



NOVEMBER 2026



Updated 10/28/26

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

9am The Club
10am Liver Scans (By Appt Only)
Call 321-751-6771 to schedule
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2:30pm Leaf Litter Explorations: Discover What's Hiding Below w/ Brevard Zoo

2

10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Dietitian Series: Sugar, Salt, & Fat w/ Susie Bond
12pm The Mahjong Club: Come Play American or Chinese Mahjong!
2pm Ready, Set, Travel! Senior Travel Presentation with Stefan Shields, Join the Fun Tours

3

10am Social Club for Veterans
11am Coffee, Cookies & Pre-Planning Cremation or Burial w/ National Cremation Society
3:30pm Chair Yoga w/ Senior Partner Care Services

4

1pm Book Club *Currently Full*
2pm Why You Remember Grandma's Pie but Forget Your Password w/ Deidra Shubert, Flourish Research,

5

8am Functional Fitness w/ Mike Peterson

6

BASKETS FOR A CAUSE | HOLIDAY FUNDRAISER IN LOBBY

NOV. 2ND - DEC. 18TH

9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2:30pm Steps That Keep You Moving: Simple Ways To Support Healthy Feet As You Age w/ Dr. Karen Fischborn, Melbourne Mobile Podiatry

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11:30am Lunch & Learn "Fall Prevention: Small Changes Make A Big Difference." w/ Dr. Brittany Warren & Jessica Henwood, Health First
12pm The Mahjong Club: Come Play American or Chinese Mahjong!
2pm BINGO! Hosted by Senior Partner Care Services

10

10am Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737 *Select Option 2*
3:30pm Chair Yoga w/ Senior Partner Care Services

11

10am Grief Support Group w/ VITAS
10am Divorce And Separation's Affect On Your Estate Plan w/ Estate Planning & Elder Law Powered by The Law For All
1pm Book Club *Currently Full*
2pm You're Invited! Discover Longevity Day Club: A Better Way To Age Well

12

8am Functional Fitness w/ Mike Peterson
10am Senior Health Friday With Nurse Lisa Presents "Memory & Legacy Photo Coasters: A Creative Craft With A Purpose" w/ Senior Partner Care Services
2pm Mastering Your Computer w/ Gerald Delvaille, ITX Solutions

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9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2:30pm Merry Money: A 3-Part Holiday Financial Series - Part 2: Shop Smart, Spend Merry w/ Fifth Third Bank & Raymond James Financial

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10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Estate Planning w/ William Johnson, P.A.
12pm The Mahjong Club: Come Play American or Chinese Mahjong!
2pm The Calm Within: A Nervous System & Sensitive Skin Reset w/ Jessica Mooney, Soul Skin® & Samantha Suresh, Wellness Recalibrated
5:30pm iPhone & iPad Users Group w/ MacMad

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10am Liver Scans (By Appt Only)
Call 321-751-6771 to schedule
10am Leaves Change. Seasons Change. Plans Matter. Understanding Guardians & Capacity Planning w/ Gregory Schwendeman, Rhodes Law, P.A.
2pm Alzheimer's & Dementia Support Group Facilitated by Lisa Peake, RN, One Senior Place Care Management
2pm Seeing Clearly: Cataracts, Eye Health & What You Should Know w/ Dr. Daniel Daroszewski, Atlantic Eye Group
3:30pm Chair Yoga w/ Senior Partner Care Services

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10am Help Shape Our 2027 Seminar Calendar: Share Your Ideas! Collaborative Planning Session
1pm Book Club *Currently Full*
2pm Navigating the Holiday Season with Grieving Hearts: The Caregiver Experience Hosted by VITAS
3:30pm Crack the Cube: Part 2 - Continue the Challenge! w/ Mindcare Medics

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8am Functional Fitness w/ Mike Peterson
10am Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737 *Select Option 2*
12pm Tools to Quit Smoking
2pm BUNCO! w/ Senior Partner Care Service
Play to WIN Gift Card Prizes!

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9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
2:30pm Food Facts & Holiday Myths: Making Smarter Choices for Your Health w/ Eric Parent, Strength & Weight Loss Coaching,

23

10am Estate Planning As A Single Person w/ Estate Planning & Elder Law Powered by The Law For All
12pm The Mahjong Club: Come Play American or Chinese Mahjong!

24

10am Fall Festival:
A Day of Movies, Music & Fun!

25

10:00 AM | MOVIE MATINEE
Migration
From the creators of Minions comes Migration, a hilarious and heartwarming family adventure about a lovable family of ducks who leave their safe New England pond for a wild, unexpected road trip to Jamaica!

12:00 PM | MUSIC BINGO
Listen, Sing, Play & Win Prizes!
It's bingo with a musical twist! Test your knowledge of favorite songs, enjoy friendly competition, and win prizes while connecting with others in a fun and vibrant atmosphere.

HOSTED BY:
senior partner
BUENA VISTA
THEATERS

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**HAPPY
THANKSGIVING**
Closed for The
Holiday

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9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
3pm What's Cooking? In the Kitchen w/ Chef Kyle, Zon Beachside

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— ONE SENIOR PLACE —
ANNUAL HOLIDAY FUNDRAISER

Baskets for a Cause

SUPPORTING MEALS ON WHEELS

**BASKETS ON DISPLAY FROM:
NOVEMBER 2nd –
DECEMBER 18th
8:30AM TO 5PM | M-F**

Purchase your raffle tickets
at One Senior Place and
enter to win your favorites!

Our Beneficiary:

Meals on Wheels | A Program of
Aging Matters in Brevard



Ticket Pricing:

\$2 Per Ticket **or**
\$20 Head to Toe*

*However many tickets it takes to
get from your head, to your toes.

BREAKFAST
SPONSORED BY:



**GRAND FINALE BREAKFAST
DECEMBER 18th at 10am**

Join us for mimosas & a light breakfast as
we draw and announce our *Baskets for a
Cause* winners!

8085 SPYGLASS HILL RD. VIERA, FL 32940 | OneSeniorPlace.com

FREE SCREENINGS



LIVER SCANS

Monday, November 2nd
Wednesday, November 18th
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS

Tuesdays,
November 3rd & 17th
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

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**TO SEE FULL CALENDAR OF
EVENTS VISIT:**

OneSeniorPlace.com