



# Friendship Flyer

AUGUST 2022

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)



Diane Weinzierl

## President's Message

When I think of August, I think of the dog-days of summer when it's HOT, HOT and things slow down a bit. It's no different at the center, but these slower days do provide us with some extra time to begin planning our Fall activities. Below is a list of several events your Board has already scheduled for the remainder of the year. Please put them on your calendar and plan to attend.

- **October 7 - First Friday Dinner & Dance.** Tickets will go on sale September 1.
- **November 4 – First Friday Dinner & Dance.** Tickets will go on sale October 3.
- **December 2 - Annual Meeting/Wine & Cheese Reception.** This event will be FREE to all members. More details will be available in November.
- **December 5-9 – Annual Officer and Board of Directors Election Week.** Applications to apply for the Officer and Board of Directors open positions will be available at the Front Receptionist Desk from September 1 through October 31. I encourage each of you to think about running for the Board, which is a great opportunity to become more involved in the decision making of YOUR Center.

Please be sure to **check out the Bulletin Board for any monthly schedule adjustments.** With the summer vacation time, and yes, even COVID which continues to linger, it seems like we're seeing more and more adjustments to our calendar of events during the month. **We will be posting any changes or event cancellations on the bulletin board just to the left of the front reception desk.** Please check it out – I'd hate for you to make a trip to attend an event that has been cancelled. And, of course, you can always call the reception desk to inquire about any of our programs before leaving home.

I am very sad to announce that **Diane Sims Butler** passed away on July 9. Diane has been a member and volunteer at the Center since June 2010, serving in multiple areas, including on the Board of Directors, at the Travel Desk and more recently at our Front Reception Desk. She was also instrumental in decorating and helping execute many of the Friday Night Dinners over the years. Her welcoming smile will be sorely missed.

Lastly, *stay cool and enjoy the remainder of the summer.*



## 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!"***

## Meet Our Front Desk Receptionists

Many of us are only in the Center once or twice a week and we only see a fraction of the volunteers who donate their time to keep the Center running. Our Front Desk Receptionists are really the heart and soul of the Center and none of us would be here without them. Who are they?



*Ginny Parker & Barbara Klein*

MORNING (8:30 AM – 12:30 PM)	
<b>Monday</b>	Marie Slaney Lynn Higginbotham
<b>Tuesday</b>	Jackye Williams Edith Popun
<b>Wednesday</b>	Bernard Del Bene Laurie Overcash
<b>Thursday</b>	Ginny Parker Susan Grice
<b>Friday</b>	Nancy Snyder Elaine Sams
<b>Substitutes</b>	Maureen Emswiler Barbara Klein Cheryl Uhl
AFTERNOON (12:30 PM – 4:30 PM)	
<b>Monday</b>	Marcia Luhn Mary Hughes
<b>Tuesday</b>	Linda Payne Robin Schwartz
<b>Wednesday</b>	Kathy Thompson Stella Stack
<b>Thursday</b>	Cindy Bennette Jo-Ann Efird
<b>Friday</b>	Mona Clark & Celeste Garcia
<b>Substitutes</b>	Maureen Emswiler Barbara Klein Cheryl Uhl

Thanks again to all our volunteers. If you're interested in joining this great group of Front Desk Receptionists, contact Ginny Parker, our Front Desk Coordinator or pick up a volunteer application at the Front Desk.

## Welcome To Our New Volunteers

- Laurie Overcash – Front Desk
- Barbara Klein – Front Desk

The Wickham Park Senior Center will be **CLOSED** on Monday, Sept. 5, Labor Day!

## Computer Support Needed!

The Tech Support staff at the Senior Center is in need of volunteers to assist with the computers, associated equipment and software.

Our **greatest** need is someone with administrative experience of Domain controllers, computers and user accounts. We are also in need of other related support:

- **Ongoing routine hardware and software maintenance:**
  - Perform periodic updates of operating system and other software. Maintain equipment and software spreadsheets logs related to these updates.
  - Perform periodic monitoring of hardware and printer expendables and other materials needing replacement.

If you have experience in **any** of the following and can volunteer a few hours a week, contact John at [ITAdmin@bcwpsc.org](mailto:ITAdmin@bcwpsc.org).



The WPSC Board of Directors Meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be August 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 WPCS in FY2022.



- Kathleen Agee
- Peggy Brysobn
- Robert Cason, in honor of his wife's birthday (Genevieve Cason)
- Kathleen & Andrew Cole
- Sonia Echevarria
- Laura Aho Parsons
- Susan Salvetti
- Marcia Luhn

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

## Home Repair Scams

**Here's how they work:**

Someone knocks on your door or calls you. They say they can fix your leaky roof, install new windows, or provide the latest energy-efficient solar panels. They might find you after a flood, windstorm or other natural disaster. They pressure you to act quickly, might ask you to pay in cash, or offer to get you financing.



But here's what happens next: they run off with your money and never make the repairs. Or they do shoddy repairs that make things worse. Maybe they even put you in a bad financing agreement that puts your house at risk.

**Here's what you can do:**

1. STOP! Check it out. Before making home repairs, as for references, licenses and insurance. Get three written estimates. Don't start work until you have a signed contract. And don't pay by cash or wire transfer.
2. Pass this information on to a friend. You may see through these scams. But chances are you know someone who could use a friendly reminder.

**Please Report Scams:** If you spot a scam, please report it to the Federal Trade Commission.

- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) OR TTY 1-866-653-4261
- Go online: [ftc.gov/complaint](https://ftc.gov/complaint)

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the imposters and stop them before they can get someone's hard-earned money. It really makes a difference.

**Want to know more?** Sign up for consumer alerts at [ftc.gov/subscribe](https://ftc.gov/subscribe).



## Need to Schedule an Appointment with SHINE?

The WPCS SHINE Group is available Tuesdays, Thursdays and Fridays from 9:00 am to Noon. Anyone interested can call 407-514-1800 to schedule an appointment.

**Comments?** We value your opinion! There's a new SUGGESTION BOX in the lobby for your feedback or ideas on how





## How to Sneak Exercise Into Your Day

Exercise is like a dirty word these days. It intimidates us with visions of perfect bodies sweating in classes, the gods and goddess of fitness shouting what passes for encouragement into their boom mics. The impossibility of finding hours to spend in a gym, and hundreds of dollars going into those membership fees and a workout wardrobe weigh us down, preventing us from getting started. But the fact is, that's not the vision of exercise most health care professionals would want us to conjure. This is because movement (that's right, ANY movement) is in fact considered exercise. It's not "go big or go home" — it's just move throughout your day.

So, with the focus on increasing your movement, how do you build those moments into your day? Follow these tips for easy ways to "sneak" exercise into your day.

- **Start with being inefficient.** Instead of taking the short cut, go the long way. Park a little bit further away from your office, the grocery store, wherever you go today! Don't wait for the elevator, take the stairs. If you're at home, take an unnecessary detour to the basement or the second level just for fun. Take a turn around the block, or just around your yard if you're short on time.
- **Get into (house)cleaning.** It's true, all of our household chores count as movement. Take your vacuum for a walk around the house, scrub the bathtub, start a load of laundry (in many homes this includes a trip up and down a set of stairs!), make the bed, cook dinner — whatever you do, put a little spring in your

step, put on some music and make the most of moving your body.

- **Power up with a 10-minute workout.** Studies now show that a workout of any length not only "counts" as exercise, but that shorter workouts are just as beneficial as longer ones. So, stop worrying about fitting another 45 minutes into your already overpacked day! Most of us can find 10 minutes at lunch, in the morning before hopping into the shower, or just after work, before starting whatever is next. Try some of these quick hit ideas at Self.
- **Stretch yourself.** Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night. If that's the case, don't stress! Stretching before bed can lead to better sleep!
- **Yoga can do it!** You say you don't have time for an hour-long class? No worries, just 10 minutes of yoga daily can change your life. Or maybe you're thinking that only high impact movement (with all that sweating — just NOT designed for the modern lunch "hour") is the only way to get the job done. Not so. Studies have found that even gentle, restorative yoga where poses are held for longer periods of time and are completely supported, can aid in weight loss.

Wherever you are on your movement journey, hopefully these tips have inspired you to move on from stereotypical exercise, making it just a little bit easier to enjoy a few minutes moving for yourself.

IN LOVING  
  
 memory



**Diane E. Butler**

OCTOBER 15, 1946 – JULY 9, 2022

Diane Elaine Butler passed away at Viera Hospital at the age of 75.

Diane will be lovingly remembered by her family and friends as a kind, compassionate woman who was the matriarch and rock of the family who always put others above herself.

Diane is survived by her brother Jan Sims, her children, Karla Ellis (Jim), Eddie Ellis, Amie Griffin (Paul), and Hugh Ellis, as well as many grandchildren and great-grandchildren.

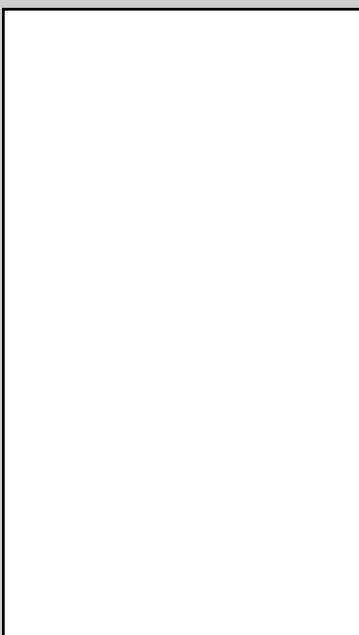
Diane was born in LaGrange, Georgia and came to Brevard County in 1959. She worked as a nurse for more than 30 years, with the majority of those years working as an emergency room RN. Diane loved crafting and volunteering at many different places, including the Wickham Park Senior Center, the Brevard County Library, and The Elks Club. She also enjoyed many lunch groups, including The Red Hats, a retired nurses group, and a group of retired friends from HRMC Emergency Department, lovingly referred to as “The Old Farts” group.

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# CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER  
2785 Leisure Way  
Melbourne, FL 32935

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

## AUGUST 2022

ACTIVITY	SCHEDULE FOR AUGUST	NOTES
Ballroom Dancing	Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	NO CLASS AUGUST 29
Bridge: Beginner Class	Virtual Classes on Mondays @ 10:00A—Noon On-Site Classes on Wed. & Sat. @ 11:00—Noon	MEETS VIRTUALLY & ON-SITE
Duplicate	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P	MEETS VIRTUALLY & ON-SITE
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	
Bunco	1st & 3rd Thursdays (August 4 & 18) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class is September 22 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	1st & 3rd Wednesdays (August 3 & 17) @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 9:00A—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	
Mexican Train Dominoes	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	1st Thursday (August 4) @ 1:00—5:00P Sign up Sheet at Front Desk	
Pinocle	Mondays & Fridays @ 12:15—4:00P	
Poker: Dealers Choice	Tuesdays & Fridays @ 1:00—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	NO CLASS ON AUGUST 22, 24, 26, 29 & 31
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (August 26) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
<b>SOCIAL SCRABBLE</b>	<b>HAS BEEN DISCONTINUED</b>	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A & Thursdays @ 6:00P	APRIL 2 thru SEPT. 30
Watercolor Instruction	Wednesdays @ 9:45A—12:30P ON SUMMER BREAK	RESUMES AUGUST 24

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

**Mondays @ 6:30 Advanced / @ 7:30 Beginner**  
**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!**

**11:15 am—2:00 pm; Doors Open @ 10:00 am**  
**Early Bird @ 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.

## WP Duplicate Bridge Club

The following 3 bridge education classes are now open for enrollment:

**Competitive Bidding - Starts 6/27/2022, Mondays 10 am-noon Cost: \$35**

Even if you've played bridge for a number of years, this class is the perfect way to begin to play duplicate bridge or just improve your game. Learn how to play winning bridge online using zoom in the comfort of your home. Students will bid and play hands in this fun 7 week class while learning the following topics:

- Preemptive opening bids
- Overcalls and advances
- Takeout doubles and advances
- The competitive auction

Enroll/Questions - **Harold Phillips** at 321-956-9208 or email [hphill@earthlink.net](mailto:hphill@earthlink.net)

**Declarer Play for Newer Players/Intermediates - Starts anytime or day Cost \$40**

This course consists of 9 2-hour videos on the various topics of declarer play. An instructor will be available to answer any questions. Here is a list topics that will be covered:

- General Techniques: Taking your tricks; Hold up plays; Taking finesses; Safety plays; and Clues from the bidding
- No-Trump Contracts: Planning a No-Trump contract; and Setting up suits
- Suit contracts: Planning a suit contract; Ruffing in the short hand; Using trumps to set up a suit; Drawing trump at the right time; and Avoiding a ruff

Enroll/Questions - **Dave Hoffman** at 321-795-3695 or email [davehoffma@gmail.com](mailto:davehoffma@gmail.com)

**Two Over One (2/1) - Starts 8/17/2022, Wednesdays 10 am-noon Cost: \$40**

Two over one has replaced Standard American as the most popular bidding system in duplicate bridge. This online zoom 8-week class will explain the differences and advantages of 2/1. It also includes some bridge conventions as a bonus. This class uses the text book "2 Over 1 Game Force" by Grant and Rodwell. The book is available from Amazon.com. Class Topics:

- Introduction to 2/1 Game Force
- The Forcing 1NT Response
- Rebids by Opener and Responder
- The Choice Between Game and Slam
- Drury. New Minor Forcing, 4th Suit Forcing

Register: **Dave Hoffman**, 321-795-3695 or [davehoffma@gmail.com](mailto:davehoffma@gmail.com)

## Bridge (Duplicate)

**Online:** Mon. thru Fri. @ 12:30 pm; Sat. @ 7:00 pm  
**On-site Classes:** Mon., Wed. & Sat. @ 12:30P  
**Cost:** \$6.00

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 or contact **Pam Page** at 321-537-0907. If you would like to play in our game, please contact Pam Page or **Bob Ezell** at 321-474-2293.

## 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**  
**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 **John Dalheim** at 321-241-6191.

## Bunco

**1st & 3rd Thurs. (Aug. 4 & 18) @ 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. **Linda**

**Peglow** is taking over as full program chair-person. **Peggy Miles** will be helping out as well. 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:**

- Sept. 22: Fall Flavors
- Nov. 10: Thanksgiving Dishes



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.**

## Euchre

**1st & 3rd Wed. (Aug. 3 & 17) @ 6:00—9:00 pm**  
**Cost:** \$5.00 Members / \$7.00 Non-Members

Sign up begins at 5:30. Please be signed up and ready to play by 6:00 pm. Enter through the front door and sign in per senior center protocol. For more information or any questions, please contact **Jay Koeller** at 321-794-6400.



## Hand & Foot Card Game

**Mondays & Fridays 9:00 am—Noon**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Join this group of friendly and competitive players for a time well spent. Players are designated to a table by drawings seat assignments, if you do not have a partner. 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 is for everyone! Our class consists of dancers of all levels who love sharing their love of music and movement with each other. Come make some new friends and have some fun. For more information, call **Sue Duncan** at 321-505-0846.



## Mexican Train Dominoes

**Wednesdays @ 1:00—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Mexican Train Dominoes is a simple, easy to learn dominoes game. We enjoy playing and we would love to have you come play with us too. Contact **Cora DiCecilia** at 321-254-5014.

## 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! If you have any questions, contact **Patricia Rosenthal** at 321-626-5419 (American) or **Michael** at 321-537-7094 (Chinese).

## Oil Painting for Beginners

**1st Thursday of Each Month @ 1:00—5:00 pm**  
**August 4 and September 1**  
**Cost: \$40.00 PP (Includes All Supplies)**

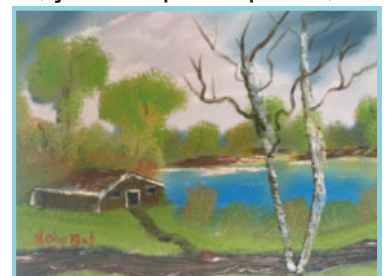


*Photo from the July class.*

For the August painting class, we'll be painting Grandpa's Barn. The wonderful Birch trees highlight the foreground, with a pond

and cabin behind. There are still a few August seats available, call the Center 321-425-5533 or come in and sign up. Come paint a beautiful landscape painting with us. Classes will be held on the first Thursdays of each month. For the summer months, through September, we'll only be doing a single class each month.

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. Look at the painting we'll be painting in August.



## 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 321-254-9517 (Fridays).

## Poker (Dealers Choice)

Tuesdays & Fridays @ 1:00—4:00 pm

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

Contact **Kit LaLonde** at 954-260-0687.

## 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 Results of July 13, 2022:

1st: Barry Beddow

2nd: Dave Reeve

3rd: Mike Spaethe

4th: Mike Morgan

Next tournament is August 10.

Questions? Please contact **Wally Topinko** at 716-830-5978.



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## QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am  
 Cost: \$5.00 Members / \$7.00 Non-Members

**CLASSES WILL BE CANCELLED ON  
 AUGUST 22, 24, 26, 29 & 31 AND  
 SEPTEMBER 2, 5 (LABOR DAY), 7, 9 & 12**

Laura encourages all students to use this video link for her Virtual Lessons:

<https://vimeo.com/725746222/32c449b5c5>

**Laura will resume classes on Wednesday, September 14.**

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.

## 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.

## Social Scrabble (Discontinued)

## Shuffleboard

Summer Schedule: April 2 thru September 30  
 Open Play: Saturdays @ 9:00 am &  
 Thursdays @ 6:00 pm  
 Cost: \$1.00 Members / \$3.00 Non-Members

For more information on learning how to play or participating in shuffleboard tournaments, please call **Greg Jones** at 606-219-3994 or email: [greg.sonesta@gmail.com](mailto:greg.sonesta@gmail.com).

## 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.

## Senior Law

4th Friday of Each Month: August 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. 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.

## Watercolor Instruction

Wednesdays @ 9:45 am—12:30 pm  
 Cost: \$6.00 Members / \$7.00 Non-Members

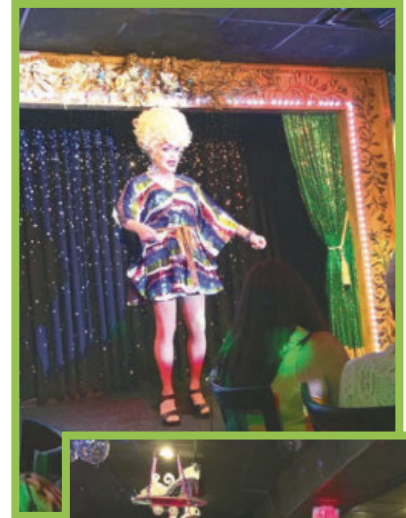
**RESUMES Wednesday, August 24.**

Any questions, please contact **Judy Champion** at 321-312-9155 or email

[judy.champion325@gmail.com](mailto:judy.champion325@gmail.com).

## Lips—The Ultimate in Drag Queen Dining

*Our Outrageous Adventure on June 12*



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.

**Exciting News from our Travel Office:** We will now have a “Pre-Reservation” list located at the Travel Office Window. The list is for anyone interested in one of our scheduled trips and does not require you to fill out forms or pay for the trip until the “pay by date”. Signing up on the pre-reservation list will allow Travel Volunteers to notify you if the trip is beginning to fill up and remind you to visit the Travel Office so you can fill out the form(s), pay for the trip and guarantee your reservation. Do not miss the fun and excitement that our trips have to offer! Sign our list TODAY!

### Isle of Capri Casino

**Date:** September 14, 2022

**Cost:** \$45 per person

**Get \$15 Credit with Photo ID or Caesar Card**

*This trip is filling up fast!* Guarantee your seat on the trip by filling out the reservation form at the Travel Office. A copy of your Driver’s License and check for \$45 is required.

### St. Johns River Cruise

**Date:** October 19, 2022

**Cost:** \$135 per person

**Cancellation Deadline October 10, 2022**

### Branson Holiday Getaway

**Date:** November 6-14, 2022

**Cost:** \$1,699 PP Double / \$1,999 Single

**(Does NOT Include Mandatory Insurance)**

### St. Augustine Tour of the City & Tour of the Lights

**Date:** December 7, 2022

**Cost:** \$125 Per Person

Includes a 1-hour afternoon private trolley tour of the city and a 30-minute trolley ride through the Christmas lights during the early evening.



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# OUR SPONSORS

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

## Diamond Level Sponsors



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At Cigna, we are more than a health insurance company. We are your partner in total health and wellness. In addition, we are here for you 24/7 – caring for your body and mind.

Dry Eye Center of Florida is the first and only clinic in Central Florida dedicated to the diagnosis and treatment of dry eye disease. We combine the latest research and technology to successfully relieve our patients' dry eye symptoms and achieve the best patient outcomes. Dr. Ramsower has provided comprehensive eye care in Brevard County since 2005. She is known for her compassion and dedication to her patients' overall wellness and is happy to take care of all their eye care needs.

Health First Health Plans, a not-for-profit, Brevard County-based company with local customer service, has been serving Brevard County for more than 20 years. Our Medicare Advantage plans offer everything original Medicare offers plus additional benefits.



As an elite health insurance brokerage, JUVO's mission is to enhance the health and lives of individuals and communities. We are dedicated to deliver in high-quality affordable healthcare for all.



At Simple Health Advisors, we do exactly what our name says, we make health insurance simple. We understand that there are many companies available for you to choose from and we take pride in helping you do just that. With over 15 years of experience our goal is to educate and un-complicate the insurance shopping experience.



The Slonim Law attorneys are focused on Elder Law (Probate, Guardianship, Estate Planning & Medicaid Planning) in Brevard County (Melbourne, Viera, and Palm Bay) and Osceola County. We take pride in working closely with our clients to ensure that they obtain the best representation for the value. Helping people is our job. Preserving our client's rights and interests is our focus.



When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. With multiple Medicare Advantage plans to choose from, United Healthcare can help you find one that fits your health care coverage needs and your budget.



Life's challenging moments call for a special brand of care guided by love and compassion. Since 1977, we have served as Brevard's only independent, not-for-profit comfort care resource, helping patients and those they love during the most delicate times in their lives. St. Francis Reflections Lifestage Care offers a diverse range of compassionate care services including palliative care, hospice and grief support for all ages.



VITAS Healthcare is here to help healthcare providers ensure the best end-of-life care for their patients.



Brevard Alzheimer's Foundation provides thousands of hours of adult daycare, senior meals, transportation, and provided 13,885 hours of in-home respite. We touch many other families through case management, caregiver education, and support groups and our goal is to keep families together for as long as possible.

## Gold Level Sponsors



The Auto Group (ACG) is a part of AAA-affiliated insurance companies that are nationwide. ACG is the second largest AAA club in North America, providing insurance, travel, financial and other services to over nine million members. ACG is spread across 11 states plus Puerto Rico and U.S. The offerings will from ACG vary based on location.



Mike and Jeanne are Senior Real Estate Specialists (SRES) who have received additional training in senior real estate. They understand the real estate needs of seniors are different than just a regular real estate transaction. Whether you are looking to retire, downsize, move to an active adult community, or just need some help with your housing options, Mike and Jeanne are there to help.



The comfort of home can't be beat. Home Instead services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead services make life easier for seniors and their families.



There is nothing quite like the warmth and hospitality found in Greenwood Place, offering a safe, comfortable home surrounded by friends and a caring team that caters to your individual needs. Assisted Living residents enjoy restaurant-style dining, daily fitness and exercise classes, and a full calendar of educational, cultural and social events.



Sea Pines Rehabilitation Hospital serves the Space Coast as a leading provider of inpatient physical, occupational and speech therapies. We help patients recover from a variety of injuries and ailments including stroke, orthopedic and cardiac recovery. We provide high quality personal care to meet the individual needs of our patients.

## 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, August 2: Ally Health
- Friday, August 5: JUVO Steward
- Friday, August 12: Sea Pines Rehabilitation Hospital
- Friday, August 19: VITAS Healthcare
- Tuesday, August 23: EXP Realty
- Friday, August 26: St. Francis Reflections & United Healthcare

# Welcome

## New Members in June

Ahearn, Elizabeth	James, Deanna
Baker, Alan	Kania, Vivian
Baker, Kathy	Keigley, Jane
Bell, Alma	Khoury, Diane
Bowman, Britta	LoGalbo, Rosalia (Leah)
Bracolina, Myrna	Long, Jeanne
Cash, Susan	Long, William
Coogan, Pat	Manuele, Mary
Coogan, William	McCurry, Vanessa
Decarlo, Marie	Overcash, Laurie
Dekker, Mike	Pagan, Maria C
Dion, Arlene	Robbins, Deborah
Feeley Jr., Joseph	Ryder, Rhonda
Felix, Monty	Tucker, Janet
Hasson, Nelva (Tootie)	Walsh, John
Hiebert, Cathy	Williams, Nancy
Igou, Tishia	

## 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

## 2022 Wickham Park Senior Center Holiday Closures

(Updated 3/14/2022)

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:

- **Labor Day Holiday:** Monday, September 5
- **Thanksgiving Holiday:**
  - Wednesday, November 23
  - Thursday, November 24 (Thanksgiving)
  - Friday November 25 (Friday after Thanksgiving)
  - Saturday, November 26
- **Christmas Holiday:**
  - Friday, December 23
  - Saturday, December 24 (Christmas Eve)
  - Monday, December 26 (Day after Christmas)
- **New Year's Holiday:**
  - Saturday, December 31 (New Year's Eve)

## Meet Our Staff

### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	Colleen Barneman

### Directors

Lisa Coyle	Pam Page
Ina Fritsch	Ginny Parker
Vincent Germann	Janet Smith
Beverly Morgan	Jaqueline Williams
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**

# Medicare

Insurance Plans



**Jerry Hadlock, Jr.**

Call / Text 321-720-4526

Email: JLDM253@AOL.COM

601 E. Strawbridge Ave., Melbourne, FL 32901

*Our office has over  
20 years experience!*

We can help you find the right Medicare plan. With some plans you can go to any Doctor or Hospital. We represent most National and Regional Medicare companies.

**“Jerry is a great resource & very knowledgeable about Medicare”**

- Dawn Partlow, Navigating Tax Solutions, Merritt Island, (321) 412-6610

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