



Friendship Flyer

DECEMBER 2021



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

Monday-Friday: 8:30 am—4:30 pm
Saturday: 8:30 am—12:30 pm
Sunday: CLOSED
www.bcwpsc.org

Happy
Holidays

President's Message



Diane Weinzierl

November was a successful month for us. Vitas held a wonderful program to honor our Veterans for Veteran's Day (see page 12). We also debuted two new craft programs, Greeting Cards and Oil Painting (which was so popular we had to add a second day). Thanks to your support and the hard work of **Elaine Sams**, the Texas Roadhouse gift card promotion was a huge success, with 56 of our members purchasing over \$5,000 in gift cards which netted the Center over \$500. Also, we are pleased to announce that as of December 4, we will reopen on Saturdays from 8:30 am to 12:30 pm.



This year our lobby Christmas Tree is filled with "Angels Tags" from Aging Matters and the Salvation Army. If you're able to help, please be sure to pick off one (or more) tags and purchase a gift for a senior or child. The gifts are due back by December 10 (see article on page 2).

As we enter into the holiday season, I want to mention a few things at the Center that I'm most thankful for:

- I'm thankful for our **diverse and caring membership**, which just passed the 975 mark this year. I've really enjoying watching the parking lot fill up more each day as more members come back to meet with their friends face-to-face again.
- I'm thankful for the **55 dedicated Volunteers** who donate their time (**over 15,000 man-hours this year**), their ideas and their hard work to keep this Center open. It truly does take a village to make this place run and we can never say thank-you enough.
- I'm thankful for the **38 Program Managers** responsible for setting up, tearing down and running the many programs we offer at the center.
- I'm thankful for the **13 Board of Directors** who help me manage the business side of WPSC.
- I'm thankful for the **19 Sponsors** who not only provide us with financial support and donations for our various events, but education for our members on the various offerings available to them in our community.
- And lastly, I'm thankful for the **many friends** I have made since I started coming to the Center more than 5 years ago, and the opportunity to meet so many more.

Merry Christmas and Happy New Year to everyone!

We look forward to seeing you at the Center in 2022!

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!"

Important Dates

- **December 1**
WPSC Annual Meeting
10:00 – 11:30 AM
- **December 6-10**
Board of Director Annual Elections
- **December 11**
Volunteer Brunch at 12:00 – 3:00 PM



Angel Tree

Each year we help others less fortunate by offering to fulfill their Christmas requests. This year we are assisting Aging Matters with requests from 40 seniors and the Salvation Army with requests of 40 children. You will find the tags on the Christmas Tree in the lobby. Please help out if you are able by:



- Picking a tag (or multiple tags if you are able) from the tree in the lobby.
- Purchasing 1 gift (or more if you like) mentioned on the tag.
- **Returning your gift in an unwrapped gift bag with the tag attached, no later than Thursday, December 9.**

Thanks for your generosity — it is always so heartwarming to see how giving our membership is to others less fortunate than ourselves.



We are in need of 1 or 2 able-bodied men or women to help set-up and tear-down tables and chairs for Bingo on a regular basis. Times needed:

- Tuesday's: 9:30-10:00 am and 2:00-2:30 pm
- Friday's: 9:30-10:00 am and 2:00-2:30 pm
- Pay: \$20/day

If interested, please contact **Diane Weinzierl** at president@bcwpsc.org or 321-591-3966.

WPSC Updated Mask Guidelines *(Effective November 8, 2021)*



Making Strides Against Breast Cancer



The WPSC Team supporting the event on October 23 at The Avenues in Viera, FL. (Top L-R: Joanne Straub, Adina Box, Ginny Parker, Jenn Praino and Nancy Snyder)



The Rockledge firefighters donated proceeds from the sale of their shirts to the WPSC Team in support of Breast Cancer Awareness.



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. 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. WPSC would like to thank the following for their generous donations:

Donations Earmarked for WPSC

- Jacqueline DeGaetano
- Sonia Echevarria
- Frank M. Page
- St. Francis Reflections
- Susan Salvetti

Donations Earmarked in Honor of Mary Ellen Reeves

- Angela Brown
- Verna Layman
- The Germanns and The Atiyehs – Family Members of Vincent Germann
- Vincent & Rosalie Germann
- Daniel & Karen Hagan
- Doris Lynn
- H. T. Lyons, Inc.
- G. Ronald Reeves

God's Plan for Aging

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find, as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

9 Important Facts to Remember as We Grow Older

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeño peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others; I need to go to the bathroom.



Need to Schedule an Appointment with SHINE?

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



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.

Thank You to Our Sponsors!

Diamond Level

Beltone Hearing ♦ Courtney Springs Village ♦ CarePlus Health Plans ♦ CIGNA
Edward Jones Investments ♦ Greenwood Place ♦ Health First Health Plans
Health First Home Care ♦ Home Instead Senior Care
Selling on the Space Coast brokered by EXP Realty ♦ Slonim & Lemieux Law Offices
St. Francis Reflections ♦ United Healthcare ♦ VITAS Healthcare

Gold Level

Hibiscus Court • Victoria Landing

Silver Level

Buena Vida Estates • ClearCaptions

Meet & Greet Sponsors

Ally Senior Living Consultants • CaptionCall • CarePlus Health Plans
CIGNA • Courtney Springs Village • Health First Health Plans • Health First Home Care
Home Instead Assisted Living • Humana Marketing
Selling on the Space Coast brokered by EXP Realty • St. Francis Reflections
United Healthcare • VIP America Home Health Care • VITAS Healthcare



Come Meet Our 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.

Monthly Schedule:

- 1st Tuesday - VITAS Health Care & Power Realty
- 2nd Tuesday - Health First Home Care, CIGNA & Humana Marketing
- 3rd Tuesday - Health First Health Plans & CaptionCall
- 4th Tuesday—Home Instead Assisted Living
- 1st Friday - VIP Health Care
- 2nd Friday - United Healthcare
- 3rd Friday - CarePlus Health Plans & Home Instead Assisted Living
- 4th Friday - Ally Senior Living & St. Francis Reflections





The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm

Holiday Luncheon & Tour of Norton Museum & Chesterfield Hotel

Date: December 2, 2021
Cost: \$139.00 pp / Cancel Deadline: Nov. 22

Wicked Winter Wonderland & Sanibel Historical Museum & Village

Date: December 12 & 13, 2021
Cost: \$409.00 pp Double / \$469.00 pp Single

Caponis Dinner & Show

Date: January 27, 2022
Cost: \$119.00 per person

Miami & Key West

Date: February 8-11, 2022
Cost: \$495.00 per person / 4 Days & 3 Nights

Medieval Times Dinner & Tournament

Date: March 15, 2022
Cost: \$119 per person
No Refunds after March 5, 2022

Biloxi At The Beau Rivage

Date: March 27-30, 2022
Cost: \$489.00 pp Double / Insurance \$27.00 pp
\$599.00 pp Single / Insurance \$37.00 pp
No Refunds after February 27, 2022

The Marvelous Wonderettes

Date: April 13, 2022
Cost: \$125 per person

Courtesy of Travel Expressions & Diamond Tours.

For more information and reservations, please call Wickham Park Travel at 321-425-5530.

Reflecting life, love and compassion

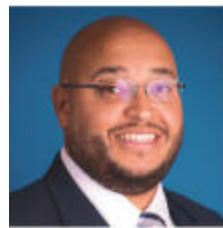
St. Francis
REFLECTIONSSM
Lifestage Care

- Hospice
- Palliative Care
- Grief Support

321-269-4240
ReflectionsLSC.org

Questions about
MEDICARE?

I can help!



Gabriel Quezada
321-419-7409
(TTY: 711)

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CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

Phone: 321-255-4494
Web: www.bcwpsc.org

DECEMBER 2021

ACTIVITY	NOT RESUMING IN DECEMBER	SCHEDULE FOR DECEMBER
Ballroom Dancing		Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class
Bingo		Tuesdays & Fridays @ 11:15A—2:00P
Bone Makers Plus	<input checked="" type="checkbox"/>	
Blood Pressure Checks	<input checked="" type="checkbox"/>	
Bridge: Beginner Class	MEETS VIRTUALLY & ON-SITE	Virtual Classes on Mondays @ 10:00A—Noon On-Site Classes on Wed. & Sat. @ 11:00—Noon
Duplicate	MEETS VIRTUALLY & ON-SITE	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P
Chat	MEETS VIRTUALLY	Fridays @ 9:30—11:00A
Rogue		Tuesdays @ 12:15—4:00P
Rubber		Thursdays @ 1:00—4:00P & Saturdays @ 12:30—3:30P
Bunco		1st & 3rd Thursdays @ 12:30—4:00P
Chair Yoga		Tuesdays @ 3:00—4:00P
Chefs for Seniors	NO CLASS ON DECEMBER 23	2nd & 4th Thursday @ 11:00A—12:30P Sign-up Sheet at Front Desk
China Painting	<input checked="" type="checkbox"/>	Suspended Until Further Notice
Euchre		1st & 3rd Wednesdays @ 6:00—9:00P
Games: Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Games Galore	<input checked="" type="checkbox"/>	CLOSED for December; Reopens January 12, 2022
Greeting Cards		Fridays @ 10:00A—1:00P
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing:	NO LINE DANCING ON DEC. 21!	Tuesdays @ 4:15—5:30P
Mahjong: American		Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominoes		Wednesdays @ 1:00—4:00P
Oil Painting for Beginners	December Classes Full	1st & 2nd Thursdays (Jan. 6 & 13, 2022) @ 1:00—4:00P
Pinochle		Fridays @ 12:15—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Mondays & Wednesdays @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P Saturdays @ 8:30A—12:30P
Shuffleboard: Open Play		Saturdays @ 9:00A—Noon
QiGong-TaiChi		Wednesdays & Fridays @ 8:30—9:30A
Senior Law	Resumes Jan. 28	4th Friday of the Month @ 1:00—3:00P
SHINE		Tuesdays, Thursdays & Fridays @ 9:00A—Noon
Silver Sneakers		Thursdays @ 11:00A—Noon
Social Scrabble		Tuesdays @ 9:30A—Noon
Strength / Flexibility		Thursdays @ 9:30—10:30A
Watercolor Instruction		Wednesdays @ 9:30A—12:15P
Zumba Gold	<input checked="" type="checkbox"/>	Resumes Jan. 11, 2022, Tuesdays @ 8:30—9:15A

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

NEW UPDATES



Ballroom Dancing & Swing Lessons

**Mondays @ 6:30 Advanced Ballroom Class
@ 7:30 Beginner Class**

**Cost: \$8.00 per Class for Members
\$10.00 per Class for Non-Members**

Classes change every month. Welcome Singles and Couples! Any questions? Please contact Chris Marcelle, 321-258-5916.



OPEN TO THE PUBLIC: Tuesdays & Fridays

11:15 am—2:00 pm;

Doors Open @ 10:00 am

Early Bird @ 11:15 am

Packages start at \$6.00.

Bingo payouts will be adjusted based on attendance.

Kitchen open from 10:00 am to 11:30 am.

- 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.
- All tables will be sanitized prior to each session.

For more information, contact **Brenda Clarson** at 321-258-8837.

Bridge (Rubber)

Thursdays @ 1:00—4:00 pm

Saturdays @ 12:30—3:30 pm

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

Come on out for an afternoon of enjoyment at the bridge table. Any questions? The point of contact for Thursday is **Janet Walker** at 321-242-3173 and the point of contact for Saturday is **John Dalheim** at 321-848-1794.

1. Beginner Bridge Class

Starting on Jan.10, 2022 for 7 Weeks Online!

Mondays @ 10:00 am—Noon

Saturdays @ 11:00 am—Noon

**Cost: \$60.00 for 7 Lessons
\$30.00 Student/Military Discount**

**Book: Bridge Basics 1 by Audrey Grant
\$12.49 at Amazon**

Learn the ultimate card game and discover your new passion in the comfort of your home. The Wickham Park Duplicate Bridge Club is providing a 7-week online beginner bridge course. To enroll, contact **Harold Phillips** at 321-956-9208 or email: hphill@earthlink.net. Please provide the following: Name, (First/Last), email and phone no.

2. Declarer Play Class for Beginners/ Intermediates

Starting on Jan.11, 2022 for 8 Weeks!

Tuesdays @ 10:00 am—Noon

Cost: \$40.00 for 8 Lessons

This course teaches basic bridge card play in an easy to understand manner. You will learn enough information to play 90% of all the bridge hands you encounter. This online set of courses is complete with quizzes to test what you've learned. To enroll contact **Dave Hoffman** at 321-795-3695 or email: davehoffma@gmail.com.

Check written to: WPSC, Attn: Treasurer, 2785 Leisure Way, Melbourne, FL 32935. Note on check: For WPDBC Competitive Bidding Class.

Bridge (Duplicate)

**Online: Monday thru Friday @ 12:30 pm;
Saturdays @ 7:00 pm**

On-site Classes: Mon., Wed. & Sat. @ 12:30P

Cost: \$6.00

Duplicate bridge classes have resumed on-site Saturday, Monday and Wednesday. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the Bridge tab or contact **Pam Page** at 321-537-0907. If you would like to play in our game, please contact Pam Page or **Bob Ezell** at 1-321-474-2293.

Bridge (Rogue)

Tuesdays @ 12:15—4:00 pm

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

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

Bunco

1st & 3rd Thursdays @ 12:30—4:00 pm

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

Bunco is played on the 1st and 3rd Thursday of each month. This month's dates are Dec. 2 & 19.

Jan Glugla and **Lisa Coyle** are the Bunco Program co-chairs. We play four rounds. After two rounds, we have a break for refreshments. We supply coffee and water. Players may bring lunch items, snacks or desserts to share. Please contact **Lisa** at 321-345-9848 to reserve your Bunco space.

Chair Yoga

Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm

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

This class is designed to help with overall well-being 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

2nd & 4th Thursday @ 11:00 am—12:30 pm

December 9: **Healthy Holiday Snacks & Appetizers**

December 23: No Class Due to Christmas Holiday

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



Chef Jillian takes a Midwest farm-to-table approach to food. Driven by her love of food, she attended Le Cordon Bleu and became a certified pastry chef. She worked at Disney's EPCOT Food and Wine Festival where she was recognized for her hard work, leadership skills and health and safety compliance. She also worked as a Pastry Chef at a Disney hotel where her dessert was featured in a magazine. After relocating to Melbourne she worked as a Pastry chef at the Chart House. Jillian loves serving the senior community in the Melbourne, Palm Bay, and Indian Harbour Beach areas as a Chefs For Seniors franchise owner. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting.

All proceeds from this event are donated to The Children's Hunger Project, Brevard County's Backpack Program.

China Painting

SUSPENDED UNTIL FURTHER NOTICE

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

Classes are held in Room 117. Contact **Frankie Lybarger** at 321-254-0254, if you have any questions.

Euchre

1st & 3rd Wednesdays @ 6:00—9:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

Sign up begins at 5:30. Please be signed up and ready to play by 6:00 pm. Enter through the front door and sign in per senior center protocol. Hopefully we can get more players to come back as we strive to get back to pre-COVID numbers. For more information or any questions, please contact **Jay Koeller** at 321-794-6400.

Games Galore

Closed For December; Reopens Jan. 12, 2022
Wednesdays @ 2:00—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

Mexican Train Dominoes, and special card games, such as UNO, SKIP-BO, 5 CROWNS, QUIDDLER, PHASE 10, MAHJONG card game (not tiles) and special CANASTA cards. The group decides each week what they would like to play depending on the number of people in attendance. We are a social group and will teach you any of the aforementioned games. Contact **Mary Ann Kacanda** at 321-752-9536.

Greeting Cards Class

Fridays @ 10:00 am—1:00 pm
Cost: \$15.00 Members / \$17.00 Non-Members

Join **Dianne DeDominici** of LoveGiftCrafts in creating up to TWELVE beautiful cards to share with old friends, new friends, and family members ... just in time for the holidays! Come have fun creating! If you have any questions, please contact Dianne at 207-332-2651 or dianne@lovegiftcrafts.com. All supplies and tools provided. Maximum 12 crafters per class.



Hand & Foot Card Game

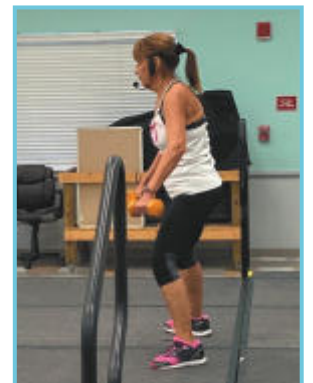
Mondays & Fridays 9:00 am—Noon
Cost: \$1.00 Members / \$3.00 Non-Members

Join this group of friendly and competitive players for a time well spent. Players are designated to a table by drawings seat assignments, if you do not have a partner. Contact **Nancy Berckhmer** at 321-254-5170 for more information.

Jazzercise Lo

Mon., Wed., & Fridays @ 8:30—9:30 am
Cost: \$40.00 per Month or \$10.00 per Day

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



Line Dancing

No Line Dancing on December 21!

Tuesdays @ 4:15—5:30 pm
Cost: \$6.00 Members / \$8.00 Non-Members

Line Dancing for Fun and Exercise. Come join the fun every Tuesday afternoon from 4:15-5:30 pm! Laugh and make new friends while enjoying this fun way to exercise. You are the best gift I could ever ask for. Please call **Sue Duncan** for more information at 321-505-0846. I treasure your friendship and love being your teacher and your friend. Love, Sue.



Mahjong

American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon
Cost: \$1.00 Members / \$3.00 Non-Members

Chinese: Wednesdays @ 8:30—9:30 am
Cost: \$5.00 Members / \$7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Patricia Rosenthal** at 321-626-5419 (American) or **Michael** at 321-537-7094 (Chinese), if you have any questions.

Mexican Train Dominoes

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

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

Oil Painting for Beginners

1st & 3rd Thurs. (Dec. 2 & 16) @ 1:00—4:00 pm
1st & 2nd Thurs. (Jan. 6 & 13) @ 1:00—4:00 pm
Cost: \$25.00 pp / \$40.00 pp (starting Jan. 2022)

Come paint a beautiful landscape painting with us. 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. Maximum of 6 participants. If you're interested, reserve your spot by signing up at the Front Desk. Questions? Contact **Bob Holby** at 813-789-9810.



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Pinochle

Fridays @ 12:30—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members
 Contact **Cathy Decker** at 321-254-9517.

Poker (Dealers Choice)

Tuesdays & Fridays @ 1:00—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members
 Contact **Kit LaLonde** at 954-260-0687.

Poker (Friendly)

Mondays & Wednesdays @ 1:00—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members
 Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Vinnie Germann** at 321-253-6155.

Pool (Billiards)

Monday thru Friday @ 8:30 am—4:30 pm
Saturdays @ 8:30 am—12:30 pm
Tournaments: 2nd Wednesday of Every Month
Cost: \$1.00 Members / \$3.00 Non-Members
Plus \$.50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament

Results of 11/10/21:

- 1st Place: Wally Topinko
- 2nd Place: Dave Reeve
- 3rd Place: Det Schmitz
- 4th Place: Dale Foster

Next tournament is December 8. Questions?
 Please contact **Wally Topinko** at 716-830-5978.



QiGong-TaiChi

Wednesdays & Fridays @ 8:30—9:30A
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.

Shuffleboard

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

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

Silver Sneakers

Thursdays @ 11:00 am—Noon
Cost: \$6.00 Members / \$8.00 Non-Members



Silver Sneakers is a low impact cardio and stretching class that's done 60% in a chair and the other 40% standing. It is a great workout for ALL levels of fitness! The cost is just **\$6.00 per class**, but for some of you, your health insurance may cover the cost of the class and you can come and work out FOR FREE! All you need to do is contact your health insurance company and ask them if your policy includes Silver Sneakers. Contact **Kim Billins** at 469-662-4176.

SPECIAL EVENTS



Mini Craft Show—October 27th

Benefiting the American Cancer Society Making Strides Brevard Walk



“Safety is Golden” Mobility Fair—November 5th



Linda Payne and **Janet Smith** representing the Wickham Park Senior Center at the event, presented by the Space Coast TPO and the Central Viera Community Association.



Social Scrabble

Tuesdays @ 9:30 am—Noon

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

Hello fellow Scrabble players! Friendly Scrabble has returned as of April 20, 2021. Questions? Please contact **Anne O'Brien** at 303-458-7301.

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.

Watercolor Instruction

Wednesdays @ 9:30 am—12:15 pm

Cost: \$6.00 Members / \$7.00 Non-Members



Classes held in the computer room. Bring your own supplies, smiles and good attitudes! Relax, enjoy the process and camaraderie. All levels welcome! Contact **Judy Champion** at 321-312-9155 or email Judy

at judy.champion325@gmail.com.

Zumba Gold

December Classes CANCELLED!

Tuesdays @ 8:30—9:15 am

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

All Zumba Gold classes cancelled for December – they will resume on January 11, 2022. For more information, please contact **Cristina Aguerrevere** at 321-914-9401.



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Welcome

New Members in October

Allen, Wayne	Liever, Karen
Allsup, Robin	Mann, Connie Sue
Aparicio, George	Mann, Tony
Bard, Sally	McDonald, Grace
Beesley, Jane	McGovern, Denise
Braithwaite, Nancy	Orr-Ciccozzi, Linda
Brewster, Cindy	Rankin, James
Brinckerhoff, Robert	Redmond, Susan
Carr, Marge	Reynolds, Rick
Carr, Stefanie	Rossi, Dorothy (Dot)
Carter, Jill	Schwartz, Ben
Conn, Kim	Schwartz, Beverly
Cowart, Joyce	Sentner, Terri
DeDominici, Dianne	Taylor, Joyce
DeDominici, James	Testa, Rosann
Egan, Carol	Thornton, Betty
Hocker, Jeanne	Tinsley, Beverly
Holby, Shirley	Whites, Bill
Koubek, Jane	Wyatt, James
Kyle, Donna	

Meet Our Staff

Officers

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

Directors

Sonia Echevarria	Pam Page
Vincent Germann	Ginny Parker
Peggy Miles	Linda Payne
Beverly Morgan	Jaqueline Williams
Rosalie Novak	

Staff

Systems Admin:	John Efird
IT Staff:	David Leacock
	Maureen Reeder
	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:
news@bcwpsc.org

Wickham Park Senior Center 2021 Holiday Closures

The Center will be CLOSED on:

- **Christmas Holiday:**

- Thursday, December 23
- Friday, December 24 (Christmas Eve)
- Saturday, December 25 (Christmas Day)

- **New Year's Holiday:**

- Friday, December 31, 2021 (New Year's Eve)
- Saturday, January 1, 2022 (New Year's Day)



WPSC New Email Addresses

Please make a note of the new email addresses for the Wickham Park Senior Center staff:

DIRECTORY	NEW 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
John Efird, IT Systems Admin	itadmin@bcwpsc.org
David Leacock, IT Staff	itstaff-dl@bcwpsc.org
John Turner, IT Staff	itstaff-jt@bcwpsc.org
Maureen Reeder, IT Staff	itstaff-mr@bcwpsc.org

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





2022 BOARD OF DIRECTORS ELECTION

December 6 – 10, 2021

Ballots at the Front Desk

Meet the Candidates at the December 1 Annual Meeting at 10:00 am



Candidate for President



Diane Weinzierl

- WPSC – Current President, Past Director and 5 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 Vice President and past Director
- Federal Government Civil Servant
- US Army Retired,
- MBTI Consultant

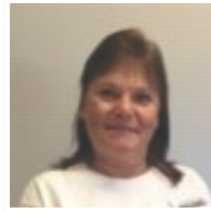
Candidate for Treasurer



Colleen Barneman

- 50 years of accounting and bookkeeping experience
- Ran successful family business for 36 years

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



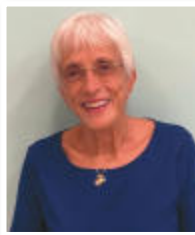
Lisa Coyle

- WPSC – Bunco Co-chair
- Sr. Accountant experience for Florida Tech & IBM
- Volunteer Income Tax Assistant to the Elderly
- Owner, Accounting Aides LLC



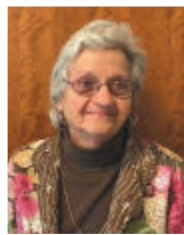
Sonia Echevarria

- WPSC – Travel Director, Front Desk Volunteer
- Coordinator at Senior Center in Memorial Hospital, Pembroke
- Medical Field Training Experience



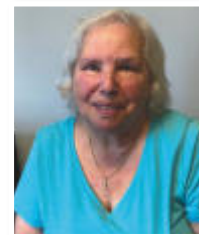
Ian Fritsch

- Retired Certified Financial Planner
- State of FL Ombudsman



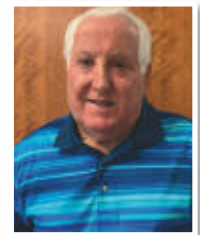
Rosalie Novak

- WPSC – 3 years as Director



Janet Smith

- WPSC – Travel Office Volunteer
- Retired from Walmart after 24 years
- Previous owner of Advertising Special Business



Wally Topinko

- WPSC – Prog. Manager for Pool Room and past Director
- 38 years in Sheet Metal business

Medicare

Insurance Plans



Jerry Hadlock, Jr.

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

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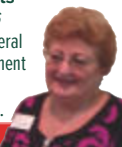


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