSON & ASSOCIATES, P.A.

ANNA HOWARD
ESTATE PLANNING & ELDER LAW CENTER OF BREVARD
POWERED BY THE LAW FOR ALL

ONE SENIOR PLACE
20th Anniversary

Thursday, September 10th, 5:30 PM at One Senior Place

Estate Planning
Wills
Trusts

Powers of Attorney
Healthcare Directives
and Other Legal Planning Questions

AGES 18+

8085 Spyglass Hill Rd. Viera • 321-751-6771 • OneSeniorPlace.com

Salsa & Sight

Dance. Learn. See Clearly.

GOOD VISION NEVER MISSES A BEAT!

A FUN AFTERNOON OF **Salsa Dancing**
WITH A FRESH LOOK AT HEALTHY VISION!

Welcome 5 Minutes

Salsa Dance Lesson 40 Minutes

Vision Spotlight 5-10 Minutes

THURSDAY
SEPTEMBER 25TH
2PM

SPACE COAST
OPHTHALMOLOGY

Call 321-751-6771 to RSVP | 8085 Spyglass Hill Rd. Viera, FL 32940

FREE SCREENINGS



LIVER SCANS
Wednesday,
September 16th
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS
Tuesdays, September
1st & 15th
10 AM - 2 PM

Call 321-305-5015 to Schedule

WEEKLY FITNESS

MOVE WELL. LIVE WELL. FITNESS CLASS
MONDAYS
1 PM

FUNCTIONAL 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