

# MARCH 2026

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](http://www.bcwpsc.org)



# Friendship Flyer

## President's Message

Happy March. We have our next dinner event which will be a Spring Fling on Friday, April 17 from 4:30 to 7:00 pm. Entertainment will be provided by Janice and Rene. Ticket cost will \$20 per person and they will go on sale March 16. Watch for flyers with additional details to be posted around the center and in next month's newsletter.



Diane Weinzierl

We have added a few new programs starting in March. All of these events have limited availability due to space, so be sure to check out the flyers and sign-up sheet in the front lobby.

- **Memory Training for Seniors** – the first workshop will be held from 10:00 to 11:00 am on Friday, March 6. (See details on page 2).
- **Introduction to Fitness Class for Seniors** – will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 10-11 am, starting March 10. Participants will leave with their own customized fitness plan. (See details on page 9).
- **Fire & Home Safety Presentation** – Free presentation on Thursday, April 2 from 1:00 to 3:00 pm. (See details on page 3).

Our pool hall held their Annual Tournament of Champions on January 28. Congratulations to the winners:

- 1<sup>st</sup> Place – Joe Franco
- 2<sup>nd</sup> Place – David Reeve
- 3<sup>rd</sup> Place – Billie Meisel
- 4<sup>th</sup> Place – Barry Beddow

Did you know that WPSC has an award winning Shuffleboard Team? In addition to their regular weekly practice and play, they will also be hosting two state tournaments this month. Contact Tom Winkelspecht if you're interested in playing or have any questions.

- March 9-11 – State Tournament – No Two Pros – Any Doubles
- March 18-20 – District Masters Tournament

*Happy St. Patrick's Day to everyone.  
Here's hoping the luck of the Irish smiles on all of us this year!*



## Officers

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

## Directors

Celeste Garcia	Ginny Parker
Barbara Carlson	Janet Smith
Beverly Morgan	Sharon Sneary
Pam Page	Rosann Testa

## Staff

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Webmaster:	Maureen Reeder
Sunshine:	JoAnn Efird
Newsletter:	Nilda Rosario

## Directory

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Sponsorships:	<a href="mailto:sponsorship@bcwpsc.org">sponsorship@bcwpsc.org</a>
Information:	<a href="mailto:info@bcwpsc.org">info@bcwpsc.org</a>
Webmaster:	<a href="mailto:webmaster@bcwpsc.org">webmaster@bcwpsc.org</a>
Travel Office:	<a href="mailto:travel@bcwpsc.org">travel@bcwpsc.org</a>
Front Desk:	<a href="mailto:reception@bcwpsc.org">reception@bcwpsc.org</a>
Bridge Club:	<a href="mailto:bridge@bcwpsc.org">bridge@bcwpsc.org</a>
Newsletter:	<a href="mailto:news@bcwpsc.org">news@bcwpsc.org</a>
IT Admin:	<a href="mailto:itadmin@bcwpsc.org">itadmin@bcwpsc.org</a>

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## MISSION STATEMENT

Our mission is to provide a welcoming and engaging environment where seniors can stay active, learn new skills, and build lasting friendships. Through a wide variety of classes, games, arts, and social activities, we celebrate independence, creativity, and community connection.

*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 **March 9 at 9:30 am, Room 117**. All WPSC members are welcome to attend.

## MEMORY TRAINING CLASS FOR SENIORS

**FREE TO MEMBERS – Friday, March 6 @ 10-11:30 AM**  
**Limited to 8 People – Sign up at Front Desk**

Bring paper and a pencil and join us in a friendly, supportive environment where learning is fun and practical.

- Learn fun memory tricks and techniques to make recalling information much easier.
- Learn why teachers used these strategies when we were young and why they faded away as we got older.
- Learn how these same methods can be applied to everyday life, from remembering names and dates, to learning new subjects or skills.

Questions? Contact **John Fontana** at 916-705-8146 or email [jhnfontana@yahoo.com](mailto:jhnfontana@yahoo.com).

## 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.

## AARP FREE TAX SERVICE AVAILABLE

AARP Tax-Aide volunteers will again provide free tax preparation and electronic filing of 2025 federal (not state) income tax returns at the following sites. There are NO restrictions based on age, income or AARP membership. Starting January 15, appointments can be scheduled online at [taxaide.aarpfoundation.org](http://taxaide.aarpfoundation.org) or by calling 1-888-227-7669 (see each site below for more scheduling options).

### Tax Sites and Hours:

COCOA BEACH LIBRARY (550 N. Brevard Avenue)  
Returns prepared Tue, Wed, and Thu from 9:30am to 1:00pm beginning Feb 3. Appointments can be made in person on Jan 15 and 21 from 9:30am to 12:30pm and during operating hours.

CENTRAL BREVARD LIBRARY, COCOA  
(308 Forrest Avenue, Cocoa)

Return prepared on Tue, Thu and Sat from 9:00am to 1:00pm starting Feb 3. Appointments can be made in person on Jan 20, 22, 24, 27, 29, and 31 from 9:00am to 1:00pm and during operating hours.

ASCENSION LUTHERAN CHURCH  
(1053 Pinetree Drive, Indian Harbour Beach)

Returns prepared on Mon and Tue from 9:00am to 1:00pm beginning Feb 2. Appointments can be made in-person on Jan 19, 20, 26, and 27 from 9:00am to noon and during operating hours.

ST. LUKES'S PRESBYTERIAN CHURCH  
(1255 Knox Mcrae Drive, Titusville)

Returns will be prepared on Mon and Sat from 9:30am to 2:30pm. Call 321.355.2390 for appointments which can be made in person on Jan 19 and 24 from 9:00am to noon and during operating hours.

GREATER PALM BAY SENIOR CENTER  
(1275 Culver Dr. NE, Palm Bay)

Returns prepared on Mon, Wed and Sat beginning Feb 2 from 9:00am to 1:00pm. The site will be closed on Feb 16. Appointments can be made in person Jan 5, 7, 12, 14, 21, 26, 28 from 9:00am to noon and during operating hours.

VETERANS MEMORIAL COMPLEX, Bryant/Adams  
Park (2285 Minton Rd, West Melbourne)

Returns prepared on Thu and Fri from 9:00am to 1:00pm. Appointments can be made in person Jan 22, 23, 29 and 30 from 9:00am to 12:00 pm and during operating hours.

VIERA REGIONAL COMMUNITY CENTER  
(2300 Judge Fran Jameson Way, Viera)

Returns will be prepared on Mon and Thu beginning Feb 2 from 9:30am to 1:30pm. The site is closed on Mar 23 and 26. Appointments can be made in person Jan 26 and 29 from 9:00am to noon and during operating hours.

# IMPORTANT NEWS

## FIRE & HOME SAFETY PRESENTATION

Location: Wickham Park Senior Center, 2785 Leisure Way, Melbourne, FL 32935

When: Thursday, April 2, 2026 @ 1:00 – 3:00 PM

Presenter: Kevin Sehlmeier

This **free** presentation will strengthen your understanding of fire safety and emphasize why every home needs a clear, practiced fire escape plan.

- Topics Covered:**
- Carbon Monoxide
  - Escape Plans
  - Technology
  - Fire Behavior
  - Severe Weather
  - Caregivers
  - Friends

This presentation is limited to 35 attendees. Reserve your FREE spot by signing up at the Front Desk.

**About the Presenter:** Kevin Sehlmeier is a dynamic and engaging speaker with more than four decades of leadership and hands-on experience in Fire and EMS Services. Throughout his career, Mr. Sehlmeier has championed fire safety and community risk reduction, using education as a powerful tool to protect communities and save lives.

*Light snacks and refreshments will be provided by **Sonic Alert**.*

That's Amore!

DINNER & DANCE

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FRIDAY, FEBRUARY 13

4:30-7:00 PM



# CALENDAR OF EVENTS

## MARCH 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Bingo</b> (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
<b>Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)</b> (3rd & 4th Thursday)				<b>3/19 &amp; 3/26</b> 1:00–5:00p			
<b>Bones &amp; Balance</b> (Register at 9:45a)	10:00–11:00a						
<b>Bridge:</b> Beginner Class	For Virtual Classes please see our website at <a href="http://www.bcwpsc.org">www.bcwpsc.org</a> and click "Bridge" icon						
Chat (Virtual)					9:30–11:00a		
Duplicate On-Site:	Noon–3:30p		Noon–3:30p			Noon–3:30p	
Beginner Class			9:00–11:00a	<b>No Bridge Classes April 8 thru July 11</b>			
Intermediate Class	10:00–Noon	<b>No Bridge Classes April 8 thru July 11</b>					
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	
<b>Bunco</b> (1st & 3rd Thursdays)				<b>3/5 &amp; 3/19</b> 1:00–4:00p			
<b>Chair Yoga</b>		3:00–4:00p					
<b>Chefs for Seniors</b> <b>Topic: Spring into Wellness</b>				<b>3/12</b> 11:00–12:30p			
<b>Color Pencil Portrait for Beginners</b>			9:40–Noon				
<b>Cornhole Tournaments</b> (2nd & 4th Sundays)						(12:30p Set-up & Practice)	<b>3/15 &amp; 3/22</b>
<b>Euchre</b>			6:00–9:00p				
<b>Fitness Class For Seniors (Intro)</b> (2nd & 4th Tuesdays)		<b>3/10 &amp; 3/24</b> 10:00–11:00a	Room 117				
<b>Fusion Glass Workshop with Lauren</b>				<b>Project: Glass Plant Stakes (6) Sign-up Ends on March 13</b>		<b>3/21</b> Noon–3:00p	
<b>Hand &amp; Foot</b>	8:45–Noon				8:45–Noon		
<b>Jazzercise Lo</b>	8:30–9:30a		8:30–9:30a		8:30–9:15a		
<b>Line Dancing</b>		4:15–5:30p					
<b>Mahjong: American</b>	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
<b>Pinochle</b>	12:30–4:30p				12:30–4:30p		
Friendly	1:00–4:00p						

# CALENDAR OF EVENTS

## MARCH 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Poker: Dealer's Choice</b>		11:30-4:00p			11:30-4:00p		
Friendly	1:00-4:00p						
<b>Pool (Billiards)</b>	8:30-4:30p	8:30-4:30p	8:30-4:30p	8:30-4:30p	8:30-4:30p	9:30-12:30p	
	<b>Tournament: 2nd Wednesday of the Month March 11 @ 11:00 am</b>						
<b>QiGong-TaiChi</b>	8:30-9:30a		8:30-9:30a		8:30-9:30a		
<b>Rummikub</b>			1:00-4:00p				
<b>Senior Law</b> (4th Friday of the Month)					<b>3/27</b> 2:00-4:00p		
<b>Senior Stitchers</b>				10:00-Noon			
<b>SHINE</b>		9:00-Noon	Call for appointment first.				
<b>Strength / Flexibility</b>	Class is Full - Contact PM for wait list.			9:30-10:30a			
<b>Shuffleboard</b>	9:00-11:00a			6:00-8:30p		9:00-Noon	
	<b>March 9-11 - State Tournament - No Two Pros - Any Doubles</b> <b>March 18-20 - District Masters Tournament</b>						

**Brownlie & Maxwell**  
Funeral Service & Crematory

**(321) 723-2345**  
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Melbourne, FL 32901

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# ACTIVITIES & GAMES

## BINGO!

**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**

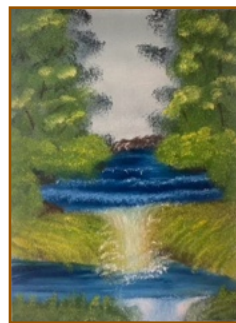


Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. 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 Thursday: March 19 & 26 @ 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**

Come join us for a lot of 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 March we'll be painting *Twin Water Falls*. 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:

- **No Bridge Classes April 8 thru July 11**
- **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](mailto: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 Thursdays, **March 5 & 19 @ 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. 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.

## 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

- **March 12 - Spring into Wellness**
- **May 14 - Salads & Dressings**
- **July 16 - Summer Treats**
- **September 10 - Fall Flavors**
- **November 12 - 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  and



## 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 **Donald Langford** at 321-298-6839.



# ACTIVITIES & GAMES

## Cornhole Tournaments

Sunday, **March 15 & 22 @ 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! 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.

### January 25 Winners:

1st Place: Johnna & Frank  
 2nd Place: Jeff D. & Richard M.  
 Pile On: Ron & Donnie J.



### 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

**NEXT WORKSHOP IS MARCH 21 @ 12:00–3:00 pm**  
**\*\*SIGN UP ENDS ON MARCH 13\*\***

Project: GLASS PLANT STAKES (6)  
 Cost: \$75 PP (Includes All Supplies & Kiln-Firing of Project & WPSC Costs, tkt processing fee is extra)

**No Prior Experience Necessary!** Are you searching for a delightful and unique way to have fun with colors and shapes? Join us for an engaging fused glass workshop tailored specifically for inquisitive beginners—no artistic skills needed! If the term "fusible glass" is new to you, fear not—I'll guide you through the entire process step by step.

**What Awaits You.** We'll start with a short introduction to the kiln-fired glass process. Then comes the exciting part: crafting your own unique glass piece using a vibrant array of materials. You'll have total freedom to design your own (or you can bring inspiration or a template to work from). Choose pre-fired, so no glass cutting is needed OR learn how to use simple tile nippers to create basic shapes. Your completed project will be kiln-fired off-site and members can pickup at WPSC. Prefer shipping? That's an option too!

**This Workshop.** Friendly for those with or without artistic abilities. Play with colors and shapes to make a masterpiece. Make gifts for yourself or others in unique art forms.

**End Result.** You'll make SIX individual plant stakes to decorate your potted plants or gardens. The glass is fired in the kiln and you pick up a finished masterpiece!



Class size is capped at 16 participants (with a minimum of 4 required), so make sure to register early! The sign-up and payment is online only at <http://www.purplepass.com/plantstakeswpsc>.

Let's ignite your creativity and craft something beautiful together!

**For important logistical information,** visit: <https://www.glassbylauren.com/wpsc-workshop-sign-ups> . Questions? Email [info@glassbylauren.com](mailto:info@glassbylauren.com).

Reserve your spot today and discover the enchantment of fused glass! Closed-toe shoes required for safety. Reserve your spot today and discover the enchantment of fused glass! All essential supplies are included.

# 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.

## NEW! STARTING MARCH 10

### Introduction to Fitness Class for Seniors

2nd & 4th Tuesdays: **March 10 & 24 @ 10:00–11:00 am**  
Cost: \$1.00 Members / \$3.00 Non-Members  
Limited to 10 Participants / Signup sheet at Front Desk.  
Equipment: All necessary equipment is provided.

Gentle Movement • Strength • Confidence • Community

Join us for a **FREE one-hour fitness class** designed specifically for older adults who want to stay active, improve mobility, and build strength in a safe and supportive environment. This class is perfect for beginners or anyone looking for a gentle way to move more and feel better. Participants should come prepared to **sit and stand if possible**, but all exercises can be **modified** to match individual comfort levels and physical capabilities. Everyone is welcome — no experience needed.

**What to Expect:** Each session includes:

- A light warm-up to get the body moving comfortably
- Stretching and flexibility exercises to improve range of motion
- Easy resistance and light weight exercises to support balance and strength
- Movements performed both seated and standing

**What to Bring:**

- Comfortable clothing
- Supportive shoes
- Water bottle
- A positive attitude!

Questions? Contact **Michael Sands** at 910-232-7543.

## 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



March into Spring and have some fun! Stop by and try our Line Dancing for Fun and Exercise class, every Tuesday afternoon from 4:15–5:30p. Meet up with friends and make some new ones while enhancing your memory and cognitive function. Stop by and check us out! Call Sue for more information. 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).

# ACTIVITIES & GAMES

## 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 Feb. 11 Results:

1st: Joe Franco

2nd: Paul Monti

3rd: Wally Topinko

4th: Jorge Fernandez

Next tournament is March 11. Questions? Contact **Wally Topinko** at 321-622-4977.

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# 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.

## 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 Law

4th Friday of the Month @ 2:00–4:00P

**NEXT WORKSHOP: MARCH 27**

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.

## 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

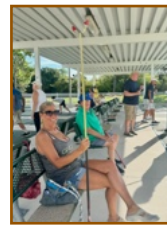
Open Play: Monday 9–11:00 am

Open Practice: Thurs. 6–8:30 pm & Sat. 9:00 am–Noon

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

**March 9-11: State Tournament – No Two Pros – Any Doubles**

**March 18-20: District Masters Tournament**



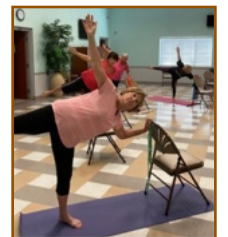
For more information on learning how to play or participating in tournaments, call **Tom Winkelspecht** at 321-446-3283 or email: [tawinkii@me.com](mailto:tawinkii@me.com)

## 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.



# TRAVEL NEWS

## St. John's River Cruise & Music Bingo

**Date:** Thursday, March 5, 2026

**Cost:** \$179 PP

From its home port on Lake Monroe in charming downtown Sanford, the Barbara Lee cruises the St. John's River, serving up superior food, live music, and dancing. You'll also have close-up views of the area's abundant wildlife. The food aboard the Barbara Lee is cooked fresh in the ship's kitchen and you can choose from delicious entrées including prime rib, salads, and fish. Dessert and beverages are included.

## Morikami Japanese Garden Tour with Bento Box Lunch

**Date:** Thursday, March 26, 2026

**Cost:** \$119 PP

Experience the essence of Japan and uncover a destination that transcends time and place nestled in Delray Beach, Florida. We will have a guided tour in this 16-acre park. This is where you can experience a window to Japan through the sprawling gardens and a world-class bonsai display. What a perfect way to experience the Japanese lifestyle with their Bento Box lunch (either Classic or Vegetarian)! This will include: white rice, teriyaki chicken, teriyaki salmon, assorted dumplings, vegetarian options and more. Please let us know which you prefer when you register for this amazing trip.

## Dali Museum & Ford's Garage

**Date:** Tuesday, April 7, 2026

**Cost:** \$169 PP

Visit an unparalleled collection of works by renowned artist Salvador Dalí, from iconic melting clocks to imaginative visual illusions and avant-garde symbols. The Dalí Museum's Dalí Alive 360° is an immersive experience celebrating the life and creative genius of one of the most influential and inventive artists of the modern era. This multi-sensory art experience envelops visitors in 360 degrees of light and sound within a monumental new Museum space: The Dalí Dome. Before departing for home, we will make a stop at the Ford Garage to enjoy lunch.

## Harrah's Casino Pompano Beach

**Date:** Thursday, April 16, 2026

**Cost:** \$69 PP (Includes a \$15 Free Slot Play with Valid Driver's License or Player Card)

Enjoy a fun-filled day at the Isle of Capri Casino in Pompano Beach. This trip does not include motorcoach driver gratuity. Please remember to bring a photo ID.

## "The Pin-Up Girls" Musical at Winter Park Playhouse & Lunch at Cheesecake Factory

**Date:** Sunday, April 19, 2026

**Cost:** \$179 PP

Regional Premiere! From The Andrews Sisters to hip-hop and Gershwin to Beyonce, The Pin-Up Girls sing a cavalcade of hits inspired by letters home from our troops overseas! While singing at the local VFW hall, the ladies stumble upon a huge stash of letters that date back 100 years. Inspired by what they find — funny, sexy, romantic and poignant — they put on a show that celebrates the men and women who fight to defend our country.

## Tarpon Springs "Sponge Capital of the World"

**Date:** Monday, June 8, 2026

**Cost:** \$139 PP

Join us as we set off to TARPON SPRINGS. The city is enriched by the Mediterranean heritage brought at the turn of the century, by Greek sponge divers and their families. You will have the day to explore on your own. Enjoy any of the bakeries and one-of-a-kind shops that give Tarpon Springs its Mediterranean mystique. Let's make the time before we leave to stop at St. Nicholas Cathedral. This cathedral was completed in 1943 and combines elements of Byzantine architecture with modern styling that reflects 20th Century America. The tall domed tower of Saint Nicholas Greek Orthodox Cathedral is crowned by an illuminated cross and serves as a beacon to the faithful and an important landmark in Tarpon Springs. The bright sunlight of Florida's Gulf Coast lights up the yellow brick and makes the stained-glass windows glow. The church received white marble which was quarried at Mount Penteli, near Athens, as a gift from the Greek government. The marble originally was shipped to New York from Greece for the 1939 World's Fair.

# TRAVEL NEWS

## 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

**SOLD OUT!  
WAIT LIST ONLY**

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

## Stetson Mansion & Lunch at Cook's Buffet

Date: Tuesday, November 10, 2026

Cost: \$159 PP

Trip Advisor names a tour of the Stetson Mansion as one of the "top 10 things to do in Florida." The 1886 Stetson Mansion is the largest and most spectacular "Gilded Age" residence ever built in Florida before

1900. The Victorians started our modern day traditions like gift giving and Christmas trees, so what's better than seeing where it all started? The Stetson Mansion had one of the first trees ever illuminated with electric lights. That's what you get when Thomas Edison is your BFF! The Stetson Mansion is Florida's most historic home, but it is not a museum. It is a private residence that is lived in and welcomes guests this time of year with over the top elegant and reverent adult holiday decorations. Prior to our tour we will have lunch at Cook's buffet.

**Please visit our website [www.bcwpsc.org](http://www.bcwpsc.org), for more information or call the office at 321-425-5530  
Monday–Friday, 9:00 AM–1:00 PM**



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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



## 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:

- March 3 – Health First Health Plans
- March 6 – My Memory Clinic
- March 10 – Moore Insurance
- March 13 – Tiny Dog Cleaning, VITAS Healthcare
- March 17 – Brookdale West Melbourne
- March 20 – Narlock Insurance, Faith's Fall Prevention
- March 24 – Freedom Health
- March 27 – RVH Insurance

# IN EVERY ISSUE

## WELCOME

### New Members in January

Ashton, Peggy	Leavy, Kathleen
Baptist, Elfreda	Leavy, Paul
Bara, Debra	Lord, Sandra
Batson, Erika	Luft, James
Behney, Kristen	Maitland, Blonda
Blankenship SR, Jerry	McShane, Harry
Brickhouse, Debra	Merel, Blanca
Brooks, Juanita	Miller, Colleen
Brooks, Sherry	Pearson, Amy
Caggiano, Frank	Petrico, Wanda
Chand, Israel	Pituch, Gary
Chandlee, Luz	Prettyman, William
Chaparro, Zaida	Prosser, Becky
Chapman, Chappy	Reilly, Tim
Chapman, Mae	Richards, Barbara
Comito, Art	Richards, Sandy
Conte, Lenny	Riffe, Nelson
Cooksey, Charles	Rivera, Julio L
Copper, Larry	Rivera, Maria
Cuen, Sylvia	Rollins, Mark
Cunningham, Dianna	Roschek, Kathy
Dolan, Diane	SanGregory, Bob
Eich, Dorothy	SanGregory, Mary Jo
Elken, Cassandra	Savage, Holly
Evans, Sandy	Shiffert, Jane
Fehr, Eileen	Sigle, Phillip
Flocco, Teresa	Slingerland, John
Frisbie, Valerie	Smith, Cindy
Garriques, John	Smith, Gayle
Goins, Patricia	Stout, Anne
Guarasci, Lucille	Taylor, Sue
Hageman, George	Toolan, Mark
Hoodlebrink, Marlene	Treharne, Lynne
Johnston, Virginia	Tsark, Teresa
Karaffa, Dawn	Walker, Edward
Karaffa, Michael	Walker, Katherine (Kim)
Kern, Rosemary	Weber, Pheby
Land, James	Willson, Barbara
Laughter, Michele	Zupcsics, Gregg
Lawson, Debra	

### 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!

### 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.

### 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](mailto: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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