



Friendship Flyer

APRIL 2024

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

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

www.bcwpsc.org



Diane Weinzierl

President's Message

Happy Spring to all our members. I continue to see more and more new people here every day – so if you haven't been here in a while, come visit us again and meet some new friends.

This year our 2nd quarter **Dinner/Dance will be held on Friday, May 17 from 4:30–7:30 pm**. Our theme is **Night at the Races** and we'll have several horse races during the evening. Be sure to bring your dollar bills as the betting was fast and furious last year and you won't want to miss out on a chance to cheer on your favorite jockey or horse. Dinner will be provided by Dustin's BBQ and the dancing music will be provided by Janice and Rene. Tickets are \$15 per person and will go on sale at the front desk starting Monday, April 15. I'm in the process of enlisting jockeys for our races, so if you're interested, please stop by my office and let me know. If I'm not around, just leave a note with the front desk.

We have a new class that just started in mid-March called Senior Stitchers. If you've ever wanted to learn to knit or crochet – or you already know how but you'd like to join a group while working on new projects – check them out. The class is every Friday morning from 10 am to 12:00 noon. See additional information on page 11.

Also – don't forget that we hold **BINGO** at WPSC twice a week – Tuesday and Friday from 11:15 am to 2:00 pm. Doors open at 10 am and cards go on sale at 10:30 am. Come early to get a seat. In addition to our regular games there are several well-paying special games including our progressive letter X, an odd-even cover-all and a winner-take-all. Prize money is based on attendance, so come check us out!

I also wanted to highlight some of the **upcoming non-weekly activities** you might want to keep in mind (see additional details and contact information in the newsletter or on our daily schedule at the front desk):

- Thursdays, April 4 & 18 – Bunco at WPSC: 1:00–4:00 pm – Call to reserve your seat
- Sunday, April 7 – Bunco for Boobies Fund Raiser: 1:00–4:00 pm – Call to reserve your seat
- Sundays, April 14 & 28 – Corn Hole Tournaments: 2:00–4:00 pm
- Thursdays, April 18 & 25 – Oil Painting: 1:00–5:00 pm – Sign up at front desk
- Friday, April 19 – Cell Phone & Computer Training: 1:15–4:30 pm – Sign up at front desk
- Friday, April 26 – Senior Law Seminar: 2:00–4:00 pm – Sign up at front desk
- Thursday, May 9 – Chefs for Seniors: 11:00 am–12:30 pm – Sign up at front desk
- Friday, May 17 – Night at the Races: 4:30–7:00 pm – Tickets on sale starting April 15

Lastly I want to give a shout out to our Vice President, Gary McGuire. He has been out on medical leave since the beginning of the year and everyone has been asking about him. He stopped in for a bit last week and he is doing great. We expect to see him back here full-time in mid-April.

Everyone misses you, Gary - hurry back!

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 8 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 WPSC in FY2024.



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

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

Need to Schedule an Appointment with SHINE?



The WPSC SHINE Group is available Tuesdays and Thursdays from 9:00 am to Noon in Room 104. Anyone interested can call 407-514-1800 to schedule an appointment. No fee required!

“BUNCO for BOOBIES” Fundraiser



DATE: **Sunday, April 7, 2024**
 TIME: **1:00 pm—4:00 pm**
 PLACE: **Wickham Park Senior Center**
 DONATION: **\$20.00 Donation to Play**

Join the fun while supporting the American Cancer Society and **Fundraiser for Team “Save the Girls”!** There will be door prizes, raffles, food and more! Also prizes for Most Buncos, Most Games, Least Games and Last Bunco. You must sign up to play. Table space is limited. Please bring a dish or finger food to share. Water and Coffee will be provided. To reserve a space, call or text **Ginny Parker** at 321-698-0445.

Important Upcoming Voting Dates

- **July 22:** Voter registration deadline for August primary
- **August 8:** Last day to request mail ballots for primary election
- **August 10–17:** Early voting for August primary
- **August 20:** Primary Election
- **October 7:** Voter registration deadline for November general election
- **October 24:** Last day to request mail ballot for general election
- **October 21–November 2:** Early voting for general election
- **November 5:** General Election

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.

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 (**there is a two box limit of personal shredding only**). 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 25, 2024: 9 To 10:30 AM
Community Credit Union
1030 US1, Rockledge
Enter Off Hardee Lane
- May 30, 2024: 9 To 10:30 AM
Palm Shores Town Office
5030 Paul Hurtt Lane, Melbourne
- June 27, 2024: 9 To 10:30 AM
Greater Palm Bay Chamber of Commerce
4100 Dixie Highway NE, Palm Bay
- July 25, 2024: 9 To 10:30 AM
Cape Canaveral Precinct
111 Polk Avenue, Cape Canaveral
"Behind The Precinct"
- August 29, 2024: 9 To 10:30 AM
Melbourne Square Mall
1700 W. New Haven Avenue, Melbourne
Between Dillard's & JC Penney
Enter Off Evans Road
- September 26, 2024: 9 To 10:30 AM
Winn Dixie
7960 U.S. 1, Micco
- October 31, 2024: 9 To 10:30 AM
Veteran's Memorial Center
400 S. Sykes Creek Parkway, Merritt Island

Mega Senior Expo



The Wickham Park Senior Center was sure to have an exhibit at the Mega Senior Expo on March 13 in Melbourne. Pictured here are Roseann Testa and Janet Smith.

Are You Receiving the WPSC Monthly Newsletter via Email?

A link to this newsletter is emailed to all members by the first of every month. If you are not receiving these emails, please stop by the Front Desk and verify that we have your correct email address.



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.

WPSC Travel will be happy to put your name on our "WAIT LIST" for any SOLD OUT trips.

ON YOUR FEET!

The Story of Emilio & Gloria Estefan at the Vero Beach Riverside Theatre

Date: April 18, 2024 (NO REFUNDS AFTER APRIL 1)

Cost: \$179 PP incl. Lunch at Vincent's Italian Restaurant

Time: 10:30 am—5:30 pm

Based on the lives and music of 26-time Grammy Award-winning husband-and-wife team, Emilio and Gloria Estefan, On Your Feet is a high-energy celebration of the songs that got the world dancing to the rhythm. Music & Lyrics by Emilio Estefan & Gloria Estefan.

LUAU—Fire & Hula Dinner Show

Date: April 29, 2024

Cost: \$159 PP

Time: Leave WPSC at 4:30 pm / Returning at 11 pm

Escape to Polynesia in air conditioned comfort. Polynesian fire is an amazing luau dinner show experience that you will not forget. Enjoy the live band serenading you while you dine on the buffet dinner. After dinner enjoy the show complete with Hawaiian hula, Tahitian, Tongan and Polynesian entertainers. The show ends with the amazing Samoan Fire Dance performed by world champion practitioners, The Lavata'i Brothers. They have performed in competitions and Polynesian Productions throughout Samoa, Arizona, Los Angeles, Hawaii, Missouri, Utah, Oklahoma, Arkansas, Japan, South Carolina and now in Orlando.

Butterfly World

Date: May 15, 2024

Cost: \$99 PP

Time: Leave WPSC at 9:00 am / Returning at 5:00 pm

Walk through tropical, flowering gardens in six giant screened aviaries filled with twenty thousand LIVE exotic butterflies and the world's most amazing birds. Hand feed the small parrots in the Lorikeet Encounter! Botanical Gardens, Macaw Landing, Butterfly Museum, Live Bug Zoo, outdoor cafes, gift shop and garden center. Lunch on your own.

A Legendary Tribute to Neil Diamond

Date: May 25, 2024

Cost: \$179 PP

Time: Leave WPSC at 8:00 am / Returning at 8:00 pm

The name says it all! Diamond Rocks celebrates one of the most influential American artists of our time - the one and only Neil Diamond. Known the world over for his incredible tribute to Neil Diamond, Barrie Cunningham has spent most of his life entertaining in showrooms, concert halls and on major cruise lines. He brings the magic of Neil

Diamond to the stage with his incredible look and precise vocals. Barrie has also received many awards including San Diego's "Entertainer of the Year" and was a principal act in a show voted Reno's "Show of the Year" 3 years straight. Visitors to Suncoast Broadway Dinner Theatre, Hudson, FL, begin with a sumptuous all-you care to eat buffet dinner complimented by a mouth watering dessert served by friendly and attentive wait staff who are often in the shows themselves.

LIPS—The Ultimate in Drag Queen Dining

Date: June 23, 2024

Cost: \$139 PP

Time: Leave WPSC at 10:30 am / Returning at 6:30 pm

Outrageous fun every Sunday afternoon. Join the ladies of Lips for the Ultimate Drag Brunch as they pullout all the stops for this spectacular show. Enjoy delicious brunch entrees plus unlimited Mimosas, Champagne or Bloody Mary. Celebrate your special occasion with us.

Medieval Times Dinner & Tournament

Date: July 20, 2024

Cost: \$129 PP

Time: Leave WPSC at 3:30 pm / Returning at 8:00 pm

Before the start of the show, each guest is given a crown that represents where they are sitting and which color knight they will be cheering for. Once you hear the sound of trumpets, it's time for the games to begin. During the tournament, you're given a hearty meal of soup, chicken, corn, a seasoned potato, and a pastry of the castle (vegetarian meals are also available). And remember, this is the middle ages, so your utensils are your good old-fashioned hands. Located right next to the castle is a large area known as the Medieval Village.

Dali Museum & Ford's Garage Restaurant

Date: August 15, 2024

Cost: \$159 PP

Time: Leave WPSC at 7 am / Returning at 5:30 pm

The Dali Museum celebrates the life and work of Salvador Dali (1904-1989) and features works from the artist's entire career. The collection includes over 2,000 works from every moment and in every medium of his artistic activity including 96 oil paintings, many original drawings, book illustrations, prints, sculpture, photos, manuscripts and an extensive archive of documents. Founded with the works collected by Reynolds & Eleanor Morse, the Museum has made significant additions to its collection over the years.

Chattanooga Choo Choo, Tennessee

Date: September 4-7, 2024

Cost: \$1,099 Double / \$1,399 Single

\$300 Deposit & Balance Due July 1st

Insurance: \$92 PP (Payable During Reservation)

If you love trains, this tour's for you! The Incline Railway scales steep Lookout Mountain and Rock City, featuring sweeping views, sandstone formations and gardens. The Blue Ridge Scenic Railway takes riders on a four-hour, 26-mile, roundtrip journey deep in the mountains along the Toccoa River through the countryside to the quaint sister towns of McCaysville, Georgia and Copperhill, Tennessee. **Price includes:** 3 Nights Lodging and Breakfasts; 3 Dinners, including the Southern Belle Dinner Cruise; 3 Train Rides: The Missionary Ridge Local, Lookout Mountain Incline Railway, Blue Ridge Scenic Railway; Rock City Gardens; Gift for All; Luggage

Handling, All Taxes, Meal & Driver Gratuities, and Bus Transportation.

Nashville Show Trip

Date: September 16-24, 2024

Cost: \$988 PP Double / Add \$209 for Single Occupancy

\$75 Deposit and Final Payment Due July 15th, Optional Insurance Available

Price includes: 3 Nights Lodging and Breakfasts; 3 Dinners, 5 nights lodging including 3 consecutive nights in the Nashville area; 8 meals (5 breakfasts & 3 Dinners); 2 Great Shows (Grand Ole Opry & Nashville Nightlife Dinner Theater); Guided Tours of Nashville and Belle Meade Historic Site & Winery; Admissions to the Country Music Hall of Fame & Museum, Grand Ole Opry Behind the Scenes Tour, Madame Tussauds Wax Museum, and Johnny Cash Museum & Patsy Cline Museum; and Motorcoach Transportation.

WPSC TRAVEL GIFT CERTIFICATE

Date Issued: _____ Voucher # _____

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

Signature: _____



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

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



Kathy Sorrell
Field Sales Agent
Licensed Insurance Agent

The Auto Club Group

4100 North Wickham Rd., Ste 101
Melbourne, FL 32935
321-775-4705 Office
321-427-0438 Mobile

Insurance

ksorrell@acg.aaa.com



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



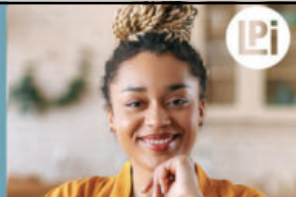
lpicomunities.com/adcreator

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers



CALENDAR OF EVENTS

APRIL 2024

ACTIVITY	SCHEDULE FOR APRIL	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 (April 18 & 25) @ 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.bcwpssc.org and click “Bridge” icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Games: Mon., Wed., & Sat. @ 12:30—4:00P 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 (April 4 & 18) @ 1:00—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class May 9 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Color Pencil Portrait for Beginners	Wednesdays @ 9:30—11:00A	
Cornhole Tournaments	April 14 & 28 @ 2:00P—Set-up & Practice @ 1:00P	
Euchre	Wednesdays @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mondays, Wednesdays & Saturdays @ 8:30—9:30A Fridays @ 8:30—9:15A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Pinochle	Mondays & Fridays @ 12:30—4:30P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	
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 (April 26) @ 2:00—4:00P Sign-up Sheet at Front Desk	
Senior Stitchers (NEW)	Fridays @ 10:00A—Noon in Room 117 Sign-up Sheet at Front Desk	STARTED MARCH 15
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Tango Dance Class	Fridays @ 2:30—4:30P	
Technical Training & Education Class with Alison	3rd Friday (April 19) @ 1:15—4:00P	ON COMPUTERS & CELL PHONES

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

NEW UPDATES

BINGO!

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.

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

3rd & 4th Thursdays: April 18 & 25 @ 1—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 April, we'll be painting a beautiful landscape that shows spring-time along a beautiful stream, *Spring Stream*. 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. @ 12:30—4:30P
Cost: \$7.00 Members / \$9.00 Non-Members

CLASSES:

On-site Class: Wednesday @ 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
 Contact **Tom Sanders** at 321-960-1894.

Rogue Bridge

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

Rubber Bridge

Thurs. @ 1:00—4:00 pm & Sat. @ 12:30—3:30 pm
 Cost: \$2.00 Members / \$4.00 Non-Members

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



Bunco

1st & 3rd Thursday, **April 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 up-to-date 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. Non-members are welcome!

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 9: Smoothies
- July 11: TBD
- September 12: TBD
- November 14: TBD



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 
 Dr. Jaya Prakash, MD, MPH
 COACHJAYA4HEALTH, LLC

Cornhole Tournaments

Sunday, **April 14 & 28** @ 2:00 pm
 Setup & Practice Starting @ 1:00 pm
 Cost: \$2.00 Members / \$4.00 Non-Members



Cornhole Tournaments will be held indoors at the Wickham Park Senior Center every 2nd and

4th Sundays (excluding conflict with holidays). Games include Blind Draw, Double Elimination and Payouts up to three places dependent on number of entries. For any questions, please contact: **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).

Hand & Foot Card Game

Mondays & Fridays 8:45 am—Noon
 Setup @ 8:30 am
 Cost: \$1.00 Members / \$3.00 Non-Members

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



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**.

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.

This year there was interest in playing every Wednesday night barring any conflicts with holidays etc. It 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 or any questions, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

Jazzercise Lo

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

Fridays @ 8:30-9:15 am

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

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

Join us for a fun and energized Jazzercise Lo class. Dance away those extra calories using Low Impact moves that yield MAXIMUM results! We use muscles, not momentum, to get a total body workout without the impact on your joints. For more information, contact **Ginny Parker** at 321-698-0445.

Line Dancing

Tuesdays @ 4:15—5:30 pm

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



Line Dancing for Fun and Exercise! Every Tuesday from 4:15-5:30. Come get some SPRING in your step and join the fun of making new friends! Line Dancing creates a gratifying way to get some exercise while strengthening your balance and neurological stability. Come check us out! Don't miss the FUN!! Call Sue for more information 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! Questions? Please contact **Patricia Rosenthal** at 321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).



Pinochle

Mondays & Fridays @ 12:30—4:30 pm

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

Contact **Bill Mueller** at 321-242-4999 (Mondays) or **Cathy Decker** at 321-432-7813 (Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am—4:00 pm

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

Contact **Bill Seigel** at 813-416-0428.

Poker (Friendly)

Mondays @ 1:00—4:00 pm

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

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Vinnie Germann** at 321-253-6155.

Pool (Billiards)

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

YE OL Pool Room 8-Ball Tournament 2/14/24 Results:

1st: Joe Franco	3rd: Bob Furlong
2nd: Dan Traynor	4th: Jerry Bertekap

Next tournament is April 10. Questions? Please contact **Wally Topinko** at 716-830-5978.

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.

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

Shuffleboard

Open Play: Saturdays & Mondays @ 9:00 am & Thursdays @ 6:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

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



FREE
AD DESIGN
with purchase
of this space
CALL 800-477-4574

WISDOM COMES WITH BENEFITS



Patricia Comesanas
Medicare Benefits Specialist
321-405-7638
Fina.solutions
ilpatfina@gmail.com




THRIVE
LOCALLY

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Rich Fernbach

rfernbach@lpicommunities.com
(800) 477-4574 x3675

Senior Law

4th Friday of Each Month

NEXT CLASS APRIL 26 @ 2:00—4:00 pm

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.

Senior Stitchers—NEW!

Fridays @ 10:00 am—Noon in Room 117

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

Would you like to learn to Knit or Crochet? Do you already know how to Knit or Crochet? If so, please join us for a morning of friendship and pleasant conversation while learning new skills and stitches while helping each other to share and improve our skills. What to Bring:

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

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

Social Tango, Introduction to Argentine Tango

Fridays @ 2:30—4:30 pm

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

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

Strength/Flexibility

Thursdays @ 9:30—10:30 am

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

Fitness Unlimited by Design presents a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps with posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We work on core, arm and leg strength. 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.

Technical Training & Education on Computer & Cell Phone

3rd Friday of Each Month

NEXT CLASS APRIL 19 @ 1:15—4:00 pm

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

Beginner Cell Phone: 1:15—2:15 pm

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

Laptop computer: 3:30—4:30 pm

(iPad/ tablet questions taken during any class)



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

Stay Active.
Stay Healthy.



MAY 2024 DINNER/DANCE

Night at the Races!



FRIDAY

May 17

4:30—7:00 PM



AT THE

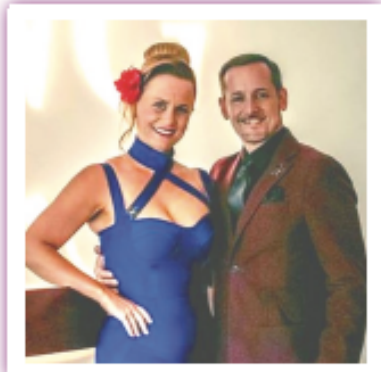
**Wickham Park
Senior Center**

\$15 Per Person—Tickets on Sale Starting April 15

Dinner Provided by



Served 4:45—5:30pm



Entertainment provided by
Janice & Rene

“Be sure to bring your dollar bills to bet on the annual WPSC Races!”



3 Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

3 Natural Remedies for Spring Allergies

1. Limit time outdoors: When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and

change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

2. Control your environment: When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

3. Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.

**SUPPORT THE
ADVERTISERS**
that Support our
Community!

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.

- Friday, April 5: Kindred Hospitals ARU
- Friday, April 5: Travel Expressions
- Tuesday, April 9: Cigna
- Friday, April 19: United Health Care
- Friday, April 19: Rosanova Eye
- Friday, April 26: VIP America

Welcome

New Members in February

Allegretti, Carolyn	Markovich, Mary
Bambery, Christie	Maye, Peter
Boyd, Brenda	Maye, Susan
Briscoe, Kathleen	Maynard, Harry
Bryant, Diane	McCuiston, Mike
Busch, Diane	Myotte, Robert
Cook, Joanne	Nolan, Lisa
Del Ponte, Donna	Owen, Rosemary
Donnelly, Bob	Perkins, Barbara
Felton, Edie	Pineiro, Maria
Fitz, Debbie	Rehrer, Robin
Frontera, Anne	Rinehart, David
Giammarino, Michael	Ritter, Diane
Gilyeat, Colin	Roush, Amy
Gilyeat, Sharon	Singer, Raye
Gizinski, Judy	Spurgeon, Ricky
Gollob, Lawrence (Larry)	Turner, Charlotte
Gollob, Sherry	Twells, Paula
Harmon, Deborah	Twiner, Joe
Heyne, Kent	Twiner, Katha
Hoffman, Marcia	Vershon, Irene
Huff, Janet	Vershon, William
Hunt, Patricia	Watson, David
Hutker, Brenda	Watson, Eva
James, Akiko	Webb, Paula
James, Archie	Wood, Charlene
Laferriere, Linda	Wood, John
Long, Patricia	

Wickham Park Senior Center Holiday Closures for 2024

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

- **Memorial Day Holiday** – Monday, May 27, 2024
- **4th of July Holiday** – Thursday, July 4, 2024
- **Labor Day Holiday** – Monday, Sept. 2, 2024
- **Thanksgiving Holiday:**
 - Wednesday, Nov. 27, 2024 (Day before Thanksgiving)
 - Thursday, Nov. 28, 2024 (Thanksgiving Day)
 - Friday, Nov. 29, 2024 (Friday after Thanksgiving)
- **Christmas Holiday:**
 - Tuesday, Dec. 24, 2024 (Day before Christmas)
 - Wednesday, Dec. 25, 2024 (Christmas Day)
 - Thursday, Dec. 26, 2024 (Day after Christmas)
- **New Year's Holiday:**
 - Wednesday, January 1, 2025 (New Year's Day)

Meet Our Staff

Officers

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

Directors

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

Staff

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

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

COMMENTS? We value your opinion!

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



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

When You Have A Plan
You Can Afford to Relax
Helping Families With

Estate/Life Planning
Guardianship & Probate
Medicaid Asset Preservation

 **Slonim Law**

321.757.5701 | Slonimlaw.com

Code: WPSC



Say Yes to New Adventures

CMS Rating
★★★★★

Offering: Independent Living • Skilled Nursing Care
Individualized Rehabilitation • Therapy Services

321-452-1233

TTD# 800-545-1833 ext. 359
Language Assistance Services 562-527-5255


COURTENAY
SPRINGS
VILLAGE

1200 S Courtenay Pkwy.
Merritt Island, FL 32952
 SNF# 11070961

*Brownlie &
Maxwell*

Funeral Service & Crematory

(321) 723-2345

www.brownliemaxwell.com

1010 Palmetto Ave.
Melbourne, FL 32901



**ELITE CARE
PHARMACY**

A MEMBER OF
*The Medicine
Shopper*
FAMILY

**Prioritize your health and let us
TAKE CARE OF YOU!**

- ✓ Over 50 medications at discounted prices - Starting at \$2.00
- ✓ Same Day Home Delivery
- ✓ Human & Pet Medication Compounding
- ✓ Compliance Packaging - Pill Pouches
- ✓ 24/7 Emergency Prescription Fill Voicemail
- ✓ Medication Flavoring
- ... and MUCH MORE!

CALL US TODAY!

321-608-4949



Dr. Zuheily Vélez - PharmD
Pharmacy Manager | Owner

3680 N Wickham Rd Ste C Melbourne, FL 32935
www.EliteRxFL.com

SUPPORT OUR ADVERTISERS!

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM