



# Friendship Flyer

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Monday-Friday: 8:30 am—4:30 pm

Saturday: 9:00 am—Noon

Sunday: CLOSED

[www.bcwpssc.org](http://www.bcwpssc.org)

OCTOBER 2024



## President's Message



Diane Weinzierl

October is not only the beginning of our new fiscal year, it's also our busiest time of the year. We have a number of important events coming up this fall, and we encourage you to add these to your calendar and plan to attend.

- **Halloween Dinner/Dance** – Our annual Halloween Dinner/Dance will be held on **Friday, October 25 from 4:30 to 7:00 pm**. Cost is \$15/per person which includes dinner, entertainment, costume contest and some other fun activities. Attendance is limited to 100 people. **Tickets will go on sale at the Front Desk on Monday, September 30.** See flyer on page 12 for details.



- **Annual Election** – Our annual election for the WPSC Board of Directors takes place the second week in December. As you already know, it's your Board of Directors who facilitate the day-to-day operations of the Center and we are always looking to get new people involved. We will have openings for four (4) Director positions this year. If you're interested in providing input as to how the Center is run, **please consider running for one of these Board positions**. All you need to do is pick up an application from the front desk and return it no later than November 1. More details along with Board of Director responsibilities can be found on page 3.
- **Annual Meeting Wine & Cheese Reception - Friday, December 6 from 4:30 to 6:00 pm** – Please plan to join us for our 2024 Annual Meeting where you'll hear more about what happened at YOUR Center during 2024 and what's being planned for 2025. I promise to keep the business portion of the meeting short and leave plenty of time for you to enjoy the snacks and wine. This event is **FREE** to all members.

Last month I forgot to mention that effective Saturday, September 7, we started opening our Front Desk on Saturday mornings from 9:00 am to 12:00 noon. While we have had activities going on at the Center during the weekend hours, the program managers had the responsibility of opening the building specifically for their programs. Now our Front Desk will be open to assist members and prospective members 6 days of the week (Monday through Friday from 8:30 am to 4:30 pm and Saturday from 9:00 am to 12:00 noon). Thanks to our Front Desk Team for volunteering additional hours to make this happen.

I know it's a little early to start thinking about the Christmas holidays, but I wanted to let everyone know that your Board made the decision to support the Salvation Army again this year in providing gifts for seniors. There was an issue with this last year and we have been assured that will not happen again. Our plan is to have the tags available for your much earlier this year, giving you plenty of time to purchase and return your gifts to the Center when they will be picked up on December 5. Watch for more details and the tags next month.

*I want to wish everyone a Safe and Happy Halloween!*

## 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!"***

The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **October 14 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 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 WPCS in FY2024.



- Kathleen & Andrew Cole
- Lawrence Nicola – in memory of Jacque Nicola
- Gayle & Stephen Schanck
- Carol Patton (Kirby Family Fund)
- Mitchell Hait
- Jenny & John Potanos
- Travel Expressions, Inc.

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!



- **OCTOBER 25:** Halloween Dinner/Dance 4:30– 7:00 PM
- **NOVEMBER 1:** Board of Directors Registration Ends
- **DECEMBER 6:** Annual Meeting Wine & Cheese Reception. 4:30 – 6:00 PM
- **DECEMBER 8:** Volunteer Holiday Event
- **DECEMBER 9-13:** Board of Directors Annual Elections

## 2024 General Election is on November 5, 2024



- **October 7:** Voter registration deadline for general election.
- **October 24:** Last day to request mail ballot for general election.
- **October 21–November 2:** Early voting for general election. Voters may vote at any of Brevard's Early Voting sites regardless of their residential address. On Election Day, voters can only vote at their precinct specific polling location.

### Early Voting Sites Will Be Open:

Monday - Friday: 8:00 am - 6:00 pm

Saturday - Sunday: 8:00 am - 4:00 pm

- **November 5:** General Election Day. Polls open from 7:00 am - 7:00 pm.

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.

## 2025 Board of Directors Nominating Committee News

The time has once again come for the Nominating Committee to encourage qualified, enthusiastic, and energetic members to run for the Wickham Park Senior Center Board of Directors.



The Wickham Park Senior Center Board is a working Board. The general management of the affairs of the Wickham Park Senior Center is vested in the Board of Directors, and the Board is responsible for establishing such rules and regulations or policies and procedures as deemed advisable concerning the operations, staffing and financing of the various committees.

This year the Board has openings for 4 Directors - each serving a 3-year term. The Executive Committee officers (President, Vice-President, Treasurer and Secretary) will be selected from, and elected by, the 12 Board Directors at the first board meeting in January. ALL MEMBERS IN GOOD STANDING ARE ELIGIBLE TO APPLY.

Responsibilities for each Director include:

- Attending monthly Board of Director Meetings (currently held at 9:30 am the 2nd Monday of each month) and General Membership Meetings.
- Serving as the Director on Call for a four (4) hour AM or PM session once per week.
- Be willing to serve as an Executive Committee Officer or chair a Designated Committee or Fund Raising Event (such as Membership Committee, Volunteer Coordinator, Friday Night Dinner Committee, Volunteer Event Planning Committee, Rummage Sale, etc.)
- Assisting with the following activities: Front Reception Desk, Bingo, Kitchen, Travel, Fund Raisers, Set-Up and Tear-Down for WPSC Special Events, Friday Night Dinners, Volunteer Recognition Events, Membership Drive Events.

Registration for completing Nomination Ballots has now begun, and the forms are available at the Front Desk. Registration will end on November 1, 2024. If you have any questions, please contact Janet Smith, Nominating Committee Chairperson or the President (Diane Weinzierl).

## Move It! Lift It! Align It!

Submitted by Marcia Luhn, Bones & Balance

You may have heard the Einstein quote: *"Life is like riding a bicycle, to keep your balance you need to keep moving."* In the August newsletter I discussed balance, both static and dynamic. Good posture is imperative for good balance. Maintaining correct form when exercising results in fewer injuries and greater strength gains; especially increased core strength which is something we will work on our entire lives.

In the **Bones and Balance** class we begin with cervical, thoracic, and lumbar posture checks. Once that foundation has been established and practiced we can do the exercises with good form. Yes, slouching in our comfortable chair feels good, but we try to avoid that position as it causes neck compression.

Technology often negatively affects our cervical spine. "Tech neck" occurs from staring into our phones, typing into our devices, eating, driving, and even reading a newspaper or book. The curved neck position weakens our muscles and decreases stability as well as our visual field necessary for balancing.

A properly aligned spine allows us to move without injury. This is where core strength comes in. Your abs, glutes, back, hips, and even the shoulder girdle provide stability to the spine when under load. Good posture helps to avoid straining the muscle groups needed for our daily activities. Moving often is also helpful.

A few benefits of good posture are: better breathing, better digestion, and reduced back pain. There is less stress on our bones and joints. When we stand tall we feel better and look better. The many benefits surely make our hard work worthwhile.

Test your posture; try this at home. If you are aligned correctly your tailbone, shoulder blades, and back of head should all touch the wall behind you in a neutral position. You should barely be able to slide a hand between your lower back and the wall.

Remember a workout is 25 percent perspiration and 75 percent determination.

I invite you to try our **Bones and Balance** class on Monday mornings from 10-11:00 am (see page 7 for details). And remember to stay hydrated!





The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm  
For more information and reservations, please call Wickham Park Travel at 321-425-5530.

## Snapshots—A Musical Scrapbook & Lunch at Cheesecake Factory

**Date:** October 13, 2024

**Cost:** \$189 PP

**Time:** Leaves WPSC at 10:00 am / Returns at 6:00 pm

*Southeastern Regional Premiere!* This new musical features an outstanding score by Academy Award winning composer Stephen Schwartz and incorporates over two dozen of his beloved songs from Wicked, Pippin, Godspell and more.

## Mount Dora Craft Fair

**Date:** October 26, 2024

**Cost:** \$69 PP

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

Throughout this historic community, the streets come alive with more than 400 talented crafters & artists from all over the country displaying and offering for sale their finest works to the more than 100,000 visitors who are expected to attend this two-day event.

## Stetson Mansion Grand Tour

**Date:** November 9, 2024

**Cost:** \$179 PP

**Time:** Leaves WPSC at 9:45 am / Returns at 4:30 pm

Florida's Most Historic Home .The 1886 Stetson Mansion is Florida's most historic home, only Gilded Age mansion, and the largest, grandest, most innovative home ever built in Florida before 1900. Lunch at Cook's Restaurant.

## Mount Dora Christmas

**Date:** December 6, 2024

**Cost:** \$69 PP

**Time:** Leaves WPSC at 3:00 pm / Returns at 10:30 pm

Celebrate the 2024 holidays against a backdrop of over two million sparkling lights in beautiful downtown Mount Dora. Visit the Mount Dora Christmas Walk for an old fashioned country Christmas. The streets come alive as they are transformed into a Christmas village.

## St. Augustine's Nights of Lights

**Date:** December 11, 2024

**Cost:** \$75 PP

**Time:** Leaves WPSC at 12:30 pm / Returns at 9:00 pm

Depart Wickham Park in a 50-seat motorcoach arriving in St. Augustine at approximately 2:30 pm. Enjoy free time for shopping and dining on your own. Then meet at Visitors Center for 30-minute trolley ride through Christmas Lights.

# 2025

## The Bikinis—A Musical Beach Party

**Date:** January 30, 2025

**Cost:** \$189 PP

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

Everyone's favorite girl group from the 60s is back together again after 20 years and they're bringing back the sun, fun and all the great songs they sang down on the boardwalk in 1964. Includes Lunch.

## LIPS

**Date:** February 9, 2025

**Cost:** \$145 PP

**Time:** Leaves WPSC at 11:00 am / Returns at 6:30 pm

Outrageous fun every Sunday afternoon. Join the ladies of Lips for the Ultimate Drag Brunch and a spectacular show. Includes unlimited Mimosas.

## Sleuths Mystery Dinner Show

**Date:** March 16, 2025

**Cost:** \$169 PP

**Time:** Leaves WPSC at 3:30 pm / Returns at 9:30 pm

Join us for a comedy mystery show where you become the detective and solve the crime! You'll be treated to a hilarious 45-minute comedy mystery where all the clues are presented and you help solve the crime. 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! Fun prizes will be awarded to the successful Sleuths!

## Titanic Tour & Dinner Gala

**Date:** March 22, 2025

**Cost:** \$169 PP (No Refunds)

**Time:** Leaves WPSC at 3:00 pm / Returns at 10:30 pm

The Titanic First Class Dinner Gala includes a Captain's cocktail party, a tour of the amazing Titanic: The Artifact Exhibition, a first-class dinner, and reenactments of the night of April 14, 1912. When you visit the Exhibition, you embark on a journey back in time to April 1912, when the ship embarked on its maiden voyage! You receive a replica boarding pass, assume the role of a passenger, and follow a chronological journey through life on the Titanic. The Exhibition features more than 300 artifacts and historical items as well as full-scale room recreation.

## 11-Day Alaska Land & Sea Cruise

**Destination:** Anchorage to Vancouver

**Ship:** Holland America's Nieuw Amsterdam

**Date:** June 4-14, 2025

Includes: Airfare from Orlando, FL; baggage handling; hotel; train at Whittier, Alaska; taxes; port charges; transportation; all gratuities; \$50 pp shipboard credit; beverage package; free WIFI; and, Pinnacle Dining.

### Pricing & Insurance:

| Cabin Double/Insurance |           | Cabin Single/Insurance |
|------------------------|-----------|------------------------|
| \$5,399 / \$339        | Inside    | \$6,799 / \$379        |
| \$5,699 / \$397        | Oceanview | \$7,299 / \$479        |
| \$6,499 / \$399        | Balcony   | \$8,499 / \$529        |

*Deposit of \$600 must be paid at time of reservation. Final payment & mandatory insurance is due by March 6, 2025. Insurance is non-refundable.*

## Pirates Dinner Adventure

**Date:** June 22, 2025

**Cost:** \$189 PP

**Time:** Leaves WPSC at 4:00 pm / Returns at 10:00 pm

When you set sail with the crew at Pirates Dinner Adventure, you have front-row seats to an epic, swashbuckling adventure that unfolds before your very eyes! But no show is complete without an audience, and at Pirates Dinner Adventure, our audience plays a special role in each performance. Every night, children, adults, and pirates of all ages have a chance to come on stage and take part in the action. Everyone is invited to cheer and sing along as our pirates fight and swoop through the air; accompanied by cannon blasts, pyrotechnics, and plenty of laughs. It's the world's largest interactive dinner show!

## WPSC TRAVEL GIFT CERTIFICATE

Date Issued: \_\_\_\_\_ Voucher # \_\_\_\_\_

This certificate is non transferable and can only be used for trips sponsored by Wickham Park Senior Center Travel. Please present to the Travel Office when reserving one of our trips. Expires one year from issue date.

Signature: \_\_\_\_\_

VOUCHER

\$25

**Travel Gift Certificates are NOW AVAILABLE  
in our Travel Office in Increments of \$5 to \$100!**

Great gift for birthdays, holidays, weddings and more. Membership is not required for Travel. Check out all of our upcoming trips on our website: <https://bcwpssc.org/travel>



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# CALENDAR OF EVENTS

## OCTOBER 2024

| ACTIVITY  | SCHEDULE FOR OCTOBER  | NOTES                      |
|---|---|----------------------------|
| Bingo   | Tuesdays & Fridays @ 11:15A—2:00P   | DOORS OPEN AT 10:00A       |
| Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI) | 3rd & 4th Thursdays (October 17 & 24) @ 1:00—5:00P<br>Sign-up Sheet at Front Desk—Limit 6 People per Class  |                            |
| Bones and Balance   | Mondays @ 10:00—11:00A; Register @ 9:45A  |                            |
| Bridge: Beginner Class                                    | For Virtual Classes please see our website at <a href="http://www.bcwpssc.org">www.bcwpssc.org</a> and click “Bridge” icon  |                            |
| Chat  | Fridays @ 9:30—11:00A   | MEETS VIRTUALLY            |
| Duplicate   | On-Site Games: Mon., Wed., & Sat. @ 12:30—4:00P<br>On-site Class: Wednesdays @ 11:00A—Noon<br>Virtual Classes: Thursdays @ 12:15P on the BBO platform   |                            |
| Party Bridge  | Wednesdays @ 12:30-4:00P  |                            |
| Rogue   | Tuesdays @ 12:15—4:00P  |                            |
| Rubber  | Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P  |                            |
| Bunco   | 1st & 3rd Thursdays (October 3 & 17) @ 1:00—4:00P   |                            |
| Chair Yoga  | Tuesdays @ 3:00—4:00P   |                            |
| Chefs for Seniors   | Next Class November 14 @ 11:00A—12:30P<br>Sign-up Sheet at Front Desk   |                            |
| Color Pencil Portrait for Beginners                       | Wednesdays @ 9:30—11:00A  |                            |
| Cornhole Tournaments                                      | October 13 & 27 @ 1:30P—Set-up & Practice @ 1:00P   |                            |
| Euchre  | Wednesdays @ 6:00—9:00P   |                            |
| Fusion Glass Workshops                                    | Oct. 19, Nov. 9, 2024 & Jan. 11, 2025 @ Noon—3:00P<br>Must Pay in Advance   | NEW WORKSHOP               |
| Hand & Foot   | Mondays & Fridays @ 8:45A—Noon  |                            |
| Jazzercise Lo   | Mondays, Wednesdays & Saturdays @ 8:30—9:30A<br>Fridays @ 8:30—9:15A  |                            |
| Line Dancing  | Tuesdays @ 4:15—5:30P   |                            |
| Mahjong: American   | Mondays @ Noon—3:30P<br>Thursdays @ 9:00A—Noon  |                            |
| Chinese   | Wednesdays @ 1:00—4:00P   |                            |
| Pinochle  | Mondays & Fridays @ 12:30—4:30P   |                            |
| Poker: Dealers Choice Friendly                            | Tuesdays & Fridays @ 11:30A—4:00P<br>Mondays @ 1:00—4:00P   |                            |
| Pool (Billiards)  | Monday thru Friday @ 8:30A—4:30P  |                            |
| QiGong-TaiChi   | Mondays, Wednesdays & Fridays @ 8:30—9:30A  |                            |
| Rummikub  | Wednesdays @ 1:00-4:00P   |                            |
| Senior Law  | 4th Friday (October 25) of the Month @ 2:00—4:00P<br>Sign-up Sheet at Front Desk  | NO SEMINARS IN NOV. & DEC. |
| Senior Stitchers  | Thursdays @ 10:00A—Noon in Room 117<br>Sign-up Sheet at Front Desk  |                            |
| SHINE   | Tuesdays @ 9:00A—Noon   |                            |
| Strength / Flexibility                                    | Thursdays @ 9:30—10:30A   |                            |
| Shuffleboard  | Open Play: Thurs. @ 6:00P—8:30P; Sat. @ 9:00A—Noon<br>October 10-11, 2024: District Tournament<br>Non Walking Singles – Combined<br>October 24-25, 2024: District Tournament<br>No Two Pros – Any Doubles |                            |
| Tango Dance Class   | Fridays @ 2:30—4:30P  |                            |
| Technical Training & Education Class with Alison          | 3rd Friday (October 18) @ 1:15—4:00P  | ON COMPUTERS & CELL PHONES |

Program details and times are subject to change. Please check the daily schedule at the Front Desk for the latest information.

NEW UPDATES





**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**



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: Oct 17 & 24 @ 1:00—5:00 pm**

**Cost: \$40.00 PP (Inc. All Supplies & WPSC Costs)**

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 October, we'll be painting a beautiful landscape scene with a **Haunted House**, just in time for Halloween. 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, 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. @ 12:30—4:30P**

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

### CLASSES:

**On-site Class: Wed. @ 11:00A—Noon. Free to those playing Bridge after class—\$5.00 if not playing.**

**Online Virtual Classes: Thursdays @ 12:15P on the BBO platform / Online classes \$5.00**

Duplicate bridge classes have resumed on-site Monday, Wednesday and Saturday. 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.

## 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

**Thurs. @ 1:00—4:00 pm & Sat. @ 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. Questions? The Thursday point of contact is **Janet Walker** at 321-242-3173 and the Saturday point of contact is **Gayle Schanck** at 541-821-7070.



## Bunco

**1st & 3rd Thursday, October 3 & 17 @ 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 **Linda** at

321-549-9893 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**

- **November 14: 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.**

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Dr. Jaya Prakash, MD, MPH  
COACHUTAHHEALTH, LLC

## 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** @ 321-541-7027.



## Cornhole Tournaments

**Sunday, October 13 & 27 @ 1:30 pm**

**Setup & Practice Starting @ 1:00 pm**

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

Cornhole is welcome to all ages! Cornhole Tournaments will be held indoors at the Wickham Park Senior Center every 2nd and 4th Sundays (excluding conflict with holidays). Games include Blind Draw, Double Elimination and Payouts up to three places dependent on number of entries. Don't forget to scan your membership card at the front desk.

### Cornhole Rules for Senior Center:

- Age 50 to 69 – 27 ft. front edge to front edge; (Distance of Boards)
- Age 70 to 79 - 25 ft. front edge to front edge
- Age 80 Plus/Non-Ambulatory - 23 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).



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

## 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. Please contact **Beverly Morgan** at 303-458-8273 for more information.

## Jazzercise Lo

**Mondays, Wednesdays & Saturdays @ 8:30-9:30 am**

**Fridays @ 8:30-9:15 am**

**Members: \$50.00/Month & Walk-ins \$10.00**

**Non-Members: \$79.00/Month & Walk-ins \$12.50**

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 has welcomed several new members throughout the summer. Please come and see what the excitement is about. We have a fun, energetic class of a variety of music selections to dance to. Line Dancing is a great contributor to your improved balance as well as relieving stress while making new friends. Come join us! **Sue Duncan**, Professional Instructor Choreographer for over 60 years. 321-505-0846.



## Mahjong

**American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon**

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

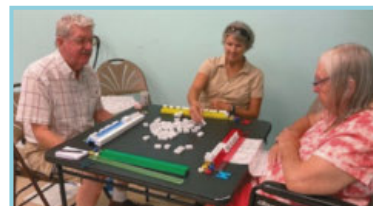
**Chinese: Wednesdays @ 1:00—4:00 pm**

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

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Questions?

Contact **Patricia**

**Rosenthal** at 321-626-541 (American) or **Linda Milo** at 321-506-2672 (Chinese).



## Pinochle

**Mondays & Fridays @ 12:30—4:30 pm**

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



Contact **Bill Mueller** at

321-242-4999 (Mondays) or

**Cathy Decker** at 321-432-7813 (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 **Vinnie Germann** at 321-253-6155.

## Pool (Billiards)

**Monday thru Friday @ 8:30 am—4:30 pm**

**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 9/11/24 Results:

1st: Bob Furlong

2nd: Boomer McConnell

3rd: Ken Phillips

4th: Dwayan Harris

Next tournament is October 9.

Questions? Please contact

**Wally Topinko** at 321-622-4977.



## QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

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



For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls

among the elderly, and how to prevent them. One of the most promising interventions is TaiChi. It offers senior practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi.

**Laura Parsons**, Certified Instructor at 321-474-5374.

## Senior Law

4th Friday of the Month **October 25 @ 2:00—4:00P**

**NO SEMINARS IN NOVEMBER & DECEMBER**

Cost: Free to All WPSC Members

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



SLONIM LAW

- 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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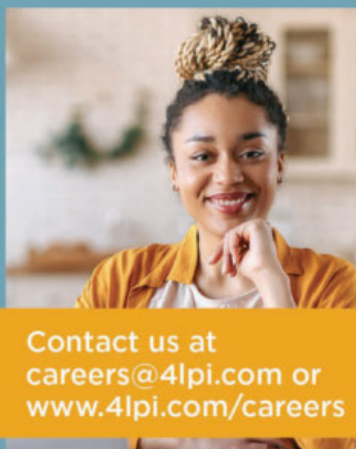
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## Rummikub

**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:

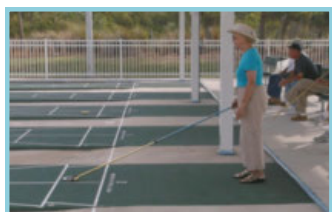
- If you are already experienced, please bring a WORK IN PROGRESS that you'd like to work on.
- If you're a beginner, please bring some worsted yarn and some Size 8 knitting needles or a Size G crochet hook.

Please sign up at the Front Desk. For more information contact **Laurie Liguori** at 917-882-9898.

## Shuffleboard

**Open Play: Saturdays @ 9:00 am &  
Thursdays @ 6:00 pm**

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



October 10-11, 2024:  
District Tournament  
Non Walking Singles –  
Combined

October 24-25, 2024:  
District Tournament  
No Two Pros –  
Any Doubles

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)

## Social Tango, Introduction to Argentine Tango

**Fridays @ 2:30—4:30 pm**

**Monthly Cost: \$45 Members / \$48.00 Non-Members**

Come out and enjoy the art of Argentine Tango, where students will learn to dance tango step-by-step. No partner is necessary as the basic techniques can be applied for the follower or the leader. Students will experience in-part the health benefits of Argentine tango including overall improved well-being, walking, posture and coordination. At only \$45.00 for four weeks of Tango, (you decide which four weeks will work for you and we can accommodate flexible travel plans of students as well). Any questions, contact **Delores or Walt** at 850-212-7963.

## Strength/Flexibility

**Thursdays @ 9:30—10:30 am**

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

Fitness Unlimited by Design presents 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 with posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We work on core, arm and leg strength. For more information, contact **Susie Salvetti** at 321-626-0282, to see if this class is a good fit for you!

## Technical Training & Education on Computer & Cell Phone

**3rd Friday of the Month Oct. 18 @ 1:15—4:00 pm**

**Cost: \$0 Members / \$3.00 Non-Members**

**Beginner Cell Phone: 1:15—2:15 pm**

**Intermediate to Advanced: 2:30—3:30 pm**

**Laptop computer: 3:30—4:30 pm**

**(iPad/ tablet questions taken during any class)**

Try one or stay for all 3! Room 117 end of the hall, 18-person limit. Use the sign-up sheet on the front table or text /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.





# WICKHAM PARK SENIOR CENTER

## 2024 HALLOWEEN DINNER

Friday, October 25 @ 4:30–7:00 PM

**\$15 Per Person**

**Tickets on Sale at the Front Reception Desk starting  
Monday, September 30**

*\*\*Event limited to 100 people and we expect it to sell out quickly.\*\**

Dinner will be Served 4:30–5:30 pm Catered by **GENNA**  
PIZZA COMPANY

Chicken Parmigiana & Pasta with Sauce 🍷 Salad & Garlic Knots

Cake & Cookies 🍩 Iced Tea & Coffee

### Other Festivities Include:

Prizes for Best Costumes - Funniest, Scariest and Most Creative Costume

Monster Stomp Dance Contest 🧟 50/50 Raffle 🎃 Photo Booth

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## NEW! Fusion Glass Workshops

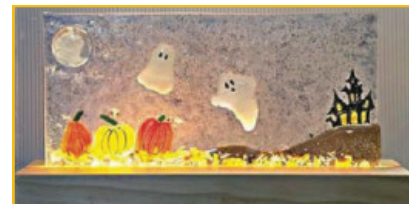
|                               |                              |                         |
|-------------------------------|------------------------------|-------------------------|
| Saturday,<br>October 19, 2024 | <b>Lighted<br/>Display</b>   | 12:00 Noon –<br>3:00 pm |
| Saturday,<br>November 9, 2024 | <b>Holiday<br/>Ornaments</b> | 12:00 Noon –<br>3:00 pm |
| Saturday,<br>January 11, 2025 | <b>Suncatcher<br/>Chimes</b> | 12:00 Noon –<br>3:00 pm |

Explore an unique art medium that you might just get addicted to. No “artistic/creative” skills are required to make these projects out of fusible glass. Have no idea what “fusible glass” is? Don’t worry, instructor **Lauren Richeson** will explain. Each class is designed to be fun and no stress. Each workshop has a 4-person minimum and 16-person maximum, so grab your seats early and invite your friends to sign up too. For safety reasons, closed-toe shoes are required.

You start with a general introduction into the process of “kiln-firing” glass. We will learn how to cut basic shapes and “paint” with colored glass sand. You then create a project design of your own choosing—

your imagination is the limit! There is a large palette of colors and types of glass to use. Your art is finished off-site and you can pick them up from Lauren several days later or have it shipped for an additional fee.

For the October 19 workshop, you’ll be creating a Lighted Panel Display (10.5”x5.5”). Create a peaceful garden, Halloween scene, beach scene, an abstract piece or anything that strikes your fancy.



The cost of each workshop is **\$70 per person**, including all supplies and kiln-firing of projects. Classes must be reserved and paid for in advance via the website below:

<https://laurenrichesongalleriesstore.square.site/>

For questions, call or text Lauren Richeson at 310-483-3229 or email:

[cookinwithglass@lricheson.com](mailto:cookinwithglass@lricheson.com)

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## OUR SPONSORS

The Officers and Membership of Wickham Park Senior Center appreciate 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 Sponsors*

Our monthly Meet & Greets with our sponsors have started back up on 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, October 1: Alzheimer's Foundation Joe's Place
- Friday, October 4: Kindred Hospitals ARU
- Friday, October 4: Travel Expressions
- Tuesday, October 8: Cigna Insurance
- Friday, October 11: St. Francis Reflections
- Tuesday, October 15: Better Health Group
- Friday, October 18: United Health Care
- Friday, October 25: Rosanova Eye
- Friday, October 25: VITAS



## Welcome

### New Members in August

|                            |                          |
|----------------------------|--------------------------|
| Bascle, Elaine             | Hittner, Steven          |
| Bascle, Kent               | Hoyos, German            |
| Bell, Emily                | Jellum, Gary             |
| Bing, Pat                  | Kelley, Michele "Rocket" |
| Bingnear, Fran             | Kelley, Rich             |
| Britton, Kristine          | Lange, Richard           |
| Broderick, Debby           | McEver, Mike             |
| Carroll, Judy              | McEver, Nellie           |
| Cordova, Alfred            | McLaughlin, Beryl        |
| Cripe, Kent                | Naganuma, Takae          |
| Cruickshank, David         | O'Donnell, Irene         |
| Culver, Nancy              | Oliver, Joanne           |
| Culver, Ralph              | Orr, Mary                |
| Davis, Janice              | Remache, Edgar           |
| Delaine, Katherine         | Richeson, Lauren         |
| Demko, Veronica            | Roetting, Roseann        |
| Dimmick, Margaret (Maggie) | Rovedo, Margie           |
| Duck, Corinne              | Schonberg, Sara          |
| Duck, Greg                 | Sheehan, Susan           |
| Edwards, Michael           | Stern, Scott             |
| Fowler, Scott              | Strahlo, Ann             |
| Gadodia, Nina              | Strahlo, Bill            |
| Gawthrop, Ann              | Tirado, Johanna          |
| Ghent, Barbara             | Wright, Laurie           |
| Hicks, Elizabeth           | Wright, Richard          |
| Hilton, Mary               |                          |

### WPSC Email Addresses

| DIRECTORY             | EMAIL                 |
|-----------------------|-----------------------|
| WPSC President        | president@bcwpsc.org  |
| WPSC Secretary        | secretary@bcwpsc.org  |
| WPSC Treasurer        | treasurer@bcwpsc.org  |
| WPSC Scheduling       | scheduling@bcwpsc.org |
| WPSC Information      | info@bcwpsc.org       |
| WPSC Webmaster        | webmaster@bcwpsc.org  |
| Travel Office         | travel@bcwpsc.org     |
| Front Desk Reception  | reception@bcwpsc.org  |
| Bridge Club           | bridge@bcwpsc.org     |
| Newsletter Editor     | news@bcwpsc.org       |
| Systems Administrator | itadmin@bcwpsc.org    |

### Wickham Park Senior Center Holiday Closures for 2024

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

- **Thanksgiving Holiday:**
  - Wednesday, Nov. 27, 2024 (Day before Thanksgiving)
  - Thursday, Nov. 28, 2024 (Thanksgiving Day)
  - Friday, Nov. 29, 2024 (Friday after Thanksgiving)
- **Christmas Holiday:**
  - Tuesday, Dec. 24, 2024 (Day before Christmas)
  - Wednesday, Dec. 25, 2024 (Christmas Day)
  - Thursday, Dec. 26, 2024 (Day after Christmas)
- **New Year's Holiday:**
  - Wednesday, January 1, 2025 (New Year's Day)

### Meet Our Staff

#### Officers

|                 |                  |
|-----------------|------------------|
| President:      | Diane Weinzierl  |
| Vice President: | Gary McGuire     |
| Secretary:      | Ina Fritsch      |
| Treasurer:      | Colleen Barneman |

#### Directors

|                |              |
|----------------|--------------|
| Celeste Garcia | Ginny Parker |
| Beverly Morgan | John Potanos |
| Janice Oppelt  | Janet Smith  |
| Pam Page       | Rosann Testa |

#### Staff

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

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

### 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!



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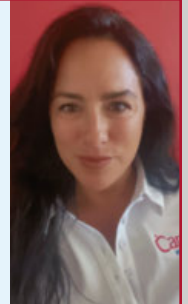
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