

FEBRUARY 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



Friendship Flyer

President's Message

Tickets for our February 13 (Friday night) "That's Amore!" Dinner/Dance are now on sale at the Front Desk. The time is 4:30 to 7:00 pm and tickets are \$20 per person, which will include an Italian dinner from Genna's Restaurant. Eileen & Louie will be providing the musical entertainment. See flyer on page 3 for more details.

On January 12th, your new Board met to elect your Executive Board. The Board voted to retain your 2025 Executive Officers in place for 2026 as well. Here's the composition of your new 2026 Board of Directors:

- President – Diane Weinzierl
- Vice President – Janice Oppelt
- Secretary – Lori Ebbensard
- Treasurer – Colleen Barneman
- Directors – Celeste Garcia, Beverly Morgan, Pam Page, Ginny Parker, Janet Smith, Sharon Sneary, Rosann Testa, Barbara Carlson

At our next meeting, we will start planning the calendar for the remainder of the year. I'll keep you posted on those plans as they progress. Please feel free to reach out to me, or any Board Member, with comments or suggestions.

Below are a few of the non-weekly and special events already planned for the remainder of this quarter:

- **Bunco:** February 5 & 19/March 5 & 9 (1st & 3rd Thursday of each month)
- **Corn Hole:** February 8 & 22/March 15 & 22 (Sunday afternoons – played inside)
- **Valentine's Dinner/Dance:** February 13 (Friday evening)
- **Senior Law Seminar:** February 27 & March 27 (4th Friday of each month)
- **GFWC Melbourne Women's Club Bunco Fundraiser:** March 1 (Sunday)
- **Memory Training for Seniors (NEW):** March 6 (Friday)
- **Shuffleboard State Tournament:** March 9-11 – Doubles M/L
- **Chefs for Seniors:** March 12 (Thursday) – Topic: Spring into Wellness
- **Shuffleboard District Masters Tournament:** March 18-20 – By Invitation Only
- **Fused Glass Workshop:** March 21 (Saturday) – Learn to make six (6) Glass Plant Stakes.



Diane Weinzierl

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

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

Directory

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Front Desk:	reception@bcwpsc.org
Bridge Club:	bridge@bcwpsc.org
Newsletter:	news@bcwpsc.org
IT Admin:	itadmin@bcwpsc.org

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HAPPY
VALENTINE'S DAY



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

HEALTHY AGING . . . WHAT IS IN YOUR TOOLBOX?

Article Contributed by Marcia Luhn

We have made numerous physical advancements over the last 50 years. Both grip strength and walking speed (widely accepted measures of physical capacity) have improved in the world's most advanced economies. Many older adults reach their 80's without a major illness. Previously researchers suspected the key to healthy aging was totally genetic, however, we know lifestyle plays an important role as well.

Let's examine a few strategies available for healthy aging.

1. Take up strength training. This type of training has been linked to higher bone density, better sleep and improved mental health.
2. Follow a consistent sleep schedule. Deep sleep is critical for better aging. Fewer hours of deep sleep put one at a higher risk for dementia.
3. Bolster your mental health. Research shows people with active social lives typically have a lower risk of mortality and disease. Your brain needs exercise too. Our brains can be trained to be cognitively sharp. Learn a new language, play a board or card game, solve a puzzle, try a different exercise class!
4. Work on balance. Check our schedule at WPSC for activities that improve balance. See the class descriptions in this newsletter; there is something for everyone! Plus you will increase your social capital as well.
5. Watch your diet. Avoid excessive ultra-processed food and eat more fruits and vegetables.

Join me, Marcia Luhn, on Mondays from 10-11 AM. for Bones, Balance (and Brains) in the multipurpose room and add to your toolbox.

"I've always said if you're not moving forward you're going to get left behind real quick. Adaptability is my super-power!"

Sister Jean Dolores Schmidt @ 103 years old.

MEMORY TRAINING CLASS FOR SENIORS

FREE TO MEMBERS

Friday, March 6, 2026 @ 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.



Help support the Wickham Park Senior Center by volunteering for the following open positions:

- 1) Computer Support Technician to assist with Windows Computers and associated equipment. Contact **John Efirid, 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.

GFWC MELBOURNE WOMAN'S CLUB 22ND ANNUAL BUNCO PARTY



MARCH 1, 2026
1:00 pm – 4:00 pm
2785 Leisure Way
Melbourne

\$25 Includes a Light Lunch

For tickets or more information, please contact:
Alice Roper @ 321-298-7591
Benda Hoffman @ 321-431-9119

IMPORTANT NEWS

WICKHAM PARK SENIOR CENTER

presents

That's Amore!

DINNER & DANCE

FRIDAY, FEBRUARY 13 - 4:30-7:00 PM

\$20 PER PERSON

TICKETS ON SALE MONDAY, JANUARY 12, 2026

Games & Drawings:

- 50/50
- MUSICAL HEARTS WALK
- DOOR PRIZE

**Entertainment By
EILEEN & LOUIE**



**Italian Dinner from
Genna's Restaurant**

MENU:

- BAKED ZITI
- MEATBALLS
- SAUSAGE & PEPPERS
- GARLIC KNOTS
- BREAD
- DESSERT

CALENDAR OF EVENTS

FEBRUARY 2026

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 Thursday)				2/19 & 2/26 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.bcwpssc.org and click "Bridge" icon						
Chat (Virtual)					9:30–11:00a		
Duplicate On-Site: Beginner Class	Noon–3:30p		Noon–3:30p			Noon–3:30p	
Intermediate Class			11:00a–1:00p	<i>Suspended until the Fall</i>			
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)				2/5 & 2/19 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors Topic: Spring into Wellness				3/12 11:00–12:30p			
Color Pencil Portrait for Beginners			9:40–Noon				
Cornhole Tournaments (2nd & 4th Sundays)						(12:30p Set-up & Practice)	2/8 & 2/22 1:30p
Euchre			6:00–9:00p				
Fusion Glass Workshop with Lauren Project: Glass Plant Stakes (6)						3/21 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

FEBRUARY 2026

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 February 11 @ 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)					2/27 2:00–4:00p		
Senior Stitchers				10:00–Noon			
SHINE		9:00–Noon	<i>Call for appointment first.</i>				
Strength / Flexibility	<i>Class is Full – Contact PM for wait list.</i>			9:30–10:30a			
Shuffleboard	9:00–11:00a			6:00–8:30p		9:00–Noon	

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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 Thursday: February 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 February we'll be painting Oregon Shore. 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: Suspended until the Fall**
- **Intermediate Bridge: Wednesdays @ 11:00 am–1:00 pm in Library. \$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 Thursdays, **February 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, **February 8 & 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 11 Winners:

1st Place: Daryl & Jay
 2nd Place: Don & John W.
 Pile On: Daryl



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 7****

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.

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.

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



Line Dancing for Fun and Exercise resumes our regularly scheduled class on Tuesday, January 6, 2026. We can't wait to get back to our fun dances! Line Dancing is a low impact exercise that improves your cardiovascular health. It is a fun, rewarding, social activity that stimulates range of motion and mental focus. All of us need to get out and have some fun! Come join us on Tuesdays, 4:15–5:30PM. 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 Jan. 14 Results:

- 1st: Dan Traynor
- 2nd: Dwayne Harris
- 3rd: Bob Furlong
- 4th: Mike Spaethe

Next tournament is February 11. 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.



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.




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ACTIVITIES & GAMES

Senior Law

4th Friday of the Month @ 2:00–4:00P

NEXT WORKSHOP: FEBRUARY 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

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

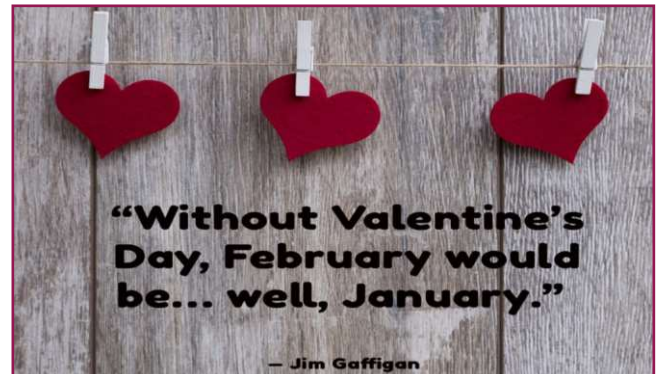
Thursdays @ 9:30–10:30 am

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**

Salveti at 321-626-0282.



TRAVEL NEWS

HAIRSPRAY at the Titusville Playhouse & Lunch at Dixie Crossroads

Date: Sunday, February 8, 2026

Cost: \$179 PP

Feel the excitement and dance like nobody is watching as Broadway's Tony Award-winning musical comedy HAIRSPRAY spins to the stage! The 1950s are out, and change is in the air! Meet Tracy Turnblad, a lovable plus-size teen with big hair and an even bigger ambition—she's determined to dance on the "Corny Collins Show" and fight for integration! With catchy hits like "Welcome to the 60s" and "You Can't Stop the Beat," get ready for a family-friendly show packed with laughter, love, and non-stop fun!

Florida Strawberry Festival

Date: Sunday, March 1, 2026

Cost: \$79 PP

The festival celebrates the annual strawberry harvest in Plant City, marking its 91st year in 2026. Each spring, the Florida Strawberry Festival® rolls out the red carpet to welcome visitors from throughout the Sunshine State and the world to enjoy exhibits of agriculture, commerce, industry, livestock, fine arts, horticulture, and crafts. The fabric of American life is woven into the Festival through social events, contests, youth developmental programs, and parades with glorious floats and high-stepping marching bands.

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.

Please visit our website www.bcwpssc.org, for more information or call the office at 321-425-5530

Monday–Friday, 9:00 AM–1:00 PM

TRAVEL NEWS

“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.

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**

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.

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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:

- Tuesday - February 3
Health First Health Plans
- Friday - February 6
My Memory Clinic
- Tuesday - February 10
Moore Insurance
Physician Partners of America
- Friday – February 13
Tiny Dog Clean
- Tuesday - February 17
Better Health Group
Brookdale West Melbourne
- Friday – February 20
Narlock Insurance
- Tuesday - February 24
Freedom Health
LifeWave
- Friday – February 27
RVH Insurance

IN EVERY ISSUE

WELCOME

New Members in December

Ahlquist, Susan	Markert, Mary
Athon, Cathleen	Martinelli, Clorindo
Athon, O. J.	McCullers, Becky
Barker, Silvia	Mello, Arlene
Brandon, Emma	Munnich, Martin
Brower, Denise	Odde, John
Burgeson, Pamela	Paglia, Mary
Cline, Vivian	Perl, Deborah
Dobson, Sandra	Rabitaile, Suzanne
Driscoll, Catherine	Rapp, Vada
Elliott, Angela	Rikli, Chuck
Ford, Holly	Rivera, Joanne
Garza, Marti	Ruiz, Edna
Hahn, Rick	Savage, David
Kachmaryk, Suzette	Savage, Sharen
Kamal, Brenda	Thosteson, Karen
Livingston, Everliet	Travell, Linda
Mabry, Charles	Walsh, Bernadette
Magnuson, Tami	Walsh, Patrick

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



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

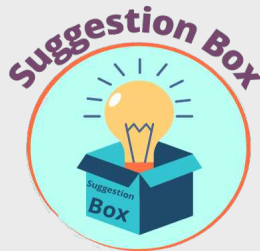
WPSC OFFERS FREE LIFETIME MEMBERSHIP TO ANYONE AGE 90 & ABOVE (Effective August 1, 2025)



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

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!

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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