



# Friendship Flyer

2785 Leisure Way  
Melbourne, FL 32935  
(321) 255-4494

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

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

APRIL 2023



## President's Message



Diane Weinzierl

First of all, let me apologize to all of our members who were misplaced from their regular activities the week of March 20 when we had to close the large hall to replace the entire AV system. This was a huge undertaking, and cost, to the center (\$16,000) and trying to schedule this after hours would have added another 25% to the cost, so at the last minute we made the decision to cancel all the activities in the main hall for 4 days. Thank you for understanding. All of the speakers are working now and we have all new equipment to better serve your needs now and in the future. We hope you'll agree it was worth it. I'd also like to thank our donor for their gift of \$5,000 to help cover part of this expense (you know who you are –Thank You so much!).

Last month the WPSC board was invited to attend a BBQ hosted by **Honor Flight** for their volunteers and sponsors. For those of you not familiar with Honor Flight, they are a wonderful non-profit organization that provides no cost trips to Washington DC for our veterans, giving them the opportunity to remember the fallen, and share their stories and experiences with other veterans. WPSC has been partnering with Honor Flight since 2011 and 69 of their 70 trips have all originated from our Center. At the BBQ, we were presented with 2 new flags to display on our stage, along with a wooden flag that we will proudly be displaying on our wall in the large hall.



Jim Hart, President, Honor Flight;  
Diane Weinzierl, President WPSC;  
Bev Morgan, Director, WPSC



Don't forget to buy your tickets for our **Kentucky Derby event which will be held on Friday, May 5 from 5:00 to 8:00 pm**. In addition to providing music and dancing, as well as food and beverages, we're planning some additional fun events, including a contest for the best ladies and men's Derby Attire, as well as our "Run for the Roses" horse race. If you're interested in jockeying one of the horses in the race, be sure to let us know when you arrive at the event. And, be sure to bring plenty of dollar bills so you can bet on your favorite horse! This will definitely be a fun night that you won't want to miss – so start planning your Derby bonnets and bow ties and make sure you purchase your tickets early. Tickets are \$12 per person and will go on sale at the Front Desk starting April 3. This event is limited to 100 people, so don't wait too long to get your tickets. See flyer on page 14 for details.



I'm looking forward to seeing you there!

## 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 **April 10 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 FY2023.

- Kathleen & Andrew Cole

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



## Looking to Protect Yourself from Fraud, Identity Theft, and Scams?

Lisa Coyle, Certified Fraud Examiner (CFE) and owner of Accounting Aides LLC, will hold a class at the Wickham Park Senior Center on **April 11, 2023 at 9 AM**. Accounting Aides services include fraud prevention and fraud awareness for individuals and businesses. The class is free to members. The class will cover common consumer scams including phone scams, email scams and scams that target the Senior population. The class will be held in Room 117. Space is limited to the first 30 members that sign up. There is a sign-up sheet by the front desk.



## Celebrating St. Patrick's Day

It was great to see some of our members dress up to wish everyone at Happy St. Patrick's Day last month - thanks for sharing the day with us, Vinny and Shelby!



## Support the Bunco Fundraiser!



DATE: **Sunday, April 23, 2023**  
 TIME: **1:00 pm—4:00 pm**  
 PLACE: **Wickham Park Senior Center**  
 DONATION: **\$20.00 to Play**

Join the fun while supporting the American Cancer Society! There will be prizes, raffles, food and more! You must sign up to play. Table space is limited. Bring a dish or finger food to share. To reserve a space, call or text **Ginny Parker** at 321-698-0445.



## Need Your Blood Pressure Checked?

Sea Pines will be conducting blood pressure checks at the Wickham Park Senior Center every 2nd Friday of the month (**April 14**) at 9:00-11:00 am.

## WPSC at the 2023 Boomer Expo

The Wickham Park Senior Center was sure to have an exhibit at the 15th Annual Boomer Guide Expo on Friday, March 17. Wearing green is a given on St. Patrick's Day and it was evident at the Hilton Rialto Place Ballroom, near Melbourne Orlando International Airport. The event was sponsored by Health First Health Plans and William A. Johnson PA, Elder & Estate Law Office.



## SHRED EVENTS for Destroying Sensitive Documents

The start of the new year usually prompts us all to clean out old documents, typically in preparation for the upcoming tax season. Some major corporations will sponsor a Shred Event, allowing anyone to be able to shred documents that are too much for a personal shredder.

Brevard County Sheriff's office hosts several shred events around the county (Reference website: <https://www.brevardsheriff.com/home/crime-prevention-programs/>).

Throughout the year, the Sheriff's Office offers a free service, in partnership with a local document shredding company, where you can safely shred your personal documents. The documents you choose to shred are shredded on location of the shred event provided by the shredding company. This is a great service that will help fight against Identify Theft and an opportunity for you to safely dispose of all sensitive documents at one time, in one convenient location:

- April 27, 2023: 9 To 10:30 AM  
Community Credit Union  
1030 US1, Rockledge \*Enter Off Hardee Lane\*
- May 25, 2023: 9 To 10:30 AM  
Palm Shores Town Office  
5030 Paul Hurtt Lane, Melbourne
- June 29, 2023: 9 To 10:30 AM  
Greater Palm Bay Chamber of Commerce  
4100 Dixie Highway NE, Palm Bay
- July 27, 2023: 9 To 10:30 AM  
Cape Canaveral Precinct  
111 Polk Avenue, Cape Canaveral  
"Behind The Precinct"
- August 31, 2023: 9 To 10:30 AM  
Melbourne Square Mall  
1700 W. New Haven Avenue  
Between Dillard's & JC Penney  
\*Enter Off Evans Road\*
- October 26, 2023: 9 To 10:30 AM  
Veteran's Memorial Center  
400 S. Sykes Creek Parkway, Merritt Island

## Mark Your Calendars UPCOMING EVENTS



- **April 1:** Poocherella
- **April 15-16:** Blueberry Festival
- **April 30 thru May 7:** Florida 35th All Veterans Reunion / Vietnam Wall Viewing
- **May 13:** Space Coast Burger Battle

### 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!



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.

## Morikami Japanese Garden Tour & Bento Box Lunch

**Date:** April 26, 2023  
**Cost:** \$104 Per Person Includes Lunch  
No Refunds after April 15



**RESERVE NOW!** There's so much to see at Morikami, in the 16 acres that surround Morikami's two museum buildings include expansive Japanese gardens with strolling paths, resting areas, their world-class bonsai collection and lakes teeming with koi and other wildlife. After the tour, enjoy a delicious Bento Box lunch.

## Solomon's Castle Tour with Lunch at the Boat-in-the-Moat

**Date:** May 10, 2023  
**Cost:** \$125 Per Person—No Refunds After May 1

Hidden in the lush landscapes of Florida, is one man's dream of paradise. This may be the most unique experiences of your life. With more than 80 interpretive stained glass windows and countless metal sculptures. If you build it, they will come. This 3-mast monster is Solomon's creation and houses the finest restaurant in Ona, FL. Unique for its design and location is this Boat-in-the-Moat Restaurant where we will have our lunch.

## Coconut Creek Casino

**Date:** June 7, 2023  
**Cost:** \$65 Per Person—No Refunds After May 26  
Leaves WPSC at 8:00 AM and returns at 5:30 PM

THIS WILL BE OUR LAST DAY TRIP BEFORE THE SUMMER MONTHS BEGIN. Enjoy a smoke-free casino experience with over 300 slots and eight live table games. Discover award winning dining at the casino's five restaurant options.



## Murder Mystery Dinner Train & Edison Ford Museum & Lunch

**Date:** September 24-25, 2023  
**Cost:** \$485 Per Person / Double Occupancy  
\$555 Single Occupancy

Join the Murder Mystery Dinner Train for an evening of Fun, Food, and Murder! This unique dining experience includes a delicious five course dinner prepared on board, served at tables of four, with an ongoing comical mystery that plays in the aisles during this fun-filled evening! You'll love this 3½ -hour train ride aboard the Seminole Gulf Railway. Costumes encouraged, but optional.

After our train ride, we'll spend the night in Ft. Myers. Following breakfast in the hotel, we'll travel to Edison Ford Museum, featuring 15,000 square feet of air conditioned exhibits, thousands of artifacts, and a wealth of opportunities for visitors to learn about the Innovative Minds of Two American Icons! Before departing for home, we will make a stop at the Ford Garage to enjoy lunch.

## Pigeon Forge & Smokey Mountains Show Trip

**Date:** October 9-14, 2023 (6 Days / 5 Nights)  
**Cost:** \$785 Per Person / Double Occupancy  
\$1,004 Single Occupancy  
\$75 Deposit / \$72 Travel Insurance Per Person  
(Must Be Paid Before June 1 to reserve)

This road trip adventure includes a spacious, restroom and video-equipped motorcoach transportation; 5 nights lodging including 3 consecutive nights in the Smokies; 8 meals including 5 breakfasts and 3 dinners; One Morning Show: SMITH MORNING VARIETY SHOW; One Afternoon Show: MAGIC of TERRY EVANSWOOD; Three Evening Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE and COUNTRY TONITE; Guided tour of the great SMOKY MOUNTAINS NATIONAL PARK; Free time in HISTORIC DOWNTOWN GATLINBURG; and admission to DOLLYWOOD.

### IMPORTANT NOTICE

For more information, please sign up at the Travel Office for the **Trip Q&A meeting on Friday, April 21 at 9:45—10:45 am in Room 117**. Anyone can attend. If they want to be reminded about the meeting, they should sign up at the travel office. This meeting is to increase awareness of our Travel Office and what we have to offer as well as information on the Pigeon Forge trip.

## Photos of the St. John's Riverboat Trip on March 15, 2023



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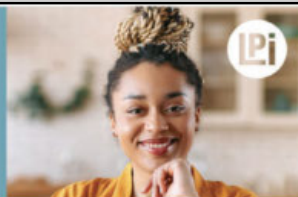
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# CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER  
2785 Leisure Way  
Melbourne, FL 32935

Phone: 321-255-4494  
Web: [www.bcwpsc.org](http://www.bcwpsc.org)

## APRIL 2023

ACTIVITY	SCHEDULE FOR APRIL	NOTES
Ballroom Dancing	2 Classes on Mondays @ 6:30P & 7:30P for ALL Levels Different Dance Each Month	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	DOORS OPEN AT 10:00A
Blood Pressure Checks	2nd Friday (April 14) @ 9:00—11:00A	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	
Bridge: Beginner Class	Saturdays @ 11:00A with Pam Page For Virtual Classes please see our website at <a href="http://www.bcwpsc.org">www.bcwpsc.org</a> and click "Bridge" icon	
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	10:00A—2:00P ON APRIL 15 ONLY
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	10:00A—2:00P ON APRIL 15 ONLY
Bunco	1st & 3rd Thursdays (April 6 & 20) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class May 18 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	Wednesdays @ 6:00—9:00P	NOW WEEKLY!
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	3rd Thursday (April 20) @ 1:00—5:00P Sign up Sheet at Front Desk	LIMIT 6 PEOPLE PER CLASS
Pinochle	Mondays & Fridays @ 12:15—4:00P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	
Friendly	Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P Saturdays @ 8:30A—12:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (April 28) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays, Thursdays & Fridays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Shuffleboard: Tournaments		
Watercolor Instruction	Wednesdays @ 9:45A—12:30P	

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

NEW UPDATES

## Ballroom Dancing & Swing Lessons

Two Classes on Mondays @ 6:30P & 7:30P for ALL Levels. Different Dance Each Month.

Cost: \$8.00 per Class for Members  
\$10.00 per Class for Non-Members

Classes change every month. Welcome Singles and Couples! Any questions? Please contact **Chris Marcelle** at 321-258-5916.



**TUESDAY & FRIDAY—Open to the Public!**  
Doors Open @ 10:00 am  
Cards Sold @ 10:30 am – 11:30 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 info, contact **Brenda Clarson** at 321-258-8837.

## Bones & Balance

Mondays @ 10:00 am—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.

## Bridge (Duplicate)

On-site Classes: Mon., Wed. & Sat. @ 12:30P  
**(On Saturday, April 15 ONLY 10:00A—2:00P)**  
Online Classes: Thurs. @ 12:15 pm on the BBO platform  
Cost: On-site classes \$6.00 / 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.



## Bridge (Rogue)

Tuesdays @ 12:15—4:00 pm  
Cost: \$1.00 Members / \$3.00 Non-Members  
Contact **Patricia Rosenthal** at 321-626-5419.

## Bridge (Rubber)

Thursdays @ 1:00—4:00 pm  
Saturdays @ 12:30—3:30 pm  
**(On Saturday, April 15 ONLY 10:00A—2:00P)**  
Cost: \$2.00 Members / \$4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. Any questions? The point of contact for Thursday is **Janet Walker** at 321-242-3173 and the point of contact for Saturday is **Gayle Schanck** at 541-821-7070.

## Bunco

1st & 3rd Thurs. (April 6 & 20) @ 12:30—4:00 pm  
Cost: \$6.00 Members / \$8.00 Non-Members

Bunco is played on the 1st and 3rd Thursday of each month. We play four rounds. After two rounds, we have a break for refreshments. We supply coffee and water.

Players may bring lunch items, snacks or desserts to share. Please contact **Linda** at 321-549-9893 to reserve your Bunco space.



## 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

Cost: \$6.00 Members / \$8.00 Non-Members  
Classes @ 11:00 am—12:30 pm

May 18: Veggies  
July 20: Smoothies  
Sept. 21: Fall Flavors  
Nov. 16: 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 by **CarePlus**  
HEALTH PLANS

## 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.**

Sign in starts at 5:30 pm. The game is set up tournament style with a \$4 buy-in going toward the prize pool in addition to the senior center fee. Additional \$1 for members and \$3 for non-members. Depending on how many entries the usual payout is 4 places. The penalty for sets is .25 cents which covers miniscule expenses through the year and a big Christmas party where all the money is returned via food, drawings and prizes. The games are played either 4 handed or 3 handed depending on the number of entries. This format guarantees no matter the number of entries, all will be able to play. For more information or any questions, contact **Jay Koeller** at 321-794-6400.

## Hand & Foot Card Game

Mondays & Fridays 8:45 am—Noon

Setup @ 8:30 am

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



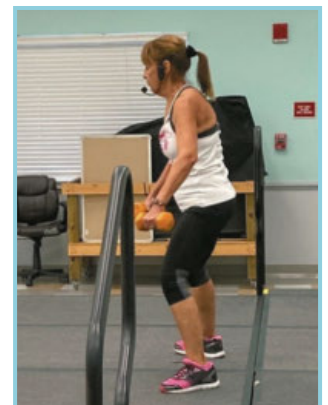
Join this group of friendly and competitive players for a time well spent. Contact **Beverly Morgan** at 303-458-8273 for more information.

## Jazzercise Lo

Mon., Wed., & Fridays @ 8:30—9:30 am

Cost: \$40.00 per Month or \$10.00 per Day

Join us for a fun and energized Jazzercise Lo class. Start off your mornings dancing away those extra calories using Low Impact moves that yield **MAXIMUM** results! You use muscles, not momentum, to get a total body workout without the impact on your joints. 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 every Tuesday 4:15-5:30! Come and make new friends with this healthy physical activity. Line dancing has been proven to increase coordination and balance as well as improve cardiovascular health and brain memory. For more info call Sue at 321-505-0846, Choreographer and instructor for over 50 years.

## 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?  
Please contact

**Patricia Rosenthal** at 321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).



## Oil Painting for Beginners

**3rd Thursday of Each Month**

**April 20 @ 1:00—5:00 pm**

**Cost: \$40.00 per person (Includes All Supplies)**

*TRY SOMETHING NEW!* These classes are easy and fun. Come 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 first Thursday of the month if there is enough interest. Please call the Center 321-425-5533, or sign up at the front desk.

For April, we'll be painting our last snow scene of the season. This painting is good for beginners, and you should be quite pleased with your finished painting.

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 has plenty of time to work with you as you paint your masterpiece.



## Pinochle

**Mondays & Fridays @ 12:15—4:00 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 **Roslyn Angarano** at 321-338-0591.

## 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

Saturdays @ 8:30 am—12:30 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 3/8/23 Results:

1st: Dale Foster

2nd: Jorge Fernandez

3rd: Jerry Bertekap

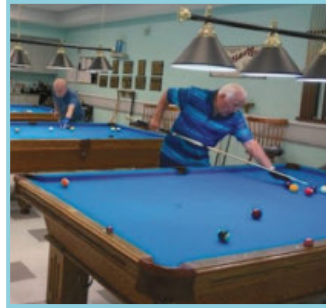
4th: Dave Reeve

Next tournament is April 12.

Questions? Please contact

**Wally Topinko** at

716-830-5978.



## 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. According to researchers, 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. Contact **Laura Parsons**, Certified Instructor at 321-474-5374.




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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.



Questions? Contact **Rosalie Novak** at 321-610-8021.

## Senior Law

4th Friday of Each Month

Next Class April 28, 2023 @ 2:00—4:00 pm

Cost: Free to all WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and



SLONIM LAW

question/answer session on the 4th Friday of each month at WPSC Room 117. We will cover topics such as:

- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Living Wills
- Digital Assets
- Medicaid and Asset Protection Options
- Guardianships
- Probate Matters
- General Dementia Issues

Seating is limited. Please sign up at the front desk.

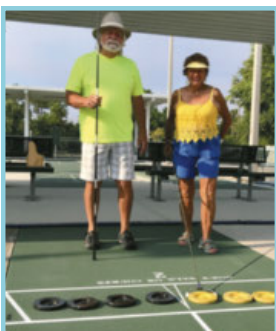
Questions? Please call the Law office at

321-757-5701.

## Shuffleboard

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

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



Call **Tom Winkelspecht** at 321-446-3283 or email: [tawinkii@me.com](mailto:tawinkii@me.com) for more information on learning how to play or participating in tournaments.

## 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 are working on core, arm and leg strength. Go at your own pace and feel the antiaging begin. Come join us, no need to sign up, just show up. For more information, contact **Susie Salvetti** at 321-626-0282.



## Watercolor Instruction

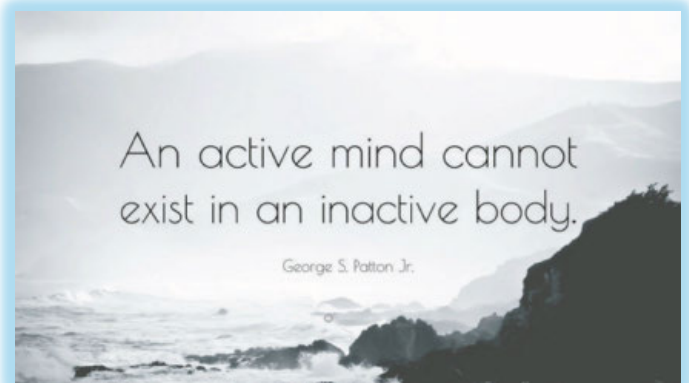
Wednesdays @ 9:45 am—12:30 pm

Cost: \$6.00 Members / \$7.00 Non-Members



Classes held in the computer room. Bring your own supplies, smiles and good attitudes! Relax, enjoy

the process and camaraderie. All levels welcome! Any questions, please contact **Judy Champion** at 321-312-9155 or [judy.champion325@gmail.com](mailto:judy.champion325@gmail.com).



# 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, April 4: Alzheimer's Foundation Joe's Place
- Tuesday, April 11: Ally Senior Living Consultants
- Tuesday, April 11: Cigna
- Tuesday, April 18: WellCare
- Tuesday, April 18: American Home Care Services
- Friday, April 7: Melbourne Medicare
- Friday, April 7: Healthy Partners
- Friday, April 14: Care Plus Health Plans
- Friday, April 14: Sea Pines
- Friday, April 21: United Health Care
- Friday, April 21: VITAS
- Friday, April 28: St. Francis Reflections
- Friday, April 28: American Home Care Services

## Managing Age Related Memory Loss

Normal memory loss is manageable and does not affect your ability to work, live independently or maintain a social life.



### Normal memory loss can look like:

- Occasionally forgetting someone's name
- Misplacing items in your home
- Forgetting "to do" items

### Causes of memory loss:

- Age
- Head trauma/injury
- Alcoholism
- Medications
- Emotional Disorders
- Some Chronic illnesses

### Tips for managing normal memory loss:

- Keep a daily routine
- Use lists, calendars and notes
- Place frequently used items in the same place daily
- Maintain a social life
- Be attentive to your emotional health; if you notice a dip, get help
- Stay hydrated and eat a balanced diet
- Stay physically active
- Get good sleep
- Maintain doctor's appointments
- Sound medication management
- Stay mentally active
- Learn new things

### When to see a doctor:

- It's affecting your daily life
- Friends/family have expressed concern
- You've noticed changes in your memory loss



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Kentucky Derby  
*Party*

*at the*

*Wickham Park Senior Center*

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**FRIDAY, MAY 5 5-8PM**

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\$12 Per Person

Food & Beverages from Dustin's BBQ

Limited to 100 Attendees

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*Don your best Derby Bonnets and Bow Tie*  
Prizes awarded for Best Ladies and Best Men's Attire

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Be sure to bring your dollar bills to bet on our  
*"Run for the Roses" Horse Race*

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*Derby Scratch Off Tickets*  
will be available for Sale



*Music & Dancing provided by Rick Brensinger*

# Welcome

## New Members in February

Albury, Laurie	Lange, Vera
Andraos, Salwa	Leonard, Charles
Betten, Kathy	Masone, Nannette
Cambell, Allan (Bruce)	Morgan, Darlene
Campbell, Jan	Otero, Angel Luis
Carollo, Cheryl	Panter, David
Caswell, Beverly	Pearson, Mary
Churchill, Elizabeth	Pereira, Theresa
Connor, Kate	Phelps, Thomas
Coste, Marion	Rivera, Sharon L
Daugherty, Lynn	Russell, Carol
Dunn, Barbara	Salvatore, Ana
Elkins, Tracy	Skiles, Carol
Ferland, Pearl	Slater, Sandra
Fernandez, Jose	Sullivan, Paul
Gasior, Angie	Sullivan, Susan
Gulliver, Joann K	Thomas, Frank (Jerry)
Gulliver, P. Kevin	Thomas, Patricia (Pat)
Hatley, Stan	Traynor, Dan
Healy, Debbie	Whitehead, Evangeline
Holiday, Nancy	Zaleski, Ann
Kasza, Michael	Zaleski, David
Kiefert, Peter D	

## Wickham Park Senior Center Holiday Closures for 2023

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:

- **Memorial Day Holiday** – Monday, May 29, 2023
- **4th of July Holiday** – Tuesday, July 4, 2023
- **Labor Day Holiday** – Monday, Sept. 4, 2023
- **Thanksgiving Holiday:**
  - Wednesday, Nov. 22, 2023 (Day before Thanksgiving)
  - Thursday, Nov. 23, 2023 (Thanksgiving Day)
  - Friday, Nov. 24, 2023 (Friday after Thanksgiving)
  - Saturday, November 25, 2023
- **Christmas Holiday:**
  - Saturday, December 23
  - Monday, Dec. 25, 2023 (Christmas Day)
  - Tuesday, Dec. 26, 2023 (Day after Christmas)
- **New Year's Holiday:**
  - Monday, January 1, 2024 (New Year's Day)

## 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

## Meet Our Staff

### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lisa Coyle
Treasurer:	Colleen Barneman

### Directors

Ina Fritsch	Janice Oppelt
Celeste Garcia	Pam Page
Vincent Germann	Ginny Parker
Beverly Morgan	Janet Smith
Rosalie Novak	

### 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**

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