



# Friendship Flyer

FEBRUARY 2022

2785 Leisure Drive  
Melbourne, FL 32935  
(321) 425-5533 / 5534

Monday-Friday: 8:30 am—4:30 pm  
Saturday: 8:30 am—12:30 pm  
Sunday: CLOSED  
[www.bcwpsc.org](http://www.bcwpsc.org)



Diane Weinzierl

## President's Message

Things are slowly getting back to normal at the Center. Almost all of our program activities are back and we see more and more new faces at the Center each week. Last month our paid membership finally topped more than 1,000 members – back to pre-pandemic numbers.

**New WPSC telephone numbers.** With the change of internet service providers, the main telephone number we had listed for the center (321-255-4494) is no longer in service. Please update your records to reflect our new numbers which will ring into the front reception desk: 321-425-5533 or 321-425-5534.

**When is the last time you tried a new program at the Center?** Last month I finally found time to join the Euchre group (Wednesday evenings) for the first time. I had a great time, met new people and found myself enjoying playing a game I hadn't played in more than 20 years. As a result, I started thinking about the various programs I've tried at the Center over the past 3 years, and it's more than I realized (Bingo, Euchre, Friendly Poker, Rogue Bridge, Rubber Bridge, Chair Yoga, Chefs for Seniors, Strength & Flexibility, Friday Night Dinners, Travel trips). ***I would like to challenge each of YOU to attend at least one new program at the Center over the next few months.*** You never know – you just might find a new hobby while making some new friends. After all, isn't that why we come to the Center in the first place? As for me, I'm still trying to decide what my next new program adventure will be – Line Dancing, Duplicate Bridge – or maybe I'll try torturing the guys in the pool hall? ***Who wants to come join me!***



**Friday Night Dinners starting Friday, March 4.** We had really hoped to start up our Friday Night Dinners in February, but after reviewing the current COVID situation, the Board decided to postpone the dinner until March 4. Tickets are \$12.00 per person and are available for purchase at the front desk. See page 3 for more details. Come join us for some good food and entertainment.

## 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!"***

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



## The Senior Center is 100% Operated by Volunteers!

Volunteers are the backbone of the WPSC operation. If you have a few hours to spare and would like to volunteer – please pick up a Volunteer Application at the Front Desk.



## Grant Writer Needed!

Do you know anyone who has Grant writing experience? It has come to my attention that there may be lots of grant \$\$ opportunities available for non-profit organizations such as the Senior Center, but we need someone with experience to help us apply for these grants. If you know of anyone with grant writing experience, please let Diane Weinzierl know – the Center could really use their help.

## 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 WPSC in FY2022.



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

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

## Are You Receiving the WPSC Monthly Newsletter via Email?

A link to this newsletter is emailed to all members by the first of every month. If you are not receiving these emails, please stop by the Front Desk and verify that we have your correct email address.



## Need to Schedule an Appointment with SHINE?

The WPSC SHINE Group is available Tuesdays, Thursdays and Fridays from 9:00 am to Noon in Room 104. Anyone interested can call 407-514-1800 to schedule an appointment. No fee required!

## Friday Night Dinners are BACK!

Have you been waiting for the First Friday Night Dinners to return? Well your wait is over as we are pleased to announce our first dinner in 2022 will be **Friday, March 4 from 5:30pm-7:30pm**. Our dinner theme for the evening will be **St Patrick's Day**.

Our menu for the evening:

- Your choice of Corned Beef & Cabbage or Irish Encrusted Fish
- Boiled mixed vegetables (potatoes, carrots & cabbage)
- Salad
- Bread
- St. Patty's Cake for dessert

Entertainment provided by **Rick Brensinger** (courtesy of the Mary Ellen Reeves donation fund).

**Tickets are \$12.00** (cash or check) and may be purchased at the Wickham Park Senior Center Front Desk, Monday thru Friday 8:30am to 4:30pm or Saturday 8:30am-12:30pm. If you have any questions, you can call the Front Desk at 321-425-5533 or 321-425-5534.

*Come join us for an evening of fun and fellowship!*

**Deadline for ticket purchase is Friday, February 25.**



*Many thanks to CarePlus Health Plans for sponsoring this month's dinner.*

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

### Miami & Key West

Date: February 8-11, 2022

Cost: \$495.00 per person / 4 Days & 3 Nights

### Jungle Queen Riverboats

Date: February 16, 2022

Cost: \$125 per person

Cancellation Deadline is January 15, 2022

### Medieval Times Dinner & Tournament

Date: March 15, 2022

Cost: \$119 per person

No Refunds after March 5, 2022

### The Marvelous Wonderettes

Date: April 13, 2022

Cost: \$125 per person

Cancellation Deadline April 6, 2022

### Isle of Capri Casino

Date: September 14, 2022

Cost: \$45 per person

### St. Johns River Cruise

Date: October 19, 2022

Cost: \$135 per person

Cancellation Deadline October 10, 2022

### Stetson Mansion Grand Tour & Luncheon

Date: November 9, 2022

Cost: \$129 per person

Cancellation Deadline October 30, 2022



## In the Spotlight



### Meet Your Travel Volunteers

The Wickham Wanders Travel Department at the Center is open Monday through Friday from 9:00 am to 1:00 pm. We are so fortunate to have a staff of hard-working, knowledgeable volunteers in our travel department to plan and execute on our upcoming trips. Since many of our volunteers in travel only work certain days, every other week, we thought it would be helpful for you to meet the entire group of ladies.

#### Travel Director – Sonia Echevarria

- Monday – **Elaine Sams** and **Mary Quirk**
- Tuesday – **Verna Layman** and **Kathy Wahl**
- Wednesday – **Sonia Echevarria** and **Deana Booth**
- Thursday – **Nancy Chaloult** –  
(Note: Volunteer Needed for Thursday)
- Friday – **Janet Smith** and **Elaine Sams**

If you'd like to volunteer in the travel office, please contact Sonia at 321-425-5530, email [travel@bcwpsc.org](mailto:travel@bcwpsc.org) or stop in and fill out a volunteer application.

Flyers on all our upcoming trips are available at the travel office and posted on our website ([www.bcwpsc.org/travel](http://www.bcwpsc.org/travel)). Please come in and meet with one of our friendly volunteers to plan your next trip.

Courtesy of Travel Expressions & Diamond Tours.

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

# BINGO

**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.

## 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** at 321-258-5916.



*Reflecting life, love and compassion*

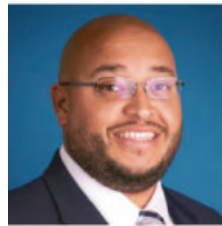
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## Questions about MEDICARE?

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**321-419-7409**  
**(TTY: 711)**

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# CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER  
2785 Leisure Way  
Melbourne, FL 32935

Phone: 321-425-5533  
Web: [www.bcwpsc.org](http://www.bcwpsc.org)

## FEBRUARY 2022

ACTIVITY	NOT RESUMING IN FEBRUARY	SCHEDULE FOR FEBRUARY
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		
Blood Pressure Checks		
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 @ 1:00—3:30P
Bunco		1st & 3rd Thursdays (Feb. 3 & 17) @ 12:30—4:00P
Chair Yoga		Tuesdays @ 3:00—4:00P
Chefs for Seniors		2nd & 4th Thursday (Feb. 10 & 24) @ 11:00A—12:30P Sign-up Sheet at Front Desk
Euchre		1st & 3rd Wednesdays (Feb. 2 & 16) @ 6:00—9:00P
Greeting Cards		Fridays @ 10:00A—1:00P
Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing		Tuesdays @ 4:15—5:30P
Mahjong: American		Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominoes		Wednesdays @ 1:00—4:00P
Oil Painting for Beginners		1st & 2nd Thursdays (Feb. 3 & 10 and Mar. 3 & 10) @ 1:00—5:00P
Pinochle		<b>Mondays</b> & Fridays @ 12:15—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Mondays @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P Saturdays @ 8:30A—12:30P
Shuffleboard (Open Play)		Saturdays @ 9:00A—Noon
QiGong-TaiChi		Wednesdays & Fridays @ 8:30—9:30A
Rummikub	<b>Starts on February 2!</b> Replaces Games Galore	<b>Wednesdays @ 1:00-4:00P</b>
Senior Law		4th Friday of the Month (Feb. 25) @ 1:00—3:00P
SHINE		Tuesdays, Thursdays & Fridays @ 9:00A—Noon
Social Scrabble		Tuesdays @ 9:30A—Noon
Strength / Flexibility		Thursdays @ 9:30—10:30A
Watercolor Instruction		Wednesdays @ 9:30A—12:15P

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

**NEW UPDATES**

## 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](mailto: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](mailto: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 (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.



## 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 February 3 & 17. **Linda Peglow 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  
 February 10 & February 24  
 Cost: \$6.00 Members / \$8.00 Non-Members

Join **Chef Jillian** for a Cooking For Seniors Class. 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.

## Euchre

1st & 3rd Wed. (Feb. 2 & 16) @ 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.

## 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! Come have fun creating! For more information, contact Dianne at 207-332-2651 or [dianne@lovegiftcrafts.com](mailto: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

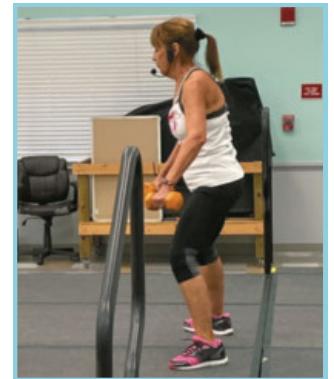
**Beverly Morgan** at 303-458-8273 for more information.

## Jazzercise Lo

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

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

Contact **Ginny Parker** at 321-698-0445.



## Line Dancing

Tuesdays @ 4:15—5:30 pm  
 Cost: \$6.00 Members / \$8.00 Non-Members  
 SPRING into Spring with us at Line Dance for Fun and Exercise every Tuesday from 4:15-5:30! Enjoy making new friends while giving your body and mind a nice, fun, easy workout! For more information, call **Sue Duncan** at 321-505-0846.





## Mahjong

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

**Chinese: Wednesdays @ 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 & 2nd Thurs. Each Month @ 1:00—5:00 pm**  
**February 3 & 10 / March 3 & 10**  
**Cost: \$40.00 per person**

Still a couple of February seats available, call the Center or come in and sign up. Come paint a beautiful landscape painting with us. The February painting will be the last winter scene, in March, we'll be moving to a springtime setting. Classes will be held on the first and second Thursdays of each month. All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, just 6 participants, so Hobo Bob has plenty of time to work with you as you paint your masterpiece. Questions? Contact **Bob Holby** at 813-789-9810. This is the painting we'll be working on in February.



## Pinochle

**Mondays & Fridays @ 12:15—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**

Contact **Bill Mueller** at 321-242-4999 (Mondays) or **Cathy Decker** at 321-254-9517 (Fridays).

## Poker (Dealers Choice)

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

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

## Poker (Friendly)

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

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Vinnie Germann** at 321-253-6155.



## Pool (Billiards)

**Monday thru Friday @ 8:30 am—4:30 pm**  
**Saturdays @ 8:30 am—12:30 pm**

**Tournaments: 2nd Wednesday of Every Month**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
**Plus \$ .50 per Day or \$2.00 per Week**

YE OL Pool Room 8-Ball Tournament Results of 1/12/22:

1st: Paul Monti	3rd: Jorge Fernandez
2nd: Det Schwitz	4th: Dave Reeve

YE OL Pool Room 8-Ball Tournament YEARLY Results of 1/19/22:

1st: Dale Foster	3rd: Dave Reeve
2nd: Pete Ragusa	4th: Jorge Fernandez

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



## QiGong-TaiChi

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

For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls among the elderly, and how to prevent them. According to researchers, one of the most promising interventions is TaiChi. It offers senior practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. Contact **Laura Parsons**, Certified Instructor at 321-474-5374.



## Rummikub— Starting Feb. 2!

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

**GAMES GALORE is changing its name to RUMMIKUB!**

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon. Questions? Contact **Rosalie Novak** at 321-610-8021



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## Senior Law

4th Friday of Each Month—February 25

@ 2:00—3:00 pm

Cost: Free to all WPSC Members

The Slonim Law Firm Invites you to attend a FREE seminar and question and answer session on the 4th Friday of each month at WPSC Room 117. We will cover topics such as:

- Last Will & Testament & Trusts
- Durable Power of Attorney and Healthcare Directives
- Living Wills
- Digital Assets
- Medicaid and Asset Protection Options
- Guardianships
- Probate Matters
- General Dementia Issues

Seating is limited. Please sign up at the front desk. Questions? Please call the Law office at 321-757-5701.

## Shuffleboard

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](mailto:greg.sonesta@gmail.com).

### Wickham Park

### Shuffleboard Class Graduates



Back Row: Steve Clendenin, Instructor; Jon Pollock, Mike Warner, Pat Campbell, Steve and Fran Powers, and Ron Petitclair.

Front Row: Lorraine Warner, Joan Wivchar, Mona Clark, and Clark Silvers.

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





## 5 Ways to “SNEAK IN” Fruits & Vegetables

As Ferris Bueller would say, “The world moves pretty fast.” As busy moms and dads, it’s sometimes hard to keep up and get much needed nutrition into our active kids. Picky eaters can be especially difficult when it comes to eating healthy foods like fruits and vegetables. So how do you sneak those servings in while moving at the speed of life and keeping tantrums to a minimum? Here are 5 tips for amping up fruit and veggie eating.

### 1. The Power of the Baked Good

Baked delights have been sneaking fruit and vegetables into our lives since our mother’s banana bread. Whether it’s banana chocolate chip muffins or pumpkin pancakes for breakfast, banana bread spread with peanut butter for a snack, or chocolate zucchini cake for dessert, it’s easy to pack a lot of nutrition in a small and tasty package. Most of these quick bread style recipes take only a few minutes to mix up and under an hour to bake. Make a double batch when you have time and freeze half for easy access when you’re really in a time crunch.

### 2. The Magic of Dip

A pediatrician once suggested that a little ranch dip can go a long way to making crunchy crudité bites irresistible. Use a prepared dip or make your own with a mix and low-fat sour cream or yogurt. You could even try a flavored cream cheese! Watch your kiddos mow down a plate of carrots and peppers, scooping a bit of dairy in with each bite. Don’t forget that crunchy food helps relieve stress and increases the volume of our satiety cues.

### 3. The DIY Thrill

It sounds a little silly, but kids love it when they can do things for themselves, and this includes getting into food! Get a bag of clementines, the easy to peel tiny oranges that are sweet as sugar, and watch the

joy of unwrapping their own treat take over. Don’t forget that grapes and most berries can be popped into mouths with very little trouble. In the summer, freeze your grapes for a natural way to cool down! Try leaving a bowl of attractive fruits and veggies out within easy reach — you might turn around to find your little one munching happily on a peach!

### 4. The One-Pot Meal

Quick dinners are a must for busy families and sometimes taking the time to put together a spread with enough servings of all the correct food groups can seem impossible. This is where the one-pot meal can save your week. Put together a soup by sautéing veggies and adding store bought bone broth. Add the meat from a rotisserie chicken and some noodles and you’ve got the kind of meal where it’s tough to keep ALL the veggies from getting in — even if they try. Use leftover rice to make a “fried rice” skillet dish with peas and carrots or use a frozen stir-fry vegetable blend.

### 5. The Hidden Secret of Italian Food

You might not think of it normally, but spaghetti and meatball night can pack a veggie punch. That red sauce is loaded with tomatoes, and who’s to stop you from blending some spinach into those meatballs? Don’t forget you can sub-in spaghetti squash for noodles or turn zucchini into boats to hold your sauce and cheese. Lasagna? Oh yes, you can hide zucchini “planks” and spinach in those layers. Or try a quick skillet dish with a can of diced tomatoes, some fresh spinach and sliced chicken Italian sausage for something lighter.



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## How to Sneak Exercise Into Your Day

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

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

**Start with being inefficient.** Instead of taking the short cut, go the long way. Park a little bit further away from your office, the grocery store, wherever you go today! Don't wait for the elevator, take the stairs. If you're at home, take an unnecessary detour to the basement or the second level just for fun. Take a turn around the block, or just around your yard if you're short on time.

**Get into (house)cleaning.** It's true, all of our household chores count as movement. Take your vacuum for a walk around the house, scrub the bathtub, start a load of laundry (in many homes this includes a trip up and down a set of stairs!), make the

bed, cook dinner — whatever you do, put a little spring in your step, put on some music and make the most of moving your body.

**Power up with a 10-minute workout.** Studies now show that a workout of any length not only "counts" as exercise, but that shorter workouts are just as beneficial as longer ones. So, stop worrying about fitting another 45 minutes into your already overpacked day! Most of us can find 10 minutes at lunch, in the morning before hopping into the shower, or just after work, before starting whatever is next.

**Stretch yourself.** Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night. If that's the case, don't stress! Stretching before bed can lead to better sleep!

**Yoga can do it!** You say you don't have time for an hour-long class? No worries, just 10 minutes of yoga daily can change your life. Or maybe you're thinking that only high impact movement (with all that sweating — just NOT designed for the modern lunch "hour") is the only way to get the job done. Not so. Studies have found that even gentle, restorative yoga where poses are held for longer periods of time and are completely supported, can aid in weight loss.

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

# Welcome

## New Members in December

Brickhouse, Debra	Perdue, James
Cameron, Terry	Pettyjohn, Karen
Cofelice, Clara	Pierce, Edwina
Crain, Rebecca	Porter, Judy
Ebbensgard, Lori Ann	Ropeter, Betty
Essner, Gail	Smith, Charles (Chuck)
Frogge, Kathleen	Spaethe, Michael
Kozey, Beverly	Spalla, Susan
Lopez-Tellado, Maria	Taylor, Paula
Marshall, Cynthia	Tellado, Joseph
Neese, Brenda	Verhaeghe, Jan
Neese, Ray	

## Meet Our Staff

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Treasurer:	Colleen Barneman
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Ina Fritsch	Linda Payne
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Beverly Morgan	Jaqueline Williams
Pam Page	
Staff	
IT Systems Admin:	John Efird
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](mailto:news@bcwpsc.org)

## WPSC New Telephone & Email Addresses

Please make a note of the new telephone number for the front reception desk: **321-425-5533** or **321-425-5534**, and email addresses for the Wickham Park Senior Center staff:

DIRECTORY	EMAIL
WPSC President	<a href="mailto:president@bcwpsc.org">president@bcwpsc.org</a>
WPSC Secretary	<a href="mailto:secretary@bcwpsc.org">secretary@bcwpsc.org</a>
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**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!



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