

Friendship Flyer

Wickham Park Senior Center

"There are no strangers here, only friends you have yet to meet!"

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.

President's Message

Happy New Year everyone!

I hope you enjoyed a wonderful holiday season with friends and family and that you're looking forward to some fun times at the Senior Center in 2020. I'd like to personally thank Dorene for her hard work and dedication these past 2 years serving as President. I'm also happy to say she'll still be volunteering at the Front Desk as well as working with the Honor Flight program. She'll also continue to serve as a member of your board of directors, and I really look forward to her help and guidance this new year.



As your new President, one of the first things I witnessed was the generosity of the volunteers and members who picked a tag (or multiple tags) from the lobby tree to provide gifts to other seniors during the holiday season. It was truly gratifying to watch the Salvation Army make multiple trips to pick up the large volume of packages donated by our members. Thanks to everyone who participated in this very worthy program.

As we move into 2020, I have identified the first 2 goals I'm hoping we can accomplish early on this new year.

Better Communication with our membership. How can you help? If you have an email address and you're not already receiving our newsletter by email, please stop at the front desk on your next visit and check to make sure that we have your correct email address in the database. This information will be critical to our ongoing plans to improve communication this year.

Improve our Volunteer Program. Nothing happens at the Senior Center without our hard working and dedicated volunteers. I want to ensure they receive the recognition they deserve as well as updated training, information and the tools they need to do a good job.

I'm looking forward to getting to know many more of you during this coming year. Please feel free to let me and the other board members know what is and what is not working. I truly believe we all have the same goal at the Center - to enjoy our time here while having fun with friends, in addition to making some new friends. All I ask is that we all ***be kind and respectful with each other***, even when we don't always agree.

-Diane

2785 Leisure Dr.
Melbourne, FL
32935



January
2020

FRIENDSHIP FLYER

January 2020

Website: bcscwp.com

Phone: (321) 255-4494 - X 25531

Hours:

Mon-Fri 8:30 am -4:30 pm

Sat 8:30 am-12 noon

Newcomer Tour

If you would like a tour of the Senior Center, please stop by during business hours. Our desk volunteers will be happy to show you around and answer any questions you may have.

Wickham Park Senior Center

Officers

President
1st Vice President
2nd Vice President
Secretary
Trasurer

Diane Weinzierl
Pam Page
Vincent Germann
Lynn Higginbotham
Dick Robinson

Directors

Louise Andsager
Angela Brown
Diane Butler
Barbara Holliday
Peggy Miles

Beverly Morgan
Judy Schultz
Jacqueline Williams
Joyce Vetter

Systems Admin.
IT Staff
IT Staff
Computer Assist.
Sunshine

John Efir
David Leacock
John Turner
Mary Quirk
Joyce Vetter
JoAnn Efir

Newsletter Staff

Chris Fitzgerald Linda Graff

Deadline for copy submission to the newsletter is the 15th of each month.

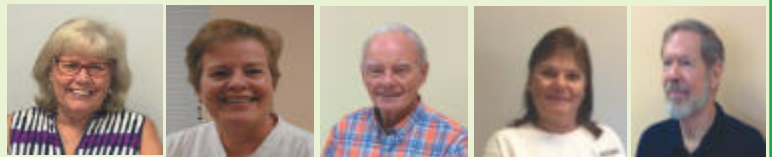
E-Mail Copy to: WPSNews@cfl.rr.com

Members Joining in November



Kathy	Bacsik	Kenneth	Morgan
Calvin L	Black	Cindy	Morgan
Raymond	Boucher	Debra	Mostkiewicz
Elmer	Cain	Olive	Neterer
Beate	Collins	Rae	Oetter
Joan	Coverdale	Warren	Orndoff
Sandi	Geronimo	Martha	Pasek
Paul	Halpin	Arnie	Pinkus
Anne	Halpin	Carolyn	Quirk
Richard	Hanttula	Meg	Stafford
Luane	Hellen	Susan	Thomey
John	Horst	Robert C	Ufferman
David	Lister	Patricia	Walker
Ellie	Manley	Mary	Walton

Newly elected members of the WPS



DIANE

VINCENT

Lynne

Dick,



Barbara Hol-

Peggy Miles

Beverly Mor-

Jacqueline

**** Monthly Board Meeting - All Members Invited ****

Held 2nd Monday of each Month in Room 120 (Next to the Kitchen)

Next Meeting: Monday January 13 at 9:30 AM

**** Senior Center Holiday Hours ****

The Center Will Be Closed Christmas, New Years, Memorial Day, July 4th & Labor Day.
We will also close at **Noon** on Christmas Eve

Volunteers Honored

The annual Volunteers Dinner was held at the Elks Club on Sunday, December 8, 2019. As outgoing president, Dorene Cesa presided over the dinner and introduced the new members of the 2020 Board of Directors. In addition to thanking all of our volunteers for their dedication and service, Dorene awarded a number of our volunteers with 3-year, 5-year and 10-year pins. Congratulations to all.

10-Year Pins Presented

Angie Brown (*Front Desk/Board*)
Helen Buckley (*Bingo*)
Diane Butler (*Travel/Board*)
Dorene Cesa (*Front Desk/Board*)
Bernard DelBene (*Front Desk*)
Linda Graff (*Newsletter*)
Elaine Guernsey (*Library*)
Rosalie Jones (*Kitchen*)
Jay Koeller (*Web Master*)
Pam Page (*Bridge/Board*)
Dick Robinson (*Bridge/Board*)
Al Sanchez (*Bingo*)
Cecilia Sanchez (*Bingo*)
Marie Slaney (*Front Desk/Honor Flight*)
Barbara Terry (*Bingo*)

5-Year Pins Presented

Robin Adair (*Bingo*)
Deanna Booth (*Travel/Board*)
Mona Clark (*Bingo*)
Brenda Clarson (*Bingo*)
Judi Schultz (*Travel/Board*)
Pat Snyder (*Bingo*)
Jackye Williams (*Front Desk*)

3-Year Pins Presented

Ed Bogush (*Bingo*)
Susan Cassone (*Travel*)
Laura Swimm (*Bingo*)
Joyce Vetter (*Bingo/IT*)
Diane Weinzierl (*Bingo*)



The Senior Center operation is 100% run by volunteers and we thank them for their hard work and dedication. Please take a few minutes to say hello and thank them when you see them at the Center. And, if you'd like to volunteer, be sure to pick up a Volunteer Application from one of our Front Desk Volunteers. It's a great way to meet new people and give back to the community at the same time.

Travel Opportunities

Wickham Wanderers Travel Club News

Wednesday, February 5th 2020

Lion Country Safari-West Palm Beach Drive-through safari featuring over 4 miles of untamed wilderness. View herds of free-roaming lions, rhinos, giraffes & zebras. Includes lunch at the attraction. **\$105 pp**

Thursday, March 12th 2020

Bok Tower Gardens-Lake Wales Nearly 50-acres of historic landscaped gardens, 20-room Pinewood Estate mansion, & the 205-foot art deco, neo-Gothic Singing Tower & 60-bell carillon organ. Davidson's Candy Factory & lunch at Blue Palmetto Café. **\$88 pp**

March 29th-April 4th 2020 6 Nights

Tunica & Memphis 4 consecutive nights Tunica Area Casino Resort Admission to Graceland, tour of Memphis & more! 6 breakfast/ 4 dinners \$650 pp double

Wednesday, April 22nd 2020

Jungle Queen Riverboat Cruise the "Venice of America", Ft. Lauderdale's historic New River. View homes of the rich & famous, mega-yachts and explore a tropical isle. Lunch at Bubba Gump Shrimp Co. \$125 pp

December 11-18, 2020

Cruise the Western Caribbean on MSC Armonia from Tampa. So many inclusions you'll want to pick up the detailed flyer!

Starting from \$920 pp double occupancy

Date to be advised

Wickham Wanderers revisit IRELAND!!
Stop by the Travel Office for details.

Travel Office Hours

Monday-Thursday 9:00AM - 4:00PM Friday 10:00AM - 2:00PM

Wickham Wanderers are invited to join the Pathfinders

June 5-22, 2020 – Canada & New England Land tour & 7-night cruise, starting from \$5,899 pp double

Traveling solo?

We invite you to join our warm and welcoming group for fun and friendship!

Fantastic February Friday Dinner

Friday February 7, 2020 5:30-7:30

MENU

Salisbury Steak
Mashed Potatoes
Confetti Corn
Dinner rolls Tossed salad
Strawberry short-cake/
Homemade Whipped Cream

Members
\$10
Guests
\$12



ENTERTAINMENT BY:

JANICE & RENE

Activities and Games



Rubber Bridge

Come on out for an afternoon of enjoyment at the bridge table. Rubber Bridge games are held on Thursdays at 1 pm.

They are run by Janet Walker. Please arrive no later than 12:45 pm and bring a partner.

Rubber Bridge is also held on Saturdays at 12:30

Our groups have grown this year! Where else can you have so much fun for so little cost?
\$1.50 per member (guests pay \$2.50)?

Volunteers are the backbone of the WPSOC operation. If you are interested in volunteering, applications are available at the front desk.

NEEDED:
FRONT DESK VOLUNTEERS
8:30 AM -12:30 PM or 12:30 -4:30 PM

Wanted!!

Help is urgently needed to assist with setting up and tearing down for the Monthly dinners. Able bodied help would be appreciated for the following dates and times.

December 6th - 4&7:30PM
February 7th - 4&7:30PM
March 6 - 4 & 7:30PM
April 3 - 4 & 7:30PM
May 1 - 4 & 7:30PM

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- \$0 copay** for transportation to plan-approved locations (Up to 20 one-way trips per year)
- \$0 to low copays** for Tier 1 and 2 prescription drugs from a preferred cost-sharing retail pharmacy
- \$180 allowance** for contacts or eyeglasses per year
- \$30 monthly allowance** for covered over-the-counter products
- \$750 per ear**, every year for hearing aids
- PLUS more!**

A CarePlus Medicare Advantage plan may be a good fit for you. Call today to learn if CarePlus can benefit you.

Call a licensed CarePlus sales agent at

1-321-751-7645
(TTY:711)



From October 1 - March 31, we are open 7 days a week; 8 a.m. to 8 p.m. From April 1 - September 30, we are open Monday - Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within 1 business day. Brevard and Indian River counties. CarePlus is an HMO plan with a Medicare contract. Enrollment in CarePlus depends on contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. Discrimination is against the law: CarePlus Health Plans, Inc. ("CarePlus") complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. See our website for more information. English: ATTENTION: If you do not speak English, language assistance services free of charge are available to you. Call 1-800-794-5907 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-794-5907 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 1-800-794-5907 (TTY: 711). H1019_MKDMFNPR132043_M



Meet & Greet Offerings

MEET & GREET



Stop by our table for a "snack", and speak to a representative to learn more about our Residential Living Apartment
First Tuesday of the Month

Courtenay Springs Village is a retirement community located at
 1200 S Courtenay Pkwy- Merritt Island, FL 32952

Call 321-452-1233



Second Friday

- Bedbound
- Hospices Assistance
- Personal Hygiene
- Toilet Assistance
- Transitional Care
- Check-in Services
- Meal Prep
- Laundry
- Light Housekeeping
- Transportation



321-233-3509

First Friday

Many thanks to Eileen Olejarski,
 SRES® of Sun Coast Real Estate Group
 for coming in to
 "Meet & Greet"

our members in the lobby on the
 1st Friday morning each month.
 Eileen is a real estate specialist with an emphasis
 on helping seniors.

321-508-1911



Second Tuesday Meet & Greet

Wickham Park Senior Center
 from 10:30 am—12:00 noon.

Come join us

**FREE
 BLOOD PRESSURE SCREENING**



S.H.I.N.E.

Serving Health Insurance Needs of Elders
 Call for an appointment: (321) 757-0660

FREE Medicare Counseling
 SHINE counselors are available
 9:00 am 'til Noon
 Monday, Wednesday, Thursday and Friday



Please note!!

**All submissions for the
 Newsletters must be sent to the
 e-mail address.**

**Deadline the 15th of each month
 WPSCnews@cfl.rr.com**

Learn Something New

Mah Jongg an activity that fosters friendly comradery, stirs the brain!!

American

Monday—12 Noon-3PM
Thursday –9 AM-12 Noon
Lessons available
–Call Pat-321-626-5419

Chinese

Wednesday –1-4 PM
Call Michael-321-537-7094



URGENT!!!

VOLUNTEERS NEEDED FOR SATURDAY 8:30-12 NOON SHIFTS

CALL DEANA at 321-255-4494

Free, fun, interesting Estate Plan....Call 321.757.5701 for appoint-

Ask the Attorney

Our Elder Law Attorneys David Slonim and his associate, G. Paul Lemieux, of the Slonim Law Firm, welcome you to come to the Center each **third** Thursday of the month at 1:00 pm for a seminar and question and answer session. Please call our Law office to confirm your registration. Seminar to be held in the Gathering Room (Library).

3rd Thursday, 1:00 pm—Library



Calendar of Events

January 9th - Foundations of Investing

February 13th - Broadening Your Knowledge of Investing

Chris Fitzgerald, CFP®

Financial Advisor
(321) 255-4221

Q&A to Follow Presentation

Financial Lunch & Learn

Financial Advisor, Chris Fitzgerald from Edward Jones, invites you to the Center on the second Thursday of each month at 12:30 for lunch and a timely seminar.

Everyone is welcome. No cost to attend.

Class to be held in the Computer Room.

**Next Event: January 9, 2020
2nd Thursday at 12:30**

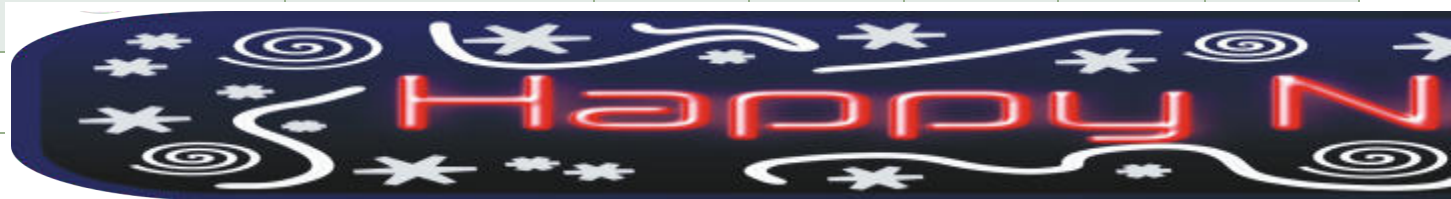
Member SIPC

2785 Leisure Way
Melbourne, FL 32935

WICKHAM PARK

January 2022

ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT
Acrylic Painting							
Ballroom Dancing		6:30 Anything Goes 7:30 Beginners					
Bingo			11: 00 AM			11:00 AM	
Bone Makers Plus				9:30AM			
Blood Pressure			10:30 AM 2nd week				
Bridge							
Duplicate		12:30PM		12:30PM	6:00PM		12:30PM
Chat				10:30AM			
Rogue			12:15PM				
Rubber					1:00PM		12:30 PM
Bunco					1st&3rd 12:30		
Chair Yoga			3:00PM				
China Painting		9:30AM					
Euchre 1&3rd wk.				6-9 PM			
Financial Lunch & Learn					12:30 PM 2nd Thurs		
Games							
Hand and Foot		9:00 AM				9:00 AM	
Games Galore				2:00 PM			
Greeting Cards		2nd Mon 1PM					
Jazzercise Light		8:30 AM		8:30AM		8:30 AM	



ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT
Line Dancing							
Beginners			4:15 PM				
Intermediate			5:30 PM				
MahJongg							
American		12:15 noon			9:00 AM		
Chinese				1:00 PM			
Pinochle						12:30PM	
Poker							
Dealers Choice			1:00PM			1:00PM	
Friendly		1:00PM					
Pool (Billiards)		Open daily 8:30 AM					
Senior Law					1:00 PM call 321-757-5701 to register 3rd Week		
Shuffleboard							
League Play				Oct-Mar 1:00 PM			
League Practice		Oct-Mar 1:00 PM			6:15 PM		
Fun Time							9:00 AM
Sons of Confederate Veterans					2nd Thur 7-9PM		
Social Scrabble			9:30AM				
Strength / Flexibility					9:30AM		
TaiChi Class				8:30 AM		8:30 AM	
Watercolor Instruct.				9:30 AM			
Zumba Gold			8:30AM				



Activities and Games

Bone Makers for Healthy Bones and Body

Enjoy peace of mind knowing you can exercise at your level and speed with a teacher, who is aware of modifications needed for your body! This empowering program improves your bones, balance, posture, memory, and mood. Learn body mechanics, nutrition, symmetry and prevent and undo your lifestyle's over use injury while preventing trips, slips, and falls.

Bring bottled water and sneakers.

Wed, 9:30 am -10:45.

Travel Decks Now Available

Certified AFAA Instructor, M.Ed(Special Ed)
"The Bone Lady" Vicki Buckley

321-759-4962



BUNCO

1ST & 3RD THURSDAY 12:30 PM

Call Jackie for reservations

Help needed!!
Jackie deserves to retire.
But a chairperson volunteer
is needed. If interested call
Jackie 321-242-7304

Players needed Friendly Poker Pennies only, Dealers Choice



Vinnie Germann
321-253-615
Monday's 1:00—4:00 pm

China Painting
With Frankie Lybarger
China Painting Classes
Monday's 9:30-11:30 am

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Exercise and Fitness

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presents a class you won't want to miss,
right here at the Wickham Park Senior Center

Thursdays 9:30—10:30 am
\$4.00 members \$5.00 non-members

Chair Yoga Classes

Tuesdays at 3:00 PM

Shelly demonstrates how the moves increase range
of motion, flexibility, stability and joint mobility.

Chair Yoga incorporates breathing as a means to
increase oxygen flow throughout the body.

Jazzercise Light

There has never been a better time to start that fitness routine to benefit with more energy and improved confidence for a new you in the New Year. Join us for a fun and energized Jazzercise Lo class on Monday, Wednesday and Friday at 8:30 am. 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.

Your first class is complimentary (no cost) so what do you have to lose, except those extra holiday pounds!

Questions? Contact Lisa Noegel,
Certified Jazzercise instructor.

321-506-1385, jazzitup2005@gmail.com

TaiChi/QiGong Classes 14179

Wednesdays and Fridays

8:30 AM Room 117

Take It from Me, QiGong Tai Chi is fundamental to alternative and functional medicine, especially for the health and well-being of senior adults. It offers senior practitioners inner peace, and improves balance, flexibility, and mental agility. It also reduces falls, [49%] the largest preventable cause of death and injury among older adults.”
—Harvard Medical School endorses QiGong Institute.

**Laura Parsons, Certified QiGong-TaiChi
Instructor 321-474-5374,**

ZUMBA® Gold

Cristina Aguerrevere

Zumba® Gold is held on Tuesday's at 8:30.

321 914-9401

zumbacris@gmail.com

Ye O'l Pool Hall News

Open Daily 8:30 AM-4:30 PM

8 Ball Tournament Winners

Results December 11th

1st Place - Joe Franco

2nd Place - Jorge Fernandez

3rd Place- Ken KingHorn

4th Place - Peter Martin

Next Tournament January 8th

Second Wednesday @ 11:00

Tournaments of Champions to be announced at a later date/



Pinochle at WPSC

The Wickham Park Senior Center and Pinochle Team hosted guest 'Tom' visiting from Minot, North Dakota with several well played matches of the game on Friday the 6th and 13th of December 2019. New Team members Warren and Michelle teamed up with long time members Bill, Doris, Cathy, Pat, Ron, Delores 'Dee,' Anna, Edna, Mary, John, and Gary for some fun and camaraderie for all.

Edna gave Christmas Snack gifts to all attending while team members provided condolences to Beverly for the loss of her Husband in November. All signed a sympathy card offering sympathies while hoping for Bev's return.

The Pinochle Team is planning to play on Friday the 3rd of January 2020 for more exciting matches. Come join us or call Bill Mueller at the telephone number provided on the WPSC Schedule at the Front Desk. We hope to see you there.

Wickham Park Pinochle Players

\$1.00 Members and \$2.00 Non-Members

See the Front Desk for Membership Form

Bridge Christmas Party

On December 15, 2019 the Duplicate Bridge club celebrated the holiday season with an ugly Christmas outfit contest. Dave Seares took home the grand prize for ugliest outfit with a creation designed by his daughter. The group enjoyed a ham dinner with all the fixin's followed by a Club Championship bridge game. Prior to the game Dave Seares regaled the gathering with a melody of Christmas songs played on the piano. John Caban spread the cheer by offering his homemade wine for the group to enjoy. The gathering was merry and bright!



Hanging Out with the New Board

The newly elected WPSC Board of officers were sworn in and opened their first meeting with new goals and accomplishments in the minds of the members. Lots of discussion about policies and procedures as well as By-Laws changing took up the majority of the first meeting.

Newly elected President Diane Weinziler introduced the new board Officers and thanked all outgoing members while taking care of business to be resolved. Board member provided their reports to inform everyone of events taking place. The previous board didn't leave much work unaccomplished and many of the transitional items were quickly decided by Dianne and the board.

One item of interest was the decision to purchase a new Convection Oven for the Kitchen/Snack Bar area. The new oven is needed to increase the timeliness of food items prepared and sold at the Center. There was some discussion about getting an estimate to expand the Kitchen Services but the motion was put to rest until a committee can make recommendations for any action to take place.

Outgoing President Dorene Casa welcomed the new board and encouraged all to work hard to keep the Center functional for all wanting to join the organization.

The Board seemed excited to get to work in making the Center a Better Place for all Seniors to use.

Space usage along with the number of members seemed to be a major topic to be discussed.

Every Board Member Works to Make it Better

Activities and Games

Our "Stars" Sponsors

Diamond Level

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 ESTATE PLANNING & ELDER LAW CENTER OF BREVARD
 SUNCOAST REAL ESTATE GROUP

Gold Level

GREAT CLIPS

GAMES GALORE

Join a friendly group that plays a variety of card and board games. You never know what's on the docket but it will be friendly, Fun and lift your spirit.

Wednesday 2PM

Mary Ann 321-752-9536



Come FALL in LINE

and join the fun with

Country Line Dance Classes!!!

Tuesday 4:15-5:15 Beginner Tuesday 5:30-6:30 Intermediate
 Make new friends and Exercise while having Fun!!



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William A. Johnson, Esquire
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16-0351

Beginner Bridge Class

Whether you are looking for competition or something more relaxed, bridge is a great option for you. Learn the ultimate card game and discover your new passion.

Wickham Park Duplicate Bridge Club is providing a seven-week beginner bridge course.

Bridge is a great social activity and a way to make new friends.

Where: Wickham Park Senior Center
2785 Leisure Way
Melbourne FL32935



When: Mondays 10 am – 12 noon
beginning 1/6/20

Cost: \$60 plus \$15 for book (Student/Military discount)



Learn to
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WPSC Brush Pals

Fun, No Pressure, Relaxing, No

WEDNESDAYS
9:45 a.m.-12 noon
Beginners 8:30 a.m. (call)

Watercolor Coach, Judy
Text (321) 312-8155
Email
judy.champion325@gmail.com



Every Tuesday and Friday

Bingo held their 2nd holiday fundraiser for charity on Friday, December 13. Participants purchased chances to win one of a variety of 30-plus prizes (all donated by bingo callers, Chuck Burr and Mark Polcynski). Chuck and Mark also donated all the party food, complete with cake, cookies, breads, chocolate eclairs and cream puffs.

As a result of everyone's generosity, over **\$500** was collected. Bingo was able to purchase gifts for 2 of the angel tags off the Christmas Tree in the lobby, donate \$250 to the St. Mary's Children's Fund and the Bingo group will select a worthy cause for the remainder. Thanks again to callers, Chuck and Mark, for spearheading this effort, as well as to all our bingo volunteers and players for making this such a huge success.





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CMS Rating



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321-452-1233

TTD# 800-545-1833 ext. 359
 Language Assistance Services 562-527-5255

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 Merritt Island, FL 32952



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