

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



# Friendship Flyer

## President's Message

Just a reminder that effective August 1, we lowered our free Lifetime Membership to Age 90. If you qualify, just stop at the front desk and show them your driver's license and they will get your membership updated in our database.

This past month we offered free **Colorectal Cancer Screening** blood tests for our members. We had 45 people who participated, and it was so popular that we have scheduled another one for **November 14 from 9:30 am to 12:30 pm**. Watch for the new flyer and sign-up sheet later this month.

Several people ask about using our library when there are activities going on in the Library or the door is closed. Due to limited space we sometimes have to schedule activities in the library, but it is not our intent to stop people from using the library to pick up books or puzzles, or even just relax in one of the chairs and read. Feel free to use the library at any time, but please be aware of other activities that may be going on and **be sure you are quiet and respectful of those activities**.



Diane Weinzierl

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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



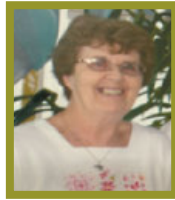
The Wickham Park Senior Center will be **CLOSED** on **Labor Day, Monday, September 1, 2025.**

## 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 **September 8 at 9:30 am in Room 117.** All WPSC members are welcome to attend.

## REMEMBERING PAT COSTELLO

One of the first volunteers to walk through the doors of the new Wickham Park Senior Center was Pat Costello. With great vision and ambition, she participated in the formation of Wickham Wanderers Travel Club.



The Travel club embarked on day trips to Florida events, multi day tours to places such as New Orleans, Branson, and the Biltmore Estate. Being successful with the adventures, Pat and her team stepped up the fun and eighteen members embarked on a wonderful trip to Ireland, and the following year to England.

On July 14, 2025, at the age of 87, Pat Costello left on her final trip.

Thank you Pat for all the wonderful memories. The Wickham Wanderers Travel Club continues forward through the goals you set.



## 2026 MEDICARE UPDATES

*(Article contributed by Victoria Moore of Moore Insurance Solutions)*

Whether you are new to Medicare or feel like a pro it's an important step of Healthy aging to educate yourself on the ins and outs of Medicare from choosing the right type of Medicare plan when first eligible for Medicare to keeping up with changes each year that may affect your wallet as well as your health.

2026 brings several important changes that will affect costs and coverage, especially for prescription drugs and premiums. These include:

- The **annual out-of-pocket cap** on prescription drugs will rise from \$2,000 to **\$2,100**, meaning once you spend this amount on covered medications, you won't pay more for drugs that year.
- **Medicare Part B premiums** (which cover doctor visits and outpatient care) are expected to increase by about **11.6%**, reaching roughly **\$206.50 per month, up from the current \$185 per month.** This is almost double the increase seen in 2025.
- **Medicare Part D premiums** (for prescription drug plans) will also rise, with some areas seeing premiums jump over \$100 monthly, partly because some plans are cutting their covered drug lists by 40-50%, affecting access to higher-cost medications.
- Medicare will now require **prior authorization** for certain services under traditional Medicare in six states(not including Florida at this time), aiming to reduce fraud and unnecessary treatments.
- The current **\$35 per month cap on insulin costs** will extend from a monthly to an **annual cap** starting in 2026.
- **Supplemental benefits for chronically ill Medicare Advantage members** will face new limits, with certain benefits no longer allowed. Whether you are dual eligible, have a chronic condition or think you may qualify for a chronic condition plan this is an important year to review your options and benefits.
- **Vaccines covered under Medicare Part D** will now be available at **no cost with zero cost-sharing**, making immunizations more affordable for beneficiaries.

These changes reflect ongoing efforts to manage rising healthcare costs while protecting beneficiaries, but they also mean higher premiums and out-of-pocket expenses for many Medicare users. It's important to review your plan options during the next enrollment period to understand how these changes affect you.

*I can be reached at [solutions@vickimooreinsurance.com](mailto:solutions@vickimooreinsurance.com) or 321-272-0218. My office is located at The Helping Seniors Resource Center in the Omni Healthcare Building at 1344 S Apollo Blvd, Suite 2C. I am currently scheduling appointments for the upcoming Annual Enrollment period which runs from Oct. 15-Dec. 7th.*



# IMPORTANT NEWS

## WICKHAM PARK SENIOR CENTER

# Halloween

Tickets on Sale at the  
Front Reception Desk starting  
Monday, September 15

**OCT 17, 2025**  
**4:30-7:00 PM**

**50's & 60's**

**\$20 PER PERSON**

## DINNER/DANCE

Pull out those old poodle skirts, hot-pants, knee-high boots and any other old clothes you have hiding in your closet from the 50's & 60's and join us for a fun-filled evening.



**Dinner Menu**  
(Served 4:30-5:30pm)

- Chili
- Jersey Mike Subs
- Potato Salad
- Cole Slaw & Chips
- Fruit Tray
- Cookies
- Root Beer Floats
- Ice Cream Sundaes & Toppings
- Iced Tea & Coffee



**Music & Dancing Entertainment**  
**Provided by**  
**JANICE & RENE**

**Other Festivities**

- Hula Hoop Contest
- 50/50 Raffle Drawing
- Photo Booth
- 50's Basket Drawing



## 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.



## 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.

# CALENDAR OF EVENTS

## SEPTEMBER 2025

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Bingo</b> (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
<b>Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)</b> (3rd & 4th Thursdays)				9/18 & 9/25 1:00–5:00p			
<b>Bones &amp; Balance</b> (Register at 9:45a)	10:00–11:00a						
<b>Bridge:</b> Beginner Class	For Virtual Classes please see our website at <a href="http://www.bcwpssc.org">www.bcwpssc.org</a> 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	
<b>Bunco</b> (1st & 3rd Thursdays)				9/4 & 9/18 1:00–4:00p			
<b>Chair Yoga</b>		3:00–4:00p					
<b>Chefs for Seniors</b> <b>Topic: Fall Flavors</b>				9/11 11:00–12:30p			
<b>Color Pencil Portrait for Beginners</b>			9:30–11:00a				
<b>Cornhole Tournaments</b> (2nd & 4th Sundays) (12:30p Set-up & Practice)							9/14 & 9/28 1:30p
<b>Euchre</b>			6:00–9:00p				
<b>Fusion Glass Workshop with Lauren</b>						10/25 Noon–3:00p	
<b>Hand &amp; Foot</b>	8:45–Noon				8:45–Noon		
<b>Jazzercise Lo</b>	8:30–9:30a		8:30–9:30a		8:30–9:15a		
<b>Line Dancing</b>		4:15–5:30p					
<b>Mahjong: American</b>	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
<b>Pinochle</b>	12:30–4:30p				12:30–4:30p		
<b>Poker: Dealer's Choice</b>		11:30–4:00p			11:30–4:00p		
Friendly	1:00–4:00p						

# CALENDAR OF EVENTS

## SEPTEMBER 2025

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Pool (Billiards)</b> (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	
<b>QiGong-TaiChi</b>	8:30–9:30a		8:30–9:30a		8:30–9:30a		
<b>Rummikub</b>			1:00–4:00p				
<b>Senior Law</b> (4th Friday of the Month)	No Workshops in November or December				9/26 2:00–4:00p		
<b>Senior Stitchers</b>				10:00–Noon			
<b>SHINE</b>		9:00–Noon	Call for appointment first.				
<b>Strength / Flexibility</b>	Class is Full – Contact the program manager to be put on a wait-list.			9:30–10:30a			
<b>Shuffleboard</b>	9:00–11:00a			6:00–8:30P		9:00–Noon	
<b>Technical Training Class</b> (3rd Friday of the Month)					9/19 2:30–4:30p		
<b>Flu Shots</b>					9/12 9:00–Noon		
<b>Moore Insurance Medicare Updates Lunch &amp; Learn</b>				10/2 1:00–2:00p			

*Brownlie & Maxwell*  
Funeral Service & Crematory

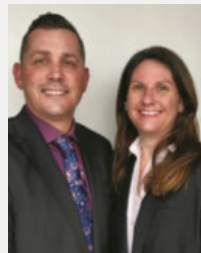
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# ACTIVITIES & GAMES



**TUESDAY & FRIDAY—Open to the Public!**

**Doors Open @ 10:00 am**

**Cards Sold @ 10:30 am–11:15 am**

**Bingo 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)

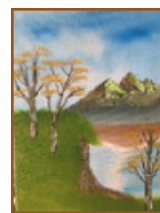
**3rd & 4th Thursdays: September 18 & 25 @ 1:00–5:00 pm**

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

**Sign-Up Sheet at Front Desk—Limit 6 People per Class**

Try something new. These classes are easy and 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 September we'll be painting **Mountain Birches**. 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](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.

# 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](mailto:pam_page@bellsouth.net) or 321-537-0907.



## Bunco

1st & 3rd Thursday, **September 4 & 18** @ 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, **September 14 & 28** @ 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: Donny J. & Scott

July 27  
Winners



2nd Place: Skeeter & Rich F.

### 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)

This Workshop is friendly for beginners, creative and stress-free. 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](mailto:info@glassbylauren.com)

**Sign up deadline is October 20.**

## 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.



# ACTIVITIES & GAMES

## 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 August 13

Results:

1st: Paul Monti

2nd: Mickey Ferguson

3rd: Mike Spaethe

4th: Mike Dudash

Next tournament is September 10. Questions? 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.

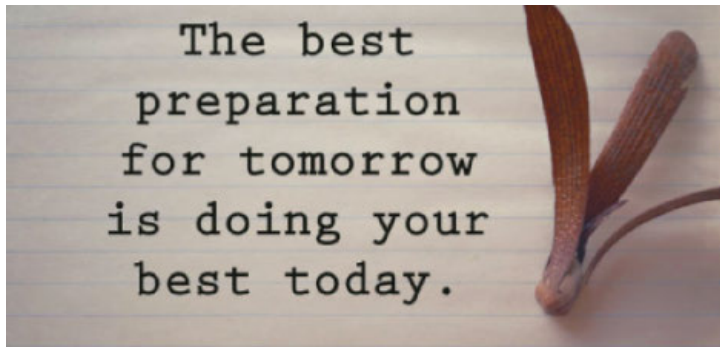
# ACTIVITIES & GAMES

## 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 Law

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

**NO WORKSHOPS IN NOVEMBER OR 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:

- 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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# ACTIVITIES & GAMES

## 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](mailto:tawinkii@me.com)

## Strength/Flexibility

Thursdays @ 9:30–10:30 am  
Cost: \$4.00 Members / \$6.00 Non-Members

This is a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We work core, arm and leg strength. This class gets full so call before you come! Please contact **Susie Salvetti** at 321-626-0282.



## Technical Training & Education on Computer & Cell Phone

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 (1848-1933). Winter Park's Scenic Boat Tour is a natural attraction with hour-long, guided cruises through three of the seven 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.

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

**Date:** November 20, 2025

**Cost:** \$199 PP

ICE! will be back this year. The signature holiday attraction will feature "Rudolph the Red Nose Reindeer" in a dazzling, immersive story driven holiday showplace complete with larger-than-life ice sculptures, thrilling frozen slides, and awe-inspiring tunnels. 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.

## 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!



# TRAVEL NEWS

## 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)

\$75 Deposit / Final Payment Due July 1, 2026

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

Information on booking your own flights will be provided 3-5 months prior to trip date.

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



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# OUR SPONSORS

The Officers and Membership of Wickham Park Senior Center appreciates the continued support of our many Sponsors. As an all volunteer-run organization, their continued financial support allows us to offer Activities and Social events for our members.

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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):
  - Sept. 16, Oct. 21 @ 9-11:00 am
- Brookdale West Melbourne:
  - Sept. 16, Oct. 21 @ 9-11:00 am
- Freedom Health:
  - Sept. 23, Oct. 28 @ 9-11:00 am
- Health First:
  - Sept. 9 @ 9-11:00 am
- LifeWave:
  - Sept. 23, Oct. 28 @ 9-11:00 am
- Moore Insurance:
  - Sept. 19, Oct. 14 @ 9-11:00 am
- Narlock Insurance/United Healthcare:
  - Sept. 19, Oct. 17 @ 9-11:00 am
- Physician Partners:
  - Sept. 9, Oct. 14 @ 9-11:00 am
- Pinnacle Home Care:
  - Oct. 10 @ 9-11:00 am
- RVH Insurance:
  - Sept. 5, Oct. 24 @ 9-11:00 am
- Thrive USA Homecare:
  - Oct. 3 @ 9-11:00 am
- Tiny Dog Cleaning:
  - Sept. 12, Oct. 10 @ 9-11:00 am



# IN EVERY ISSUE

## WELCOME

### New Members in July

Abdullah, Larry	Kemper, Bettyjean
Andrews, Teresa P	Kemper, Rusty
Boggs, Jim	Kinberg, Ed
Bovalino, Samuel	King, Sheila
Brecklin, Mary Jane (MJ)	Knight, Glenn
Buck, Karan	Lamontagne, Richard
Cardile, Pat	Leapley-Fischer, Barbara
Chandler, Dianne	Maler, Donna
Chandler, Paul	Maler, Robert
Coverdale, Joan	McClure-Nelson, Gabrielle
Craig, Darrell	McILVAINE, Stephan
DeMaria, Christina	MCILVAINE, William
Derwitsch, Adolf	Menzel, Jacqueline (Jackie)
Dupont, Gail	Metz, Shari
Felton, Thomas	Michaels, Bryan
Ferrentino, Cathy	Monahan, Linda
Ferris, Bruce	Mulhollan, Judy
Fletcher, Joanne	Newman, Candace
Graves, Scott	Orr, Judith
Graves, Virginia	Paro-Boggs, Terri
Greig, Al	Pirot, Joan
Guinn, Linda	Pontius, Tina
Haggin, Patricia	Russell, Joann
Harrell, Warren "Lamar"	Schonberg, Sara
Hatton, Kitty	Showers, Edward "Danny"
Hesse, Pam	Showers, Judith "Judy"
Ingalls, Deb	Sipe, Laura
Johnston, Kim	Souza, Janice
Kelly, Anita	Upright, Dawn
Kelly, Don	Wilborn, Tony

## GET YOUR FLU SHOT

@ Wickham Park Senior Center

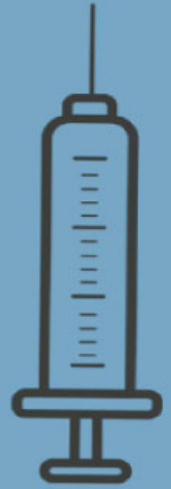
**FRIDAY,  
SEPTEMBER 12TH  
9AM-12PM**

**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



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### 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!

### COMMENTS?

#### We Value Your Opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



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

**news@bcwpsc.org**

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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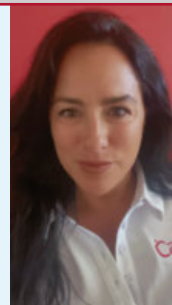
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