



Friendship Flyer

AUGUST 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

Work is never done at the Senior Center. Even during the HOT summer, your Board is already making plans for the cooler Fall and Winter seasons. Below is a list of dates we've planning for upcoming activities. You'll see more details about these events of the next few months, but I wanted to make sure you were aware of the dates now so you can reserve them on your busy calendars.

Save the Dates:

- **Monday, September 2** – WPSC will be closed for the Labor Day Holiday.
- **Thursday, September 11 – Chefs for Seniors** – 11:00 am–12:30 pm. This is a fun event where you get to learn healthy cooking techniques and to sample the food as well. The topic for this seminar will be Fall Flavors. Please reserve your spot on the sign-up sheet at the Front Desk.
- **Friday, September 27 – Senior Law Seminar** – 2:00–4:00 pm. Free to all Members. Sign-up sheet to reserve your spot is available at the Front Desk.
- **Saturday, September 28 – Rummage/Craft Show at WPSC** – 8:00 am–1:00 pm. This event will be held in conjunction with the quarterly rummage sales held at the Community Center (next door) and is FREE and open to the public to attend. See page 3 for more details or information on how to reserve a table for selling items at this event.
- **Friday October 25 – WPSC Halloween Dinner/Dance** – 4:30–7:00 pm. It's never too early to start planning your costume for our annual Halloween Event. Attendance will be limited to 100 attendees, so watch for more details in next month's newsletter.
- **Wednesday thru Friday, November 27-29** – WPSC will be closed for Thanksgiving Holidays.
- **Friday, December 6 – Annual Meeting Wine & Cheese Reception** – 4:30–6:00 pm. This is a great time to learn more about what's happened this past year at the Center, what's planned for 2025 and to meet your Board nominees prior to the election. This event is FREE to all MEMBERS.
- **Sunday, December 8 – Annual Holiday Volunteer Event** – This event is limited just for WPSC Volunteers to attend.
- **December 9-13 – Annual Election Week.** Our WPSC Board of Directors are responsible for the day-to-day operations of the Center. This year we will have 4 openings on the Board. Please give some consideration to running for one of these positions if you have any interest in determining how YOUR center is run. Applications will be available in October.
- **Tuesday thru Thursday – December 24-26** – WPSC will be closed for Christmas Holidays.

Enjoy the rest of the summer and I hope to see you at one, or all,
of the events listed above.

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 Wickham Park Senior Center will be CLOSED for Labor Day on Monday, September 2, 2024.

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

June's Travel Awareness Meeting

The Travel Awareness Meeting of June 26th was a big success. There were over 50 people who attended and more than half have never traveled with the Wickham Park Travel Group. However, there were 23 new members that have signed up for trips!



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!

Where can you find the latest information on what's happening at WPSC?



In addition to our monthly newsletter, you can keep up with all the activities going on at the center by checking our website (www.bcwpssc.org) or joining our Facebook page – Wickham Park Senior Center INC (www.facebook.com/WPSC.INC). I'd like to thank Maureen Reeder, our webmaster, for the great job she does in keeping all this information up to date and available to everyone.

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 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.

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.

How Can I Improve My Balance?

"The secret of getting ahead is getting started", Mark Twain. Twain's words may apply to meeting any number of goals, one of which is our ability to function independently as we age.

My name is Marcia Luhn; I teach the Monday morning Bones and Balance class at the WPSC. My background includes teaching in the public school system, working as a Physical Therapist Assistant, personal training, instructing fitness classes and coordinating group fitness for a hospital owned fitness center.

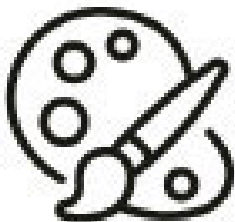
The hardest step to take is always the first class! One phrase I hear over and over is *"my balance is terrible"*. Good balance is a "use it or lose it" skill. Unfortunately, balance can't be stored, it takes practice. In class we incorporate balance into all of our exercises. Balance is both static (in place) and dynamic (with movement). For example; static balance would be standing on one leg for 10 seconds

or more. Dynamic balance would be to "walk the plank". Many of our daily activities require good balance to reach, lift, carry, side step and weight shift.

In the beginning it is important to be consistent; start gently but ramp up your effort as you improve. Living independently requires being physically and mentally active. Learning new skills as well as maintaining social interactions are encouraged by joining our activities at the center. It's time to try a non-invasive and socially enjoyable way to improve your balance.

Try the following exercise at home. Stand on one foot and brush the upper half of your teeth. Stand on the other leg and brush the lower half. Both balance and posture will be challenged!

I invite you to try our Bones and Balance class on Monday mornings from 10:00 – 11:00 am. And remember to stay hydrated!

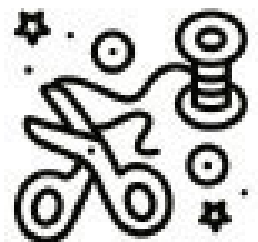


Arts/Crafts & Rummage Sale

Wickham Park Senior Center

Open to the public -FREE to attend!

Saturday, Sept. 28th
8:00AM -1:00PM
Vendors- \$20 Table



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

2785 Leisure Way, Melbourne, Florida 32935

www.bcwpsc.org/

Call Ginny: 321-698-0445

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.

Dali Museum & Ford's Garage Restaurant

Date: August 15, 2024

Cost: \$159 PP

Time: Leaves WPSC at 7:00 am / Returns at 5:30 pm

The Dali Museum celebrates the life and work of Salvador Dali (1904-1989) featuring works from the artist's entire career.

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.

Only
2 Seats
Available

Nashville Show Trip

Date: September 16-21, 2024

Cost: \$988 PP Double / Add \$209 For Single

Time: Leaves WPSC at 8:00 am

Includes: 5 nights lodging with 3 consecutive nights in the Nashville area; 8 meals; 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, and more.

St. John's River Cruise & Music Bingo

Date: October 3, 2024

Cost: \$169 PP

Time: Leaves WPSC at 10:15 am / Returns at 5:00 pm

From its home port on Lake Monroe in charming downtown Sanford, the Barbara Lee cruises the St. John's River, serving up superior food, live music, and dancing.

Snapshots—A Musical Scrapbook & Lunch at Cheesecake Factory

Date: October 13, 2024

Cost: \$189 PP

Time: Leaves WPSC at 10:00 am / Returns at 6:00 pm

Southeastern Regional Premiere! This new musical features an outstanding score by Academy Award winning composer Stephen Schwartz and incorporates over two dozen of his beloved songs from *Wicked*, *Pippin*, *Godspell* and more.

Mount Dora Craft Fair

Date: October 26, 2024

Cost: \$69 PP

Time: Leaves WPSC at 7:30 am / Returns at 5:30 pm

Throughout this historic community, the streets come alive with more than 400 talented crafters & artists from all over the country displaying and offering for sale their finest works to the more than 100,000 visitors who are expected to attend this two-day event.

Stetson Mansion Grand Tour

Date: November 9, 2024

Cost: \$179 PP

Time: Leaves WPSC at 9:45 am / Returns at 4:30 pm

Florida's Most Historic Home. The 1886 Stetson Mansion is Florida's most historic home, only Gilded Age mansion, and the largest, grandest, most innovative home ever built in Florida before 1900. Lunch at Cook's Restaurant.

Rat Pack Holiday Show

Date: November 16, 2024 - Show @ 1:00 pm

Cost: \$199 PP

Time: Leaves WPSC at 7:30 am / Returns at 7:00 pm

Take a trip back to the 1960s, when the Rat Pack—Frank Sinatra, Sammy Davis Jr. and Dean Martin brought fame and recognition to Las Vegas. They reunite on stage to belt out a few classics including *Luck Be a Lady*, *Lady is a Tramp* and *New York, New York*. Includes lunch.

Mount Dora Christmas

Date: December 6, 2024

Cost: \$69 PP

Time: Leaves WPSC at 3:00 pm / Returns at 10:30 pm

Celebrate the 2024 holidays against a backdrop of over two million sparkling lights in beautiful downtown Mount Dora. Visit the Mount Dora Christmas Walk for an old fashioned country Christmas. The streets come alive as they are transformed into a Christmas village.

2025

The Bikinis—A New Musical Beach Party

Date: January 30, 2025

Cost: \$189 PP

Time: Leaves WPSC at 10:30 am / Returns at 5:30 pm

Everyone's favorite girl group from the 60s is back together again after 20 years and they're bringing back the sun, fun and all the great songs they sang down on the boardwalk in 1964. Includes Lunch.

LIPS

Date: February 9, 2025

Cost: \$145 PP

Time: Leaves WPSC at 11:00 am / Returns at 6:30 pm

Outrageous fun every Sunday afternoon. Join the ladies of Lips for the Ultimate Drag Brunch and a spectacular show. Includes unlimited Mimosas.

Singin' in the Rain

Date: March 6, 2025

Cost: \$199 PP

Time: Leaves WPSC at 10:30 am / Returns at 5:30 pm

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends, Betty Comden and Adolph Green from their original award-winning screenplay. Includes lunch.

Waitress Broadway Musical

Date: May 8, 2025 - Show @ 1:00 pm

Cost: \$189 PP

Time: Leaves WPSC at 7:30 am / Returns at 7:00 pm

The heartwarming musical of Jenna, a small-town waitress with a talent for baking pies, who serves up a story of resilience, friendship and the pursuit of happiness. Includes lunch.

11-Day Alaska Land & Sea Cruise

Destination: Anchorage to Vancouver

Ship: Holland America's Nieuw Amsterdam

Date: June 4-14, 2025

Includes: Airfare from Orlando, FL; baggage handling; hotel; train at Whittier, Alaska; taxes; port charges; transportation; all gratuities; \$50 pp shipboard credit; beverage package; free WIFI; and, Pinnacle Dining.

Pricing & Insurance:

Cabin Double/Insurance		Cabin Single/Insurance
\$5,399 / \$339	Inside	\$6,799 / \$379
\$5,699 / \$397	Oceanview	\$7,299 / \$479
\$6,499 / \$399	Balcony	\$8,499 / \$529

Deposit of \$600 must be paid at time of reservation. Final payment & mandatory insurance is due by March 6, 2025. Insurance is non-refundable.

Myrtle Beach & Dinner Cruise

Date: December 1-5, 2025

Cost: \$1,399 PP Double / \$1,699 PP Single

Package includes 4 spectacular holiday shows: Carolina Opry, Alabama Theatre, Legends & Motown Christmas Tribute Show and much more!



Kathy Sorrell
Field Sales Agent
Licensed Insurance Agent

The Auto Club Group

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CALENDAR OF EVENTS

AUGUST 2024

ACTIVITY	SCHEDULE FOR AUGUST	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 (August 15 & 22) @ 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	NO CLASS AUGUST 5 & 12
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	NO GAME ON SEPTEMBER 28
Party Bridge	Wednesdays @ 12:30-4:00P	
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	NO GAME ON SEPTEMBER 28
Bunco	1st & 3rd Thursdays (August 1 & 15) @ 1:00—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class September 12 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Color Pencil Portrait for Beginners	Wednesdays @ 9:30—11:00A	
Cornhole Tournaments	August 11 & 18 @ 1:30P—Set-up & Practice @ 1:00P NO TOURNAMENT ON AUGUST 25	
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	NO CLASS ON SEPTEMBER 28
Line Dancing	Tuesdays @ 4:15—5:30P	NO CLASS ON AUGUST 6
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 @ 2:00—4:00P NO SEMINAR IN AUGUST Sign-up Sheet at Front Desk	NEXT SEMINAR SEPTEMBER 27
Senior Stitchers	Thursdays @ 10:00A—Noon in Room 117 NO CLASSES IN AUGUST Classes moving to THURSDAYS starting in September Sign-up Sheet at Front Desk	CLASSES RESUME ON THURSDAY, SEPTEMBER 5
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Mondays @ 9:00A—Noon; Thursdays @ 6:00P—8:30P; Saturdays @ 9:00A—Noon	
Tango Dance Class	Fridays @ 2:30—4:30P CLASSES RESUME ON AUGUST 9	
Technical Training & Education Class with Alison	3rd Friday (August 16) @ 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



TUESDAY & FRIDAY—Open to the Public!
Doors Open @ 10:00 am



Cards Sold @ 10:30 am – 11:15 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 information, 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 5 & 12

Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

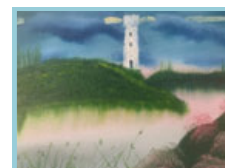


Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)

3rd & 4th Thursdays: August 15 & 22 @ 1:00—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 August due to popular demand, we'll be painting a beautiful landscape scene with a lighthouse. 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.

Duplicate Bridge

On-site Games: Mon., Wed. & Sat. @ 12:30—4:30P

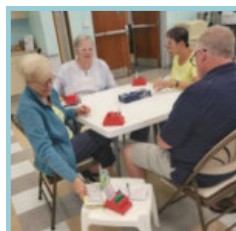
Cost: \$7.00 Members / \$9.00 Non-Members

NO CLASS ON SEPTEMBER 28

CLASSES:

On-site Class: Wed. @ 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

Please contact **Tom Sanders** at 321-960-1894 prior to coming to this bridge for the first time.

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

NO CLASS ON SEPTEMBER 28

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, August 1 & 15 @ 1:00—4:00 pm

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



Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your current membership card. Bunco ends about 3-3:30 pm. Please

contact **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.

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

Classes @ 11:00 am—12:30 pm

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

- **September 12: Fall Flavors**
- **November 14: Healthy Holidays**

Join **Chef Jillian** for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign up at front desk to reserve your spot.

All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

Sponsored by:  and 

Dr. Jaya Prakash, MD, MPH
COACHJAYAHEALTH, LLC

Cornhole Tournaments

Sunday, August 11 & 18 @ 1:30 pm

Setup & Practice Starting @ 1:00 pm

Cost: \$2.00 Members / \$4.00 Non-Members

Cornhole is welcome to all ages! 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. Don't forget to scan your membership card at the front desk.

Cornhole Rules for Senior Center:

- Age 50 to 69 – 27 ft. front edge to front edge; (Distance of Boards)
- Age 70 to 79 - 25 ft. front edge to front edge
- Age 80 Plus/Non-Ambulatory - 23 ft. front edge to front edge

For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).



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.

Euchre 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).

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.



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

NO CLASS ON AUGUST 6

Line Dancing for Fun and Exercise has welcomed several new members throughout the summer. Please come and see what the excitement is about. We have a fun, energetic class of a variety of music selections to dance to. Line Dancing is a great contributor to your

improved balance as well as relieving stress while making new friends. Come join us! There will be NO LINE DANCE CLASS ON AUGUST 6! I will be dancing in the mountains of North Carolina. **Sue Duncan**, Professional Instructor Choreographer for over 60 years. 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 7/12/24 Results:

1st: Dale Foster 3rd: Jorge Fernandez

2nd: Sam Campesi 4th: Mickey Ferguson

Next tournament is August 14. 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 **Peggy Miles** at 732-688-6268.

QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

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



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

most promising interventions is TaiChi. It offers senior practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. **Laura Parsons**, Certified Instructor at 321-474-5374.



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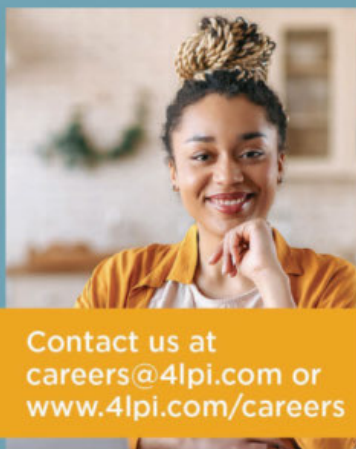
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Senior Law

4th Friday of the Month @ 2:00—4:00P

Cost: Free to all WPSC Members

NO SEMINAR IN AUGUST

NEXT SEMINAR IS SEPTEMBER 27

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 Stitches

Thursdays @ 10:00 am—Noon in Room 117

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

NO CLASSES IN AUGUST— RESUMES ON THURSDAY, SEPTEMBER 5



Would you like to learn to Knit or Crochet or do you already know how to Knit or Crochet? If so, please join us for a morning of friendship and pleasant conversation while

learning new skills and stitches while helping each other to share and improve our skills. What to Bring:

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

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

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.

Social Tango, Introduction to Argentine Tango

CLASSES RESUMES ON AUGUST 9

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. Come join us, no need to sign up. For more information, contact **Susie Salvetti** at 321-626-0282.

Technical Training & Education on Computer & Cell Phone

3rd Friday of the Month **August 16** @ 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. For more personalized assistance, unsure of your level, or for desktop computers, don't hesitate to contact Alison.



"BUNCO for BOOBIES"

Fundraiser



Sunday, September 15, 2024

1:00 p.m. - 4:00 p.m.

\$20.00 Donation to Play

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Please bring a dish or finger food to share.

Water and coffee will be provided.



Wickham Park Senior Center
2785 Leisure Way
Melbourne FL 32935

**Please call or text Ginny Parker at (321)-698-0445 as we need to make
sure we have enough table space for all to play!**

Preventing Identify Theft

Taking steps now to prevent identity theft is much easier and less-time consuming than recovery. To reduce the chances of becoming a victim of identity theft, take some of the following measures:

- **Review Your Credit Report**
- **Guard Your Personal Information**
- **Check Your Statements**
- **Minimize and Protect Your Mail:** Since you may not be able to completely stop the flow of mail containing personal information, be sure to empty your mailbox promptly and not let it sit there for a day or two. If you are going on vacation and there is no one available to pick up your mail, you can request a vacation hold with the post office.
- **Avoid a False Sense of Security:** It is easy to have a sense of security in your home, work, place of worship, or other familiar spot, but keep in mind that many times people are victimized by someone they know. (And of course, there may be strangers passing

through as well.) Never leave your wallet, statements, or portable electronic devices out in plain sight

- **Only Carry With You What You Need**
- **Dispose Carefully:** If you are disposing of a statement or documents containing personal information, make sure to shred everything before placing it in the trash. Do the same for pre-qualification offers or opt out of receiving them all together
- **Protect Your Computer and Smartphone**
- **Consider Extra Protection—Carefully:** If you are exceptionally concerned about the possibility of identity theft, you may consider paying for credit monitoring or identity theft insurance – but do so only after carefully reading the fine print and weighing the cost against the benefits. Research the company's history and check the Better Business Bureau's complaint log before signing up.

Taking steps now to prevent identity theft is much easier and less-time consuming than recovery.



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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.

- Friday, August 2: Kindred Hospitals ARU
- Friday, August 2: Travel Expressions
- Tuesday, August 13: Cigna Insurance
- Friday, August 16: Rosanova Eye
- Friday, August 16: United Health Care
- Friday, August 23: VIP America

Welcome

New Members in May

Baker, Charlie	Loftin, Juliet (Judy)
Brain, Kelli	Mandell, Ken
Brockell, Johnna	Nocito, Angelo
Camp, Cheri	Parker, Charlotte
Cobb, Fran	Peters, Jim
Cohen, Nancy	Pfister, Kenneth
Corder, Ruth	Pfister, Laura
Ferguson, Michael (Mickey)	Shaw, Susan
Frazier, Alice	Shaw-Dobson, Sandra
Jacob, Pam	Shearer, Mary
Johnson, Debra	Simes, Daniel (Dan)
Keigley, Eleanor	Steele, Barry
Lashway, Karol	Wilson, Sally

WPSC Email Addresses

DIRECTORY	EMAIL
WPSC President	president@bcwpssc.org
WPSC Secretary	secretary@bcwpssc.org
WPSC Treasurer	treasurer@bcwpssc.org
WPSC Scheduling	scheduling@bcwpssc.org
WPSC Information	info@bcwpssc.org
WPSC Webmaster	webmaster@bcwpssc.org
Travel Office	travel@bcwpssc.org
Front Desk Reception	reception@bcwpssc.org
Bridge Club	bridge@bcwpssc.org
Newsletter Editor	news@bcwpssc.org
Systems Administrator	itadmin@bcwpssc.org

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:

- **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@bcwpssc.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!



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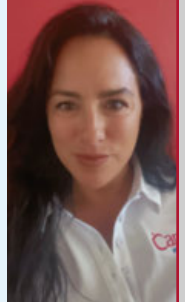
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