



Friendship Flyer

JUNE 2023

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

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

www.bcwpsc.org



Diane Weinzierl

President's Message

Yea - summer is finally here! If you find it's too hot where you're spending your days, we just had the air conditioner serviced and it's plenty cool at the Center. Come on down to cool off and meet some new friends. We're averaging about 50 new members per month, so you're sure to see some new faces in your programs.

May was an extremely busy month at the Center. The county approved a purchase order to paint the inside of the building. While this was last minute and things were a bit hectic around here for a while, we appreciate everyone's patience and cooperation while this was happening. Thanks to Brevard County for the assist.

If you were not able to join us for the Kentucky Derby Dinner on May 5, I can definitely report that you missed an evening of fun, dancing and horse racing. Congratulations to the big winners of the evening:

- Winner of the Horse Race – #15 - Secretariat, ridden by jockey Maria Lopen-Tellado
- Best Ladies Attire – 1st Place - Elizabeth Morgan and 2nd Place - Nancy Berckhemer
- Best Men's Attire – 1st Place - Wayne Fogarty and 2nd Place - Joe Tellado



Line Dancing Class enjoying lunch at Carrabba's

Thanks to all our sponsors and volunteers who helped to make this evening a success. Be sure to check out the rest of the photos on pages 12 and 13 to see what you missed. It was great seeing all our members dressed up in their Derby attire. We can't wait to start planning for next year's event.

Lastly - thanks to all who participated in the Carrabba's Fund Raising Event on May 11. We don't know how much we earned yet, but it was wonderful to see so many of our members support us for this event.

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 **June 12 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

WPSC Kentucky Derby Dinner

WOW...Thanks to all the volunteers and attendees for an evening of sheer fun entertainment. Many hours of volunteer work went into making this event successful. Thank you for all your hard work and support. WPSC is a great place because of the volunteers and you're able to meet so many wonderful people. We would also like to thank our sponsors for their contributions: CarePlus, Cigna, Nancy Colwell, Harbor City Hearing, Health First, Melbourne Medicine, Sea Pines and Travel Expressions.

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 FY2023.

- Kathleen & Andrew Cole
- Nancy Colwell

In Memory of John Cerovich:

- Barbara Cerovich
- Thomas Bonarrigo, Jr.
- Beverly & Ed Burkey
- Harriet Roderick
- Edward & Patricia Gulakowski

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



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!



ATTENTION! 2 New Games!

• **CHESS**

Do you play Chess? Come join us for some social, relaxing Chess Play weekly. Whether you are a beginner or a more tailored player, we would love to have you join us for some social and enlightening and most of all non- stressful chess play here at the Wickham Park Senior Center. Starting Thursday, June 22, 2023 at 1:00–3:00 PM

Hang out, meet new friends while enjoying the strategic mind setting of friendly chess play. Bring your set if you have one and we'll supply the environment!

If interested in joining or if you have any questions, please contact **Dean** at 215-498-7511 or email to wickhamsrches@gmail.com or sign up at the table in the front lobby. When leaving a message, please include: Name and Contact Phone Number.

We need at least 6 players to start the group!

Please respond by **Thursday, June 8, 2023**, if interested. COME 'CHECK' US OUT!!

• **CANASTA**

Are you a Canasta player? Come play Canasta with us in a very friendly and social environment. Whether a newbie, beginner or more advanced player – come and enjoy!

Partner games. No stress games! Fun Games! Meet new friends, learn a new card game! Refreshments, friends and cards – what more could one ask for?

Starting Thursday June 22, 2023 9:00am—Noon in the Library. We need at least 8 players to start the group.

Contact **Dean** at 215-498-7511 or email at wickhamsrcanasta@gmail.com

Please leave your name if interested in joining along with a contact phone number or sign up at the table in the front lobby.

Please respond by **Thursday, June 8, 2023**.



The Wickham Park Senior Center will be CLOSED on Independence Day, Tuesday, July 4.

Bringing Joy to Seniors

Volunteer **Maureen Reader** takes her therapy dog, Romeo, to visit the residents of Greenwood Place in Melbourne. Romeo brings lots of cuddles, joy and happiness to the residents and even did some tricks for them. Thank you Maureen and Romeo!



Euchre Tournament Update



Twenty-three people participated in the **May 10 Tournament**. The Wednesday euchre family is steadily growing with people enjoying the weekly tournaments. We encourage friendly banter

over the seriousness of the game. If you play euchre this is "THE PLACE" to be on a Wednesday evening.

If I could choose a dream, it would be the discovery of a website called "euchrestory.com" where we could search for our family members in the area. I know they are out there but aren't aware of all the fun we are having on Wednesday nights.

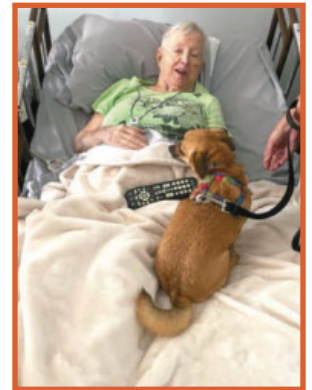
We have a points leaderboard in which you need to play at least half the games of the season to qualify.

The top five currently are:

- Jerry Blemel 64.8 1st
- Jay Koeller 62.4 2nd
- Amy Longtin 61.5 3rd
- Rita Deany 60.4 4th
- Bill Harr 60.3 5th

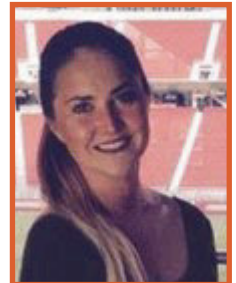
If you have any questions the website at <https://bcwpsc.org/euchre> can't answer, please feel free to call me at 321-794-6400.

Jay Koeller



Computer/Cell Phone Training & Education

Technical Training & Education with Alison has arrived, **every 3rd Friday at 2:30-3:30pm starting June 16**. All Members will be free and Non-Members \$3. No worries if you are a Beginning First-Time User or an Expert level, there is something for everyone – even SPANISH speakers, but there is a 20-person limit, so sign up ASAP! Enjoy a fun, easy-to-follow hour with a relevant & patient approach where YOU are LEARNING by DOING (instead of her explaining). The goal is to make your life more enjoyable & less stressful!



It is "BYOD"/ Bring Your Own Device (or just sit, watch & learn!). For the first class bring your cell/mobile phone, and tablet (Android, Kindle or iPad).

For the last 20+ years, Alison has spent 1,000+ hours guiding individuals of all physical and mental abilities, including the blind. Any issues that can't/don't get fixed in the allotted hour can be fixed after, at your convenience, in your home for a reasonable fee (this includes desktop computer, equipment set up, arranging office cords and more). Call Alison at 954-376-2444 for more information. She looks forward to getting to know the lovely people of WPS!

Need Your Blood Pressure Checked?

Sea Pines will be conducting blood pressure checks at the Wickham Park Senior Center every 2nd Friday of the month (**June 9**) at 9:00-11:00 am.



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.

Coconut Creek Casino

Date: June 7, 2023

Cost: \$65 Per Person—No Refunds After May 26

Leaves WPSC at 8:00 AM and returns at 5:30 PM

THIS WILL BE OUR LAST DAY TRIP BEFORE THE SUMMER MONTHS BEGIN. Enjoy a smoke-free casino experience with over 300 slots and eight live table games. Discover award winning dining at the casino's five restaurant options.

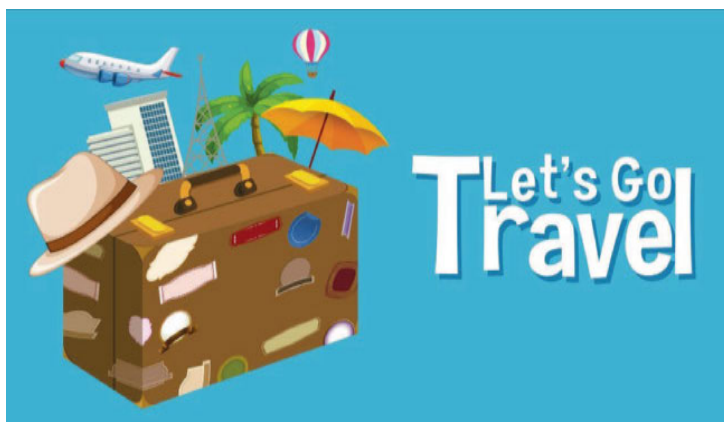
Murder Mystery Dinner Train & Edison Ford Museum & Lunch

Date: September 24-25, 2023

Cost: \$485 Per Person / Double Occupancy
\$555 Single Occupancy

Join the Murder Mystery Dinner Train for an evening of Fun, Food, and Murder! This unique dining experience includes a delicious five course dinner prepared on board, served at tables of four, with an ongoing comical mystery that plays in the aisles during this fun-filled evening! You'll love this 3½ -hour train ride aboard the Seminole Gulf Railway. Costumes encouraged, but optional.

After our train ride, we'll spend the night in Ft. Myers. Following breakfast in the hotel, we'll travel to Edison Ford Museum, featuring 15,000 square feet of air conditioned exhibits, thousands of artifacts, and a wealth of opportunities for visitors to learn about the Innovative Minds of Two American Icons! Before departing for home, we will make a stop at the Ford Garage to enjoy lunch.



Pigeon Forge & Smokey Mountains Show Trip

Date: October 9-14, 2023 (6 Days / 5 Nights)

Cost: \$785 PP Double / \$1,004 Single Occupancy
\$75 Deposit / \$72 Travel Insurance Per Person
(Must Be Paid Before June 1 to reserve)

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three Evening Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE and COUNTRY TONITE; Guided tour of the great SMOKY MOUNTAINS NATIONAL PARK; Free time in HISTORIC DOWNTOWN GATLINBURG; and admission to DOLLYWOOD.

SOLD OUT

We are taking names
for a WAITING LIST

A Swingin' Christmas at the Winter Park Playhouse

Date: December 14, 2023

Cost: \$159 PP incl. Lunch at the Cheesecake Factory
Time: Leave WPSC at 10:30 am / Returning at 5:30 pm

Ring in the holidays with this unforgettable evening of quintessential **Tony Bennett** songs! Featuring 18 classic holiday tunes plus the standards that made Bennett famous, like "I Wanna Be Around," "The Good Life," "Rags to Riches" and, of course, Tony's signature "I Left My Heart in San Francisco." Grab your friends and family and celebrate the season Tony Bennett style!

Breaking Up Is Hard To Do at the Winter Park Playhouse

Date: February 15, 2024

Cost: \$159 PP incl. Lunch at the Cheesecake Factory
Time: Leave WPSC at 10:30 am / Returning at 5:30 pm

This nostalgic musical comedy celebrates the timeless songwriting magic of the legendary **Neil Sedaka**! Set at a Catskills resort in 1960, this humorous and heartwarming musical follows two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. Featuring 20 of Sedaka's most popular songs including "Laughter in the Rain," "Where the Boys Are," "Sweet Sixteen," "Calendar Girl," "Love Will Keep Us Together," and the chart-topping title song!

Identity Theft



Here's how it works: Someone gets your personal information. They might use your Social Security or Medicare number, your credit card, or your medical insurance—along with your good name.

How would you know? You could get bills for things you didn't buy or services you didn't get. Your bank account might have withdrawals you didn't make. You might not get bills you expect. Or, you could check your credit report and find accounts you never knew about.

Here's what you can do:

1. Protect your information. Put yourself in another person's shoes. Where would they find your credit card or Social Security number? Protect your personal information by shredding documents before you throw them out, by giving your Social

Security number only when you must, and by using strong passwords online.

2. Read your monthly statements and check your credit. When you get your account statements and explanations of benefits, read them for accuracy. You should recognize what's there. Once a year, get your credit report for free from AnnualCreditReport.com or 1-877-322-8228. The law entitles you to one free report each year from each credit reporting company. If you see something you don't recognize, you will be able to deal with it.

Please Report Scams: If you spot a scam, please report it to the Federal Trade Commission.

- Go online: IdentityTheft.gov
- Call the FTC at 1-877-ID-THEFT (1-877-438-4338)

Visit IdentityTheft.gov to report identity theft and get a personal recovery plan. It will walk you through the steps to take.

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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

JUNE 2023

ACTIVITY	SCHEDULE FOR JUNE	NOTES
Ballroom Dancing	2 Classes on Mondays @ 6:30P & 7:30P for ALL Levels Different Dance Each Month	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	DOORS OPEN AT 10:00A
Blood Pressure Checks	2nd Friday (June 9) @ 9:00—11:00A	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	JUNE 26 CLASS IS CANCELLED
Bridge: Beginner Class	Saturdays @ 11:00A with Pam Page For Virtual Classes please see our website at www.bcwpssc.org and click "Bridge" icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	
Party Bridge	Wednesdays @ 1:00-4:00P	
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (June 1 & 15) @ 1:00—4:00P	
Canasta—NEW!	Thursdays @ 9:00A—Noon	STARTS JUNE 22
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class July 20 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Chess—NEW!	Thursdays @ 1:00—3:00P	STARTS JUNE 22
Euchre	Wednesdays @ 6:00—9:00P	NOW WEEKLY!
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	NO CLASS JULY 4
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	3rd Thursday (June 15) @ 1:00—5:00P Sign up Sheet at Front Desk	LIMIT 6 PEOPLE PER CLASS
Pinochle	Mondays & Fridays @ 12:15—4:00P	
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 (June 23) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Technical Training & Education Class—NEW!	3rd Friday @ 2:30-3:30pm	STARTING JUNE 16

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

Two Classes on Mondays @ 6:30P & 7:30P for ALL Levels. Different Dance Each Month.

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.

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

CLASS CANCELLED ON JUNE 26

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.

Duplicate Bridge

On-site Classes: Mon., Wed. & Sat. @ 12:30P
Online Classes: Thurs. @ 12:15 pm on the BBO platform
Cost: On-site classes \$6.00 / 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.



Party Bridge

Wednesdays @ 1:00—4:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

This new program began on April 12. Contact Tom Sanders at 321-960-1894 for more information.

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

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 **Gayle Schanck** at 541-821-7070.

Bunco

1st & 3rd Thurs. (June 1 & 15) @ 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!

Canasta (New Program)

Cost: \$1.00 Members / \$3.00 Non-Members
 Thursdays @ 9:00 am—Noon
STARTING JUNE 22 (See article on page 2)

Come play Canasta with us in a very friendly and social environment. Whether a newbie, beginner or more advanced player – come and enjoy! If interested in joining or if you have any questions, please contact **Dean** at 215-498-7511 or sign up at the table in the front lobby. We need at least 8 players to start the group!

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 20: Smoothies
 Sept. 21: Fall Flavors
 Nov. 16: 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 **CarePlus**
 HEALTH PLANS

Chess (New Program)

Cost: \$1.00 Members / \$3.00 Non-Members
 Thursdays @ 1:00—3:00 pm
STARTING JUNE 22 (See article on page 2)

Come join us for some social, relaxing Chess Play weekly. Whether you are a beginner or a more tailored player, we would love to have you join us for some social, enlightening and most of all non-stressful chess play. If interested in joining or if you have any questions, please contact **Dean** at 215-498-7511 or sign up at the table in the front lobby. We need at least 6 players to start the group!

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.

Sign in starts at 5:30 pm. Depending on how many entries the usual payout is 4 places. The penalty for sets is .25 cents which covers miniscule expenses through the year and a big Christmas party where all the money is returned via food, drawings and prizes. The games are played either 4 handed or 3 handed depending on the number of entries. This format guarantees no matter the number of entries, all will be able to play. For more information or any questions, contact **Jay Koeller** at 321-794-6400.

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. 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

Tuesdays @ 4:15—5:30 pm

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

No Line Dancing Tuesday July 4

Come and join our class of Line Dancing for Fun and Exercise. Increase your coordination and improve balance while making new friends. Line Dancing also improves cardiovascular health and brain memory. Line Dancing is just plain FUN!! For more information call **Sue Duncan** 321-505-0846. Choreographer and instructor for over 50 years.



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).

Oil Painting for Beginners

3rd Thursday of Each Month

June 15 @ 1:00—5:00 pm

Cost: \$40.00 per person (Includes All Supplies)

Come 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.

For June, we'll be painting a beautiful country stream. Come enjoy our easy-paced class and paint a picture from right here in our own backyard.



This painting is good for beginners, and you should be quite pleased with your finished painting .

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.

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 321-432-7813 (Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am—4:00 pm
 Cost: \$1.00 Members / \$3.00 Non-Members

Contact **Roslyn Angarano** at 321-338-0591.

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 5/10/23 Results:

1st: Dale Foster	3rd: Jerry Bertekap
2nd: Les Block	4th: Det Schmitz

Next tournament is June 14. Questions? Please contact **Wally Topinko** at 716-830-5978.

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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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.

Senior Law

4th Friday of Each Month

Next Class June 23, 2023 @ 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:



SLONIM LAW

- 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

Open Play: Sat. @ 9:00 am & Thurs. @ 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.



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.

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.

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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.

- Friday, June 2: Healthy Partners
- Friday, June 2: Melbourne Medicare
- Friday, June 9: Care Plus Health Plans
- Friday, June 9: Sea Pines
- Tuesday, June 13: Ally Senior Living Consultants
- Tuesday, June 13: Cigna
- Friday, June 16: United Health Care
- Tuesday, June 20: WellCare
- Friday, June 23: American Home Care Services
- Friday, June 23: St. Francis Reflections
- Tuesday, July 25: VITAS
- Tuesday, August 1: Alzheimer's Foundation Joe's Place

Welcome

New Members in April

Ables, John	Kelly, Joseph
Allia, Charles	Kendall, Sarah
Andersen, Catherine Andrea	Kitchel, Marilyn
Auer, Robert	Martin, Stephanie
Auer, Victoria	Meador, Donald
Berry, Michael	Miller, Marilyn
Boggs, Murray	Mitchell, Eric
Bondy, Valerie	Mokri, Lisa
Bradley, Cheryl	Norfolk, David
Burch, Marlene	O'Quinn, Jean
Carlson, Barbara Elizabeth	Phelps, Fride
Cesaro, Michael	Powell, Tonya
Coghlan, Marcie	Prime, Elaine
Colbary, Patricia	Racine, Stephen
Cotter, Marguerite	Rank, Eleanor
Crawford, Gene	Roberts Jr, Tom
Crawford, Wanda	Sanders, Tom
Doran, Deana	Sanders, Judy
Ferraris, Kevin	Sheridan, Jacqueline
Ferraris, Robert	Spinelli, June
Gouldin, Albert	Thomas, Lynne
Grayson, Allison	Thomas, Steve
Harmon, Joyce	Villaire, Sonja
Haughwout, Allen	Whitacre, Susan
Hodges, Norma	Williams, Peggy
Holden, Jill	Williams, Raymond
Holmquist, Diana	Yuscanitch, Patricia E
Howe, John	Zambo, Phyllis
Jones, Malcolm	

Wickham Park Senior Center Holiday Closures for 2023

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** – Tuesday, July 4, 2023
- **Labor Day Holiday** – Monday, Sept. 4, 2023
- **Thanksgiving Holiday:**
 - Wednesday, Nov. 22, 2023 (Day before Thanksgiving)
 - Thursday, Nov. 23, 2023 (Thanksgiving Day)
 - Friday, Nov. 24, 2023 (Friday after Thanksgiving)
 - Saturday, November 25, 2023
- **Christmas Holiday:**
 - Saturday, December 23
 - Monday, Dec. 25, 2023 (Christmas Day)
 - Tuesday, Dec. 26, 2023 (Day after Christmas)
- **New Year's Holiday:**
 - Monday, January 1, 2024 (New Year's Day)

Meet Our Staff

Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lisa Coyle
Treasurer:	Colleen Barneman

Directors

Ina Fritsch	Janice Oppelt
Celeste Garcia	Pam Page
Vincent Germann	Ginny Parker
Beverly Morgan	Janet Smith
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

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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