



Friendship Flyer

JUNE 2024

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

After spending 12 days in Italy in May, I was anxious to get home and back to work at the Center. While I loved the trip, it made me realize that we certainly take a lot of things for granted here. I missed all of you. And I want to say "Welcome Back, Gary" – we missed you these last few months.

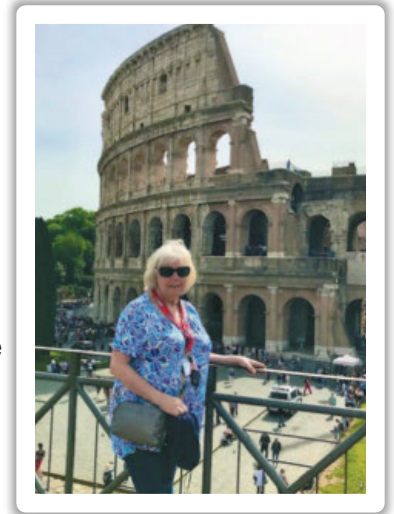
Last month I talked about our volunteers and how important they are to the Center. However, we have another important group of volunteers that you know as

our Program Managers. They are just as important to our success and I would be remiss in not mentioning them. You can find a list of all the program managers on our daily schedule – but I'm not sure you know just how much they do for everyone at the center. Not only do they handle the day-to-day program activities, but they are responsible for procuring and maintaining all the items necessary for their particular program (such as card, games sets, weights, etc.). In addition, because we have such limited space, your program managers ensure that the rooms are set up before each activity and torn down at the end. This is no small feat as it almost always entails the dreaded task of setting up and taking down tables and chairs. Please be sure to thank your program manager for the hard work they do on your behalf!

Our May 17 "Night at the Races" Dinner/Dance was a huge success (see photos on pages 12 & 13). Race #1 was won by *Swiss Skydiver*, jockeyed by Roseann Testa and *Early Voting*, jockeyed by Anne O'Brien came in second place. Race #2 was won by *I'll Have Another*, jockeyed by Vinnie Germann and *War Emblem*, jockeyed by Kathy Thompson was a close 2nd. The 50/50 Raffle was won by Janet Lester. Thanks to everyone who attended this event. A special thanks to our sponsors who donated to this event, Rosanova Eye and United Healthcare.

Your travel team continues to plan fun trips throughout the summer and fall. If you haven't been on one of our trips, give it a try. Janice and her team do a great job making the bus trips fun. I've already scheduled a few for myself. Be sure to check the upcoming trips on pages 4 and 5.

Be sure to **mark your calendar for Saturday, September 28** when we'll host our annual **Craft Fair**. More details, including how to rent exhibit space, will be available soon.



Diane Weinzierl

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 **June 10 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

The Senior Center is 100% Operated by Volunteers!

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



Volunteer Help Needed:

- Front Desk – Saturday mornings
9:00 am – 12:00 noon
(Note: You can volunteer every Saturday or just 1 Saturday a month)

WPSC Sunshine Committee



Do you know a WPSC member who is sick, experienced a family member loss, or needs some cheer or support? If so, please let our Sunshine Committee know by dropping off your request in the mailbox labeled “Sunshine Committee” (located near the Billiards Room behind the front desk).

Please be sure to include the person’s full name and any information you might have so we can find them in our database, as well as why you think they qualify. Also, please be sure to include your name and telephone number so we can reach you if we have any questions.

Opportunity for Seniors to Participate in Medical Training at Burrell College



Exciting opportunity for seniors to get involved with the Burrell College of Medicine in Melbourne, FL.

The Burrell College in Melbourne, FL is seeking seniors to serve as standardized patients for their medical students. As a standardized patient, you would role-play as a patient with a specific medical condition or scenario. Medical students would then practice their patient interaction and examination skills by working with you.



This is a wonderful chance for seniors to:

- Help train the next generation of doctors
- Earn extra income for your time and participation - \$15/hour
- Engage in an interesting and rewarding activity
- Contribute to the education of future physicians

How to Get Involved

If you’re interested in becoming a standardized patient, contact Alfred Toledo, Assistant Director of Standardized Patient & Simulation Programs at atoledo@burrell.edu or phone 575-674-0819.

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.

Travel Awareness Presentation

Wednesday, June 26 @ 9:45—10:45am

Join us for our first Travel Awareness Presentation! Discover how traveling with WPSC can change your daily routine. Ask questions about the trips we have to offer and talk with our Travel Volunteers. Come to meet new friends who also love to travel, laugh, and have fun! Refreshments will be served.

WPSC Travel to Butterfly World on May 15, 2024



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!



The WPSC Library Notices

Please see the Front Desk if you have any questions concerning the following notices:

- **Puzzle Donations:** Due to lack of storage space, WPSC is no longer accepting donations of new puzzles.
- **Book Donations:** Please do not drop off large boxes of books. A few books donated at a time is greatly appreciated, but unfortunately we do not have space for large quantities.

Thank you for your understanding.

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.

Important Upcoming Voting Dates



- **July 22:** Voter registration deadline for August primary
- **August 8:** Last day to request mail ballots for primary election
- **August 10–17:** Early voting for August primary
- **August 20:** Primary Election
- **October 7:** Voter registration deadline for November general election
- **October 24:** Last day to request mail ballot for general election
- **October 21–November 2:** Early voting for general election
- **November 5:** General Election

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.

WPSC Travel will be happy to put your name on our "WAIT LIST" for any SOLD OUT trips.

LIPS—The Ultimate in Drag Queen Dining

Date: June 23, 2024

Cost: \$139 PP

Time: Leaves WPSC at 10:30 am / Returns at 6:30 pm

Outrageous fun every Sunday afternoon. Join the ladies of Lips for the Ultimate Drag Brunch as they pullout all the stops for this spectacular show. Enjoy delicious brunch entrees plus unlimited Mimosas, Champagne or Bloody Mary. Celebrate your special occasion with us.

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 16-24, 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.

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
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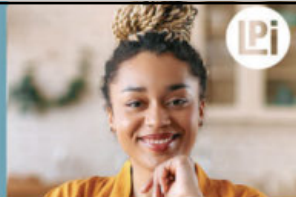
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CALENDAR OF EVENTS

JUNE 2024

ACTIVITY	SCHEDULE FOR JUNE	NOTES
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	DOORS OPEN AT 10:00A
Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)	3rd & 4th Thursdays (June 20) @ 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	
Bridge: Beginner Class	For Virtual Classes please see our website at www.bcwpsc.org 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	
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 (June 6 & 20) @ 1:00—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
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	June 9 & 23 @ 1:30P—Set-up & Practice @ 1:00P	
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	
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 (NEW)	Thursdays @ 10:00A—Noon in Room 114 (Library) NO CLASSES IN JUNE, 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 MAY, JUNE & JULY	CLASSES RESUME ON AUGUST 9
Technical Training & Education Class with Alison	3rd Friday (June 21) @ 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 – 11:30 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 info, contact **Brenda Clarson** at 321-258-8837.

Bones & Balance

Mondays @ 10:00—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.



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

3rd Thursdays: June 20 @ 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 June 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.

Duplicate Bridge

On-site Games: Mon., Wed. & Sat. @ 12:30—4:30P
 Cost: \$7.00 Members / \$9.00 Non-Members

CLASSES:

On-site Class: Wednesday @ 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 for bridge-related questions.



Rogue Bridge

Tuesdays @ 12:15—4:00 pm

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

Contact **Patricia Rosenthal** at 321-626-5419.

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, June 6 & 20 @ 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 up-to-date 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. Non-members are welcome!



Chair Yoga

Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm
 Cost: \$1.00 Members / \$3.00 Non-Members



This class is designed to help with overall 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

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

- 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 
 Dr. Jaya Prakash, MD, MPH
 COACHJAYAHEALTH, LLC

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, **June 9 & 23 @ 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.

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. We meet every Tuesday from 4:15-5:30 pm. 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 5/8/24 Results:

1st: Sam Campese	3rd: Bob Furlong
2nd: Dave Waytt	4th: Jerry Beatekap

Next tournament is June 12. Questions? Please contact **Wally Topinko** at 716-830-5978.

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. **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.



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Senior Law

NO SEMINAR IN JUNE, JULY & AUGUST

NEXT SEMINAR IS SEPTEMBER 27

4th Friday of the Month @ 2:00—4:00P

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.



SLONIM LAW

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.

Senior Stitches—NEW!

NO CLASSES IN JUNE, JULY & AUGUST
CLASS RESUMES ON THURSDAY, SEPTEMBER 5
Thursdays @ 10:00 am—Noon in Room 114 (Library)

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

Would you like to learn to Knit or Crochet? 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 for more information on learning how to play or participating in tournaments.

Social Tango, Introduction to Argentine Tango

NO CLASSES IN MAY, JUNE & JULY
CLASSES RESUME 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. Go at your own pace and feel the antiaging begin. 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 June 21 @ 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

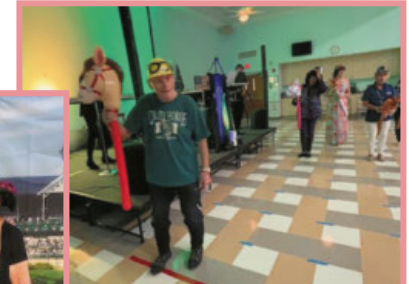
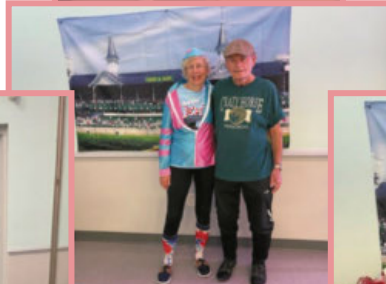
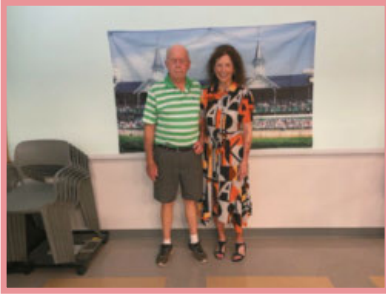
(iPad/ tablet questions taken during any class)



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. Bring your toughest and most burning phone and computer questions! For more personalized assistance, unsure of your level, or for desktop computers, don't hesitate to call **Alison** at 954-376-2444.

MAY NIGHT AT THE RACES





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OUR SPONSORS

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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, June 4: Alzheimer's Foundation
Joe's Place
- Friday, June 7: Kindred Hospitals ARU
- Tuesday, June 11: Cigna Insurance
- Friday, June 21: Rosanova Eye
- Friday, June 21: United Health Care
- Friday, June 28: VIP America
- Friday, June 28: VITAS Healthcare

Welcome

New Members in April

Anderson, Gail	Janeiro, Gertrude
Andrew, Kathy	Jeremiah, Dina
Barber, Paula	Kosmer, Marie
Broccoli, Anthony	Kraft, Sharman
Burkhart, Sue	Lane, Rebecca
Chlewicki, Walter	Mahaffey, JoAn
Cholewka, Cynthia	McClintick, Carolyn
Clark, Fran	McClintick, Ronald
DeFrancis, Marie	Nocilla, Caroline
Dudley, Diana	Oliver, Juan
Earl, Judy	Powers, Linda
Gaughan, Joanne	Proulx, Louise
Hardaker, Ela	Unruh, Dolores (Dee)
Hardaker, Jack	Wagner, Helen
Haunfelder, John	Wink, Donald
Hopkins, Colleen	Wolchick, Ellen
Hull, Jeff	Yelen, Ana

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

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**

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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