

AUGUST 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.bcwpssc.org



Friendship Flyer

President's Message

As usual, your Board is hard at work making plans for this fall. Below is a bit of good news about membership that I wanted to share, along with a list of dates for activities that are in the works. Be sure to mark them on our calendars so you don't miss out.

Effective August 1, 2025, your Board voted to lower the age for **FREE MEMBERSHIP** from Age 95 to **Age 90**. See page 2 for additional details.

Save the Dates you will want to be aware of:

- **Friday, August 8 – Free Colorectal Cancer Screening** – 9:00 am–12:00 Noon. See page 2 for details.
- **Thursday, September 11 – Chefs for Seniors** – 11:00 am–12:30 pm. The topic for this seminar will be *Fall Flavors*. See page 7 for more details.
- **Friday, September 12 – Free Flu Shots** offers by Hobbs Pharmacy – 9:00 am – 12:00 noon. See page 3 for details.
- **Sunday, September 21 – Bunco for Boobies Fundraiser** – 1:00-4:00 pm. See page 3 for details.
- **Saturday, September 27 – Rummage/Craft Show at WPSC** – 8:00 am–1:00 pm. This event is FREE and open to the public. See page 2 for more details or information on how to reserve a table for selling items at this event.
- **Friday October 17 – WPSC Halloween Dinner/Dance** – 4:30–7:00 pm. This year's theme will be *1950's/1960's Halloween* – so check out your closet and pull out some of those old outfits you've been saving forever. Watch for more details in next month's newsletter.
- **Saturday, October 25 – Fused Glass Workshop** – 12:00–3:00 pm. See details on page 8.
- **Friday, December 3 – WPSC Annual Meeting** – 4:00–5:00 pm. Meet your board nominees, learn what's happened this past year and what's planned for 2026. More details to follow in October.
- **December 1 – 10 - First Annual Ornament Contest**. Start working on your *hand-made* Christmas Ornament to decorate our tree and possibly win a prize. Members will vote on their favorite ornaments December 11-17, and the winners will be announced on December 19. Watch for more details in our November newsletter.
- **December 8-12 – Annual Election Week**. Our WPSC Board of Directors are responsible for the day-to-day operations of the Center. Please give some consideration to running for the Board if you have any interest in determining how YOUR center is run. Applications will be available in October.

**Enjoy the rest of the summer and don't forget we will be CLOSED on
Monday, September 1 for Labor Day.**



Diane Weinzierl

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

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Karen Bostwick Janet Smith
Beverly Morgan Sharon Sneary
Pam Page Rosann Testa

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IT Admin: itadmin@bcwpssc.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 **August 11 at 9:30 am in Room 117**. All WPSC members are welcome to attend.



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!

If you find you have extra funds in your charitable donations bucket anytime during the year, please consider donating to WPSC.

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.

FREE COLORECTAL CANCER SCREENING

DATE: AUGUST 8

TIME: 9:00 AM – 12:00 NOON

PLACE: WICKHAM PARK SENIOR CENTER

It's finally here- the more PLEASANT WAY to screen for colon cancer. Our Shield™ blood test offers individuals a more pleasant and convenient screening option that helps overcome barriers associated with available methods, including colonoscopy and stool-based testing, which can be unpleasant, time-consuming and difficult to complete. Shield™ is FDA-approved and covered by Medicare for patients 65-85 years of age.



Intended Use / Indications for Use

The Shield™ test is a qualitative, in vitro diagnostic test intended to detect colorectal cancer derived alterations in cell-free DNA from blood collected in the Guardant Shield™ Blood Collection Kit. Shield™ is indicated for colorectal cancer screening in individuals at average risk for the disease, age 45 years or older. Patients with a positive result should be followed by colonoscopy. Shield™ is not a replacement for diagnostic colonoscopy or for surveillance colonoscopy in high-risk individuals.

Sign up sheets will be posted at the front desk.

IMPORTANT NEWS

NEW TO MEDICARE OR ALREADY ON MEDICARE?

As we approach the end of the year, I want to take a moment to remind you of the importance of your annual healthcare checkup for your Medicare plan. This is more than just a routine task; it's an opportunity to ensure that you are getting the most out of your healthcare coverage.

Why Annual Checkups Matter:

1. Your Health is Unique: Each one of us has different health needs that can change over time. By reviewing your Medicare plan annually, we can tailor your coverage to meet your evolving requirements.
2. Stay Informed: Medicare plans can change from year to year. Together, we'll review any updates to your plan and explore new options that may better suit your needs.
3. Maximize Your Benefits: An annual checkup ensures that you're utilizing all available benefits, which can lead to significant savings and improved healthcare outcomes.

Why Choose Me as Your Independent Broker:

Choosing the right broker can make a world of difference in your Medicare experience. Here's why I'm dedicated to being your trusted partner:

- Personalized Attention: As an independent broker, I am committed to understanding your unique health situation and financial goals. I take the time to listen and provide tailored recommendations that fit your lifestyle.
- Expert Guidance: With years of experience in navigating the complexities of Medicare, I offer expert advice and support, ensuring you make informed decisions that benefit you.
- Advocacy on Your Behalf: I don't just help you choose a plan; I advocate for you throughout the year. Whether you have questions or need assistance with claims, I'm here for you every step of the way.
- Building Relationships: I believe in building lasting relationships with my clients. When you work with me, you're not just a number; you're a valued individual deserving of the best care and support, you are family.

Let's Connect!

Your health is too important to leave to chance. Let's schedule your annual Medicare checkup or if your New to medicare reach out today, and together, we'll ensure that you have the best plan that meets your needs. Reach out to me anytime!

Rachael Hayward, 321-493-0854

Email: Rachael@rvhinsurancenavigators.com

Website: <https://rvhinsurancenavigators.com/>

"We do not offer every plan available in your area. Currently we represent [11] organizations which offer [85] products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options."

GET YOUR FLU SHOT

@ Wickham Park Senior Center

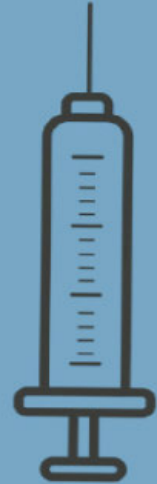
FRIDAY,
SEPTEMBER 12TH
9AM-12PM

FREE FLU SHOTS*

Protect yourself and your community this flu season. All are welcome - Sign up at the Front Desk (walk ups will be accepted)

*INSURANCE CARD REQUIRED

Questions? Contact
acompton.hobbs@gmail.com



BUNCO FOR BOOBIES FUNDRAISER TEAM "SAVE THE GIRLS"



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

When: Sunday, September 21, 2025

Time: 1:00-4:00 pm

\$20.00 Donation to Play

Door Prizes - Raffles - Goodies - Friendship - Fun!

Prize for Most Buncos, Most Games

& Least Games and Last Bunco

Please bring a dish or finger food to share. Water and coffee will be provided. Please call or text **Ginny Parker** at 321-698-0445. We need to be sure we have enough table space for all to play.

ALZHEIMER'S & BRAIN AWARENESS MONTH

The Wickham Park Senior Center was present at a HealthFirst sponsored community event on June 25 for a night of education, connection, and support as we honor Alzheimer's and Brain Awareness Month of June.



CALENDAR OF EVENTS

AUGUST 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)				8/21 & 8/28 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	
Duplicate Class			9:00–11:00a	On-site Wednesday Classes Cancelled until October 1.			
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)				8/7 & 8/21 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors Topic: Fall Flavors				9/11 11:00–12:30p			
Color Pencil Portrait for Beginners			9:30–11:00a				
Cornhole Tournaments (2nd & 4th Sundays) (12:30p Set-up & Practice)							8/10 & 8/31 1:30p
Euchre			6:00–9:00p				
Fusion Glass Workshop with Lauren						10/25 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

AUGUST 2025

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Pool (Billiards) (Tournament: 2nd Wednesday of the Month)	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	9:30–12:30p	
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)					9/26 2:00–4:00p		
Senior Stitchers				10:00–Noon			
SHINE		9:00–Noon	Call for appointment first.				
Strength / Flexibility	Class is Full – Contact the program manager to be put on a wait-list.			9:30–10:30a			
Shuffleboard	9:00–11:00a			6:00–8:30P		9:00–Noon	
Technical Training Class 3rd Friday of the Month)					9/19 2:30–4:30p		
SHIELD™ Colorectal Cancer Screening					8/8 9:00–Noon		
Flu Shots					9/12 9:00–Noon		

Brownlie & Maxwell
Funeral Service & Crematory

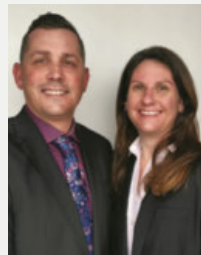
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ACTIVITIES & GAMES



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: August 21 & 28 @ 1:00–5:00 pm

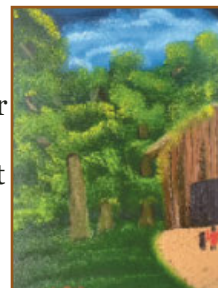
Cost: \$50.00 PP (Includes All Supplies & WPSC Costs)

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 August we'll be painting **The Barn in the Forest**. 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:

On-site Wednesday Classes Cancelled until October 1.

Free to those playing Bridge—\$5.00 if not playing.

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.



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.

ACTIVITIES & GAMES

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.



Beginners Bridge Class

Beginning on October 1 @ 9:00–11:00 am

Every Wednesday for 10 Weeks

\$100 Fees Are Due at First Class (Includes Book & 2 Free Plays in our Club)

Bridge is the ultimate in intellectual competition. This class is designed for learners who know little or nothing about the game. As you learn more, ever-increasing vistas unfold for your experimentation and enjoyment. Once you try it, you'll never give it up. To register, email or call Pam Page at pam_page@bellsouth.net or 321-537-0907.



Bunco

1st & 3rd Thursday, **August 7 & 21** @ 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.

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 321626-1969.

Chef for Seniors

Classes @ 11:00 am–12:30 pm

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

- **September 11: Fall Flavors**
- **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 @ 9:30–11:00 am

Cost: \$3.00 Members / \$5.00 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

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 eighthtakes home a piece of the purse. more information, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

Cornhole Tournaments

Sunday, **August 10 & 31** @ 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.



1st Place: Dale & Richard

July 13
Winners



2nd Place: John & James

Rules for Senior Center:

- Age 50 to 69: 27-ft. front edge to front edge; (Dist. of Boards)
- 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 (ajgclrt@yahoo.com).

Fusion Glass Workshop w/Lauren

Cost: \$75 PP (Includes All Supplies & Kiln-Firing of Project & WPSC Costs)

Are you searching for a delightful and soothing way to express your creativity? 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.

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 own unique glass piece using a vibrant array of materials. Your completed project will be kiln-fired off-site and 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, and a fantastic opportunity to try something new with friends. Let's ignite your creativity and craft something beautiful together!

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, October 25, 2025 @ Noon–3:00P

Project: Fused Glass Lighted Panel Display

On October 25th, we'll be making a rectangular fused glass panel featuring a design of your choice. This panel will rest in a provided wooden base that will light it up from underneath.



To book this workshop, email: info@glassbylauren.com
Sign up deadline is October 20.

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



Come in out of this sweltering summer sunshine and join us for some FUN! Make some social connections and reduce that stress! Line Dance is low impact exercise that improves your cardiovascular health as well as precise movements that increase your balance and coordination. All of this together helps reduce your risk of falling and improves your range of motion. Your mental focus required to learn and remember the dance steps can enhance memory and cognitive function. Most important, come in and meet some amazing, FUN, friends! For more information call **Sue Duncan** 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.

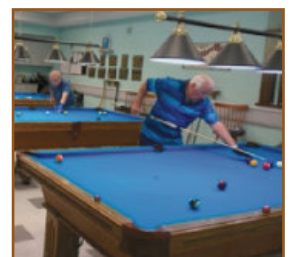
Pool (Billiards)

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

YE OL Pool Room 8-Ball Tournament July 9 Results:

- 1st: Joe Franco
- 2nd: Jim Reuter
- 3rd: Dave Reeve
- 4th: Wally Topinko

Next tournament is August 13.
 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

NO SEMINAR AUGUST.

4th Friday of the Month (**September 26**) @ 2:00–4:00P

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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rfernbach@lpicommunities.com

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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

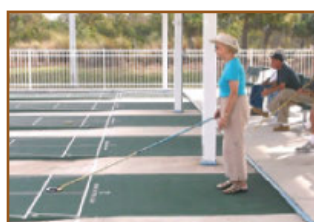
Open Play: Monday 9–11 am

Open Practice: Thursday 6–8:30 pm

Saturday 9 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.



Technical Training & Education on Computer & Cell Phone

NO CLASSES IN AUGUST

3rd Friday of the Month (**September 19**) @ 2:30–4:30 pm

Cost: \$1 Members / \$3.00 Non-Members

Phone/Tablet Beginner: 2:30–3:15 pm

Phone/Tablet Interim/Advanced: 3:15–4:00 pm

Laptop computer: 4:00–4:30 pm

(iPad/ tablet questions taken during any class)



Try one or stay for all 3! Room 117, 18-person limit. Use the sign-up sheet on the front table or text or call **Alison** at 954-376-2444 to confirm. Exercise your brain in a fun, interactive hour with a relevant and patient approach. For more personalized assistance, unsure of your level, or for desktop computers, don't hesitate to contact Alison.

TRAVEL NEWS

Winter Park Museum, Boat Ride & Lunch at the Cheesecake Factory

Date: September 11, 2025

Cost: \$189 PP

Time: Leaves WPSC at 8:00 am / Returns at 6:00 pm

The Morse Museum houses the world's most comprehensive collection of works by Louis Comfort Tiffany (1848-1930). Winter Park Scenic Boat Tour is a natural attraction with scenic views, guided cruises through three of the lakes and two, narrow manmade canals on the tranquil Winter Park Chain.

The Winter Park Playhouse: Forever Plaid & the Cheesecake Factory

Date: October 9, 2025

Cost: \$189 PP

Time: Leaves WPSC at 10:30 am / Returns at 5:30 pm

This hit Off-Broadway musical comedy pays homage to the close-harmony "guy groups" of the 1950s. The Plaids, a quartet of high school chums, dreamt of becoming stars but never got the chance. They return from the afterlife for one final shot at musical glory and perform hit songs including "Three Coins in the Fountain," "Sixteen Tons," "Chain Gang," "Heart and Soul," "Rags to Riches" & "Love is a Many-Splendored Thing." Before the play enjoy a wonderful lunch at the Cheesecake Factory. Bring a small cooler for your cheesecake or eat your cheesecake and bring the cooler for your leftover food.

Charleston, SC

Date: October 20-23, 2025

Cost: \$707 PP Double / \$927 PP Single

Time: Leaves WPSC at 8:00 am

Historic Charleston guided tours including visits to Fort Sumter with boat ride and free time to explore on your own, Charleston's historic city market, and admission to the beautiful Magnolia Plantation. Package includes deluxe roundtrip motor coach transportation, 3 nights deluxe accommodations and 3 breakfasts, 3 dinners at fine local restaurants.

Mount Dora Craft Fair

Date: October 25, 2025

Cost: \$69 PP

Time: Leaves WPSC at 7:45 am / Returns at 5:30 pm

This is one of Central Florida's favorite festivals and what a perfect time of the year to host a craft fair with the cooler weather and the holidays just around the corner. Contact the WPSC Travel Office for more information.

First Annual Senior Center Fundraiser Cruise* Aboard the New MSC World America

Date: November 8-15, 2025

	Double Occ.	Ins.	Single Occ.	Ins.
Interior	\$1,249	\$139	\$1,942	\$169
Oceanview	\$1,449	\$169	\$2,382	\$199
Balcony	\$1,699	\$199	\$2,802	\$229

Deposit of \$400pp must be paid at time of reservation. Final payment & insurance is due by August 15, 2025. Insurance is non-refundable.

Enjoy an 8-day cruise from Miami to the beautiful destinations of Isla De Roatan, Honduras, Costa Maya and Cozumel, Mexico and Ocean Cay MSC Marine Reserve in the Bahamas.

**For every person booked Travel Expressions, Inc. will make a \$25 donation to the Senior Center. (If cancelled, money must be refunded to Travel Expressions, Inc.)*

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

Date: November 20, 2025

Cost: \$199 PP

ICE! will be back this year. The signature holiday attraction will feature your favorite scenes from a beloved story. More than two million pounds of ice will be hand-carved. Blue parkas will be provided but please bring hat, gloves and wear closed toe shoes as the temperature will be a nippy 9 degrees. 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 Mount Dora. Contact the WPSC Travel Office for more information.

Saint Augustine Day Trip

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.

TRAVEL NEWS

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 of South Dakota & Yellowstone National Park

Date: September 21-28, 2026

Cost: \$1,560 PP Double / \$2,297 Single Occupancy
(Airfare Not Included)

7 nights lodging including 4 nights lodging in South Dakota

- 14 meals: 7 breakfasts and 7 dinners
- Transportation in South Dakota, including to and from the airport, on a video and restroom equipped motorcoach.
- Guided Tour of Deadwood, plus gaming at a Deadwood Casino
- Visit to the amazing Crazy Horse Memorial
- Visit to the Mount Rushmore National Memorial
- Tour of Wildlife Loop Road at Custer State Park
- Admission to the Unique Journey Museum, High Plains Western Heritage Center & Borglum Historical Center
- Admission to Yellowstone National Park with a Guided Tour



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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.

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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:
 - August 8, Sept. 16 @ 9:00-11:00 am
- Brookdale West Melbourne - 3rd Tuesday:
 - August 19, Sept. 16 @ 9:00-11:00 am
- Freedom Health - 4th Tuesday:
 - August 26, Sept. 23 @ 9:00-11:00 am
- Health First - 1st Tuesday:
 - August 5, Sept. 9 @ 9:00-11:00 am
- Livewave - 4th Tuesday:
 - August 26, Sept. 23 @ 9:00-11:00 am
- Moore Insurance - 2nd Tuesday:
 - August 12, Sept. 9 @ 9:00-11:00 am
- Narlock Insurance/United Healthcare - 3rd Friday:
 - August 15, Sept. 19 @ 9:00-11:00 am
- Physician Partners - 2nd Tuesday:
 - August 12, Sept. 9 @ 9:00-11:00 am
- RVH Insurance - 4th Friday:
 - August 22, Sept. 25 @ 9:00-11:00 am
- Tiny Dog Cleaning - 2nd Friday:
 - August 8, Sept. 12 @ 9:00-11:00 am

IN EVERY ISSUE

WELCOME

New Members in June

Arso, Madeline	Jones, Andrea (Paula)
Atkin, Judith	Kulzer, Janina
Avena, Roseann	Land, Kathie
Bradford, Jack	Lewis, Doris
Bradford, Julie	Lofreddo, kathleen
Brodhead, Ken	Mamika, Sarah
Brodhead, Pamela	Mathisen, Kathryn
Brown, Bob	Nicoletti, Maureen
Campbell, Vogel N (Bud)	O Donnell, Beverly
Cleaver, Ann	Pascarell, Barbara
Elliott, Cecilia	Post, Sandra
Estwick, Michael	Rappert, Beverly
Fincke, Susan	Reisch, Nola
Fravel, John	Sands, Diane
Hasson, Barbara	Strange, Luci
Hasson, Gordon	Williams, Jane
Heinly, Karen	Withers, Gay
Hoeper, Mary	Woolley, Sharon
Houck, Virginia	Yen, Wei "Mimi"
Igartua, Elizabeth	

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!



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:

- **Labor Day Holiday:**
 - Monday, September 1, 2025
- **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)
We will re-open Friday, January 2, 2026.

“

Laughter is timeless.
Imagination has no age.
And dreams are forever.

WALT DISNEY

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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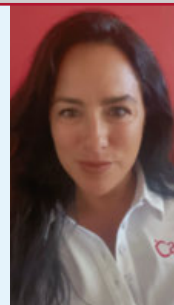
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