



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HELLO FALL



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
2pm Dinosaur Chat w/ Brevard Zoo

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10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Dietitian Series: Hot Topics w/ Susie Bond
2pm Before the Sirens: Are You Ready for an Emergency? Be Informed. Be Prepared. Be Ready.
w/ Brevard County Fire Rescue.

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10am Social Club for Veterans
11am Coffee, Cookies & Pre-Planning Cremation or Burial w/ National Cremation Society
1pm The Mahjong Club: Come Play American or Chinese Mahjong!
3:30pm Chair Yoga w/ Senior Partner Care Services

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10am Veterans Resource Panel
"Beyond the Uniform: Connecting Veterans with Care, Benefits & Support" - Specialty Donuts & Coffee Provided
1pm Book Club *Currently Full*

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10am Grief Support Group w/ VITAS
10am Tax Reduction Secrets w/ Estate Planning & Elder Law Center of Brevard
1pm Book Club *Currently Full*

8

8am Functional Fitness w/ Mike Peterson
12pm Part 2 - Learn American Mahjong from a Mentor: A Two Part Beginner's Class Series w/ Mentor Sybil Jacobs
2pm Kick Up Your Heels! Learn The Moves & Join The Line! Line Dancing with Kiliki Burgess

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SPECIAL EVENT
Senior Job & Volunteer Fair
10 AM - 12 PM
One Senior Place
8085 Spyglass Hill Rd.
Viera, FL 32940

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

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11:30am Lunch & Learn "Colon Health Matters: Prevention. Detection. Peace of Mind." w/ Kathleen Tills, DNP, APRN, FNP-C, Health First
2pm BINGO! Hosted by Senior Partner Care Services

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10am Medicare with Confidence: An Educational Medicare Seminar w/ Carrie Kachur, Insurance Agent, Viera Insurance Professionals
12pm Lunch & Learn "Sound & Steady: The Connection Between Hearing & Balance" w/ Scott Bigler, Viera Clear Hearing
1pm The Mahjong Club: Come Play American or Chinese Mahjong!
3:30pm Chair Yoga w/ Senior Partner Care Services

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1pm Book Club *Currently Full*

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8am Functional Fitness w/ Mike Peterson
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
12pm Part 1 - Learn American Mahjong from a Mentor: A Two Part Beginner's Class Series w/ Mentor Sybil Jacobs

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10am Memory Testing (By Appt Only)
Call 321-305-5015 to schedule
10am Estate Planning w/ William Johnson, P.A.
2pm Coins, Cash, or Keepsakes? What to Do With Gold, Silver and Inherited Coin Collections w/ Bill Norfleet, Brazito Coins & Collectibles
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 Medicaid Unmasked: The Truth About Medicaid & Protecting Your Assets in Florida w/ Rhode's 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

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10am Grief Support Group w/ VITAS
10am Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737
Select Option 2
1pm Book Club *Currently Full*
2pm Coffee, Cookies & Pre-Planning Cremation or Burial w/ National Cremation Society

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SPECIAL EVENT
Healthy Living Festival
10 AM - 1 PM
One Senior Place
8085 Spyglass Hill Rd.
Viera, FL 32940

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9am The Club
1pm Move Well. Live Well. Fitness Class w/ Eric Parent, Strength & Weight Loss Coaching
12pm Part 2 - Learn American Mahjong from a Mentor: A Two Part Beginner's Class Series w/ Mentor Sybil Jacobs
2:30pm Merry Money: A 3-Part Holiday Financial Series - Part 1: Don't Let The Holidays Haunt Your Wallet w/ Fifth Third Bank & Raymond James Financial

26

10am Veterans' Benefits Explained: Unlocking Hidden Resources w/ Estate Planning & Elder Law Center of Brevard
2pm Iron-Clad Immunity: Building A Stronger Immune System w/ Dr. Haig John, Your Family Chiropractor

27

9am AARP Safe Driver Course
Call Nancy at 973-607-7996 to Register
10am Help Shape Our 2027 Seminar Calendar: Share Your Ideas! Collaborative Planning Session
1pm Pretty In Pink: A Breast Health Social w/ Meagan Sumner, PA, Brevard Health Alliance
Wear your PINK and join us for a sweet afternoon dedicated to breast health and awareness!
3:30pm Chair Yoga w/ Senior Partner Care Services
Chair Yoga Is CANCELLED

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10am Medicaid Planning w/ William Johnson, P.A.
1pm Book Club *Currently Full*
6pm Medicare Sales Seminar w/ Health First Health Plans Call to RSVP: 1-800-716-7737
Select Option 2

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8am Functional Fitness w/ Mike Peterson
10am The Big Red Bus Blood Drive w/ OneBlood
2pm Trick-Or-Treat Local Business Edition! Trunks, Treats & Local Business Sweets

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Healthy Living Festival
Presented by: **Brevard HEALTH Alliance™**

Friday, October 23
10AM - 1PM
One Senior Place

FREE SCREENINGS | MINI TALKS | LUNCH & LEARN | VENDORS & GIVEAWAYS

Wellness Talks
10-Minutes Each | Inspiring | Useful

- 10:30 Heart Health - Dr. Ravi Rao, Cardiologist
- 10:40 Fall Prevention - Next Day Access
- 10:50 Memory: Aging or More? - Autumn House
- 11:00 Aging in Place - Senior Partner Care Services
- 11:10 Hearing & Brain Health - Viera Clear Hearing
- 11:20 Protect Yourself from Scams - Rhodes Law
- 11:30 Sponsor Spotlight
- 11:45 Lunch & Learn - Sexual Health & Intimacy

Free Health Screenings

- ✓ Retina Scans
- ✓ Memory
- ✓ Liver
- ✓ Skin Screenings
- ✓ Mental Wellness Screenings
- ✓ Mini Hearing Checks
- ✓ Mini Eye Exam
- ✓ Vaccines
- ✓ Professional Shoe Sizing
- ✓ Blood Pressure
- ✓ Spine Health Screening
- ✓ Sugar Glucose Testing
- ✓ Pulse Testing
- ✓ SpO2% Oxygen
- ✓ Foot Health Checks

Sponsored by: **SENIOR place**, **VIERA CLEAR HEARING**, **senior partner**, **SENIOR place**

Call 321.751.6771 to RSVP | 8085 Spyglass Hill Rd. Viera, FL 32940

MerryMoney
A 3-PART HOLIDAY FINANCIAL SERIES

Don't Let The Holidays Haunt Your Wallet
Plan Now, Stress Less Later

Join Fifth Third Bank and Raymond James for the first part of our 3-part holiday financial series! Learn how to plan ahead for holiday spending, create a realistic budget, prepare for seasonal expenses and avoid unnecessary holiday debt.

TOPICS INCLUDE:

- Creating your holiday spending plan
- Budgeting for gifts, food, travel & entertaining
- Finding extra room in your current budget
- Setting realistic spending limits
- Avoiding holiday credit card debt

MONDAY, OCTOBER 26TH
2:30 PM
One Senior Place
8085 Spyglass Hill Rd
Viera, FL 32940

RSVP TODAY
321-751-6771
OneSeniorPlace.com

PRESENTED BY: **FIFTH THIRD** | **RAYMOND JAMES®**

— Plan Ahead. Spend Smarter. Feel Better —

Pretty In Pink
A BREAST HEALTH SOCIAL
Brevard HEALTH Alliance

Wear pink and enjoy a sweet afternoon with Meagan Sumner, PA, as she shares helpful information about breast health, including self-checks at home, changes to look for, and when to speak with your healthcare provider

Enjoy pink drinks and sweet treats while you learn!

Meagan Sumner, PA
Brevard Health Alliance

WEDNESDAY, OCTOBER 28
1:00 PM
One Senior Place
8085 Spyglass Hill Road
Viera, FL 32940

RSVP 321-751-6771 | OneSeniorPlace.com

TRICK-OR-TREAT: LOCAL BUSINESS EDITION!
Trunks, Treats & Local Business Sweets

Our Resident Businesses will be handing out candy and goodies from decorated trunks outside and festive tables inside!

- CANDY & GOODIES FROM OUR RESIDENT BUSINESSES
- COSTUME CONTEST & FUN PRIZES!
- FAMILY FRIENDLY ALL AGES WELCOME!

FRIDAY, OCTOBER 30TH
2:00 PM

One Senior Place
8085 Spyglass Hill Rd, Viera, FL 32940
321-751-6771
OneSeniorPlace.com

FREE SCREENINGS



LIVER SCANS
Monday, October 5th
Wednesday, October 21st
10 AM - 2 PM

Call 321-751-6771 to Schedule



MEMORY TESTS
Tuesdays,
October 6th & 20th
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