

NOVEMBER 2025

2785 Leisure Way
Melbourne, FL 32935
(321) 255-4494

Monday-Friday: 8:30 am–4:30 pm

Saturday: 9:30 am–12:30 pm

Sunday: CLOSED

www.bcwpsc.org



Friendship Flyer

President's Message

As we move into the home stretch of 2025 year, I just want to highlight a few of the special activities we have planned for the remainder of the year.

Tags for the Salvation Army **Gifts for Seniors** program will be hanging in the lobby starting November 1. Please pick up one or more and return your gift(s), unwrapped with the tag attached, no later than end-of-day, Wednesday, December 4.

1st Annual Ornament Contest – Don't forget to **bring in our homemade ornament December 1 thru December 5**. Voting will take place the week of December 8 – 12, with the winners announced on December 15. Prizes will be awarded for 1st, 2nd and 3rd places. See flyer on page 13 for more details.

Please be sure to mark your calendar to attend our **Annual Meeting on Wednesday, December 3 from 4:00 to 5:00 pm**. This is your chance to meet your Board of Directors and learn what happened this year, what's planned for next year and ask questions or voice your opinion about how we're doing as a Board. **The event is FREE to all members** – just be sure to sign up ahead of time so we can ensure we have a quorum and enough refreshments on hand. I've heard rumors there's going to be a hot chocolate bar this year and you'll also have a chance to win a gift card.

As we prepare to celebrate Thanksgiving with our friends and families, I would like to offer my thanks to all of our Volunteers, our Board of Directors, our Program Managers and our Sponsors for their support this past year. Everyone works hard to make sure WPSC provides a safe and happy environment for seniors to enjoy activities and meet new friends. I'd also like to thank you, our members, for your support of Wickham Park Senior Center.

To enable our volunteers to spend more time with their families during the Thanksgiving Holiday, don't forget that WPSC will be closed Wednesday, November 26 through Saturday, November 29.

Happy Thanksgiving everyone!



Diane Weinzierl

Officers

President: Diane Weinzierl
Vice President: Janice Oppelt
Secretary: Lori Ebbensgard
Treasurer: Colleen Barneman

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Celeste Garcia Ginny Parker
Karen Bostwick Janet Smith
Beverly Morgan Sharon Sneary
Pam Page Rosann Testa

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IT Systems Admin: John Efird
Webmaster: Maureen Reeder
Sunshine: JoAnn Efird
Newsletter: Nilda Rosario

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Newsletter: news@bcwpsc.org
IT Admin: itadmin@bcwpsc.org

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MISSION STATEMENT

Our Mission is to provide a congenial and happy environment for seniors to enjoy activities, meet new friends, and attend educational programs. Furthermore, to provide a resource for obtaining assistance and guidance in times of need.

"There are no strangers here, only friends you have yet to meet!"



IMPORTANT NEWS

MONTHLY BOARD MEETING

The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **November 10 at 9:30 am, Room 117**. All WPSC members are welcome to attend.

WPSC OFFERS FREE LIFETIME MEMBERSHIP TO ANYONE AGE 90 & ABOVE (Effective August 1, 2025)



If you are age 90 or older, you are now entitled to FREE Lifetime Membership to Wickham Park Senior Center. Just stop by the Front Reception Desk, show them your ID and they will get your membership updated. Member activity participation fees (usually \$1, but can vary depending on the activity) must still be paid to the program manager for each activity. Also, if you're age 95 or older, you can receive a FREE Bingo Package to play Bingo at WPSC. Show them your lifetime membership card and join us to play Bingo.

LOOKING FOR A WORTHY CHARITABLE DONATION ORGANIZATION

Wickham Park Senior Center (WPSC) is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. We would like to thank the following people for their generous donations to WPSC in FY2025:

- Sharon Adams
- Janet & Vaughn Eastman
- Maria Luhn
- Carol Patton
- Gayle Schanck
- GFWC-Melbourne Woman's Club
- In Memory of Tim Olsen from Friends & Family
- Travel Expressions

Thank You
for your
donation!

Please consider donating to WPSC, if you find you have extra funds in your charitable donations bucket.

VOLUNTEERS NEEDED!

- 1) Computer Support Technician to assist with Windows Computers and associated equipment. Contact **John Efird, IT Administrator** at **321-704-0520** or itadmin@bcwpsc.org.
- 2) Sponsorship Coordinator to promote sponsorship opportunities and coordinate activities with our Sponsors. Contact **Diane Weinzierl, President**, at **321-591-3966** or president@bcwpsc.org.

BIG PHARMA vs. THE BODY'S OWN LIGHT

With the intense marketing that Big Pharma bombards us with every day, it's hard to know what to believe. Dr. Don Verhulst says: "Just believe the possible side effects at the end of those commercials, and then turn your ATTENTION to PREVENTION."

Dr. Don Verhulst, MD has written 5 books on preventative holistic wellness practices. He believes in holistic health and wellness. His medical degree taught him how to treat diseases, but he believes diseases can be prevented, so he has been "preaching" for the last 40 years (he is also an ordained minister) that we should stop covering up symptoms and get to the CAUSE of the problem.

LifeWave is a PATENTED Light Technology

Disease begins with inflammation inside the body. The LifeWave X39 patch uses organic electrolytes and amino acids in a micro crystalline stereoisomer, which is biochemical language to say that when the body's own energy source (infrared light) hits the patch, it creates a very specific wavelength of light that has proven, with over 70 double-blind, placebo controlled, peer-reviewed clinical studies, to upgrade the body's own stem cells with a copper peptide known as GHK-cu. **It reduces inflammation!**

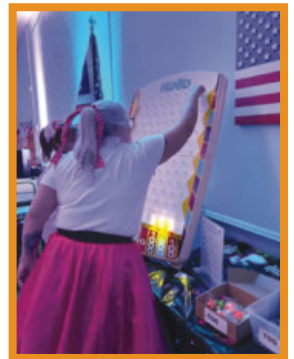
Thousands of LifeWave customers have reported miraculous healings as the body's own LIGHT goes to work doing what the body was created to do. No drugs, no injections, no chemicals. **YOU are the Power Source.**

Please sign up for the informational seminar on November 13 from 2pm to 3pm, or reach out to: Karen Grey Seeley at 321-537-9090; Karen@KGS4ever.com. You can read all about the research studies on the X39 patch beforehand at: www.StartX39now.com.

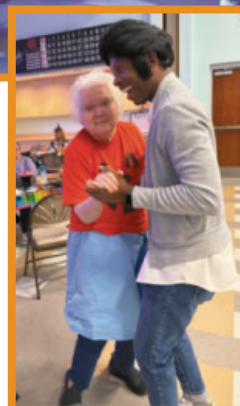
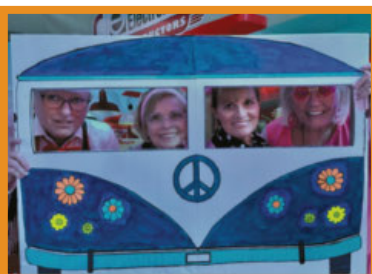
Karen Seeley will be there every step of the way to help you get the toxins out of your LIFE. You will hear her incredible story on November 13. Don't forget to sign up.



IMPORTANT NEWS



If you missed our 50's/60's Dinner Dance last month, you missed a great time. We had 86 people attend, including 20 people from the Autumn House.



CALENDAR OF EVENTS

NOVEMBER 2025

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Bingo (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI) (3rd & 4th Thursdays)				11/20 1:00–5:00p			
Bones & Balance (Register at 9:45a)	10:00–11:00a						
Bridge: Beginner Class	For Virtual Classes please see our website at www.bcwpsc.org and click "Bridge" icon						
Chat (Virtual)					9:30–11:00a		
Duplicate On-Site:	Noon–3:30p		Noon–3:30p			Noon–3:30p	
Beginner Class			9:00–1100a	10-Week Class (\$100.00) Starting October 1			
Intermediate Class	10:00–Noon	Starting November 3 - \$5.00 Each Class					
Duplicate Virtual Class / BBO Platform				12:15p			
Party Bridge			12:30–4:00p				
Rogue		12:15–4:00p					
Rubber				1:00–4:00p		12:30–3:30p	
Bunco (1st & 3rd Thursdays)				11/6 & 11/20 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors Topic: Healthy Holidays				11/13 11:00–12:30p			
Color Pencil Portrait for Beginners			9:40–Noon				
Cornhole Tournaments (2nd & 4th Sundays)					(12:30p Set-up & Practice)		11/9 & 30 1:30p
Euchre			6:00–9:00p				
Fusion Glass Workshop with Lauren						12/13 Noon–3:00p	
Hand & Foot	8:45–Noon				8:45–Noon		
Jazzercise Lo	8:30–9:30a		8:30–9:30a		8:30–9:15a		
Line Dancing		4:15–5:30p					
Mahjong: American	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
Pinochle	12:30–4:30p				12:30–4:30p		
Poker: Dealer’s Choice		11:30–4:00p			11:30–4:00p		
Friendly	1:00–4:00p						

CALENDAR OF EVENTS

NOVEMBER 2025

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Pool (Billiards)	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	9:30–12:30p	
	Tournament: 2nd Wednesday of the Month November 12 @ 11:00 am						
QiGong-TaiChi	8:30–9:30a		8:30–9:30a		8:30–9:30a		
Rummikub			1:00–4:00p				
Senior Law (4th Friday of the Month)	No Workshops in November or December				2:00–4:00p		
Senior Stitchers				10:00–Noon			
SHINE		9:00–Noon	Call for appointment first.				
Strength / Flexibility	Class is Full – Contact PM for wait list.			9:30–10:30a			
Shuffleboard	9:00–11:00a			6:00–8:30p		9:00–Noon	

REMINDER: THE WICKHAM PARK SENIOR CENTER WILL BE CLOSED WEDNESDAY THRU SATURDAY, NOVEMBER 26-29.



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ACTIVITIES & GAMES



TUESDAY & FRIDAY—Open to the Public!

Doors Open @ 10:00 am

Cards Sold @ 10:30 am–11:15 am

Early Bird Starts @ 11:15 am



Effective January 2025, we will no longer accept anything larger than \$20 bills.

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more information, contact Brenda Clarson at 321-258-8837.

Bones & Balance

Mondays @ 10:00–11:00 am

Cost: \$5.00 Members / \$7.00 Non-Members



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)

3rd & 4th Thursdays: November 20 @ 1:00–5:00 pm

Cost: \$50.00 PP (Includes All Supplies & WPSC Costs)

Sign-Up Sheet at Front Desk—Limit 6 People per Class



These classes are easy and fun!! Paint a beautiful landscape painting with us. Classes will be held on the third Thursday of each month; an overflow class will be held on the fourth Thursday of the month if there is enough

interest. Please call the Center 321-425-5533 or come into the front desk and sign up.

For November we'll be painting Autumn Mountains. This painting is good for beginners, and you should be quite pleased with your finished painting. This painting will bring out the inner artist you may not even know you have. All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, with just six participants, so Hobo Bob (CRI) has plenty of time to work with you as you paint your masterpiece.



Duplicate Bridge

On-site Games: Mon., Wed. & Sat. @ 12:00–3:30P

Cost: \$7.00 Members / \$9.00 Non-Members

CLASSES:

- **Beginner Bridge Class: Wednesdays @ 9:00–11:00 am 10-Week Class (\$100.00) Starting October 1**
- **Intermediate Bridge Class: Mondays @ 10:00 am–Noon Starting November 3 @ \$5.00 each class**
- **Online Virtual Classes: Thursdays @ 12:15P on the BBO platform / Online classes \$5.00**

On-site Duplicate bridge games are

on Mondays, Wednesdays and Saturdays. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the

Bridge tab. Contact **Pam Page** at 321-537-0907 or pam.page@bellsouth.net for bridge-related questions.



ACTIVITIES & GAMES

Party Bridge

Wednesdays @ 12:30–4:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Please contact **Tom Sanders** at 321-960-1894 prior to coming to this bridge for the first time.

Rogue Bridge

Tuesdays @ 12:15–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Contact Patricia Rosenthal at 321-626-5419.

Rubber Bridge

Thursdays @ 1:00–4:00 pm & Saturdays @ 12:30–3:30 pm

Cost: \$2.00 Members / \$4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. The Thursday point of contact is **Janet Walker** at 321-242-3173 and the Saturday point of contact is **Gayle Schanck** at 541-821-7070.



Bunco

1st & 3rd Thursday, **November 6 & 20** @ 1:00–4:00 pm

Cost: \$6.00 Members / \$8.00 Non-Members



Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your current membership card. Bunco ends about 3-3:30 pm. Please contact **Lisa Hofmann** at 760-717-6049 for more details and reservations (for

set-up purposes). See you there for this fun activity. All you have to know is how to throw three dice.



The body achieves
what the mind believes.

Chair Yoga

Tuesdays @ 3:00–4:00 pm/Sign-in @ 2:45 pm

Cost: \$1.00 Members / \$3.00 Non-Members

This class is designed to help with overall wellbeing for the body and mind. Stretches and movements that will help increase mobility, flexibility, strength and balance. A focus on posture and breathing helps calm the mind, helps reduce stress and increase oxygen flow. Contact **Shelly Anderson** at 321-626-1969.



Chef for Seniors

Classes @ 11:00 am–12:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members

• **November 13: Healthy Holidays**

Join **Chef Jillian** for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting.



Please sign up at front desk to reserve your spot. **All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.**

Sponsored



Color Pencil Portrait Class for Beginners

Wednesdays @ 9:40 am–12:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members



Learn how to create a beautiful drawing from your favorite photograph! Bring your own portrait photograph to copy—Size: 5x8 (or other appropriate copy size). Supplies you will need to bring: Prismacolor Color Pencils, Watercolor Paper, Eraser, Pencil Sharpener (optional).

For more information contact **Ann Armerding** at 321-541-7027.

ACTIVITIES & GAMES

Cornhole Tournaments

Sunday, **November 9 & 30 @ 1:30 pm**

Setup & Practice Starting @ 12:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members

(Annual Membership for 50+ is \$20)

Cornhole is welcome to all ages! Cornhole Tournaments will be held indoors at the WPSC every 2nd and 4th Sundays (excluding conflict with holidays). Don't forget to scan your membership card at the front desk.

September 14 Winners

1st Place: Dale & John W.

2nd Place: Johnna & Richard M.

September 28 Winners

1st Place: Johnna & Daryl

2nd Place: Jeff & Fred

Pile-On Winner: Fred

October 12 Winners

1st Place: Dale & Amy

2nd Place: John W. & Scott

Pile-On Winner: Dale

Rules for Senior Center:

- Age 50 to 69: 27-ft. front edge to front edge
- Age 70 to 79: 25-ft. front edge to front edge
- Age 80 to 90: 23-ft. front edge to front edge
- Age 90 Plus/Non-Ambulatory: 21-ft. front edge to front edge

For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajglrt@yahoo.com).



Euchre

Wednesdays @ 6:00–9:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Members must scan their card when entering and non-members must sign in.

Euchre has been a great success and as our Euchre continues to grow, it is now common to have 5-6 tables in action. We try to promptly start by 6:00 pm which means we should be signed in no later than 5:50 pm to allow time to set up the correct 3/4 player table configuration and draw for your seats. The payout structure has been altered so more people are sharing the prize pool. That means if there are up to 30 players even eighth takes home a piece of the purse. For more information, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

Fusion Glass Workshop w/Lauren

Cost: \$70 PP (Includes All Supplies & Kiln-Firing of Project & WPSC Costs)

Are you in search of a delightful and soothing way to express your creativity? Join us for an interactive fused glass workshop tailored for inquisitive beginners—no need for any artistic skills! If the term "fusible glass" is new to you, fear not—I'll guide you through the entire process step by step. We'll kick things off with a short introduction to kiln-fired glass and learn how to cut basic shapes. Then comes the exciting part: crafting your unique glass piece using a vibrant array of materials. Your completed project will be kiln-fired off-site and will be available for pickup at WPSC (for members) or at my studio in Merritt Island. Prefer shipping? That's available too!

This Workshop is friendly for beginners, creative and stress-free. Classes are limited to 16 participants, with a minimum of 4 required to run. Registration closes one week before the workshop date, so be sure to reserve your seat early and invite your friends to join. For more logistic details visit: <https://www.glassbylauren.com/wpsc-workshop-sign-ups>.

Closed-toe shoes required for safety. For questions, call or text 310-483-3229. Reserve your spot today and discover the enchantment of fused glass! All essential supplies are included.

Upcoming Fusion Glass Workshops:

Saturday, December 13, 2025 @ Noon–3:00P

Project: Fused Glass Christmas Tree or Wreath Plaque

On December 13th, we'll be making either a Fused Glass Tree or Wreath design on a plaque. You can choose to hang this

plaque on a wall or showcase it on an easel. All essential supplies are provided. To book this workshop, email: info@glassbylauren.com

Sign up deadline is December 6. The sign-up sheet can be found in the WPSC lobby.



ACTIVITIES & GAMES

Hand & Foot Card Game

Mondays & Fridays 8:45 am–Noon / Setup @ 8:30 am
Cost: \$1.00 Members / \$3.00 Non-Members



Join this group of friendly and competitive players for a time well spent. Contact **Beverly Morgan** at 303-458-8273 for more information.

Jazzercise Lo

Mon. & Wed. @ 8:30–9:30 am and Fri. @ 8:30–9:15 am
Members: \$60.00/Month & Walk-ins \$15.00/Day

Join us for a fun and energized Jazzercise Lo class. Dance away those extra calories using Low Impact moves that yield MAXIMUM results! We use muscles, not momentum, to get a total body workout without the impact on your joints. For more information, contact **Ginny Parker** at 321-698-0445.

Line Dancing

Tuesdays @ 4:15–5:30 pm
Cost: \$6.00 Members / \$8.00 Non-Members



FALL into LINE and come in and enjoy our Fun for Health and Exercise Line Dance Class every Tuesday from 4:15–5:30. Line Dancing stimulates our brains and increases our balance as we enjoy making new friends. Did you know that every grapevine and pivot turn pumps your heart rate and boosts your circulation! We enjoy all levels of dancers from the true beginner to more advanced. Just remember, this is a FUN class! For more information, call **Sue Duncan**, Instructor and Choreographer for over 60 years at 321-505-0846.

Mahjong

American: Mondays @ Noon–3:00 pm & Thursdays @ 9:00 am–Noon
Cost: \$1.00 Members / \$3.00 Non-Members
Chinese: Wednesdays @ 1:00–4:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Patricia Rosenthal** at 321-626-5419 (American) or **Hugh McPhee** at 321-423-7698 (Chinese).

Pinochle

Mondays & Fridays @ 12:30–4:30 pm
Cost: \$1.00 Members / \$3.00 Non-Members

For more information, contact **Bill Mueller** at 321-242-4999 (Mondays & Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am–4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

Contact **Bill Seigel** at 813-416-0428.

Poker (Friendly)

Mondays @ 1:00–4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Beverly Morgan** at 303-458-8273.

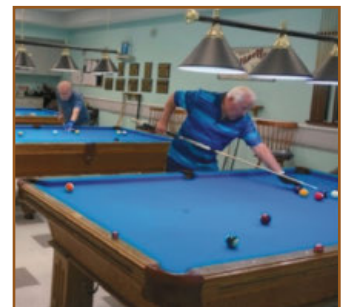
Pool (Billiards)

Monday thru Friday @ 8:30 am–4:30 pm
Saturday 9:30 am–12:30p
Tournaments: 2nd Wednesday of Every Month @ 11:00 am
Cost: \$1.00 Members / \$3.00 Non-Members
Plus \$.50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament Oct. 8 Results:

- 1st: Sam Campese
- 2nd: Bob Furlong
- 3rd: Paul Monti
- 4th: Kerry Barfield

Next tournament is November 12. Questions? Contact **Wally Topinko** at 321-622-4977.



ACTIVITIES & GAMES

QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30–9:30 am
Cost: \$5.00 Members / \$7.00 Non-Members



For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls among the elderly, and how to prevent them. One of the most promising interventions is TaiChi. It offers senior

practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. **Laura Parsons**, Certified Instructor at 321-474-5374.

Senior Law

4th Friday of the Month @ 2:00–4:00P
NO WORKSHOPS IN NOVEMBER OR DECEMBER
Cost: Free to All WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and question/answer session on the 4th Friday of each month at WPSC Room 117.

Topics:

- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Digital Assets
- Medicaid and Asset Protection Options
- General Dementia Issues
- Guardianships
- Probate Matters
- Living Wills

Seating is limited. Please sign up at the front desk. Any questions, call the Law office at 321-757-5701.



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ACTIVITIES & GAMES

Rummikub

Wednesdays @ 1:00–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon. Contact **Peggy Miles** at 732-688-6268.

Senior Stitchers

Thursdays @ 10:00 am–Noon in Room 114

Cost: \$1.00 Members / \$3.00 Non-Members

Would you like to learn to Knit or Crochet or do you already know how to Knit or Crochet? If so,



please join us for a morning of friendship and pleasant conversation while learning new skills and stitches while helping each other to share and improve our skills. What to Bring: If you are already experienced, please bring a WORK IN PROGRESS that you'd like to work on. If you're a beginner, please bring some worsted yarn and some Size 8 knitting needles or a Size G crochet hook. For more information contact **Laurie Liguori** at 917-882-9898.

Shuffleboard

Open Play: Monday 9–11:00 am

Open Practice: Thursday 6–8:30 pm

Saturday 9:00 am–Noon

Cost: \$1.00 Members / \$3.00 Non-Members

For more information on learning how to play or participating in tournaments, call **Tom Winkelspecht** at 321-446-3283 or email: tawinkii@me.com



Strength/Flexibility

Thursdays @ 9:30–10:30 am

Cost: \$4.00 Members / \$6.00 Non-Members

This is a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We work core, arm and leg strength. This class gets full so call before you come! Please contact **Susie Salvetti** at 321-626-0282.



Healthy isn't a goal,
it's a way of living.

THINK POSITIVELY.

Worry less, *Laugh more.*

Exercise daily.

Exercise to be fit, not skinny.

Stay strong. Get strong.

Love yourself.

Love your body.

TODAY IS THE DAY TO CHANGE.

Put in time. Make sacrifices.

Avoid temptation.

Make goals, reach goals.

Do not expect it to be easy.

Healthy is hard.

HEALTHY FEELS AWESOME.

Healthy is happiness.

Be better, live better.

Just do it.

TRAVEL NEWS

Hard Rock Hotel & Casino, Hollywood, FL

Date: November 6, 2025

Cost: \$69 PP (with copy of Driver's License or Unity Card)

Time: Leaves WPSC at 7:30 am / Returns at 5:30 pm

Casino perks included with this trip: \$25 Slot FREE Play for each person on trip, 20% OFF Hard Rock Cafe bill OR 25% OFF Rise Restaurant OR 25% OFF Kitchen & Deli Restaurant OR 25% OFF Constant Grind plus whatever daily casino promotion is available on that day.

ICE! at the Gaylord Palms, Cirque Show & Lunch at the Olive Garden

Date: November 20, 2025

Cost: \$199 PP

**SOLD OUT!
WAIT LIST ONLY**

ICE! will be back this year. The signature holiday attraction will feature "Rudolph the Red Nose Reindeer" in a dazzling, immersive story driven holiday showplace complete with larger-than-life ice sculptures, thrilling frozen slides, and awe-inspiring tunnels. We will have reserved seating for the showing of The Cirque Show which will feature dazzling acrobatics, feats of flexibility, and high-flying stunts.

Mount Dora Christmas

Date: December 5, 2025

Cost: \$69 PP

Time: Leaves WPSC at 2:00 pm / Returns at 10:00 pm

Celebrate the 2025 holidays against a backdrop of over 2 million sparkling lights in beautiful downtown Mt. Dora. Contact the WPSC Travel Office for more information.

Saint Augustine Christmas Lights

Date: December 9, 2025

Cost: \$89 PP

Time: Leave WPSC at 12:00 pm / Returns at 8:45 pm

Sign up now for our exciting one day excursion to St. Augustine, our nation's oldest city. We will be stopping at Bucees in Daytona for lunch on your own. We should arrive at St. Augustine about 3:00 pm. You will have from 3:00 pm to 5:30 pm to shop and eat. At 6:00 pm we will meet at the Visitors Center for a 45-min. narrated Trolley Tour through the historic district. We will depart for home at approx. 7:15 pm.

Sleuths Mystery Dinner Shows

Date: February 5, 2026

Cost: \$169 PP

Join us for a comedy mystery show where you become the detective and solve the crime! Sleuths Mystery

Dinner Shows over two-hour long experiences will keep you talking for years to come! Enjoy a delicious dinner as you formulate insightful (and not so insightful) questions for the live interrogation. It's improvisational comedy that will have you in side-splitting laughter!

Silver Spurs Rodeo

Date: February 22, 2026

Cost: \$99 PP

Since 1944, the Silver Spurs Rodeo is a semi-annual event of America's original extreme sport. The Silver Spurs Arena is an indoor, climate-controlled arena with stadium seating, meaning there really isn't a bad seat in the house! It can get cold, there could be loud bangs at the beginning of the performances, and the lights do go out for a few minutes. Lunch and beverages will be on your own.

Mount Rushmore & the Black Hills & Badlands of South Dakota

Date: September 21-27, 2026

Cost: \$2,067 PP Double / \$2,567 Single Occupancy

\$200 Deposit / Final Payment Due August 1, 2026

Package includes:

- RT Airfare from Orlando Airport to Rapid City
- 6 Nights Deluxe Accommodations in Rapid City
- 10 Great Meals
- Mount Rushmore (Day & Night)
- Devil's Tower National Monument
- Crazy Horse Memorial
- Fort Hays
- Badlands National Park
- Wall Drug Store
- Custer State Park
- Buffalo Jeep Safari
- State Game Lodge Dinner
- 1880 Train & Deadwood
- The Mammoth Site
- The Journey Museum
- Black Hills Gold Factory
- K-Bar S Ranch Dinner
- Chuckwagon Supper & Cowboy Show

Participants MUST be able to travel independently or bring a companion who can assist. NO refunds once the vendor has been paid.

The Wickham Park Senior Center

Ornament Contest

Rules:

December 1–December 5

- Bring your homemade ornament(s) to the WPSC Front Desk. Your ornament(s) will be given a number and placed on the tree.
- Ornaments must be family-friendly and cannot exceed 5 inches in height.
- Ornaments may be made out of any material. A fillable ornament ball can be used as part of your creation.

December 8–December 12

- Vote for your favorite ornament.

December 15

- Winners will be announced and contacted.
- Prizes will be awarded for 1st, 2nd, and 3rd place.



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OUR SPONSORS

The Officers and Membership of Wickham Park Senior Center appreciates the continued support of our many Sponsors. As an all volunteer-run organization, their continued financial support allows us to offer Activities and Social events for our members.

Diamond Level Sponsors



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Gold Level Sponsors



Meet & Greet Schedule

Our monthly Meet & Greets with our sponsors have been scheduled for Tuesday and Friday mornings from 9–11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them:

- Better Health Group (BHG) - 3rd Tuesday:
 - Nov. 18, Dec. 16 @ 9-11:00 am
- Brookdale West Melbourne - 3rd Tuesday:
 - Nov. 18, Dec. 16 @ 9-11:00 am
- Freedom Health - 4th Tuesday:
 - Nov. 25 @ 9-11:00 am
- Health First - 1st Tuesday:
 - Nov. 14, Dec. 2 @ 9-11:00 am
- LiveWave - 4th Tuesday:
 - Nov. 25, Dec. 2 @ 9-11:00 am
- Moore Insurance - 2nd Tuesday:
 - Nov. 11, Dec. 12 @ 9-11:00 am
- Narlock Insurance/United Healthcare - 3rd Friday:
 - Nov. 21, Dec. 19 @ 9-11:00 am
- Physician Partners - 2nd Tuesday:
 - Nov. 11, Dec. 9 @ 9-11:00 am
- My Memory Clinic - 1st Friday
 - Nov. 7, Dec. 5 @ 9-11:00 am
- RVH Insurance - 4th Friday:
 - Nov. 7, Dec. 5 @ 9-11:00 am
- Tiny Dog Cleaning - 2nd Friday:
 - Nov. 14, Dec. 12 @ 9-11:00 am

IN EVERY ISSUE



New Members in September

Andres, Edward	Lillibridge, Paul
Aran, Terry	Manzoni, Maria
Arthur, Carole	Milardo, Josephine
Bellissimo, Frances	Miller, Gwendolyn
Boisseau, Robert	Miller, Marlee
Brown, Claudia	Nieves, Steve
Burdette, Charmaine	Oram, Chris
Burg, Anita	Paz, Diana
Caldwell, Brenda	Paz, Victor
Chasey, Gigi	Pryor, Joyce
Davis, Daniel	Salemme, Anne
Deneute, Carol	Sherard, Betsy
Deneute, William	Siptroth, Elaine
Fisher, Jeff	Smythers, Barbara
Fisher, Patricia	Stephenson, Tanif
Flotte, Ann Raley	Strickland, Stace
Fonte, Chris	Todd, Christine
Frye, Ray	Todd, James
Frye, Stacie	Trexler, Karen (Pat)
Grenfell, Sara	Turigliatti, Linda
Guth, Nicole	Viglione, Terry
Hall, Ann	Wellman, Charles
Hotz, Barbara	Wellman, Linda
Kallish, Anne	Wittenberger, Cathy
Kilian, Mary Lou	Wood, Lauren
King, Don	Yalcinsoy, Ibrahim
	Zynko, Susan

Wickham Park Senior Center Holiday Closures for 2025

To enable our volunteers to spend more time with their families during the upcoming holiday season, Wickham Park Senior Center will be closed on the following dates:

- **Thanksgiving Holiday:**
 - Wednesday, November 26, 2025 (Day before Thanksgiving)
 - Thursday, November 27, 2025 (Thanksgiving Day)
 - Friday, November 28, 2025 (Friday after Thanksgiving)
 - Saturday, November 29, 2025
- **Christmas Holiday:**
 - WPSC will be closed the entire week of Christmas – Monday, December 22 through Sunday, December 28. We will re-open Monday, December 29
- **New Year's Holiday:**
 - Wednesday, December 31 - Closing at 12:30 pm
 - Thursday, January 1, 2026 (New Year's Day)

NEED TO SCHEDULE AN APPOINTMENT WITH SHINE?



The WPSC SHINE Group is available Tuesdays from 9:00 am to 12:00 Noon in Room 104. Anyone interested can call 407-514-1800 to schedule an appointment. No fee required!

COMMENTS? We Value Your Opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:

news@bcwpsc.org

Wickham Park Senior Center is not equipped, nor intended to be a senior care facility. WPSC activities are geared toward independent adults who are able to manage their own care, decisioning making and safety. WPSC's insurance prohibits, and WPSC cannot be responsible for, the provision of physical assistance to individuals on the premises. If an adult companion is needed, the companion may participate in the activity if they desire, regardless of age, and must pay all fees associated with the activity. WPSC reserves the right to prevent persons from being on premises if the WPSC leadership believes that person would cause harm to themselves or others.



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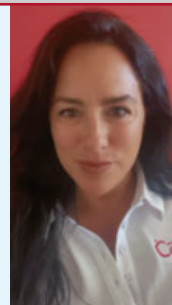
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