



Friendship Flyer



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Melbourne, FL 32935
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Hours: Mon-Fri: 8:30 am—4:30 pm
Sat: Closed until 2021

Website: www.bcwpsc.org

DECEMBER 2020

President's Message



Diane Weinzierl

I can't believe that 2020 is already coming to a close. COVID-19 has become a factor in every part of our lives, but I am so glad we were able to reopen and provide a place for our members to safely get together and keep active.

Please **don't forget to attend our annual meeting on Wednesday, December 2.** It's important to the Center and it also provides an opportunity for you to meet the 2021 Board nominees. In addition, all attendees will have an opportunity to win a gift card to Texas Roadhouse. And, of course, please don't forget to vote for your new board during election week, December 7-11. The front desk will have ballots available during that week.

As we close out this year, I'd like to take this opportunity to thank all of the members of the 2020 Board of Directors, as well as all our volunteers, for their hard work and dedication during this difficult year. It's been an honor serving as your president during this past year. I want to wish everyone a safe and Happy Holiday season. I'm looking forward to seeing everyone in 2021.



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!"

ATTENTION!

The Election of Officers will be held December 7 thru December 11.

A resume of the candidates can be found on the last page of this newsletter.

Present your paid membership card at the front desk to receive your ballot.

Return all completed ballots to the Ballot Box in the Lobby.

Board of Directors Update

Business conducted at the November 9 Board Meeting:

- **Treasurer's Report:** Bingo income has picked up, but the Center is still losing money each month. Our CPA submitted an application for Brevard CARES Act funding and we just received a \$10,000 check from them.
- **Membership Update:** 65 new members in October.
- **Annual Membership Meeting** planning was discussed. The meeting will be Wednesday, December 2 at 10:30 am. A quorum of at least 25 people is needed to conduct the meeting. A sign-up sheet is at the front desk. All members are encouraged to attend.
- **Ballot for 2021 slate of officer and director nominees** was approved. Nominees will be introduced at the Annual Meeting and the election will be held the week of December 7 thru December 11.
- **Policy Updates:** Recommended updates to Policy 5 (Contracts, Scheduling & Event Planning), Policy 8 (Accidents & Incidents) and Policy 9 (Reception Desk) were reviewed and approved.
- **Schedule for Next Meetings:** All members are welcome to attend:
 - Annual Membership Meeting will be on Wed., December 2 at 10:30-11:30 am
 - Monthly Board of Director's Meeting will be on Monday, December 14 at 9:30 am

Wickham Park Senior Center Annual Meeting

Wed, Dec. 2 - 10:30-11:30 am

WE NEED YOU TO JOIN US!

Join us for some refreshments, meet your nominees for the 2021 Board of Directors and find out what's happening at WPSC.



- What was accomplished in 2020?
- How was the center impacted by COVID-19?
- What's the status of the different programs?
- What do the membership dues pay for?

This is a great opportunity to find out what to expect in 2021! All attendees will have a chance to win one of several raffle prizes, including a \$25 gift card to Texas Roadhouse.

To ensure we have a quorum, **please sign-up at the sheet available at the front desk.**

WANTED! Bunco Program Manager

Bunco has been a very popular program at Wickham Park Senior Center. Jackie DeGaetano has done a fabulous job with that program, but she is wanting to retire, so we are actively seeking another program manager to manage the Bunco program. Bunco is held twice a month, the first and third Thursday of each month from 12:30 to 4:00 pm.

Jackie is willing to train the new program manager and help out with the program. If you're interested, please call **Jackie** at 321-242-7304 or email her at jackiedegaetano@yahoo.com. If we cannot find a new program manager, we will be retiring Bunco from our list of programs.

COVID-19 Safety Protocols for Wickham Park Senior Center

To help ensure the safety of our members and volunteers, we are implementing the following COVID-19 protocols.

- If you feel sick or have symptoms (even mild), please stay home.
- WPSC will **open for MEMBERS ONLY** at this time. This will ensure we are able to provide accurate contact tracing information if necessary.
- **All members will be required to scan their membership card** at the front desk upon entering the building. If you forget your membership card, a front desk volunteer will check you in. Again, this is required to enable us to provide accurate contact tracing information.
- **All members will be required to wear a face mask/covering.** At your discretion, face covering may be removed during exercise activities, while bingo numbers are being called or when you can safely social distance. However, anytime a member is walking around the building or interacting with another individual and cannot socially distance, a face covering must be worn. *NOTE: Face covering must be worn at all times in the pool/billiards room between the hours of 8:30 am and 12:00 pm.*
- **All members are required to respect CDC Guidelines as well as standard social distancing guidelines.** Please maintain 6-feet of space from others and refrain from physical contact such as hugging or shaking hands.
- Program Managers will sanitize chairs and tables before each program.
- Hand Sanitizer will be available throughout the building.
- All members and activity participants are **required to sign a hold harmless statement** that will be available at the front desk. In the event there is no receptionist on duty upon your arrival, the hold harmless statements will be posted near the front door with a box to place them in.



Each year we cooperate with the Salvation Army to help others less fortunate by offering to fulfill their requests. This year we will be helping 40 children.

- Please pick a tag from the tree in the lobby.
- Purchase a gift mentioned on the tag.
- Return your gift in an unwrapped gift bag with the tag attached, no later than Thursday, December 10.

Thanks for your generosity!

Wickham Park Senior Center Receives CARES Act Grant from Brevard County

This past month, WPSC received a \$10,000 check from the Brevard Board of County Commissioners in response to our request for a portion of the Brevard CARES Act funding. As you can imagine, with the Center being closed for 6 months, additional COVID-19 expenses, as well as our regular monthly expenditures and little to no membership funding being received during that time, this grant couldn't have come at a better time.

Thank you, Brevard County. And a special thank you to our CPA, Elaine Dinho, and our Treasurer, Dick Robinson, for the extra work they put it to help make this happen!

Looking for a Worthy Charitable Donation Organization this Year?

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. As you know, it's been a touch year financially for the Center, so if you find you have any extra funds in your charitable donations bucket, please consider donating to the Center. Checks can be made out to Wickham Park Senior Center.

Myths About the Flu Shot for Older Adults



While much of the world's focus this year has been on the coronavirus, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. According to the Centers for Disease Control and Prevention (CDC), older adults account for 70% to 85% of seasonal flu-related deaths in the United States during a typical flu season. They also make up between 50% and 70% of flu-related hospital admissions.

With startling statistics like those, it's surprising how many older adults resist having an annual influenza vaccine. In a typical year, only 65% of older adults receive the influenza vaccine, which is considered one of the best prevention steps you can take to avoid catching the flu.

If you or a senior loved one is among the 35% of older adults who refuse the vaccine, your worries might be linked to one of these popular myths. Unfortunately, it could be putting your health at serious risk. Here are five popular flu shot myths, debunked!

Myth #1: Flu shots work by giving you a small dose of the flu.

This popular myth is a persistent one. Many seniors think the flu shot contains an active virus. They incorrectly believe that exposure to the flu is how you build antibodies to it. According to the CDC, the flu shot contains only inactive virus. You can't get the flu from getting the vaccine. The most common side effect is muscle soreness near the injection site.

Myth #2: The flu shot is basically the same every year.

Some older adults believe the vaccine is largely the same from one year to the next. Those who hold on to that belief say they only

need a flu shot every few years. The reality is that new strains of the flu occur every year. Scientists develop vaccines that target those strains predicted to be predominant during that year's flu season. While you should talk with your own physician about when to have your flu shot, the general recommendation is early October, before flu season begins.

Myth #3: The regular flu isn't all that serious.

Seniors sometimes confuse a cold with the flu. They view the illness as an inconvenience, not a serious health risk. This is a dangerous myth to believe. Every year, more than 200,000 people are admitted to hospitals with the flu. Another 36,000 people lose their lives because of flu-related complications. Older adults comprise the bulk of those numbers.

Myth #4: The flu shot hurts!

Those who suffer from a fear of needles might avoid getting vaccinated. If you've never had a flu shot before, you might be surprised to learn how little pain is involved. Experts advise relaxing and taking deep breaths while you are being vaccinated. That keeps your muscles from getting stiff, which can make the needle more painful. Also, by getting the shot in your non-dominant arm, you'll be less likely to aggravate it afterward.

Myth #5: Seniors who are healthy don't need a flu shot.

While we know some members of our population, such as children, pregnant women, and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.





The WPSC Travel Office is open Monday thru Friday 10:00 am—2:00 pm

I-Drive Attractions

Date: Thursday, February 18, 2021

Cost: \$120 Per Person

Tour Titanic: Artifact Exhibition, Admission to Madame Tussauds and Lunch in Orlando.

Jungle Queen, Ft. Lauderdale

Date: Thursday, March 11, 2021

Cost: \$125 Per Person

Lunch at Bubba Gump Shrimp celebrate Spring on a cruise down the historic New River with a tropical isle visit to view lemurs, monkeys, exotic birds and alligators.

SOLD OUT
Waiting List Started

“Respect”—Winter Park Playhouse

Date: Thursday, April 8, 2021

Cost: \$125 Per Person

Enjoy this high-energy, joyful Off-Broadway musical that takes a look at the lives of women reflected in popular 20th century music. Lunch at Cheesecake Factory with dessert!

Memphis—Home of the Blues, Soul & Rock n Roll

Date: April 18-24, 2021

Cost: \$719 Per Person Double

Ireland

Date: June 17-29, 2021

Cost: \$4,799 Per Person Double, incl Airfare

Discover highlights of the entire Emerald Isle!

Lancaster Show Trip & The Dutch Country

Date: September 19-25, 2021

Cost: \$745 Per Person Double

JOIN FOOTPRINTS TRAVEL

Cross Canada By Rail

Date: June 7-19, 2021

Cost: \$6,999 Per Person Double

Fly from Orlando to Toronto where your journey begins. Take VIA Rail's *The Canadian* to Jasper in Sleeper Plus Class. A breathtaking tour across the continent ending in Vancouver!

Our “STARS” Sponsors

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

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EDWARD JONES INVESTMENTS
SLONIM & LEMIEUX LAW OFFICES
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Gold Level:

VICTORIA LANDING

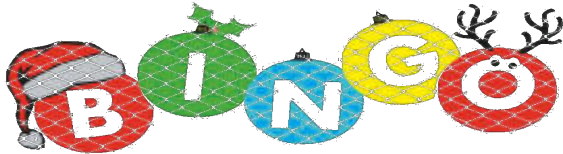
Silver Level:

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A BIG Thanks
to our Sponsors!



OPEN TO THE PUBLIC: Tuesdays & Fridays
11:15 am—2:00 pm

Doors Open @ 10:00 am – Early Bird Starts at 11:15 am

Play 29 games including early-bird, two 50/50 games and one Winner-Take-All game. Packages start at \$6. Bingo payouts will be adjusted based on attendance.

Kitchen open from 10:00 am to 11:30 am, with a limited menu (snacks, pizza and hotdogs).

To comply with CDC guidelines designed to ensure safety during the COVID-19 pandemic, the following plan will be in effect:

- Six-foot tables are set up to accommodate two (2) people per table (one on each side at opposite ends). Players wishing to sit more players per table may do so at their own discretion.
- Attendance may be limited due to table space available. Once all available seats are filled, it may be necessary to turn people away.
- All tables and chairs will be sanitized prior to each session.
- Everyone entering WPSC is required to wear a face mask/covering. Face covering may be removed while bingo numbers are being called, at your own discretion. However, anytime you are walking around the building or interfacing with another individual, a face covering must be worn.
- To ensure accurate contact tracing:
 - All members of the Senior Center must scan their membership cards when they enter the building and show them at the door into the bingo hall.
 - Any non-members will be required to provide a name, email address and/or telephone number information before entering the bingo hall. If you are not a member, we encourage you to join to help us with this effort. Membership is only \$20/year.

Line Dancing

Tuesdays @ 4:15—5:15 pm Beginners

Tuesdays @ 5:30—6:30 pm Intermediate

HAPPY HOLIDAYS!



There will be **NO Line Dancing on December 23 and 29**. You are the best gifts I could ever ask for. I treasure your friendship and love being your teacher and your friend.
Sue (321) 505-0846.

Strength & Flexibility

Tuesdays @ 9:30—10:30A



Duplicate Bridge (Virtual) Beginner's Class

NEW! Starting January 4, 2021

Mondays @ 10:00 am—Noon

Cost: \$60 for 7 Lessons

\$30 Student/Military Discount

Whether you are looking for competition or something more relaxed, bridge is a great option for you. Learn the ultimate card game and discover a new passion in the comfort of your home. Bridge is a great social activity and a way to make new friends. The Wickham Park Duplicate Bridge Club is providing a seven-week online beginner bridge course which will begin January 4, 2021. This class is based upon Audrey Grant's book Bridge Basics 1. To enroll or if you have questions, contact **Harold Phillips** at (321) 956-9208, hphill@earthlink.net.

Silver Sneakers

Mondays @ 4:30—5:30P

Thursdays @ 11:00A—Noon

Cost is \$6.00 per class. Must be a WPSC member to attend.



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*No obligation to enroll.

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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

DECEMBER 2020

ACTIVITY	NOT RESUMING IN DECEMBER	SCHEDULE FOR DECEMBER
Ballroom Dancing	<input checked="" type="checkbox"/>	
Bingo		Tuesdays & Fridays @ 11:00A
Bone Makers Plus	<input checked="" type="checkbox"/>	
Blood Pressure	<input checked="" type="checkbox"/>	
Bridge: Duplicate	Meets Virtually	Mon., Wed., and Fri. @ 12:30P Thurs. @ 12:15P and Sat. @ 7:00P
Chat	<input checked="" type="checkbox"/>	
Rogue	<input checked="" type="checkbox"/>	
Rubber		Thursdays @ 1:00—4:00P
Bunco	<input checked="" type="checkbox"/>	
Chair Yoga	<input checked="" type="checkbox"/>	
China Painting	<input checked="" type="checkbox"/>	
Euchre	<input checked="" type="checkbox"/>	
Financial Lunch-n-Learn	<input checked="" type="checkbox"/>	
Games: Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Games Galore	<input checked="" type="checkbox"/>	
Greeting Cards	<input checked="" type="checkbox"/>	
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing: Beginners	NO LINE DANCING	Tuesdays @ 4:15—5:15P
Intermediate	Dec. 23 & 29	Tuesdays @ 5:30—6:30P
Mahjong: American	<input checked="" type="checkbox"/>	
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominos		Wednesdays @ 1:00—4:00P
Pinochle		Fridays @ 12:30—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Monday @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P
Senior Law	<input checked="" type="checkbox"/>	
Shuffleboard: League Play		Mondays @ 1:00P Saturdays @ 9:00A
Silver Sneakers		Mondays @ 4:30—5:30P Thursdays @ 11:00A—Noon
Social Scrabble	<input checked="" type="checkbox"/>	
Strength / Flexibility		Thursdays @ 9:30—10:30A
Tai Chi Class		Wednesdays @ 8:30—9:15A Fridays @ 8:30—9:30A
Watercolor Instruction	<input checked="" type="checkbox"/>	
Zumba Gold		Tuesdays @ 8:30—9:15A

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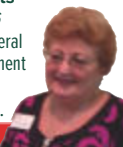
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Welcome

New Members in October

Geneviev "Sylvette" Abing	Elizabeth Churchwell
Cristina Aguerrevere	Carol Crisman
Alice Allard	Dorothy Cross
Sue Arnett	Loy Cross
Ann Bard	Ron Dare
Ron Barile	Mary Lynn Deus
Harry Barnes	Sharyn Forbes
Jeffrey Bauman	Ivan Ross Hensley
Kimberly Billins	Vickie L. Hughes
Tannis Blamer	Gloria Jones
Joan Boroff	Sara Josephson
Linda Burson	Jane Keel
Crtis Casto	Cindy Kellison
Kris Charry	Vera Kiessling

Drocilla Knight
 Valerie Kratzer
 Sue Lazar
 Doris Lewis
 Beatrice Lucciola
 Robert McCarthy
 Tracey McGovern
 Kerri Mosley
 Jacqueline Murray
 Robert Murrell
 Linda Nelms
 Anna Neve
 Ina Nogalski
 Ruth O'Brien
 Gail O'Neill
 Laura Parsons
 Tammy Resh
 Ruth Richard

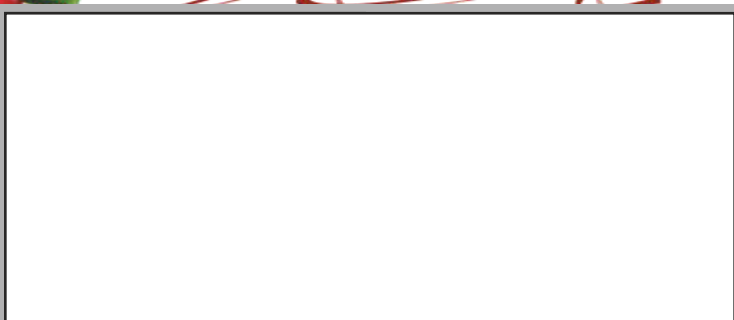
Rosana Roman
 Helga Salvetti
 Susan Salvetti
 Catherine Schroeder
 Wendy Sharpe-Handley
 Judy Shuck
 Barb Smith
 Joan Smith
 Eva Szanto Cristescu
 Frank Tufts
 Sylvia Tufts
 Phyllis Vacca
 Lorraine Warner
 Mike Warner
 David Wickham
 Rosalie Wiehl
 Kelly Williams
 Christina Wood
 Beth Kaena Ziegler



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Meet Our Staff

Officers

President: Diane Weinzierl
 1st Vice President: Pam Page
 2nd Vice President: Vincent Germann
 Secretary: Lynn Higginbotham
 Treasurer: Dick Robinson

Directors

Louise Andsager Peggy Miles
 Deana Booth Beverly Morgan
 Diane Butler Judy Schultz
 Barbara Holliday Jaqueline Williams
 Gary McGuire

Staff

Systems Admin: John Efird
 IT Staff: David Leacock
 John Turner
 Sunshine: JoAnn Efird
 Newsletter: Nilda Rosario

Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:
WPSCnews@cfl.rr.com

2020 Holiday Hours

To allow our volunteers to celebrate and spend time with their families, the Senior Center will be closed during the holiday times listed below:

Christmas Holiday

- **CLOSED Thursday**,
December 24 – Christmas Eve
- **CLOSED Friday**,
December 25 – Christmas Day

New Year's Holiday

- **CLOSED Thursday**,
December 31 – New Year's Eve
- **CLOSED Friday**,
January 1, 2021 – New Year's Day



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**2021 BOARD OF DIRECTORS ELECTION****December 7 – 11, 2020****Ballots at the Front Desk****Meet the Candidates at the December 2 Annual Meeting at 10:30 am****Candidate for President****Diane Weinzierl**

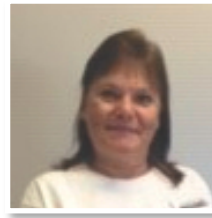
- WPSC – Current President, Past Director, and 3 years as a Bingo Volunteer
- Past Secretary for Pineda Crossings HOA
- Over 30 years of experience in computers, marketing and event planning

Candidate for Vice President**William "Gary" McGuire**

- WPSC – Current Director
- Federal Government Civil Servant
- US Army Retired,
- MBTI Consultant

Candidate for Treasurer**Dick Robinson**

- WPSC – Current Treasurer for 8 years; Assistant Treasurer
- Engineering

Candidate for Secretary**Lynne Higginbotham**

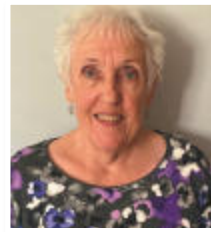
- WPSC – Current Secretary, Kitchen Volunteer and Front Desk Volunteer
- 25 years Administrative Secretary for Public School District

Candidates for Director**Pam Page**

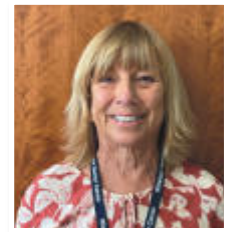
- WPSC – Current VP, Past President, Vice President, Secretary & Director
- 15 years of volunteering service

**Vincent German**

- WPSC – Current VP & Director for 7 years; Ran Friday Night Dinners for 5 years; Program Manager for Friendly Poker
- Worked in Healthcare & started 2 small businesses

**Margie Smarsh**

- Nursing Home Visitor
- Library Volunteer
- Kitchen Aid

**Linda Payne**

- WPSC – Front Desk Volunteer
- Tactical Marketing Mfg. Planner
- Customer Service
- Previously worked at Intersil and Harris