



# Friendship Flyer

JULY 2024

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

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

[www.bcwpsc.org](http://www.bcwpsc.org)



## President's Message



Diane Weinzierl

I guess we can officially say that summer is finally here even though we're only getting the heat, but not the rain yet. We have plenty of air conditioning at the Center, so if you haven't been to the Center in a while, please come join us for some summer fun. A couple of programs I'd like to highlight this month .

- **Cornhole Tournaments:** We now have Cornhole tournaments held twice a month on Sunday afternoons (July 14 & 28) – inside the building – which is a great way to enjoy some weekend fun. More details can be found on page 9.
- **Chefs for Seniors** will be on Thursday, July 11 from 11:00 am to 12:30 pm. The focus for July will be "Veggies". This is fun event where you get to not only learn new healthy cooking techniques, but you also get to sample the food. Cost is \$6.00 and all proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack program. If you'd like to attend, there is a sign-up sheet at the front desk.

**What's not happening this Summer.** There are a few programs that are taking part of the summer off, however, so be sure to check the Newsletter and Daily Schedule to keep abreast of what's happening at the Center. We will also post changes as we get them on the bulletin board next to the front desk so be sure to check that out each time you come into the Center. A few of the programs taking part of the summer off are:

- Tango Dance Classes – No classes in July – Classes resume Friday, August 9
- Senior Stitches – No classes in July or August – Classes resume Thursday, September 5 (Note: This is also a change of day, from Friday mornings to Thursday mornings).
- Senior Law – No seminars in July or August – Next seminar scheduled for Friday, September 27

**Still looking for Saturday front desk volunteers.** We would like to start manning the Front Desk at the Center on Saturday mornings starting in September, but we need additional volunteers to help. Hours will be 9:00 am to 12:00 noon and you can work just one Saturday a month, or every Saturday, depending on your availability. If you would like to join our volunteer team and you have a free Saturday morning, please stop by the front desk and pick up a volunteer application.

**WPSC Library:** Most of you are aware that we have a Library available at the Center where you can take out books and puzzles – free of charge. There is no sign-out process – just come on up and pick what interests you. You should note, however, that due to lack of storage space, we've had to institute a policy that we are no longer accepting donations of puzzles and we ask that if you wish to donate books, that you only donate a few books at a time. I would also like to thank our resident librarian, Elain Guernsey, for the excellent job she does in keeping the library so well organized.

Lastly I hope everyone enjoys a fun and SAFE 4th of July.  
Don't forget that the Center will be closed on Thursday, July 4th.

## 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 Wickham Park Senior Center will be CLOSED for Independence Day on Thursday, July 4, 2024.**

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 8 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

## 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 WPCS in FY2024.



- Kathleen & Andrew Cole
- Lawrence Nicola – in memory of Jacque Nicola
- Gayle & Stephen Schanck
- Carol Patton (Kirby Family Fund)
- Mitchell Hait
- Jenny & John Potanos

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

## Need to Schedule an Appointment with SHINE?



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

## Congratulations to Our Newest Lifetime Member

Long before Wickham Park Senior Center became a hub for seniors in our current building, we were known as the South Brevard Senior Center. In those days we were in a temporary accommodation in a trailer where the handicapped restrooms were porta-potties in the back of the building. The journey from porta-potties to a state-of-the-art building was long and tedious. Years were spent securing a site, passing a bond resolution to fund the center, developing and approving architectural drawings, and breaking ground.



One of the driving forces in spearheading the groundbreaking was **Harold Phillips**. When the county couldn't find a spot for a new senior center, Harold canvassed the city and was the one who recommended Wickham Park. He lobbied friends to vote for the bond resolution to fund our center and spent numerous hours with the County Planning Commissioners providing input into what our new building should look like. When the building was built he was on the committee that outfitted the building with computers, pool tables, desks, chairs, televisions, etc.

The hours of work Harold put in to see our dream of a building come to fruition cannot be adequately quantified. Thanks to Harold's tenacity we have a permanent home. Today, Harold continues to support Wickham Park Senior Center by teaching numerous bridge lessons online. In April, to honor Harold Phillip's efforts to secure our beautiful Center, and for his continued dedication to Wickham Park Senior Center, the Board of Directors voted unanimously to grant Lifetime Membership status to him. Congratulations and thank you, Harold.

Wickham Park Senior Center is not equipped, nor intended to be a senior care facility. WPSC activities are geared toward independent adults who are able to manage their own care, decisioning making and safety. WPSC's insurance prohibits, and WPSC cannot be responsible for, the provision of physical assistance to individuals on the premises. If an adult companion is needed, the companion may participate in the activity if they desire, regardless of age, and must pay all fees associated with the activity. WPSC reserves the right to prevent persons from being on premises if the WPSC leadership believes that person would cause harm to themselves or others.

## SHRED EVENTS for Destroying Sensitive Documents

The start of the new year usually prompts us all to clean out old documents, typically in preparation for the upcoming tax season. Some major corporations will sponsor a Shred Event, allowing anyone to be able to shred documents that are too much for a personal shredder.

Brevard County Sheriff's office hosts several shred events around the county (Reference website: <https://www.brevardsheriff.com/home/crime-prevention-programs/>).

Throughout the year, the Sheriff's Office offers a free service, in partnership with a local document shredding company, where you can safely shred your personal documents (**there is a two box limit of personal shredding only**). The documents you choose to shred are shredded on location of the shred event provided by the shredding company. This is a great service that will help fight against Identify Theft and an opportunity for you to safely dispose of all sensitive documents at one time, in one convenient location:

- July 25, 2024: 9 To 10:30 AM  
Cape Canaveral Precinct  
111 Polk Avenue, Cape Canaveral  
"Behind The Precinct"
- August 29, 2024: 9 To 10:30 AM  
Melbourne Square Mall  
1700 W. New Haven Avenue, Melbourne  
Between Dillard's & JC Penney  
\*Enter Off Evans Road\*
- September 26, 2024: 9 To 10:30 AM  
Winn Dixie  
7960 U.S. 1, Micco
- October 31, 2024: 9 To 10:30 AM  
Veteran's Memorial Center  
400 S. Sykes Creek Parkway, Merritt Island



Brevard Public Schools (BPS) offers a free program to Brevard residents 55 and over. The Legacy Club allows members to attend public school events at BPS schools for free (65 & over), or reduced admission (55 to 64), on a **space available basis**. Sporting events (excluding FHSAA playoff games and some championships) and theatre performances are most popular. Legacy Club members also receive a free, monthly e-newsletter including up-to-date district news and community events.

To become a member of the Legacy Club, return this completed form to:

- The front office of any BPS high school, or the school board offices in Viera
- Email to: [LegacyClub@BrevardSchools.org](mailto:LegacyClub@BrevardSchools.org)
- Mail to: Brevard Public Schools  
Government & Community Relations  
2700 Judge Fran Jamieson Way  
Viera, FL 32940

NAME

DATE OF BIRTH

ADDRESS

CITY

STATE, ZIP

PHONE NUMBER

EMAIL ADDRESS

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.

## Medieval Times Dinner & Tournament

**Date:** July 20, 2024

**Cost:** \$129 PP

**Time:** Leaves WPSC at 3:30 pm / Returns at 8:00 pm

Before the start of the show, each guest is given a crown that represents where they are sitting and which color knight they will be cheering for. Once you hear the sound of trumpets, it's time for the games to begin. During the tournament, you're given a hearty meal of soup, chicken, corn, a seasoned potato, and a pastry of the castle (vegetarian meals are also available). Located right next to the castle is a large area known as the Medieval Village.

## Dali Museum & Ford's Garage Restaurant

**Date:** August 15, 2024

**Cost:** \$159 PP

**Time:** Leaves WPSC at 7 am / Returns at 5:30 pm

The Dali Museum celebrates the life and work of Salvador Dali (1904-1989) and features works from the artist's entire career. The collection includes over 2,000 works from every moment and in every medium of his artistic activity including 96 oil paintings, many original drawings, book illustrations, prints, sculpture, photos, manuscripts and an extensive archive of documents.

## Chattanooga Choo Choo, Tennessee

**Date:** September 4-7, 2024

**Cost:** \$1,099 Double / \$1,399 Single

\$300 Deposit & Balance Due July 1st

**Insurance:** \$92 PP (Payable During Reservation)

**If you love trains, this tour's for you!** The Incline Railway scales steep Lookout Mountain and Rock City, featuring sweeping views, sandstone formations and gardens. The Blue Ridge Scenic Railway takes riders on a four-hour, 26-mile, roundtrip journey deep in the mountains along the Toccoa River through the countryside to the quaint sister towns of McCaysville, Georgia and Copperhill, Tennessee.

**Price includes:** 3 Nights Lodging and Breakfasts; 3 Dinners, including the Southern Belle Dinner Cruise; 3 Train Rides: The Missionary Ridge Local, Lookout Mountain Incline Railway, Blue Ridge Scenic Railway; Rock City Gardens; Gift for All; Luggage Handling, All Taxes, Meal & Driver Gratuities, and Bus Transportation.

## Nashville Show Trip

**Date:** September 16-21, 2024

**Cost:** \$988 PP Double / Add \$209 For Single

\$75 Deposit & Final Payment Due July 15th

Optional Insurance Available

**Time:** Leaves WPSC at 8:00 am

**Price includes:** 5 nights lodging including 3 consecutive nights in the Nashville area; 8 meals (5 breakfasts & 3 Dinners); 2 Great Shows (Grand Ole Opry & Nashville

Nightlife Dinner Theater); Guided Tours of Nashville and Belle Meade Historic Site & Winery; Admissions to the Country Music Hall of Fame & Museum, Grand Ole Opry Behind the Scenes Tour, Madame Tussauds Wax Museum, and Johnny Cash Museum & Patsy Cline Museum; and Motorcoach Transportation.

## St. John's River Cruise & Music Bingo

**Date:** October 3, 2024

**Cost:** \$169 PP

**Time:** Leaves WPSC at 10:15 am / Returns at 5:00 pm

From its home port on Lake Monroe in charming downtown Sanford, the Barbara Lee cruises the St. John's River, serving up superior food, live music, and dancing. You'll see prolific bird life, majestic great herons, "snake-birds," osprey, eagles, plus turtles and alligators lazing along the banks. During the cooler months, manatees are often spotted as they move in from the ocean to bask in the warmer river water and snack on water hyacinths.

Upon boarding, and after seating, you'll be treated to the ship's morning buffet loaded with fruit, salads, and their famous, yummy house-made sticky buns. The food aboard the Barbara Lee is cooked fresh in the ship's kitchen and you can choose from delicious entrees including prime rib, salads, and fish. Dessert and beverages are included.

## Winter Park Playhouse: Snapshots—A Musical Scrapbook & Lunch at Cheesecake Factory

**Date:** October 13, 2024

**Cost:** \$189 PP

**Time:** Leaves WPSC at 10:00 am / Returns at 6:00 pm

*Southeastern Regional Premiere!* This new musical features an outstanding score by Academy Award winning composer Stephen Schwartz and incorporates over two dozen of his beloved songs from Wicked, Pippin, Godspell and more. When married couple, Sue and Dan, discover a box of photographs they embark on a beautiful journey to the past, rediscovering their true love that remained hidden in a lifetime of *Snapshots*.

## Mount Dora Craft Fair

**Date:** October 26, 2024

**Cost:** \$69 PP

**Time:** Leaves WPSC at 7:30 am / Returns at 5:30 pm

Throughout this historic community, the streets come alive with more than 400 talented crafters & artists from all over the country displaying and offering for sale their finest works to the more than 100,000 visitors who are expected to attend this two-day event. Plus there's food and entertainment to round out a perfect day outdoors. This is one of Central Florida's favorite festivals and what a perfect time of the year to host a craft fair with the cooler weather and the holidays just around the corner. Trip includes motorcoach transportation only.

## Stetson Mansion Grand Tour

**Date:** November 9, 2024  
**Cost:** \$179 PP

Florida's Most Historic Home .The 1886 Stetson Mansion is Florida's most historic home, only Gilded Age mansion, and the largest, grandest, most innovative home ever built in Florida before 1900. Lunch at Cook's Restaurant.

## Mount Dora Christmas

**Date:** December 6, 2024  
**Cost:** \$69 PP

Celebrate the 2024 holidays against a backdrop of over two million sparkling lights in beautiful downtown Mount Dora. Visit the Mount Dora Christmas Walk for an old fashioned country Christmas. The streets come alive as they are transformed into a Christmas village.

## 11-Day Alaska Land & Sea Cruise

**Destination:** Anchorage to Vancouver  
**Ship:** Holland America's Nieuw Amsterdam  
**Date:** June 4-14, 2025

Pricing includes: Airfare from Orlando, FL; baggage handling; hotel; train at Whittier, Alaska; taxes; port charges; transportation; all gratuities; \$50 pp shipboard credit; beverage package; free WIFI; and, Pinnacle Dining.

### Pricing & Insurance:

Cabin Double/Insurance		Cabin Single/Insurance
\$5,399 / \$339	Inside	\$6,799 / \$379
\$5,699 / \$397	Oceanview	\$7,299 / \$479
\$6,499 / \$399	Balcony	\$8,499 / \$529

*Deposit of \$600 must be paid at time of reservation. Final payment & mandatory insurance is due by March 6, 2025. Insurance is non-refundable.*

### WPSC TRAVEL GIFT CERTIFICATE

Date Issued: \_\_\_\_\_ Voucher # \_\_\_\_\_  
This certificate is non transferable and can only be used for trips sponsored by Wickham Park Senior Center Travel. Please present to the Travel Office when reserving one of our trips. Expires one year from issue date.

Signature: \_\_\_\_\_

VOUCHER  
\$25

**Travel Gift Certificates are NOW AVAILABLE in our Travel Office in Increments of \$5 to \$100!**

Great gift for birthdays, holidays, weddings and more. Membership is not required for Travel. Check out all of our upcoming trips on our website: <https://bcwpsc.org/travel>



**Kathy Sorrell**  
 Field Sales Agent  
 Licensed Insurance Agent

### The Auto Club Group

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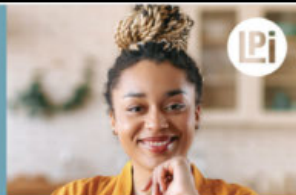
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# CALENDAR OF EVENTS

## JULY 2024

ACTIVITY	SCHEDULE FOR JULY	NOTES
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	DOORS OPEN AT 10:00A
Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)	3rd Thursdays (July 18) @ 1:00—5:00P Sign-up Sheet at Front Desk—Limit 6 People per Class	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	NO CLASS ON AUGUST 5 & 12
Bridge: Beginner Class	For Virtual Classes please see our website at <a href="http://www.bcwpsc.org">www.bcwpsc.org</a> and click "Bridge" icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Games: Mon., Wed., & Sat. @ 12:30—4:00P On-site Class: Wednesdays @ 11:00A—Noon Virtual Classes: Thursdays @ 12:15P on the BBO platform	NO GAME ON SEPTEMBER 28
Party Bridge	Wednesdays @ 12:30-4:00P	
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (July 18) @ 1:00—4:00P	NO GAME ON JULY 4
Chair Yoga	Tuesdays @ 3:00—4:00P	NO CLASS ON JULY 9 & 16
Chefs for Seniors	Next Class July 11 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Color Pencil Portrait for Beginners	Wednesdays @ 9:30—11:00A	
Cornhole Tournaments	July 14 & 28 @ 1:30P—Set-up & Practice @ 1:00P NO TOURNAMENT ON AUGUST 25	TOURNAMENTS ON AUG. 11 & 18
Euchre	Wednesdays @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mondays, Wednesdays & Saturdays @ 8:30—9:30A Fridays @ 8:30—9:15A	NO CLASS ON SEPTEMBER 28
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Pinochle	Mondays & Fridays @ 12:30—4:30P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	
Friendly	Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month @ 2:00—4:00P NO SEMINAR IN JUNE, JULY & AUGUST Sign-up Sheet at Front Desk	NEXT SEMINAR SEPTEMBER 27
Senior Stitchers	Thursdays @ 10:00A—Noon in Room 117 NO CLASSES IN JULY & AUGUST Classes moving to THURSDAYS starting in September Sign-up Sheet at Front Desk	CLASSES RESUME ON THURSDAY, SEPTEMBER 5
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Tango Dance Class	Fridays @ 2:30—4:30P NO CLASSES IN JULY	CLASSES RESUME ON AUGUST 9
Technical Training & Education Class with Alison	3rd Friday (July 19) @ 1:15—4:00P	ON COMPUTERS & CELL PHONES

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

NEW UPDATES

## BINGO!

**TUESDAY & FRIDAY—Open to the Public!**  
**Doors Open @ 10:00 am**



**Cards Sold @ 10:30 am – 11:15 am**  
**Early Bird Starts @ 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 information, contact **Brenda Clarson** at 321-258-8837.

## Bones & Balance

**Mondays @ 10:00—11:00 am**  
**Cost: \$5.00 Members / \$7.00 Non-Members**  
**NO CLASS ON AUGUST 5 & 12**

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.



## Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)

**3rd Thursdays: July 18 @ 1:00—5:00 pm**  
**Cost: \$40.00 PP (Inc. All Supplies & WPSC Costs)**

Come join us for a lot of fun!! Paint a beautiful landscape painting with us. Classes will be held on the third Thursday of each month; an overflow class will be held on the fourth Thursday of the month if there is enough interest. Please call the Center 321-425-5533 or come into the front desk and sign up.

**How Painting Helps You:** It is a proven fact that learning to paint brings joy into people's lives. When we learn to create on canvas, we open a part of our brain and expand our capacities in other areas of our lives. Here are just a few of the benefits that we know about:

- Promotes Stress Relief
- Builds Confidence
- Expands Creative Growth
- Enhances Problem-Solving and Motor Skills
- Great distraction for Pain Management
- Provides hours of Satisfying Entertainment
- And the list can go on and on!

For July we'll be painting a beautiful landscape of a pleasant beach scene, Sailboat by the Sea. This painting is good for beginners, and you should be quite pleased with your finished painting. This painting will bring out the inner artist you may not even know you have.



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 (CRI) has plenty of time to work with you as you paint your masterpiece.

## Party Bridge

**Wednesdays @ 12:30—4:00 pm**  
**Cost: \$5.00 Members / \$7.00 Non-Members**

Please contact **Tom Sanders** at 321-960-1894 prior to coming to this bridge for the first time.

## Rogue Bridge

**Tuesdays @ 12:15—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
 Contact **Patricia Rosenthal** at 321-626-5419.

## WP Duplicate Bridge Club

The WP Duplicate Bridge Club is offering the following class for aspiring bridge players. You are not required to be a member of the Bridge Club in order to take this class:

### Competitive Bidding Bridge Class:

**Book:** Bridge Basics 2: Competitive Bidding by Audrey Grant \$11.69 (Amazon)

**When:** Starts 6/25/24, Tuesdays 10:00 am—Noon for 7 Weeks

**Cost:** \$35 Check Written to: Harold Phillips  
Note on Check: For WPDBC Competitive Bidding Class

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 about: Preemptive opening bids; Overcalls and advances; Takeout doubles and advances; and, the Competitive auction. To enroll or learn more, contact Harold Phillips at 321-956-9208, or email [hphill@earthlink.net](mailto:hphill@earthlink.net)

To enroll, please provide the following: Name (First, Last), Email@, BBO id, and phone number.

## Duplicate Bridge

**On-site Games: Mon., Wed. & Sat. @ 12:30—4:30P**

**Cost: \$7.00 Members / \$9.00 Non-Members**

### CLASSES:

**On-site Class: Wed. @ 11:00A—Noon. Free to those playing Bridge after class—\$5.00 if not playing.**

**Online Virtual Classes: Thursdays @ 12:15P on the BBO platform / Online classes \$5.00**

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. Contact **Pam Page** at 321-537-0907 or [pam.page@bellsouth.net](mailto:pam.page@bellsouth.net) for bridge-related questions.

## Rubber Bridge

**Thurs. @ 1:00—4:00 pm & Sat. @ 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. Questions? The Thursday point of contact is **Janet Walker** at 321-242-3173 and the Saturday point of contact is **Gayle Schanck** at 541-821-7070.

## Bunco

**1st & 3rd Thursday, July 18 @ 1:00—4:00 pm**

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

Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your current membership card. Bunco ends about 3-3:30 pm. Please contact **Linda** at 321-549-9893 for more details and reservations (for set-up purposes). See you there for this fun activity. All you have to know is how to throw three dice.



## Chair Yoga

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

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

**NO CLASS ON JULY 9 & 16**

This class is designed to help with overall wellbeing 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

**Classes @ 11:00 am—12:30 pm**

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

- July 11: Veggies
- September 12: Fall Flavors
- November 14: Healthy Holidays

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.**

Sponsored by:  and 



## Color Pencil Portrait Class for Beginners

**Wednesdays @ 9:30—11:00 am**

**Cost: \$3.00 Members / \$5.00 Non-Members**

Learn how to create a beautiful drawing from your favorite photograph! Bring your own portrait photograph to copy—Size: 5x8 (or other appropriate copy size). Supplies you will need to bring: Prismacolor Color Pencils, Watercolor Paper, Eraser, Pencil Sharpener (optional). For more information contact **Ann Armerding @ 321-541-7027.**



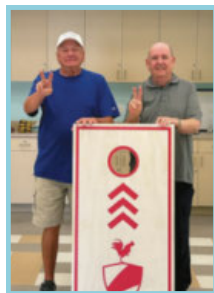
## Cornhole Tournaments

Sunday, **July 14 & 28 @ 1:30 pm**

Setup & Practice Starting @ 1:00 pm

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

Cornhole is welcome to all ages! Cornhole Tournaments will be held indoors at the Wickham Park Senior Center every 2nd and 4th Sundays (excluding conflict with holidays). Games include Blind Draw, Double Elimination and Payouts up to three places dependent on number of entries. Don't forget to scan your membership card at the front desk.



### Cornhole Rules for Senior Center:

- Age 50 to 69 – 27 feet front edge to front edge; (Distance of Boards)
- Age 70 to 79 - 25 feet front edge to front edge
- Age 80 Plus/Non-Ambulatory - 23 feet front edge to front edge

For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).

## Euchre

Wednesdays @ 6:00—9:00 pm

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

Members must scan their card when entering and non-members must sign in.

Euchre has been a great success and as our Euchre family continues to grow, it is now common to have 5-6 tables in action. We try to promptly start by 6:00 pm which means we should be signed in no later than 5:50 pm to allow time to set up the correct 3/4 player table configuration and draw for your seats. The payout structure has been altered so more people are sharing the prize pool. That means if there are up to 30 players even eighth place takes home a piece of the purse. For more information or any questions, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

## Hand & Foot Card Game

Mondays & Fridays 8:45 am—Noon / Setup @ 8:30 am

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

Join this group of friendly and competitive players for a time well spent. Please contact **Beverly Morgan** at 303-458-8273 for more information.

## Jazzercise Lo

Mondays, Wednesdays & Saturdays @ 8:30-9:30 am

Fridays @ 8:30-9:15 am

Members: \$50.00/Month & Walk-ins \$10.00

Non-Members: \$79.00/Month & Walk-ins \$12.50

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

## Line Dancing

Tuesdays @ 4:15—5:30 pm

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

Start your hot, steamy summer off by coming to our FUN Line Dance for Fun and Exercise Class. Enjoy our beautiful cool facility while enjoying making new friends! Improve your balance and stability while having fun learning dances to all forms of music. Sue Duncan, Professional Instructor Choreographer for over 60 years. 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 @ 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! Questions? Please contact **Patricia Rosenthal** at 321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).

## Pinochle

Mondays & Fridays @ 12:30—4:30 pm

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

Contact **Bill Mueller** at 321-242-4999 (Mondays) or **Cathy Decker** at 321-432-7813 (Fridays).

## Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am—4:00 pm

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

Contact **Bill Seigel** at 813-416-0428.

## 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

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 6/12/24 Results:

- 1st: Barry Beddow
- 2nd: Mike Spaethe
- 3rd: Joe Franco
- 4th: Wally Topinko



Next tournament is July 10.

Questions? Please contact **Wally Topinko** at 716-830-5978.

## Senior Law

4th Friday of the Month @ 2:00—4:00P

Cost: Free to all WPSC Members

**NO SEMINAR IN JUNE, JULY & AUGUST  
NEXT SEMINAR IS SEPTEMBER 27**

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. Topics:

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

Seating is limited. Please sign up at the front desk. Any questions, call the Law office at 321-757-5701.

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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. 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. **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 **Peggy Miles** at 732-688-6268.

## Senior Stitchers

Thursdays @ 10:00 am—Noon in Room 117

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

**NO CLASSES IN JUNE, JULY & AUGUST  
CLASS RESUMES ON THURSDAY, SEPTEMBER 5**

Would you like to learn to Knit or Crochet or do you already know how to Knit or Crochet? If so, please join us for a morning of friendship and pleasant conversation while learning new skills and stitches while helping each other to share and improve our skills.

What to Bring:

- If you are already experienced, please bring a WORK IN PROGRESS that you'd like to work on.
- If you're a beginner, please bring some worsted yarn and some Size 8 knitting needles or a Size G crochet hook.



Please sign up at the Front Desk. For more information contact **Laurie Liguori** at 917-882-9898.

## Shuffleboard

Open Play: Saturdays & Mondays @ 9:00 am & Thursdays @ 6:00 pm

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

Call **Tom Winkelspecht** at 321-446-3283 or email: [tawinkii@me.com](mailto:tawinkii@me.com) for more information on learning how to play or participating in tournaments.

## Social Tango, Introduction to Argentine Tango

**NO CLASSES IN JULY—RESUMES ON AUGUST 9  
Fridays @ 2:30—4:30 pm**

Monthly Cost: \$45 Members / \$48.00 Non-Members

Come out and enjoy the art of Argentine Tango, where students will learn to dance tango step-by-step. No partner is necessary as the basic techniques can be applied for the follower or the leader. Students will experience in-part the health benefits of Argentine tango including overall improved well-being, walking, posture and coordination. At only \$45.00 for four weeks of Tango, (you decide which four weeks will work for you and we can accommodate flexible travel plans of students as well). Any questions, contact **Delores or Walt** at 850-212-7963.

## 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 work on core, arm and leg strength. Come join us, no need to sign up. For more information, contact **Susie Salvetti** at 321-626-0282.

## Technical Training & Education on Computer & Cell Phone

3rd Friday of Each Month **July 19 @ 1:15—4:00 pm**

Cost: \$0 Members / \$3.00 Non-Members

**Beginner Cell Phone: 1:15—2:15 pm**

**Intermediate to Advanced: 2:30—3:30 pm**

**Laptop computer: 3:30—4:30 pm**

(iPad/ tablet questions taken during any class)

Try one or stay for all 3! Room 117 end of the hall, 18-person limit. Use the sign-up sheet on the front table or text /call **Alison** at 954-376-2444 to confirm. Exercise your brain in a fun, interactive hour with a relevant and patient approach. For more personalized assistance, unsure of your level, or for desktop computers, don't hesitate to contact Alison.

# BREVARD MEDICATION DISPOSAL

## YEAR ROUND LOCATIONS

### FREE & CONVENIENT WAY TO HELP FIGHT THE OPIOID CRISIS

Help prevent medication abuse and misuse by collecting any unused or expired medications in your home for an anonymous, safe, and environmentally-friendly disposal.

### DROP BOX LOCATIONS

**Brevard County Sheriff's Office - North**  
2290 Columbia Blvd, Titusville  
8am-5pm

**Brevard County Sheriff's Office - East**  
2575 N Courtenay Pkwy, Merritt Island  
8am-5pm

**Brevard County Sheriff's Office - South**  
1515 Sarno Road, Building B, Melbourne  
8am-5pm

**Brevard County Sheriff's Office - West**  
2725 Judge Fran Jamieson Way, Building E, Melbourne  
8am-5pm

**Brevard County Sheriff's Office - Cape Canaveral**  
111 Polk Ave, Cape Canaveral  
8am-5pm

**Health First Family Pharmacy**  
8725 N Wickham Rd Suite 102, Melbourne  
Mon-Fri 8:30am-6:30 pm / Sat 9am-4pm

**Cocoa Police Department**  
1226 W King St, Cocoa  
Mon-Fri 8am-5pm

**Rockledge Police Department**  
1776 Jack Oates Blvd, Rockledge  
24/7

**Indian Harbour Beach Police Department**  
40 Cheyenne Ct, Indian Harbour Beach  
24/7

**Melbourne Police Department**  
650 N. Apollo Blvd, Melbourne  
Mon-Fri 8:30am-5pm

**45th Medical Group Satellite Pharmacy**  
1361 S. Patrick Dr, Patrick AFB  
Mon-Thurs 8:30am-4:30pm / Fri 9:30am-4:30pm

**Health First Family Pharmacy**  
1223 Gateway Dr, Melbourne  
Mon-Fri 8:30am-6:30 pm / Sat 9am-4pm

**Walgreens Pharmacy**  
1160 Malabar Rd SE, Palm Bay  
Mon-Fri 8am-12am / Sat-Sun 9am-9pm

**Walgreens Pharmacy**  
1350 N Wickham Rd, Melbourne  
8am-12am

**Walgreens Pharmacy**  
4150 N Atlantic Ave, Cocoa Beach  
Mon-Fri 7am-11pm / Sat-Sun 10am-6pm

**Walgreens Pharmacy**  
4600 S Washington Ave, Titusville  
Mon-Fri 9am-9pm / Sat-Sun 10am-6pm

**CVS Pharmacy**  
4292 N Atlantic Ave, Cocoa Beach  
24/7

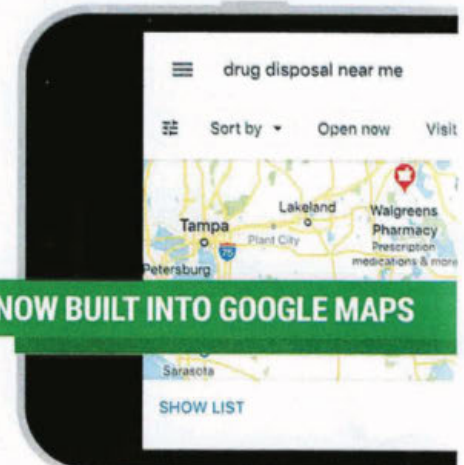
**Health First Family Pharmacy**  
1350 Hickory St, Melbourne  
Mon-Fri 8:30am-6:30 pm / Sat 9am-4pm

#### ACCEPTED

- Prescription Pills
- Non-Prescription Pills
- Lotions
- Ointments

#### NOT ACCEPTED

- Liquids
- Needles
- Asthma Inhalers
- Aerosol Canisters
- Chemotherapy Drugs



This information is correct to the best of our knowledge and may change at the discretion of the above listed facilities' administration and management. Please contact the location you plan to visit directly for more direction on acceptable take back items. For more information on proper disposal and the DEA Rx take back days visit [takebackday.dea.gov](http://takebackday.dea.gov)

## Buyer/Seller Beware Scams



**Please be aware and protect yourself from the following buyer/seller scam.**

If you receive a call, text, or email requesting to immediately confirm or cancel an unexcepted order, verify the purchase by going directly to the merchant's website and contacting customer service. Before you use buyer or seller websites, it's important to make sure you are familiar with the services it offers.

- Scammers often use fake sites to lure people into paying for items that do not exist. Make sure you always check the URL before finalizing a purchase.

- Craigslist and many other similar applications and websites do not typically have buyers' protection on items so if you receive an email or text message trying to sell you purchase protection, you're looking at a scam.
- Be cautious when selling an item and accepting a check as payment, especially if it includes an overpayment, the check is likely a counterfeit item.

When buying or selling something on a website, keep your personal information to yourself. There's no reason a buyer or seller needs to know your checking account number, your PIN number, or even your date of birth. If the contact is asking too many confidential questions, back out of the deal. It's also important to never pay for an item with a money order or wire transfer because you will have no way of reclaiming your loss if the seller fails to come through with the goods. If the buyer directs you to pay with gift cards, you are likely being scammed. Gift cards are like cash, once it is used, the money is gone and you will not receive the expected goods or services.



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# 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*



## *Gold Level Sponsors*



## *Meet & Greet Sponsors*

Our monthly Meet & Greets with our sponsors have started back up on Tuesday and Friday mornings from 9—11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them.

- Tuesday, July 2: Alzheimer's Foundation Joe's Place
- Friday, July 5: Kindred Hospitals ARU
- Friday, July 5: Travel Expressions
- Tuesday, July 9: Cigna Insurance
- Friday, July 12: St. Frances Reflections
- Friday, July 19: Rosanova Eye
- Friday, July 19: United Health Care
- Friday, July 26: VIP America
- Friday, July 26: VITAS Healthcare

# Welcome

## New Members in April

Bonville, Paul	Lutz, Lisa
Bush, Barb	Martin, Charles
Carfagno, Desiree	Martin, Michael
Cross, Maryann	Martin, Suzanne
Engel, Elizabeth	Meier, Jane
Ewert, Diane	Newstrom, Carol
Fillichio, Linda	Satcher, Linda
Goren, Lynda Lee	Shumate, David
Greco, Geraldine	Silverman, Barbara
Lantry, Beverly	Sizemore, Deborah
Lillie, Robert	Theodosakis, Dilia
Longacre, Lisa	Thurmond, Marlin

## Wickham Park Senior Center Holiday Closures for 2024

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** – Thursday, July 4, 2024
- **Labor Day Holiday** – Monday, Sept. 2, 2024
- **Thanksgiving Holiday:**
  - Wednesday, Nov. 27, 2024 (Day before Thanksgiving)
  - Thursday, Nov. 28, 2024 (Thanksgiving Day)
  - Friday, Nov. 29, 2024 (Friday after Thanksgiving)
- **Christmas Holiday:**
  - Tuesday, Dec. 24, 2024 (Day before Christmas)
  - Wednesday, Dec. 25, 2024 (Christmas Day)
  - Thursday, Dec. 26, 2024 (Day after Christmas)
- **New Year’s Holiday:**
  - Wednesday, January 1, 2025 (New Year’s Day)

## Meet Our Staff

### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Ina Fritsch
Treasurer:	Colleen Barneman

### Directors

Celeste Garcia	Ginny Parker
Beverly Morgan	John Potanos
Janice Oppelt	Janet Smith
Pam Page	Rosann Testa

### 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**

## 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

### COMMENTS? We value your opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



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