



Friendship Flyer

JANUARY 2021

2785 Leisure Drive
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Hours: Mon-Fri: 8:30 am—4:30 pm
Sat: Closed Until Further Notice
Website: www.bcwpsc.org



President's Message



Diane Weinzierl

Happy New Year Everyone! I know it looked like 2021 was never going to get here, but it is, and let's hope that 2021 turns out to be a safe and healthy year for all of us. I'd like to thank all of our members and volunteers for their patience and understanding as we continue to work through this trying time until COVID-19 is behind us.

We held a successful Annual Meeting on December 2 where the nominated board officers and directors we introduced to the members and all of the Board accomplishments for 2020 were reviewed. We also raffled off several prizes to those who attended. Thanks to everyone who took time to attend, as well as those who donated the prizes.

- Christmas Wreath (*made & donated by Claudia McDougell*) - won by Michelle Goldstein
- Gift Basket (*donated by Angie Brown*) – won by Lynn Higginbotham
- \$25 Gift Card to Texas Roadhouse (*donated by Slonim & Lemieux*) – won by John Efird

A special thanks to everyone who participated in our Angel Tree for the Salvation Army this year. As you can see from the photo, a number of children will be receiving some wonderful gifts this year thanks of YOUR generosity. I'd also like to thank Vinnie Germann for spearheading this project.



As we move into 2021, please know that your continued safety and health is of utmost importance to all of us at the Center. We will continue with our existing COVID-19 protocols - members-only, face coverings, social distancing and contact tracing requirements - for as long as necessary.

I'm looking forward to serving as your President for one more year. Thanks for your faith in me and your Board.

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!"

Board of Directors Update

Business conducted at the December 14 Board Meeting:

- **Software Grant:** We received a \$2,000 grant from Tec Soup, to be used for hardware/software purchases.
- **Membership Update:** 26 new members and 31 renewals in November.
- **Honorary Membership** for one year was granted to Heather Atkins (bingo volunteer).
- **Lifetime Membership** was granted to Vincent Germann.
- **Election Results:** were reviewed. 66 Ballots were cast. See article on page 3 for results. New Board will be sworn in at the January meeting.
- **Policy Updates:** 2 new policies – Policy 18 (Removal of Property from WPSC) and Policy 19 (Library Donations) were reviewed and approved.
- **Schedule for Next Meetings:** Monday, January 11, 2021 at 9:30 am. All members are welcome to attend.

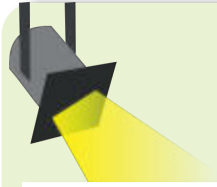
Congratulations to our New Lifetime Member!

At the December Board Meeting, Vincent “Vinnie” Germann was granted Life Time membership to Wickham Park Senior Center.

As such, Vinnie will receive all rights and privileges of a full member, but he will not be required to ever pay dues again.

Vinnie has been a member of WPSC since 2012 and been involved in just about every aspect of the Center. He has held multiple positions on the Board of Directors, including Director and Vice President. In 2017 he was named Volunteer of the year. He has been instrumental in multiple programs, including our Friday Night Dinners and Friendly Poker and put in multiple hours to help keep the center operational. The saying around the Center is “if you don’t know, just ask Vinnie – he’ll know.”

Congratulations, Vinnie, and thank you for your hard work and dedication to WPSC!



In the Spotlight

Volunteer John Efird



John Efird is the IT Administrator at WPSC. John began volunteering in March, 2012 and his expertise has been instrumental in improving the ways in which

we run our computer network at the Center. He has a volunteer staff of two others (David and JT) and is always looking for other volunteers who might have computer expertise to help out at the Center. John’s hobbies include building desktop computers, reading and photography.

John was born and raised in Norfolk, Virginia. He became interested in electronics and computers during his high school years. While serving in the Army and stationed in Viet Nam, he taught helicopter electron systems.

John graduated from Old Dominion University in 1974 with an engineering degree. He then worked for the Department of Commerce for five years. The Department of Commerce sent John to do a computer installation on a ship in Miami. He liked Florida so much that he applied at Harris Corporation in Melbourne and he was hired there in 1980. He is now retired from Harris after 32 years as a systems administrator. John also taught computer hardware and software technology at Kieser College for several years.

John married JoAnn (also a WPSC volunteer) in 2004 between hurricanes Francis and Jean, and they are still living happily ever after. Their children and grandchildren all live in different parts of the country, so their annual reunion is always a real treat! Since 2020 did not allow for an annual reunion, they are definitely looking forward to getting together in 2021.

Meet Your New 2021 Board of Directors

Our Board of Directors election was held the week of December 7-11, 2020. The election results are:

- **Executive Board** (will serve a 1-year term, expiring end of 2021):
 - President – Diane Weinzierl
 - Vice President – Gary McGuire
 - Secretary – Lynn Higginbotham
 - Treasurer – Dick Robinson
- **New Directors** (will serve a 3-year term, expiring end of 2023):
 - Vincent Germann
 - Pam Page
 - Linda Payne

The newly elected board members will join the previously elected board members below to make up your 2021 Board of Directors.

- Term Expires end of 2021
 - Beverly Morgan
 - Deana Booth
- Term expires end of 2022
 - Barbara Holliday
 - Peggy Miles
 - Jacqueline Williams

Humana to Host Outside Meet & Greet Sessions in January

Learn more about Humana at their Friday Meet & Greet Sessions from 9:00-11:00 am. They will set up a table outside at the front entrance on Friday, January 8 and Friday, January 22.

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.

WPSC Library Donations

Due to limited space and staffing, the Board just approved a new Policy 19 concerning Library Donations.

Accepted Library Donations:

- **Books:** Fiction and Nonfiction published WITHIN THE LAST 10 YEARS.
- **Periodicals:** Published within the LAST YEAR ONLY.
- **Jigsaw Puzzles:** For opened puzzles, all pieces should be placed inside zip-lock bags inside the box.

Library Donations that are NOT Accepted:

- Any Miscellaneous/Personal Items
- Paper Stationary Items
- Photo Albums
- Cookbooks
- Encyclopedia's or Older Book set of any kind
- Audio Cassettes/Video Tapes, DVDs, CDs
- Board Games/Card Games/Cards

All library items may be borrowed by any member of the Center, but must be returned within a reasonable timeframe.

All large donation library donation queries (over 20 books) are to be directed to **Elain Guernsey** regardless of whether the donator arrives in person, calls or emails the Center. Elain can be contacted at 321-412-6539 or email: elnguern3@aol.com.

Front Desk Volunteers Needed

Volunteers are the backbone of the WPSC operation. Front Desk volunteers are needed to cover Tuesday mornings and afternoons, and Thursday and Friday mornings. If you're interested in volunteering, applications are available at the Front Desk.



My Bridge Bio

By Julia Bomalaski

My first bridge experience was 63 years ago with only three players. My brother (who had played before), his wife and I dealt out bridge hands on their kitchen table. We bid and played them as weirdly as three players could. He explained the importance of counting honor card values and distribution and said, "If your hand looks good, bid! If it doesn't, pass"! That has pretty much been my bidding system ever since.



Actually, my bridge beginnings go back even further. When I was about five years old, we'd get out the card table after supper and play euchre. This went on for years during which time I learned about having partners and taking tricks which helped me eventually transition to bridge. Playing cards has been huge to me all my life.

I did manage to become a nurse, get married and raise four children along the way. Today they are all professionals, one in nursing, two in medicine, and one in ballet. Stepping back to their childhood, they learned to cook and be independent at a tender age because their mother had to rush out to the bridge game or tournament. I taught them all to play when they were young, but only one still plays. When my daughter Marilyn Arnold was about 13, a director asked her along with another caddy if they would play to fill out a movement. She has been playing pretty much ever since and by the way is a very accomplished player. In addition to my children who put up with me quite well, I was very lucky to have a husband who encouraged my bridge life. He didn't play except a bit of party bridge. He liked to joke he wasn't going to make me choose between him or the game.

My very first tournament was in Honolulu in 1968 less than a year after my first duplicate game. I was living there with my four children while my husband was deployed as an army

doctor in Vietnam. Another army wife whose husband was also deployed talked me into playing in the tournament. I left my kids at Schofield Army daycare so I could play bridge for the day. Poor kids, they hated that daycare. All I remember about the game was I reneged. The director was called and I thought I might be shot, but by luck I survived. This time of my life was followed by 20 years in Jasper, Indiana where we had two games a week. Winning first awarded about .30 of a masterpoint. A carload of us would travel the back roads 50 miles each way to play in other club games several times a week.

The same group traveled to tournaments together. I was once on every size plane Delta makes with one lady from Jasper trying to get to a Houston national. We missed a connection and flew about 15 hours all over the country to get there. We ate a lot of peanuts that day. With another lady from Jasper, we were seated at the number one table for a regional women's pairs in Orlando. The two famous women sitting there asked politely if we might be at the wrong table. I said no, the director put us there because we had won the event the year before, which we had. Another time, I think it was Montreal, my daughter Marilyn and I were leading a national women's pair event after the first session. We were in the elevator when someone asked a famous player who was leading and the famous player said, "Nobody." I could go on and on about the stories. Once I saw the police take a man out in handcuffs for trying to choke an opponent. The game went on with the arrested man's wife finishing the session with a kibitzer. Of course, those were the days before zero tolerance.

Speaking of luck, that has always been the best part of my game. Just ask my partners! When people give me tricks, I take them. When they step out of line in their bidding, I double them. Most of the time they go down. Since relocating to Florida, I have upped my system a bit, although I admit I prefer a vanilla card. That goes along with my words of advice.

(Continued on page 5)

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.



“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

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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!

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

My Bridge Bio

(Continued from page 4)

That would be: Keep bidding simple especially if you play with many partners as I have always done. When bidding, clarity is always better than confusion. Fill out a fresh card frequently with each partner (they never want to) just for a review. Don't play gadgets, unless you understand the rebids that follow. When playing the hand, try to place the opponent's cards where they have to be to make your contract. Although, sometimes you have to play for down one. My problem is I just don't often do that. It's not in my nature to give up, which gets me a bottom when taking the chance that doesn't work. When you defend, remember your partner also has a hand. Try to be as helpful to your partner as you can, and regardless of how it turns out, be able to

forgive your partner and yourself. That is very hard to do.

With all the changes in how we play these days, I have to admit that I love playing with the robots. They have challenged my bidding and provide unlimited opportunity to improve my game. When I make mistakes, they don't care! I find it strangely social to sit at a virtual table with other familiar, although differently named, Wickham Park Senior Center players.

Finally, I must say that my bridge family has greatly enriched my life. We compete with each other for every trick, and sometimes we win, sometimes lose, and sometimes we disagree, but we still admire and respect each other. Keep playing the best game in the world. May the bridge gods smile upon you!

Note: *Julia Bomalaski is an Emerald Life Master who has just surpassed 8,000 points!*



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 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 from Sue's Line Dance

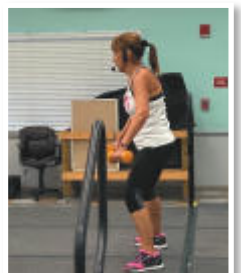
Classes! Thanks to all of you who have supported our beautiful facility during this very trying year. You are this teacher's greatest gift!

You are all considered an important part of my family. Blessings to you ALL this holiday season. Looking forward to 2021. See you Tuesday January 5! **Sue** (321) 505-0846.

Jazzercise Ownership Update

After 15 years of Jazzercise, Lisa Noegel has decided to retire her teaching shoes. Her last day at the Senior Center was Friday, December 18th. She is excited for the next chapter of her life and wherever it takes her. Lisa wants to thank all of her students for their support and wants them to know: "I am not disappearing...dancing is in my blood...just watch me on the dance floor instead of the stage."

Ginny Parker has stepped up to take over as owner. Ginny had worked hard to become a great instructor and is working closely with Jazzercise to make the transition to owner as smooth as possible. Starting January 1, all questions and concerns should be directed directly to Ginny at 321-698-0445 or email: lovetosew52@gmail.com.



Shuffleboard

Mondays @ 1:00 pm
Saturdays @ 9:00 am

We are pleased to announce that Tom Winkelspecht has been elected as President of the Central East Coast (CEC) District for the Florida Shuffleboard Association. Tom was further honored by being inducted into the CEC District Shuffleboard Hall of Fame for amassing 385 District points during his shuffleboard career. To be inducted into the CEC Hall of Fame, players must be awarded at least 250 lifetime points during district tournament play. *Congratulations to Tom on both of these prestigious achievements!*



Shuffleboard Tournament: January 7 & 8

The WPSC is hosting an area wide shuffleboard tournament on January 7 & 8. The tournament is open to all shuffleboard players. The tournament is a Draw format: No Two Pro's. Registration begins at 8:30 am. Plays starts at 9 am. Cost is \$6.00.

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.



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# CALENDAR OF EVENTS

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Phone: 321-255-4494  
Web: [www.bcwpssc.org](http://www.bcwpssc.org)

## JANUARY 2021

| ACTIVITY                  | NOT RESUMING IN JANUARY             | SCHEDULE FOR JANUARY                                              |
|---------------------------|-------------------------------------|-------------------------------------------------------------------|
| 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<br>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   |                                     | Tuesdays @ 4:15—5:15P                                             |
| Intermediate              |                                     | 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<br>Saturdays @ 9:00A                              |
| Silver Sneakers           |                                     | Mondays @ 4:30—5:30P<br>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<br>Fridays @ 8:30—9:30A                   |
| Watercolor Instruction    | <input checked="" type="checkbox"/> |                                                                   |
| Zumba Gold                |                                     | Tuesdays @ 8:30—9:15A                                             |



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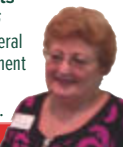
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## Welcome

### New Members in November

|                   |                    |
|-------------------|--------------------|
| Jim Begley, Jr.   | Theresa Mezzacappa |
| Joe Bergamino     | Zenaida Miller     |
| Regina Chow       | Karen Paone        |
| Lonnie Coleman    | Dolly Purdy        |
| Marie Crisler     | Vera Sattler       |
| John Darch        | William Serafini   |
| Camille DiLorenzo | Teri Smurl         |
| Carol Gates       | Pamela Teichert    |
| Joanne Goodfellow | Christine Todd     |
| Bill Kingsley     | Emory Wall         |
| Joanne Kingsley   | Jane Wall          |
| Anne Launt        | Luz Wrend          |
| Angelo Mezzacappa | Larry Wright       |

### Meet Our Staff

#### Officers

|                 |                   |
|-----------------|-------------------|
| President:      | Diane Weinzierl   |
| Vice President: | Gary McGuire      |
| Secretary:      | Lynn Higginbotham |
| Treasurer:      | Dick Robinson     |

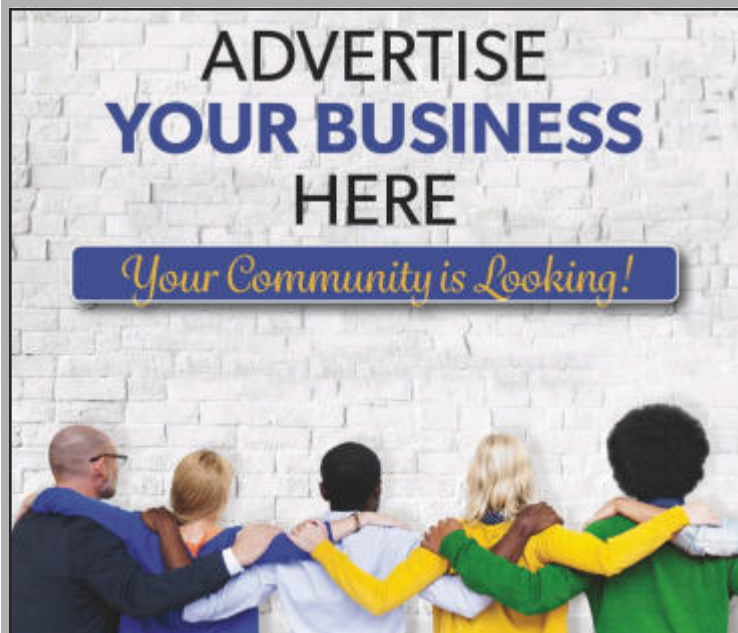
#### Directors

|                  |                    |
|------------------|--------------------|
| Deana Booth      | Beverly Morgan     |
| Vincent Germann  | Pam Page           |
| Barbara Holliday | Linda Payne        |
| Peggy Miles      | Jaqueline Williams |

#### Staff

|                |                              |
|----------------|------------------------------|
| Systems Admin: | John Efird                   |
| IT Staff:      | David Leacock<br>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**



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## 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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A photograph of five diverse senior citizens smiling and talking outdoors.

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A graphic of a green paintbrush with a yellow roller applying paint to a teal background.

## 6 Tips to Start the New Year Off Right

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many seniors, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2021.

### 6 Healthy Resolutions to Make in 2021

#### 1. *Improve your diet*

Cooking for one or two during retirement can seem like more work than it is worth.

Unfortunately, seniors often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service. Silver Cuisine ([www.silvercuisine.com](http://www.silvercuisine.com)), for example, is designed with the unique nutritional needs of older adults in mind.

#### 2. *Get moving*

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.

#### 3. *Connect with an exercise program*

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. While many seniors are sticking close to home because of concerns about COVID-19, there are plenty of options to exercise in the privacy of your own home. If you're just getting started, set a goal

that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing chair yoga for 15 minutes in the evening.

#### 4. *Learn to manage stress*

From political strife to the coronavirus pandemic, 2020 has been a year like no other. It has been stressful for almost everyone. But living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Journaling, music, art projects, and meditation are a few to explore.

#### 5. *Laugh more*

If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.

#### 6. *Have a physical*

If you've been putting off seeing your primary care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that Medicare pays for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing.

