



Friendship Flyer

2785 Leisure Way
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Monday-Friday: 8:30 am—4:30 pm

Saturday: 9:00 am—Noon

Sunday: CLOSED

www.bcwpsc.org

JANUARY 2025

2025
HAPPY NEW YEAR

President's Message

Happy New Year to everyone! I hope your holidays were fantastic and that you're looking forward to a wonderful 2025.



I want to thank all of our members who participated in our 2 Christmas outreach programs this year.

Thanks to your generosity, we were able to provide gifts for seniors to fulfill all 50 of the Salvation Army Christmas tags we received. Thanks to Beverly Morgan for spearheading this program. We also supported the Military Moms Prayer Group Packages for our Troops where 25 boxes were filled by our members and the postage to send to our troops was paid for by our sponsor, Travel Expressions. Thanks to Janice Oppelt for spearheading this program.



Diane Weinzierl

Our **Annual Election** for the Board of Directors was held the week of December 9-13. We had 5 positions on the Board open, with 6 people running. This year we had a record number of votes – 218 ballots cast. Here are your 5 newly elected board members: Lori Ebbensgard, Celeste Garcia, Janet Smith, Sharon Sneary and Diane Weinzierl. Congratulations to the new board members. The new board will meet on Monday, January 13 at 9:30 am to elect officers for the 2025 Board. We will post the results on the bulletin board and in next month's newsletter.

This year our **Annual Volunteer Event** was held on December 8 at the Hilton Rialto. 52 of our volunteers and 18 guests joined us for a luncheon, followed by a comedy show. Thanks to all our sponsors and partners who provided gift baskets for our volunteers (see page 3).

Please mark your calendar for **Saturday, February 15, 2025** to attend our **Arts and Crafts/Rummage Sale** at the Center, which will be held in conjunction with the Rummage Sale held by the Community Center next door. See flyer & exhibit information on page 3.

Lastly, I just want to remind everyone to please remember that everyone is here to have fun and enjoy our activities. **Please remember to be patient and kind to others.**

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 **January 13 at 9:30 am in Room 117**. All WPSC members are welcome to attend. The new Board of Directors will be sworn in at the January 13, 2024 Board Meeting.

President's Report from December 6, 2024 Annual Meeting

If you were unable to attend our Annual Meeting/ Wine & Cheese Reception on December 6, below is a brief overview of what was presented during the President's report. Thanks to Pam Page and her team for putting together and serving the fabulous spread of food and wine.

Key Accomplishments for the year:

- Membership is holding steady at 1,325 paid members and member log-in attendance increased by 10%.
- Travel hosted 23 trips this year (up from 13 last year).
- In November, we re-opened the Front Desk on Saturday mornings from 9:30 am to 12:30 pm.
- Three (3) new programs were added this year (knitting and crocheting class, fused glass workshops & Corn Hole tournaments).
- The complete building security system was replaced with new cameras and better software.
- New computer equipment and software was purchased.
- A small freezer was added in the kitchen, allowing us to offer ice cream during bingo concessions.

Breakdown of our net income for the 2024 fiscal

year:

- 27% Bingo
- 18% Bridge
- 18% Other Programs
- 18% Membership Dues
- 7% Donations
- 5% Interest and misc. income
- 3% Sponsorships
- 2% Concessions and social
- 2% Travel

Breakdown of our spending for the 2024 fiscal year:

- 30% Utilities (trash and electric)
- 27% Janitorial
- 12% Equipment purchase
- 9% Office supplies
- 7% Insurance
- 7% Building rent, repairs and maintenance
- 5% Volunteer expenses
- 3% Member expenses

2025 Plans:

- Currently there are no plans to increase membership dues – still remaining at \$20 a year.
- Reducing Friday night dinners to two a year – one in the spring and one in the fall.
- Planning two (2) Craft Fairs in 2025 – one in February & one in September
- We again requested that the county budget funds to replace the main hall curtain dividers.

We hope to see everyone at our meeting next year!



Rosalie Novak and Pam Page



Thank you to our **Sponsors and Benefactors** for donating gift baskets to our Annual Volunteer Event!

- Classy Glass
- Health First
- Lauren Richeson Galleries
- Pam Page
- St. Francis Reflections
- Slonim Law
- Travel Expressions
- VIP America



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 FY2025.



- Sharon Adams
- Janet & Vaughn Eastman
- Gayle & Stephen Schanck
- In Memory of Tim Olsen from Friends & Family Travel Expressions

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

WPSC Sunshine Committee



Do you know a WPSC member who is sick, experienced a family member loss, or needs some cheer or support? If so, please let our Sunshine Committee know by dropping off your request in the mailbox labeled "Sunshine Committee" (located near the Billiards Room behind the front desk).

Please be sure to include the person's full name and any information you might have so we can find them in our database, as well as why you think they qualify. Also, please be sure to include your name and telephone number so we can reach you if we have any questions.



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!



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.

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.

Harrah's Pompano Beach Casino

Date: February 26, 2025

Cost: \$55 PP (Includes \$15 FREE PLAY with copy of DL, Transportation & Driver Gratuity)

Time: Leaves WPSC at 8:30 pm / Returns at 5:30 pm

Looking to live it up in South Florida? Harrah's Pompano Beach is calling your name and is home to over 1,200 slot machines and electronic table games, plus 40+ live action poker tables. With decadent dining options, exciting events, and simulcast, there's something to entertain everyone.

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.

New Orleans

Date: March 31—April 5, 2025 (6 Days / 5 Nights)

Cost: \$778 Double / \$1,008 Single Occup. (Limit 5)

\$72 PP Insurance (Optional)

\$75 Due Upon Signing

Final Payment Due 1/23/2025

Time: Leaves WPSC at 8 am, then Buc-ee's at
200 World Commerce Parkway
Saint Augustine, FL

Incredible price includes:

- Motorcoach Transportation
- 5 nights lodging including 2 consecutive nights in the New Orleans area
- 8 Meals: 5 Breakfast and 3 Dinner
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided Tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat Cruise on the Mississippi River
- Enjoy Historic New Orleans French Quarter, French Marketplace and visit the Nearby Casinos that are within walking distance

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!

ST. AUGUSTINE'S NIGHTS OF LIGHTS December 11, 2024



let's ♥ travel



ARE YOU TRAVELING SOLO?

Contact the Travel Office at 321-425-5530 for a possible connection with another solo traveler to be a roommate for the accommodations.



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CALENDAR OF EVENTS

JANUARY 2025

ACTIVITY	SCHEDULE FOR JANUARY	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 (January 16 & 23) @ 1:00—5:00P 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 www.bcwpsc.org and click “Bridge” icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Games: Mon., Wed., & Sat. @ 12:00—3:30P On-site Class: Wednesdays @ 11:00A—Noon 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 (January 2 & 16) @ 1:00—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class February 13 @ 11:00A—12:30P Sign-up Sheet at Front Desk	TOPIC: SOUPS
Color Pencil Portrait for Beginners	Wednesdays @ 9:30—11:00A	
Cornhole Tournaments	January 12 & 26 @ 1:30P / Set-up & Practice @ 12:30P	
Euchre	Wednesdays @ 6:00—9:00P	
Fusion Glass Workshops	January 11, 2025 @ Noon—3:00P Must Pay in Advance	
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mondays & Wednesdays @ 8:30—9:30A Fridays @ 8:30—9:15A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American Chinese	Mondays @ Noon—3:30P / Thursdays @ 9:00A—Noon Wednesdays @ 1:00—4:00P	
Pinochle	Mondays & Fridays @ 12:30—4:30P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	NO GAME ON FRIDAY, JAN. 17
Friendly	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 of the Month (January 24) @ 2:00—4:00P Sign-up Sheet at Front Desk	
Senior Stitchers	Thursdays @ 10:00A—Noon in Room 117	
SHINE	Tuesdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Thursdays @ 6:00P—8:30P; Saturdays @ 9:00A—Noon	
Tango Dance Class	Fridays @ 2:30—4:30P	
Technical Training & Education Class with Alison	3rd Friday (January 17) @ 2:30—4:30P	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



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

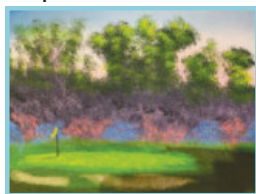
Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more information, contact **Brenda Clarson** at 321-258-8837.

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

3rd & 4th Thursdays: Jan.16 & 23 @ 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 January, we'll be painting a beautiful landscape scene of a golf course. 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.

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.

Duplicate Bridge

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

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 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. 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, January 2 & 16 @ 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

- February 13: Soups
- April 10: Salads
- July 10: Topic TBA
- September 11: Topic TBA
- November 13: Topic TBA



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 by:  and 

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, January 12 & 26 @ 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 Wickham Park Senior Center every 2nd and 4th Sundays (excluding conflict with holidays). Don't forget to scan your membership card at the front desk. We are happy to welcome Ann Sepulveda to our Cornhole family. Ann played very well and scored 2nd place on her first tournament!

December 8 Tournament: 20 Players:



1ST PLACE
Richard & Donnie



2ND PLACE
Bruce & Johnna

We welcomed 4 new players to our Cornhole family: Juanita Howler, Ann Carney, Paul and Kathy Mayle.

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
- Age 90 Plus: 21-ft. front edge to front edge

Starting Jan. 1st, 2025, there will be a new Cornhole cost (see below). This will pay 2-3 places (depending on turn-out). The decision to change the price is due to the increase of players. The pay-outs will be more respectful towards the winners. This is a blind draw tournament style, which should help even out the playing field.

- Members: \$6 (\$5 to tournament, \$1 to the Center)
- Non-Members: \$8 (\$5 to tournament, \$3 to the Center)

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

RESUMES ON WEDNESDAY, JANUARY 8

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).

Fusion Glass Workshop

Jan. 11, 2025 @ Noon—3:00P

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

- **Saturday, January 11 - 3-hour workshop**
12:00-3:00 pm - Project: Suncatcher - Cost \$70
- **Saturday, March 8 - 2-hour workshop**
12:00-2:00 pm - Project: Dichro Fused Glass Pendant Earring Set (make 2) - Cost \$60



Join us to 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. 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 required. For questions, call or text Lauren Richeson at 310-483-3229. Classes must be reserved and paid for in advance via the website: <https://laurenrichesongalleriesstore.square.site/>

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 @ 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

CLASS RESUMES ON JANUARY 7

Tuesdays @ 4:15—5:30 pm

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

Happy New Year!! Let's get movin' and grooving! Line Dancing for Fun and Exercise every Tuesday 4:15-5:30. Come and join the fun while you improve your balance and make new friends and laugh!!! Share the joy of all kinds of music. Call Sue for more information.

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! 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)

NO GAME ON FRIDAY, JANUARY 17

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 12/11/24 Results:

1st: Dale Foster	3rd: Wally Topinko
2nd: Dan Traynor	4th: Boomer McConnell

Next tournament is January 8. Questions? Contact **Wally Topinko** at 321-622-4977.



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QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

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



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

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

Rummikub

Wednesdays @ 1:00—4:00 pm

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

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

Senior Law

4th Friday of the Month (January 24) @ 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.



SLONIM LAW

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: Sat. @ 9:00 am & Thurs. @ 6:00 pm

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

Shuffleboard Tournament on January 16-17, 2025 – 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

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.

VOLUNTEER HOLIDAY EVENT

A special event for volunteers was held on Sunday, December 8, 2024 to thank all volunteers for their hard work and dedication during the past years. It was a wonderful celebration.



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. Contact **Susie Salvetti** at 321-626-0282 to see if this class is the right fit for you.

Technical Training & Education on Computer & Cell Phone

3rd Friday of the Month (**Jan. 17**) @ 2:30—4:30 pm

Cost: \$0 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 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.



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WPSC Offers Free Lifetime Membership to Anyone Age 95 & Above



If you are age 95 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.

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.

Welcome

New Members in November

Abrams, Erin	Foggia, Patricia (Pat)
Alleva, Rosa	Garcia, Cecilia
Baker, Stan	Harney, Cathy
Baker, Sue	Holdsworth, John
Blackburn, Marie	James, Daryl
Brown, Patricia	James, Mona
Burke, William	Knutson, Nihal
Canter, Karen	Konczeski, Nancy
Cassidy, Joseph	Majeski, Marina
Castleman, Nancy	Meryhew, Debra (Deb)
Cooley, William	Montez, Patricia
Cox, Marguerite	Ramirez, Valarie
Day, Phyllis	Rotenberg, Melanie
DeAngelis, Mark	Rotenberg, Mitch
Doidge, Jeff	Rozzo, Bonnie
Dzara, Michael	Toro, Judith

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.

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@bcwpssc.org

WPSC Email Addresses

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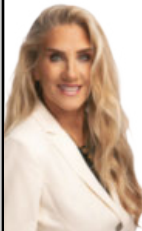
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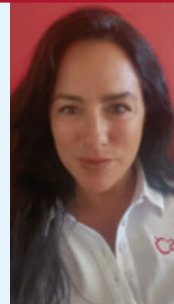
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