



Friendship Flyer

AUGUST 2023

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

Sometimes I look back at old newsletter articles and will rerun something that I feel is pertinent to what is going on at the center. This article ran back in 2010, and I've done a little editing, but it is as true today as it was then.

Do you remember learning to share in Kindergarten? Do you remember your first Team sport where you learned to play together and clean up together? These are lessons we learned on our path through life. Sometimes we need to be reminded of these lessons and I want to do that now.

WPSC is a shared facility - one in which a lot of different activities take place and one that is in a constant state of flux. We sometimes make adjustments in room locations or times or we need to cancel something, but we work together to ease the strain when there is an emergency. We share the library. We share the large hall. We share the kitchen. We share the computers. We share the cabinets. We were taught how to share in kindergarten - let's remember to share nicely now.

We are all volunteer members and we all need to clean up after our own activities. Putting away tables and chairs is not always fun, but it is good exercise. The chairs and tables belong in the storage room next to the kitchen (not lined up against the wall)! Thank you for setting them up and putting them away. (Yeah, I know, sometimes there is a class there that doesn't want to be disturbed, but do the best you can!). **If you move something** use something from the kitchen, or use a special chair, please **remember to put it back where you found it when you are done**. If you drop or spill something on the floor, please clean it up. There is no one on the payroll here to do this work. If you need help, ask for it - sometimes we can find a volunteer to help. We play together and we clean up together, and yes, that's what we learned in kindergarten and in our team sports...thank you for remembering those lessons now.

On the fun side, there are several events coming this fall that you may be interested in.

- On September 30, from 8 am to 1 pm, we are holding an Arts/Crafts/Rummage Sale at WPSC in conjunction with the WPSC Community Center. It will be open to the public and free to attend. If you're interested in purchasing a table, please pick up an application form from the front desk. You will find a flyer with additional details on page 12. We hope you'll come join us.
- We're also in the process of planning for our annual Halloween celebration which will be held on Friday evening, October 27. Please save the date and watch for more details next month. It's never too early to start planning your costumes. As we found out at this year's Derby event, we have a creative group of people at the center and I can't wait to see everyone in their costumes this year!

Lastly, we've had several requests for a "fragrance-free" ladies restroom. I'm happy to report that the ladies restroom in Room 120 (also known as the poker room), in the back just off of the kitchen, has been designated as a fragrance-free restroom.

Enjoy the rest of your summer and stay cool!

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 **Aug. 14 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

PLEASE NOTE: The Board of Directors Meeting for October has been changed to Monday, October 2 at 9:30 am.

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
- Nancy Colwell

In Memory of John Cerovich:

- Barbara Cerovich
- Thomas Bonarrigo, Jr.
- Beverly & Ed Burkey
- Harriet Roderick
- Edward & Patricia Gulakowski

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!

Arts/Crafts & Rummage Sale at the Wickham Park Senior Center

- **Saturday, September 30**
- **8:00 am—1:00 pm**
- **Vendor Tables: \$20 Per Table**
- **Contact: Ginny Parker @ 321-698-0445**

OPEN TO THE PUBLIC! FREE TO ATTEND!

Vendor applications can be picked up at the front desk. This year our event will be held in conjunction with the Wickham Park Community Center's Rummage Sale.

Cornhole Tournaments at WPSC

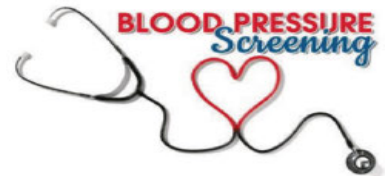


Looking to see if there is any interest in playing cornhole tournaments monthly at the Wickham Park Senior Center. The only possible time slots would be a weekday evening or Sunday afternoon.

If interested, please sign the sheet, on the table, to the left of front desk. Any questions, please contact: Amy Longtin at 321-205-5161 or Jay Koeller at 321-794-6400.

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 (**August 11**) at 9:00-11:00 am.



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 Wickham Park Senior Center will be CLOSED on Labor Day, Monday, September 4.

Volunteering Can Help Keep You Active, Social, Engaged

(Article by Don Kramer @ Florida Today)

Q: Where can seniors volunteer?

A: Seniors have an incredible wealth of knowledge, skills and experiences to contribute to the community.

Volunteering offers seniors the chance to engage with individuals of all ages, share their expertise and experience greater fulfillment after retirement.

Let's take a look at why seniors might want to volunteer, the benefits they can reap and some available volunteer opportunities.

Why Volunteer?

Social engagement: Retirement often leads to reduced social interaction, which can affect mental health. Volunteering offers an opportunity to engage with others, make new friends and practice social skills.

Sense of purpose: Losing daily work routines can leave some seniors feeling aimless. Volunteering provides a clear sense of purpose with tangible contributions to society.

Skill development: Seniors often learn new skills or sharpen existing ones through volunteering, leading to personal growth and a sense of accomplishment.

Mental and physical health: Engaging in meaningful activities improves both mental and physical health. Volunteering helps seniors maintain a positive outlook and stay active.

Reap the Benefits!

Self-esteem: Volunteering brings a sense of achievement and satisfaction from helping others.

A sense of belonging: Being part of a team and sharing common goals benefit our mental health.

A longer, healthier life: Seniors who volunteer tend to live longer with better overall health than those who do not.

Volunteering Options

Mentoring and tutoring: Seniors' wealth of knowledge provides opportunities to share expertise at after-school programs, community centers or as a mentor for your professionals.

Community Services

Non-profits (and faith communities) need help! Consider the soup kitchen, the food banks and numerous events and fundraisers.

Animal shelters: Seniors with a heart for animals can find fulfillment helping our furry friends at shelters or rescues.

Arts and culture: A passion for the arts? Volunteer at local museums, libraries, theaters or with favorite musical organizations.

Senior communities: Volunteer at an assisted living or memory care facility by visiting residents, helping with recreational events or sharing your expertise.

In addition to purely volunteer positions, "hybrid" options (like becoming a paid companion) provide seniors the same sense of satisfaction—with some additional income.

Paid or gratis, activities that align with your passions, expertise and values will help you stay active, learn new skills and foster meaningful connections in the community.

For more volunteering options, visit the Wickham Park Senior Center. Be careful—we might put you to work!



- **Saturday, September 30 – Arts/Crafts & Rummage Sale**
- **Friday, October 27 – Halloween Event**
- **Wednesday, December 6 – Annual Meeting**
- **Sunday, December 10 – Volunteer Event**
- **Monday thru Friday, December 11-15 – Annual Meeting**

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.

Titanic First-Class Dinner Gala

Date: September 27, 2023

Cost: \$164 PP

Time: Leave WPSC at 1:30 pm / Returning at 10:45 pm

Enjoy a Gala Dinner on the Titanic! Come aboard the “Ship of Dreams” and be a guest at one of the most famous dinner parties on board Titanic. Join Captain Smith, Margaret “Molly” Brown, and additional first-class passengers for a night to remember.

The Titanic First Class Dinner Gala includes a Captain’s cocktail party, a tour of Titanic: The Artifact Exhibition, a first-class dinner, and reenactments of the night of April 14, 1912.

MENU

First Course – Garden Salad & Rolls with Butter

Second Course – Fresh soup of the day

Main Course – Dual Entrée Plated Meal featuring:
Chicken Versailles; Sirloin (6 oz.) with Béarnaise Sauce; Twice Baked Potatoes; Green Beans

Dessert Course – Chocolate Mousse with Brownie

Pigeon Forge & Smokey Mountains Show Trip

Date: October 9-14, 2023 (6 Days / 5 Nights)

Cost: \$785 PP Double / \$1,004 Single Occupancy

FINAL PAYMENTS ARE DUE AUGUST 1st.

\$785 p/p Double /

\$1004 Single (Less your deposit). Please call the travel office for any questions.

SOLD OUT
We are taking names
for a WAITING LIST

Harrah’s Pompano Beach Casino (previously Isles One Casino)

Date: October 26, 2023

Cost: \$60 PP Includes \$15 Free Play

Time: Leave WPSC at 10:30 am / Returning at 5:00 pm

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

Stetson Mansion Christmas House Tour (incl. Lunch at Cooks Restaurant)

Date: November 15, 2023

Cost: \$164 PP

The baby grand will welcome you into the Mansion where each year 10 rooms are embellished with all new elaborate designer decorations and 24 nativities from around the world to celebrate the birth of Christ.

This enchanting event includes all the rooms on the ground floor and the three bedrooms on the second floor (including the owner’s bedroom, bathroom, and closet). Visit the original School House which has since been converted into a Zen like guest cottage/gift shop featuring a soaring 15 ft. Polynesian ceiling. The School House will offer a few gift ideas including a picture book featuring the Christmas designs, all created and installed by owner, JT Thompson.

The 1886 Stetson Mansion is the largest and most spectacular “Gilded Age” residence ever built in Florida before 1900. The grand Victorian mansion has had all of its original rich architectural details restored. You will walk on 16 stunning original mosaic parquet floor patterns. The Victorians started our modern Christmas traditions like gift giving and Christmas trees, so what’s better than seeing Christmas in one of the Victorian homes where it all started? The Stetson Mansion had one of the first trees ever illuminated with electric lights.

The Stetson Mansion is Florida’s most historic home, but it is not a museum. It is a private residence that is lived in and welcomes guests this time of year with over the top elegant and reverent adult holiday decorations. The owner/designer might stop in to say hello to your group.

A Swingin’ Christmas at the Winter Park Playhouse

Date: December 14, 2023

Cost: \$159 PP incl. Lunch at the Cheesecake Factory

Time: Leave WPSC at 10:30 am / Returning at 5:30 pm

Ring in the holidays with this unforgettable evening of quintessential **Tony Bennett** songs! Featuring 18 classic holiday tunes plus the standards that made Bennett famous, like “I Wanna Be Around,” “The Good Life,” “Rags to Riches” and, of course, Tony’s signature “I Left My Heart in San Francisco.” Celebrate the season Tony Bennett style!

Mission Inn, Yalaha Bakery & Mt. Dora

Date: January 24, 2024

Cost: \$129 PP

Yalaha Baker is a lovely gem of a German bakery, famous for its yummy, unique baked goods, delicious breads, and cute location. If you're looking for a strong German representation, this is your place. They feature a vast array of baked goods - shortbread cookies, danishes, walnut squares, German chocolate cake . . . the list goes on, not to mention all kinds of breads including rye, pumpernickel, and pretzel bread. We're bringing a cooler to hold perishables, but the bread should do fine staying on the bus in January weather.

From Yalaha, we're off to Howey-in-the-Hills for a relaxing and luscious lunch buffet at the beautiful Mission Inn Resort and Golf Club. Golfers will appreciate viewing the rare tee-to-green elevations of 85 feet, towering forests, and sparkling spring-fed lakes.

After our delightful and satisfying lunch, we move on to quaint Mt. Dora for free time to browse, shop, or search for antiques. If you still want a bite to eat or a cocktail before heading home, the town is filled with pubs, cafes and restaurants. All in all, a wonderful, relaxing day of fun and food!

Breaking Up Is Hard To Do at the Winter Park Playhouse

Date: February 15, 2024

Cost: \$159 PP incl. Lunch at the Cheesecake Factory

Time: Leave WPSC at 10:30 am / Returning at 5:30 pm

This nostalgic musical comedy celebrates the timeless songwriting magic of the legendary **Neil Sedaka!** Set at a Catskills resort in 1960, this humorous and heartwarming musical follows two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. Featuring 20 of Sedaka's most popular songs including "Laughter in the Rain," "Where the Boys Are," "Sweet Sixteen," "Calendar Girl," "Love Will Keep Us Together," and the chart-topping title song!

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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

AUGUST 2023

ACTIVITY	SCHEDULE FOR AUGUST	NOTES
Ballroom Dancing	2 Classes on Mondays @ 6:30P & 7:30P for ALL Levels Different Dance Each Month	CLOSED UNTIL OCTOBER 2
Bingo	Tuesdays & Fridays @ 11:15A—2:00P DOORS OPEN AT 10:00A	
Blood Pressure Checks	2nd Friday (August 11) @ 9:00—11:00A	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	NO CLASS ON AUG. 7
Bridge: Beginner Class	Saturdays @ 11:00A with Pam Page 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 Classes on Mon., Wed., & Sat. @ 12:30—4:00P 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 (August 3 & 17) @ 1:00—4:00P	
Canasta	Thursdays @ 9:00A—Noon	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class September 21 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Chess	Thursdays @ 1:00—3:00P	
Euchre	Wednesdays @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Hula Dance Class—NEW!	Fridays @ 3:00—4:30P	
Jazzercise Lo—NEW!	Tuesdays & Thursdays @ 6:00—7:00P and Saturdays @ 8:30—9:30A	STARTING SEPT. 5
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 (August 17) @ 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	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (August 25) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Technical Training & Education Class	3rd Friday (August 18) @ 2:30-3:30pm	ON COMPUTERS & CELL PHONES
Ukulele: Beginners—NEW!	Tuesdays, July 25 thru September 12 @ 10:30—11:30A	

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

CLOSED UNTIL OCTOBER 2

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—11:00 am
Cost: \$5.00 Members / \$7.00 Non-Members
NO CLASS ON AUGUST 7

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 Classes: Mon., Wed. & Sat. @ 12:30P
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 for bridge-related questions.



Party Bridge

Wednesdays @ 12:30—4:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

This new program began on April 12. Contact Tom Sanders at 321-960-1894 for more information.

Rogue Bridge

Tuesdays @ 12:15—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members



Contact **Patricia Rosenthal** at 321-626-5419.

Rubber Bridge

Thursdays @ 1:00—4:00 pm
Saturdays @ 12:30—3:30 pm
Cost: \$2.00 Members / \$4.00 Non-Members



Come on out for an afternoon of enjoyment at the bridge table. 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 Thursday (August 3 & 17) @ 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!

Canasta

Cost: \$1.00 Members / \$3.00 Non-Members
 Thursdays @ 9:00 am—Noon



Come play Canasta with us in a very friendly and social environment. Whether a newbie, beginner or more advanced player –

come and enjoy! If interested in joining or if you have any questions, please contact **Dean Abramson** at 215-498-7511 or sign up at the table in the front lobby. We need at least 8 players to start the group!

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
 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.

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Chess

Cost: \$1.00 Members / \$3.00 Non-Members
 Thursdays @ 1:00—3:00 pm



Come join us for some social, relaxing Chess Play weekly. Whether you are a beginner or a more tailored player, we would love to

have you join us for some social, enlightening and most of all non-stressful chess play. If interested in joining or if you have any questions, please contact **Dean Abramson** at 215-498-7511 or sign up at the table in the front lobby. We need at least 6 players to start the group!

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. 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.

Hula Dance Class—NEW!

Fridays @ 3:00—4:30 pm

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

E KOMO MAI "Welcome" to the new Hula Dance Class at WPSC. Be prepared to enjoy a fun, relaxed dance environment with Instructor **Kiliki Burgess**. Come dressed in Aloha attire for a fun and active Hawaiian Island experience. For more information, contact Kiliki at 321-272-5786.



Jazzercise Lo—NEW! Starts Sept. 5

Tuesdays & Thursdays @ 6:00—7:00 pm;

Saturdays @ 8:30—9:30 am

Cost: TBD

For more information, contact **Natalie Derrick** at 321-543-6765.

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

Come and join us for Line Dancing for Fun and Exercise every Tuesday 4:15-5:30. Enjoy the Holiday. Summer takes many students traveling and enjoying visitors, but our Senior Center welcomes guests and visitors as well. See you on the dance floor making new friends while strengthening muscles and brain function. Have an amazing summer. Stay safe. For more information call **Sue Duncan** at 321-505-0846.

Mahjong

American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon

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

Chinese: Wednesdays @ 1:00—4:00 pm

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



Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Questions? Please contact

Patricia Rosenthal at

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

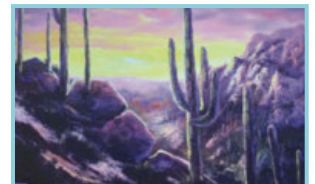
Oil Painting for Beginners

3rd Thursday of Each Month

August 17 @ 1:00—5:00 pm

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

Come join us for a lot of fun and paint a beautiful landscape painting. 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 sign up at the front desk. For August, we'll be heading to Arizona to paint a beautiful sunset. Come enjoy our easy-paced class and paint a picture from right here in our own backyard. 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).

ACTIVITIES & GAMES

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.

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.

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 6/28/23 Results:

- 1st: Dave Reeve
- 2nd: Mike Spaethe
- 3rd: Dale Foster
- 4th: Barry Beddow

YE OL Pool Room 8-Ball Tournament 7/12/23

- Results:
- 1st: Boomer McConnell
 - 2nd: Jorge Fernandez
 - 3rd: Dale Foster
 - 4th: Mike Spaethe



Next tournament is August 9. Questions? Please contact **Wally Topinko** at 716-830-5978.

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Rich Fernbach

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QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

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



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

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.

Senior Law

4th Friday of Each Month

Next Class August 25, 2023 @ 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.

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 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.



Technical Training & Education—Computer & Cell Phone

3rd Friday of Each Month

Next Class August 18 @ 2:30—3:30 pm

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

Enjoy a fun, easy-to-follow hour with a relevant and patient approach where YOU are LEARNING by DOING (instead of her explaining). No worries if you are a Beginner, First-Time User or at an Expert level, there is something for everyone – even SPANISH speakers. But there is a 20-person limit, so sign up ASAP! The goal is to make your life more enjoyable and less stressful. For more information, contact **Alison** at 954-376-2444.

Ukulele for Beginners—NEW!

Tuesdays @ 10:30—11:30 am

July 25 thru September 12

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



Come join us for some free positive endorphins! This happy little instrument has known side effects such as good moods, smiling, song humming, camaraderie, friendship, and even romance! You will play songs on the first day! Bring your ukulele and music stand if you have them. Loaner

ukuleles and music stands will be available for the first class only. After the first class students should bring their own instrument so they can practice at home. Let's make music together! Contact **Linda Paul** at 321-622-6213.

Arts/Crafts & Rummage Sale



**Wickham Park
Senior Center**

Open to the public -FREE to attend!

Saturday, Sept. 30th

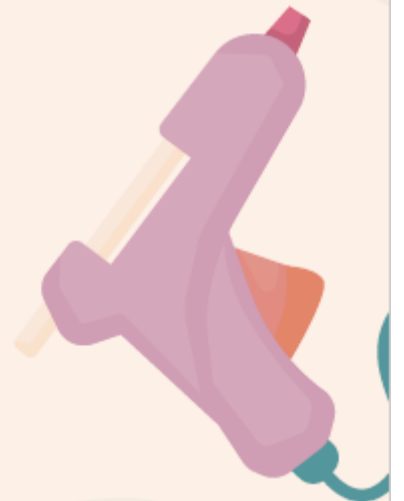
8:00AM -1:00PM

Vendors- \$20 Table

Vendor applications can be picked up at the front desk. This year our event will be held in conjunction with Wickham Park Community Center's Rummage Sale.

Call Ginny: 321-698-0445

2785 Leisure Way,
Melbourne, Florida 32935
www.bcwpsc.org/



What are Cataracts?

Article Courtesy of Dr. Mark Rosanova of Rosanova Eye Care

A cataract is a clouding of the natural lens of the eye. Cataracts block light, making it very difficult to see clearly. If not removed, over time, cataracts can cause blindness. In a normal eye, light enters through the natural lens and focuses the light into a sharp image, then relays the image through the optic nerve to the brain.

When the lens is cloudy from a cataract, the image will be blurry. As the cataract gets worse, you may have light sensitivity during the day and glare issues at night while driving. Cataracts may affect your color vision and things may take on a **yellowish or brownish hue**. There are risks as you get older that may contribute to the cause of cataracts. Such as: DIABETES, SMOKING, ALCOHOL USE, or an EYE INJURY. Cataracts are usually diagnosed with an eye exam. If you have vision loss that can not be

corrected with glasses, you would probably need surgery to remove them.

There is a new technology with a bladeless procedure for cataract removal that is done with a laser. Dr. Mark Rosanova, from Rosanova Eye, has created a formula that uses 3 different types of machines to get the most accurate measurements. If you would like to learn more, Dr. Mark Rosanova is having a Talk and Learn seminar at the Wickham Park Senior Center on **October 6, 2023 from 2:00—4:00 PM**.

To reserve your spot, a sign-up sheet will be at the front desk. FREE to Members and \$3.00 for Non-Members. Refreshments will be provided. If you have any questions or want more information, Please contact the Rosanova Eye office at 321-242-2026 or visit our website at www.melbourne-cataract.com



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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.

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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 1: Alzheimer's Foundation Joe's Place
- Friday, August 4: 321 Senior Health
- Friday, August 4: Healthy Partners
- Tuesday, August 8: Harbor City Hearing Solutions
- Tuesday, August 8: Ally Senior Living Consultants
- Tuesday, August 8: Cigna
- Friday, August 11: Care Plus Health Plans
- Tuesday, August 15: American Home Care Svcs.
- Tuesday, August 15: WellCare
- Friday, August 18: Rosanova Eye
- Friday, August 18: United Health Care
- Tuesday, August 22: VITAS
- Tuesday, August 22: Sea Pines
- Friday, August 25: St. Francis Reflections

Welcome

New Members in June

Adams, Jacqueline	McMullan, Beth
Adams, Barton	Oravec, Lourdes
Anderson, Charles M	Osborn, Patricia (Trish)
Bader, Donna	Pagano, Anne
Barker, Carol	Paul, Linda
Barnett, Barbara	Peterson, Patricia
Belardi, Barbara	Peterson, Cindi
Benedek, Jane	Roberts, Susan
Burns, Patti	Roberts, Bernadette
Dawson, Paula	Roberts, Jim
DeAlmeida, Angela	Rollins, Al
Douglas, William	Rosenberg, Betty
Ellis, Clara	Rosenberg, Thomas
Ferraris, Marilyn	Schilling, Susan
Gautney, Eleanor	Sicinski, Jerry
Grace, Linda	Smith, Cheryl L.
Hall, Barbara	Speice, Sherry (Sharon)
King, Mary	Stein, Bill
Kofron, Karyn	Stiegler, Alison
Kofron, Jim	Stilton, Kanani
Landry, Kim	Stilton, Lee
Lo Cicero, Vicki	Trager, Eugene (Gene)
Martinez, Santiago	Tual, Diana
Martinez, Delores	Whittles, Maureen
Maxwell, Marie	Zimmermann, Lucile
McDowell, Hafdis	

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:

- **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)

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

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

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Medicaid Asset Preservation

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