



Friendship Flyer

JULY 2022

2785 Leisure Way
Melbourne, FL 32935
(321) 255-4494
Monday-Friday: 8:30 am—4:30 pm
Saturday & Sunday: CLOSED
www.bcwpsc.org



President's Message



Diane Weinzierl

If you missed the World Elder Abuse Awareness Expo at the Center last month, you missed a great event. There were more than 40 exhibits showcasing senior community services, along with gifts, raffle prizes, doughnuts, beverages, and even ice cream sandwiches. The event included a presentation about the early detection of Alzheimer's, as well as a presentation on elder abuse scams. We even had two 40-foot RV's on site where participants were given an opportunity to apply to be in a case study for Alzheimer's. It was great to see so many people enjoying our center and we're looking forward to hosting them again next year.



Don't forget to sign up for Amazon Smile and designate Wickham Park Senior Center as your registered charitable organization. By doing so, you can have .5% of all your Amazon purchases donated to the Center – *all at no cost to you*. If you have any questions, please contact someone at the front desk, or me, and we'll help you get signed up. We're also investigating a similar program with PayPal – watch for more on that at a later date.

The Center will be closed on Monday, July 4 to allow all our volunteers to spend the day celebrating with their families. We'd like to wish all of you a fun, safe and

Happy 4th of July.

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!"



The WPSC Board of Directors Meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be July 11 at 9:30 am in Room 117. All WPSC members are welcome to attend.

Aging in Place

Most of us would prefer to age in our current home. But as health and aging issues make more areas of the home hard to access or pose a greater risk of injury, doing so can be difficult. We can begin to feel trapped and that selling our home is the only option. It's not. Adapting your home to meet your aging needs is something your SRES[®] can help with when the time comes.

If health issues require you to move in with an adult child or any other loved one, your SRES[®] is there to help them with making the appropriate modifications to their home as well.

Potential Risks and Difficulties

You might know every corner, creaky floorboard, and exactly where every light switch is in your home, but at some point, familiarity turns to risk and everyday tasks become harder to manage. Knowing those potential risks and difficulties can help determine when adapting your home is necessary.

- Raised thresholds
- Bathrooms
- Area rugs
- Stairs
- Doorknobs becoming difficult to turn
- Cabinets and shelves become harder to reach

If you are looking to stay in your home, and need some help determining what you should do to make it as safe as possible, please contact **Mike Duddie and Jeanne Boniello** of **Selling on the Space Coast** brokered by **EXP Realty** at 321-720-2282.



Congratulations, Tom!

That's right, he made it! Tom Winkelspecht rode his bicycle 2,012 miles in just 32 days from Melbourne, Florida to Bangor, Maine. In addition to this impressive feat, **Tom also raised \$3,088 for the Wickham Park Shuffleboard Club.** To all of Tom's supporters, thank you so much for your generous donations.



Do you order from Amazon? Register with Smile.Amazon.com and they will donate 0.5% of your Amazon purchase to Wickham Park Senior Center!

If you already order items from Amazon, you can now register to enable Wickham Park Senior Center to receive a donation for each order you place – **at no additional cost to you.**



How can you register for this program?

1. Visit smile.amazon.com where you'll be prompted to select a charitable organization.
2. Please type in Wickham Park Senior Center. You should also notice the words "Supporting Wickham Park Senior Center Assoc Inc" just under the search bar and all of your regular Amazon account information will still be here for you to use.
3. When you order from Amazon, please remember to start your order from smile.amazon.com in lieu of Amazon.com.

Please feel free to **share this with all your family and friends.** Thanks for helping support Wickham Park Senior Center with your Amazon orders!

Welcome To Our New Volunteers

- Maureen Emswiler - Front Desk
- Janice Oppelt - Travel Coordinator & Assistant Treasurer
- Edith Popun – Front Desk
- Robin Schwartz – Front Desk
- Stella Stack – Front Desk
- Kathy Thompson – Front Desk
- Cheryl Uhl – Front Desk



Our next Friday Night Dinner will be on **Friday, October 7.** Details and tickets will be available September 1.

Remembering a Dear Friend

A luncheon remembering the life of **Dave Pettit** was held on Monday, May 23rd. Dave was a member of the WPSC from its opening until his death. He was a lover of bridge, travel, and people. Julia Bomalaski and Marie Lachance (*photo, right*) hosted the luncheon. While lunch was being enjoyed people shared their memories of Dave. It was clear from the fond musings shared that "Uncle Dave" lived life with love and kindness. He will be missed.



The following poem can sum up his gracious life:

A Life Well Lived by Anonymous

A life well lived is a precious gift
Of hope and strength and grace,
From someone who has made our world
A brighter, better place
It's filled with moments, sweet and sad
With smiles and sometimes tears,
With friendships formed and good times shared
And laughter through the years.
A life well lived is a legacy
Of joy and pride and pleasure,
A living, lasting memory
Our grateful hearts will treasure.





Creating a Summer Container Garden In Any Space

Nurturing a rose bush, planting a salsa garden, or putting together a pot of vibrant annuals for the front porch are all activities that are good for the spirit. In fact, the health benefits that come from tending a garden are too numerous to count. It's a pastime linked to lower blood pressure, increased core strength, reduced stress, and much more.

In honor of National Garden Month, we are sharing some pointers for creating a container garden. It's a great option for older adults with mobility or balance issues or for people who have limited outdoor space.

Tips for Creating a Container Garden

Window boxes, wine barrels, terra cotta pots, and raised beds can all make a good foundation for a container garden. You can also make your garden a little easier to move around by choosing resin or plastic-blend pots, which weigh less than concrete or ceramic pots.

To keep your containers thriving all season long, take time to do some planning up front:

- **Favorite plants and colors:** Do you love the cheerfulness of a dwarf sunflower or marigold? Maybe it's the traditional flowers like geraniums or petunias that catch your eye? Think about the colors of your house and door and what flower colors might complement those. Look through garden magazines or visit sites like Proven Winners for ideas.
- **Hours of sunlight:** You will also need to factor in how much light the space you'd like to place your garden receives each day. Is it in full sun, mostly shade, or a combination? Matching the plant's sun/shade requirements with your space is essential for your garden's success.
- **Container options:** Some containers lend themselves to a more vibrant container garden than

others. If you use a metal container and place it in full sun, for example, the roots may overheat. A planter box made from wood treated with chemicals might result in chemicals leaching into the soil. That can be a problem if you are growing herbs or vegetables in it. Tall plants, such as grasses or sunflowers, usually require space for deeper roots, so you'll need a taller container. The opposite is true if you plan to grow flowers in a hanging basket, which isn't very deep. Small plants are best.

- **Potting soil:** A thriving container garden typically requires a potting mix specifically designed for containers, instead of regular garden soil. Your local garden center might have a region-specific mix you can purchase. If it doesn't, try a home improvement store. Most sell brand-name prepackaged potting soil, such as Miracle-Gro and Espoma.
- **Proper drainage:** Make sure your containers have good drainage. It's what keeps the roots of a plant from rotting. If your container doesn't have predrilled holes, you can usually add them. If it's not possible to drill holes without breaking the container, cover the bottom of the pot with a layer of stone or gravel.
- **Watering schedule:** One final tip is that container gardens and raised beds require more frequent watering than in-ground gardens. If it's difficult for you to drag a hose or watering can around the yard, try to locate your garden near a water source or install drip irrigation.

Gardening is a great form of exercise for people of all ages. It's a healthy workout for your mind and body. If you are looking for more ideas on incorporating fitness into your busy lifestyle, *How to Sneak Exercise into Your Day* has some quick and easy suggestions to consider.

Participating in Activities You Enjoy – More Than Just Fun & Games

Tips from the National Institute on Aging

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or

meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

- **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

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CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

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

JULY 2022

ACTIVITY	SCHEDULE FOR JULY	NOTES
Ballroom Dancing	Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class	CLASSES RESUMES JULY 11
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	
Bones and Balance	Mondays @ 10:00—11:00A	
Bridge: Beginner Class	Virtual Classes on Mondays @ 10:00A—Noon On-Site Classes on Wed. & Sat. @ 11:00—Noon	MEETS VIRTUALLY & ON-SITE
Duplicate	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P	MEETS VIRTUALLY & ON-SITE
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (July 7 & 21) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	NO CLASS JULY 5 & 12 RESUMES JULY 19
Chefs for Seniors	Next Class is July 28 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	1st & 3rd Wednesdays (July 6 & 20) @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 9:00A—Noon	
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	NO CLASS ON JULY 5
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 Thursday (July 7) @ 1:00—5:00P Sign up Sheet at Front Desk	
Pinochle	Mondays & 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 & Thursdays @ 6:00P	APRIL 2 thru SEPT. 30
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (July 22) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Social Scrabble	Tuesdays @ 9:30A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Watercolor Instruction	Wednesdays @ 9:45A—12:30P ON SUMMER BREAK	RESUMES AUGUST 24

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 CLASSES RESUMES JULY 11

Mondays @ 6:30 Advanced / @ 7:30 Beginner

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.



TUESDAY & FRIDAY—Open to the Public!

11:15 am—2:00 pm; Doors Open @ 10:00 am

Early Bird @ 11:15 am

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more info, contact **Brenda Clarson** at 321-258-8837.

Bones & Balance

Mondays @ 10:00 am—11:00 am

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



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

WP Duplicate Bridge Club

The following 3 bridge education classes are now open for enrollment:

Competitive Bidding - Starts 6/27/2022, Mondays 10 am-noon Cost: \$35

Even if you've played bridge for a number of years, this class is the perfect way to begin to play duplicate bridge or just improve your game. Learn how to play winning bridge online using zoom in the comfort of your home. Students will bid and play hands in this fun 7 week class while learning the following topics:

- Preemptive opening bids
- Overcalls and advances
- Takeout doubles and advances
- The competitive auction

Enroll/Questions - **Harold Phillips** at 321-956-9208 or email hphill@earthlink.net

Declarer Play for Newer Players/Intermediates - Starts anytime or day Cost \$40

This course consists of 9 2-hour videos on the various topics of declarer play. An instructor will be available to answer any questions. Here is a list topics that will be covered:

- General Techniques: Taking your tricks; Hold up plays; Taking finesses; Safety plays; and Clues from the bidding
- No-Trump Contracts: Planning a No-Trump contract; and Setting up suits
- Suit contracts: Planning a suit contract; Ruffing in the short hand; Using trumps to set up a suit; Drawing trump at the right time; and Avoiding a ruff

Enroll/Questions - **Dave Hoffman** at 321-795-3695 or email davehoffma@gmail.com

Two Over One (2/1) - Starts 8/17/2022, Wednesdays 10 am-noon Cost: \$40

Two over one has replaced Standard American as the most popular bidding system in duplicate bridge. This online zoom 8-week class will explain the differences and advantages of 2/1. It also includes some bridge conventions as a bonus. This class uses the text book "2 Over 1 Game Force" by Grant and Rodwell. The book is available from Amazon.com. Class Topics:

- Introduction to 2/1 Game Force
- The Forcing 1NT Response
- Rebids by Opener and Responder
- The Choice Between Game and Slam
- Drury. New Minor Forcing, 4th Suit Forcing

Register: **Dave Hoffman**, 321-795-3695 or davehoffma@gmail.com

Bridge (Duplicate)

Online: Mon. thru Fri. @ 12:30 pm; Sat. @ 7:00 pm
On-site Classes: Mon., Wed. & Sat. @ 12:30P
Cost: \$6.00

Duplicate bridge classes have resumed on-site Monday, Wednesday and Saturday. 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 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.

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 321-241-6191.

Bunco

1st & 3rd Thurs. (July 7 & 21) @ 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. 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. **Linda Peglow** is taking over as full program chairperson. **Peggy Miles** will be helping out as well. Please contact Linda at 321-549-9893 to reserve your Bunco space.



Chair Yoga

NO CLASS JULY 5 & 12—RESUMES JULY 19!
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

Cost: \$6.00 Members / \$8.00 Non-Members
Classes @ 11:00 am—12:30:

- July 28: Diabetic Dinners
- Sept. 22: Fall Flavors
- Nov. 10: Thanksgiving Dishes

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



includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign up at front desk to reserve your spot.

All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

Euchre

1st & 3rd Wed. (July 6 & 20) @ 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. For more information or any questions, please contact **Jay Koeller** at 321-794-6400.

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 **NO CLASS ON JULY 5!**

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



Line Dancing is for everyone! Our class consists of dancers of all levels who love sharing their love of music and movement with each other. Come make some new friends and have some fun. For more information, call **Sue Duncan** at 321-505-0846.

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.

Mahjong

American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon
Cost: \$1.00 Members / \$3.00 Non-Members
Chinese: Wednesdays @ 1:00—4:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

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



Oil Painting for Beginners

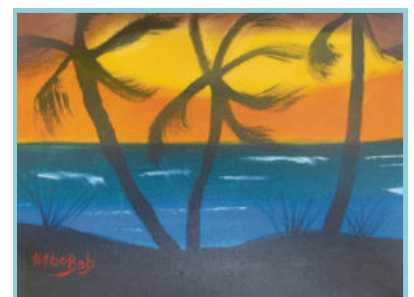
1st Thursday of Each Month @ 1:00—5:00 pm
July 7, August 4 and September 1
Cost: \$40.00 PP (Includes All Supplies)

Cancellation Policy: Class participation can be canceled up until the Wednesday prior to the class, otherwise, payment in full is expected whether you attend class or not.

For the July painting class, we'll be moving our sights back to the ocean. A picture at dusk will show the many colors that end our days here on the Space Coast. There are still a few July seats available, call the Center at 321-425-5533 or come in and sign up.

Come paint a beautiful landscape painting with us. Classes will be held on the first Thursdays of each month. For the summer months, through September, we'll only be doing a single class 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 six participants, so Hobo Bob has plenty of time to work with you as you paint your masterpiece.

Look below at the painting we'll be working on in July.



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 June 8, 2022:



1st: Barry Beddow
 2nd: Mike Spaethe
 3rd: Joe Franco
 4th: Wally Topinko
 Next tournament is July 13. Questions? Please contact **Wally Topinko** at 716-830-5978.

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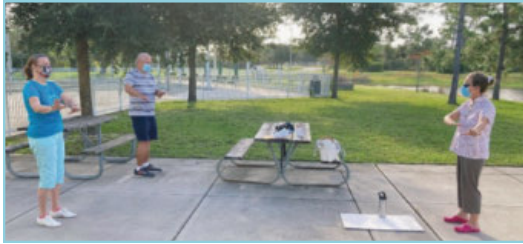
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QiGong-TaiChi

Mon., Wed., & 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

Wednesdays @ 1:00—4:00 pm

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

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

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.

Senior Law

4th Friday of Each Month: July 22

@ 2:00—4:00 pm

Cost: Free to all WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and question/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 & 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

Summer Schedule: April 2 thru September 30

Open Play: Saturdays @ 9:00 am &

Thursdays @ 6:00 pm

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.

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.

Watercolor Instruction

Wednesdays @ 9:45 am—12:30 pm

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

RESUMES Wednesday, August 24.

Any questions, please contact **Judy Champion** at 321-312-9155 or email

judy.champion325@gmail.com.

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.

Diamond Level Sponsors



At Cigna, we are more than a health insurance company. We are your partner in total health and wellness. In addition, we are here for you 24/7 – caring for your body and mind.

Dry Eye Center of Florida is the first and only clinic in Central Florida dedicated to the diagnosis and treatment of dry eye disease. We combine the latest research and technology to successfully relieve our patients' dry eye symptoms and achieve the best patient outcomes. Dr. Ramsower has provided comprehensive eye care in Brevard County since 2005. She is known for her compassion and dedication to her patients' overall wellness and is happy to take care of all their eye care needs.

Health First Health Plans, a not-for-profit, Brevard County-based company with local customer service, has been serving Brevard County for more than 20 years. Our Medicare Advantage plans offer everything original Medicare offers plus additional benefits.



As an elite health insurance brokerage, JUVO's mission is to enhance the health and lives of individuals and communities. We are dedicated to deliver in high-quality affordable healthcare for all.



At Simple Health Advisors, we do exactly what our name says, we make health insurance simple. We understand that there are many companies available for you to choose from and we take pride in helping you do just that. With over 15 years of experience our goal is to educate and un-complicate the insurance shopping experience.



The Slonim Law attorneys are focused on Elder Law (Probate, Guardianship, Estate Planning & Medicaid Planning) in Brevard County (Melbourne, Viera, and Palm Bay) and Osceola County. We take pride in working closely with our clients to ensure that they obtain the best representation for the value. Helping people is our job. Preserving our client's rights and interests is our focus.



When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. With multiple Medicare Advantage plans to choose from, United Healthcare can help you find one that fits your health care coverage needs and your budget.



Life's challenging moments call for a special brand of care guided by love and compassion. Since 1977, we have served as Brevard's only independent, not-for-profit comfort care resource, helping patients and those they love during the most delicate times in their lives. St. Francis Reflections Lifestage Care offers a diverse range of compassionate care services including palliative care, hospice and grief support for all ages.



VITAS Healthcare is here to help healthcare providers ensure the best end-of-life care for their patients.

Gold Level Sponsors



Brevard Alzheimer's Foundation provides thousands of hours of adult daycare, senior meals, transportation, and provided 13,885 hours of in-home respite. We touch many other families through case management, caregiver education, and support groups and our goal is to keep families together for as long as possible.



The Auto Group (ACG) is a part of AAA-affiliated insurance companies that are nationwide. ACG is the second largest AAA club in North America, providing insurance, travel, financial and other services to over nine million members. ACG is spread across 11 states plus Puerto Rico and U.S. The offerings will from ACG vary based on location.



Mike and Jeanne are Senior Real Estate Specialists (SRES) who have received additional training in senior real estate. They understand the real estate needs of seniors are different than just a regular real estate transaction. Whether you are looking to retire, downsize, move to an active adult community, or just need some help with your housing options, Mike and Jeanne are there to help.



The comfort of home can't be beat. Home Instead services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead services make life easier for seniors and their families.



There is nothing quite like the warmth and hospitality found in Greenwood Place, offering a safe, comfortable home surrounded by friends and a caring team that caters to your individual needs. Assisted Living residents enjoy restaurant-style dining, daily fitness and exercise classes, and a full calendar of educational, cultural and social events.



Sea Pines Rehabilitation Hospital serves the Space Coast as a leading provider of inpatient physical, occupational and speech therapies. We help patients recover from a variety of injuries and ailments including stroke, orthopedic and cardiac recovery. We provide high quality personal care to meet the individual needs of our patients.

The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm
 For more information and reservations, please call Wickham Park Travel at 321-425-5530.

Exciting News from our Travel Office: We will now have a “Pre-Reservation” list located at the Travel Office Window. The list is for anyone interested in one of our scheduled trips and does not require you to fill out forms or pay for the trip until the “pay by date”. Signing up on the pre-reservation list will allow Travel Volunteers to notify you if the trip is beginning to fill up and remind you to visit the Travel Office so you can fill out the form(s), pay for the trip and guarantee your reservation. Do not miss the fun and excitement that our trips have to offer! Sign our list TODAY!

Isle of Capri Casino

Date: September 14, 2022

Cost: \$45 per person

Get \$15 Credit with Photo ID or Caesar Card

St. Johns River Cruise

Date: October 19, 2022

Cost: \$135 per person

Cancellation Deadline October 10, 2022

Branson Holiday Getaway

Date: November 6-14, 2022

Cost: \$1,699 PP Double / \$1,999 Single
 (Does NOT Include Mandatory Insurance)

St. Augustine Tour of the City & Tour of the Lights

Date: December 7, 2022

Cost: \$125 Per Person

Includes a 1-hour afternoon private trolley tour of the city and a 30-minute trolley ride through the Christmas lights during the early evening.



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FRIDAY NIGHT DINNER

Our Friday Night Dinner Celebration on June 3!



Welcome

New Members in May

Berlinrut, Virginia (Ginny)	Perillo, Joann
Bowles, Marie	Perkins, John W
Brewer, Kathleen	Perkins, Lorraine (Lorrie)
Bruckner, Mary	Phillips, Kenneth
Carlin-Busick, Glenda	Powell, Ray
Christie, Bambery	Quesinberry, Sharon
Emswiler, Maureen	Sabler, Jane
Erickson, John	Sabler, Nicholas
Erickson, Lori	Sansoni-Clements, Kam
Flieder, Jody	Schafer, Cheryl
Freud, Ruth	Schafer, Gary
Giles, Mary	Shannon, Pat
Hatton, Kitty	Shomaker, John
Henninger, Kathleen	Siegel, Emilia
Highland, Mary	Silva, Anita
Jumper, Patricia	Stocksdale, Roberta
Komives, Mary	Thompson, Kathy
Majewski, Gail	Uhl, Cheryl
McCleary, Jeanette	Watson, Jackie
O"Grady, JoAnn	Waymire, Craig
O'Keene, Ruth	Young, Richard
Olinick, Debra	Young, Sandra

Meet Our Staff

Officers

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

Directors

Lisa Coyle	Pam Page
Ina Fritsch	Ginny Parker
Vincent Germann	Janet Smith
Beverly Morgan	Jaqueline Williams
Rosalie Novak	

Staff

IT Systems Admin:	John Efird
Webmaster:	Maureen Reeder
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

2022 Wickham Park Senior Center Holiday Closures

(Updated 3/14/2022)

To enable our volunteers to spend more time with their families during the upcoming holiday season, Wickham Park Senior Center will be closed on the following dates:

- **4th of July Holiday:** Monday, July 4
- **Labor Day Holiday:** Monday, September 5
- **Thanksgiving Holiday:**
 - Wednesday, November 23
 - Thursday, November 24 (Thanksgiving)
 - Friday November 25 (Friday after Thanksgiving)
 - Saturday, November 26
- **Christmas Holiday:**
 - Friday, December 23
 - Saturday, December 24 (Christmas Eve)
 - Monday, December 26 (Day after Christmas)
- **New Year's Holiday:**
 - Saturday, December 31 (New Year's Eve)

WPSC Email Addresses

DIRECTORY	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
Systems Administrator	itadmin@bcwpsc.org

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Email: JLDM253@AOL.COM

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

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