



SEPTEMBER 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 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

12pm 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 **DO** NUT 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

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



Tuesday, September 1st
4 PM - 6 PM

One Senior Place
8085 Spyglass Hill Rd
Viera, FL 32940

Cost: \$30 per person

Instructed by:
Teri Brant

All supplies provided. Proceeds support Alzheimer's research, awareness and care initiatives.



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

LEGAL HAPPY HOUR Q&A ARE ALL YOUR DUCKS IN A ROW?

FEATURING OUR LEGAL PANEL



RUTH RHODES
RHODES LAW, P.A.



WILLIAM JOHNSON
WILLIAM JOHNSON, P.A.



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



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



**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**



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

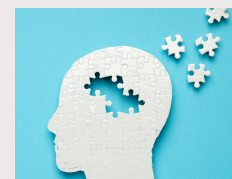
FREE SCREENINGS



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

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