

Friendship Flyer

MARCH 2020



Diane Weinzierl

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

Hours: Mon-Fri: 8:30 am-4:30 pm Sat: 8:30 am-12 Noon Website: bcscwp.com

Spotlight



Dick Robinson

I am a retired Engineer with a 30 year career at Harris/Intersil. Joined S. Brevard Sr. Assoc. in 2004 and became assistant Treasurer in 2006.

Since 2012, I have served as Treasurer for WPSC. I am an active Bridge player and serve as club manager for the WPSC Duplicate Bridge Club.

Jacquline Williams

I came to the USA in 1961 on the Queen Mary. Retired from the Dept. of Corrections.

I love volunteering and have met many wonderful people I now call friends.

Jackie is at the Front Desk on Tuesday.

Stop and say Hello!



President's Message

Our first Friday night dinner of 2020 was fantastic. It was great to meet so many new people, as well as some old friends. I also want to thank Gary McGuire for working with the kind folks at Patrick AFB to provide us with volunteers from the Defense Equal Opportunity Management Institute to take down the tables and chairs after the dinner. Check out their photo's in the newsletter. We loved having their help, but I think the highlight of the night was having a few of them join us on the dance floor. Do not forget to make your plans to join us for our St. Patrick's Day Dinner on Friday, March 6^{th.}

Lastly, I know our handicapped parking is somewhat limited and, at times, it fills up. When that happens, I've noticed cars parking along the curb. This is particularly a problem when people park along the curb behind the handicapped parking, as it makes it very difficult for people in these legal parking spots to back out. This is an accident waiting to happen. Parking along the curbs is not legal and in the past the police have ticketed people for doing so. We would appreciate your cooperation with the parking guidelines!

Quote of the Month:

"No Pressure, no Diamonds"

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!"

GENERAL NEWS

April is National Volunteer Month

The Wickham Park Board of Directors is excited that April is coming. We want to celebrate the work that volunteers do year-round. Sometimes there's so much going on at WPSC that we have a hard time capturing it all and communicating with our membership. We would like to highlight the work of our volunteers year round with a **Volunteer of the Month** program. We need you help. Please recognize these dedicated volunteers by taking the time each month to nominate a volunteer you feel deserves the Honor. You will find the Nomination Box on the side table

Check the article on page 12 for the benefits of Volunteering.

Volunteer Corner

Deanna Booth will be taking on the role of Front Desk Coordinator. Judi Schultz and Pam Page have agreed to be Volunteer Co-Coordinators.

You'll be happy to know that the Board updated the definition to state— "A volunteer is defined as an individual who has an active volunteer application on file and donates his or her time to the Wickham Park Senior Center." The Board updated the Volunteer Policy to detail several of the volunteer programs that have been in place over the years, but were not clearly defined, including the awarding of length of service pins, who gets invited to the annual volunteer dinner, and awarding free membership dues to all regular volunteers after 3 consecutive years of service. Emails to all who qualified this past year will be sent out shortly.



TRAVEL NEWS

Jungle Queen Riverboat

Date: Wednesday, April 22, 2020 Cost: \$125 PP Wait list !!

Titanic: The Artifact Exhibition, Orlando

June 2020 (date TBA)

Visit the travel office for a detailed flyer.

Wickham Wanderers return to IRELAND!

August 6-18, 2020

Experience the highlights of the entire island's scenery & culture.

\$4,799 PP double, including airfare from Orlando.

"A Grand Night for Singing" – Winter Park Playhouse

Thursday, August 13, 2020 Cost \$125PP

Celebrating the music of Rogers &

HammersteinII through the artful arrangement of songs from The King and I, Cinderella, South Pacific and many more! Lunch at Cheesecake Factory

Cruise to the Western Caribbean

December 11-18, 2020

On MSC Armonia from Tampa. So many

inclusions you'll want to pick up a detailed flyer!

Starting from **\$920 pp**

Special Meeting @ Wickham Park Senior CenterTuesday, March 31, 2020 - 10:30AM

Guest Speaker: Tom Muldoon with MSC Cruises

Wickham Wanderers are invited to join the Pathfinders

LAST CALL July 7-17, 2020 **LAST CALL**

The road less traveled: North Carolina, Ohio & Pennsylvania by motor coach. **\$2,999 pp** double

April 6-14, 2021 – Tulip Time River Cruise in Holland. Starting from **\$4,799 pp** double

Travel Office Hours

Our office will be closed from March 30th until April 4th. The staff will be traveling on our

Memphis/ Tunica trip



EXERCISE & FITNESS

Ballroom Dancing

Monday-6:30-7:30 Anything Goes 7:30-8:30 Samba

Singles or Couples of all ages! "Dance as if no one is watching" \$10 per person (\$8 for members) Chris & Larry 321-258-5916

Bone Makers for Healthy Bones & Body

Wednesdays, 9:30 -10:45 am

Enjoy peace of mind knowing you can exercise at your level and speed with a teacher, who is aware of modifications needed for your body! This empowering program improves your bones, balance, posture, memory, and mood. Contact **Vicki "The Bone Lady" Buckley,** Certified AFAA Instructor, M.Ed (at 321-759-4962 **Chair Yoga Classes**

Tuesdays at 3:00 pm

Chair Yoga incorporates breathing as a means to increase oxygen flow throughout the body. Shelly demonstrates how the moves increase range of motion, flexibility, stability and joint mobility.

JAZZERCISE Light

Mondays, Wednesdays & Fridays at 8:30 am

Join us for a fun and energized Jazzercise Light class. Start off your mornings dancing away those extra calories using <u>Low Impact</u> moves that yield MAXIMUM results! You use muscles, not momentum, to get a total body workout without the impact on your joints.**Contact Lisa Noegel**, **Certified Jazzercise instructor at 321-506-1385 or at jazzitup2005@gmail.com**

Line Dance Classes

Every Tuesday Beginners: 4:15—5:15 pm Intermediate: 5:30—6:30 pm

Come SPRING into FUN! Great activity for exercise and fun! Come join our class with dance instructor/choreographer Sue Duncan and meet new friends. **Contact Sue at 321-505-0846** if you have any questions.

Shuffleboard

Monday & Wednesday 1 PM League Friday 6:15 PM Saturday 9AM Fun Time

The courts are open for play daily. Stop in the office to gain entry to the courts and equipment \$1 membwrs \$2 non members.

Strength & Flexibility

Thursdays at 9:30-10:30 am Cost: \$4.00 Members / \$5.00 Non-Members

Fitness Unlimited by Design presents a class you won't want to miss, right here at the Wickham Park Senior Center. Chairs Available. Contact **Susie Salvetti** at 321-626-0282 for more information.

TaiChi/QiGong Classes

Mondays at 9:45 am Wednesdays & Fridays at 8:30 am

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 Tai chi. It offers senior practitioners inner peace, and improves balance, flexibility, and mental agility. It also reduces fallscause of death and injury among older adults." Contact Laura Parsons, **Certified QiGong-TaiChi Instructor 321-474-5374 ZUMBA Gold**

Tuesdays at 8:30 am For more information, contact Cristina Aguerrevere at 321 914-9401 or at zumbacris@gmail.com

Special Events

Tuesday is Line Dancing Day



Join a great group

THIS SPACE IS

AVAILABLE



The WPSC Duplicate Bridge gro

ed Valentine's Day and National Heart Month with a dessert and appetizer bash. Our players wore red to highlight the need to support hearthealthy habits. We enjoyed an afternoon filled with good friends and good food. As an added bonus we collected over \$400 to help support the mission. statement of the National Heart As-



ARE YOU TURNING 65 OR NEW TO MEDICARE?

Need a Medicare plan for 2020?

Local sales agents are ready to help you!

Call your local, licensed sales agent for a free consultation*



German Villa

321-294-7485 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m. ¿En español? Llame gratis al 1-321-294-7485 (TTY: 711)

Humana.

Y0040_GHHHXDFEN_20_C *No obligation to enroll.



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PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



16-0351

ACTIVITIES & GAMES



Tuesdays & Fridays Doors Open at 10:00 am Early Bird starts at 11:15 am

Open to the Public! Everyone is welcomed! Play 29 games, including 50/50. Winner-Take-All games. Packages start at \$6 with a minimum daily payout of \$1,100+. Kitchen open for snacks and lunch. (*Note: Individual game prizes may be increased or reduced based on attendance.*)

Bridge-Duplicate

12:30 Mon- Wed-Sat \$6. per person Call 321-537-0907 (Pam Page) If you need a partner Chat

10:30 Wednesday

Rogue

12:15 Tuesday

Rubber

Thursdays at 1:00 pm Saturdays at 12:30 pm

Rubber Bridge games are held on Thursdays at 1 pm or Saturdays at 12:30 pm. Bring a partner. \$1.50 per member (\$2.50 per guest). They are run by **Janet Walker, 321-242-173 John Dalheim 321-848-1794**

Bunco

First & Third Thursday at 12:30 pm

Call Jackie for reservations at 321-242-7304.

HELP NEEDED! Jackie is retiring and a chairperson volunteer is needed! If interested, please contact Jackie at 321-242-7304.

China Painting Classes

Mondays at 9:30-11:30 am

Join the group for a fun class with

Frankie Lybarger. 321-254-0254

Euchre Tournaments

First & Third Wednesday in Room 117 Setup/Sign-up: 5:30 pm Games Start: 6:00 pm Cost: \$5 Members / \$6 Non-Members

Must have knowledge of the game to play the tournaments. . Prizes awarded during the tournaments. Any questions? Contact **Jay Koeller** at 321-794-6400 / jkoeller@aol.com or **Dave Reeve** at 315-729-1647

Games Galore

Wednesdays at 2:00 pm

Join a friendly group that plays a variety of card and board games. You never know what's on the docket, but it will be FRIENDLY, FUN and lift your spirits. Any questions? Contact **Mary Ann** at 321-752-9536.



Greeting Card/Paper Crafting

Come join in the fun. You are invited to enjoy Class at the Wickham Park Senior Center. Enjoy a relaxing and fun time with others while creating something fun, relaxing and meaningful. You don't have to be "Creative!", the stamps will do that for you! Our Job/Passion is to share how! Fee for supplies is ONLY \$5.00 Additional fee: \$1. Members, \$2.Non Members

(Additional supplies needed: scissors, wet glue, dry adhesive)

ACTIVITIES & GAMES

Hand and Foot

Monday & Friday 9 AM Join the group for a friendly game. Players are designated to a table



by drawings seat assignments. IfYou do not have a partner.

Line Dance Classes

Every Tuesday Beginners: 4:15—5:15 pm Intermediate: 5:30—6:30 pm

Come SPRING into FUN! Great activity for exercise and fun! Come join our class with dance instructor/choreographer **Sue Duncan** and meet new friends. Contact Sue at 321-505-0846 if you have any questions.

Mah Jongg

American: Mondays at Noon—3:00 pm Thursdays at 9:00 am—Noon Call Pat at 321-626-5419 Chinese: Wednesdays at 1:00—4:00 pm

Call Michael at 321-537-7094

An activity that fosters friendly comradery and stirs the brain!! Lessons available.

Painting in Watercolors with WPSC Brush Pals

Wednesdays at 9:45 am—Noon Beginners start at 8:30 am (Call to Schedule)

Need your "OWN" Supplies & Photos / Copies. Bring in a positive attitude and enjoy the process! For more information, and supply list contact our Watercolor Coach **Judy Champion** at 321-312-9155 or judy.champion325@gmail.com

Pinochle

Fridays at 12:30 pm

"Always a good time"

Playing 4-5-6 people, using Double or triple deck cards. **Welcome new players**

Friendly Poker

Mondays at 1:00—4:00 pm

ATTENTION: PLAYERS NEEDED! Pennies

Only, Dealers Choice.

Contact Vinnie Germann at 321-253-6155

Pool Hall

Daily at 8:30 am—4:30 pm

Tournaments are played the second Wednesday of every month @ 11:00 am. Next tournament is March 11th

<u>8 Ball Tournament February12th Winners:</u> 1st Place - Dale Foster 2nd Place - Paul Monti 3rd Place- John Esposito 4th Place - Bill Belg

Shuffleboard

Saturdays at 8:45 am for 9:00 am Start Cost: \$1.00 Members / \$2.00 Non-Members

There are 12 shuffleboard courts behind Wickham Park Senior Center that are used for the weekly games. Non-members ages 21-49 may play when accompanied by a member or when attending a club event. To learn shuffleboard, or to get back in the game, contact

Thom Winkelspecht at 321-446-3283.

WICKHAM PARK SENIOR CENTER 2785 Leisure Way Melbourne, FL 32935



MARCH

ΑCTIVITY	SUN	MON	TUES
Ballroom Dancing		6:30P Anything Goes 7:30P Beginners	
Bingo			11:00A
Bone Makers Plus			
Blood Pressure			10:30A (2 nd Tues)
Bridge: Duplicate		12:30P	
Chat			
Rogue			12:15P
Rubber			
Bunco			
Chair Yoga			3:00P
China Painting		9:30A	
Euchre			
Financial Lunch & Learn			
Games: Hands & Foot		9:00A	
Games Galore			
Greeting Cards		1:00P (2 nd Mon)	
Jazzercise Light		8:30A	
Line Dancing: Beginners			4:15p
Intermediate			5:30P
MahJongg: American		12:15P	
Chinese			
Pinochle			
Poker: Dealers Choice			1:00P
Friendly		1:00P	
Pool (Billiards)		8:30A	8:30A
Senior Law			
Shuffleboard: League Play			
League Practice		1:00P (Oct – Mar)	
Fun Time			
Sons of Confederate Veterans			
Social Scrabble			9:30A
Strength / Flexibility			
TaiChi Class			
Watercolor Instruct.			
Zumba Gold			8:30A



2020

WED	THURS	FRI	SAT
		11:00A	
9:30A			
12:30P			12:30P
10:30A			
	1:00P		12:30P
	12:30P (1 st & 3 rd Thurs)		12.301
ct rd			
6-9:00P (1 st & 3 rd Wed)			
	12:30P (2 nd Thurs)	9:00A	
2:00P		9.00A	
8:30A		8:30A	
	0.004		
1:00P	9:00A		
1.00F		12:30P	
		1:00P	
8:30A	8:30A	8:30A	8:30A
	1:00P (3 rd Thurs) *Call 321-757-5701 to register		
1:00P (Oct – Mar)			
	6:15P		
			9:00A (Apr—Sept)
	7-9:00P (2 nd Thurs)		
	9:30A		
8:30A	J.JUA	8:30A	
9:30A			

MEET & GREET

Courtenay Springs Village Retirement Community

First Tuesday 9AM - 1PM

Stop by our table for a "snack" and speak to a representative to learn more about our Residential Living Apartment located at 1200 South Courtenay Parkway in Merritt Island. 321-452-1233.

Ally Senior Living Consultants

Fourth Friday 9 AM -1 PM

Free Services for Independent-Assisted Living-Memory Care. Considering Senior Living Options, but don't know where to start? Contact Ally Senior Living Consultants at 321-209-8686, where professional and dedicated advocates are ready to help your family!

Hospice of St Francis

Third Friday 9AM-1PM

Provides hospice care for patients, support for their families.

Humana/Care Plus Health Plans, Inc. Treasure Coast Third Friday at 9–1:00 PM

We're ready to answer your questions. Located at 3060 SW Martin Downs, Blvd, Palm City, FL 34990. 772-463-3000

Serving Health Insurance Needs of Elders (SHINE)

Every Monday, Tuesday, Thursday & Friday 9:00 am—Noon

New to Medicare? Have Questions about Medicare? SHINE counseling services are available for free, unbiased and completely confidential counseling.

Call for an appointment at 321-757-0660.

Or stop by to meet a Volunteer Shine Counselor.



Ask the Attorney

Third Thursday, 1:00 pm in the Library

Our Elder Law Attorneys **David Slonim** and his associate, **G. Paul Lemieux**, of the Slonim Law Firm, welcome you to a free seminar and question & answer session on topics such as: Last Will & Testament, Durable Power of Attorney, Healthcare Power of Attorney, and Living Wills. Please call our Law office at

321-757-5701 to confirm your registration.

Bridge Lessons

Monday at 10:00 am—Noon Starting February 24 for 7 weeks Cost: \$60 plus \$15 for Books \$30 Student/Military Discount

<u>Competitive Bidding</u>: This class is the follow on to the Bridge Basics 1 and will cover the following topics:

Preemptive Opening Bids,

Overcalls and Advances,

The Competitive Auction.

Contact **Anna Lynn Wagner**, Gold Life-Master Instructor at 321-783-3250 for any questions.

Financial Lunch & Learn

Second Thursday at 12:30 pm Classes held in the Computer Room

Financial Advisor, **Chris Fitzgerald** from Edward Jones [Member SIPC], invites you for lunch and a timely seminar. Everyone is welcome. <u>No cost to attend</u>!

Financial Lunch & Learn Calendar of Events:

- March 13 Focus on Fixed Income
- April 9 Stocks: The Nuts & Bolts

Q&A session to follow presentation. Contact Chris at 321-255-4221 if you have any question.

budget and geographical preferences. We partner with you to find your loved one a confidential counseling. Call for an appointment at 321-757-0660.

MahJongg Lessons

Thursday 9-12

Call Pat for appointment 321-626-5419

Bridge Group Socializes while Supporting the Heart Association for Heart Health Month







Our "STARS" Sponsors

The Officers and Membership of Wickham Park Senior Center appreciate the continued support of our many Sponsors. As an all volunteer run organization the continued financial support allows us to offer Activities and Social events for our members.



Diamond Level: BELTONE HEARING COURTNEY SPRINGS VILLAGE EDWARD JONES INVESTMENTS DAVID SLONIM ELDER CARE HEALTH FIRST HEALTH PLANS HOSPICE of ST. FRANCIS HUMANA PLUS, INC. UNITED HEALTH CARE

<u>Silver Level:</u> BUENA VIDA ESTATES CLEAR CAPTIONS

Support Our Skonsors!

<u>Gold Level:</u> VICTORIA LANDING Meet & Greet Sponsors: COURTNEY SPRINGS VILLAGE HOSPICE OF ST. FRANCIS HUMANA PLUS, INC. ALLY SENIOR LIVING CONSULTANT UNITED HEALTH CARE VIPAMERICAN HOME HEALTH CARE



Participating in Activities You Enjoy— More Than Just Fun and Games *Tips from the National Institute on Aging*

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

* Are less likely to develop certain diseases. Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.

* *Have a longer lifespan*. One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

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

OTHER INFORMATION



Save the Date Health First Caregiving for Seniors 16th Annual Conference;

A Day of Information, Hope and Support Saturday, March 21, 2020 8 a.m. to 3 p.m. Hilton Melbourne Rialto Place Introducing our 2020 Conference Keynote

Speaker, Dr. Jim Coyle Dr. Coyle is an educator and has been a Keynote Speaker and trainer for venues all over the country. He is the author of "GPS" (Your Guide through Personal Storms)

What Is your Board Doing?

The February Board meeting was longer than normal, but it was necessary to accomplish all the business needs. Here's a brief synopsis of what was discussed and accomplished this month:

Committee Assignments - Judi Schultz and Pam Page will co-chair the Volunteer Committee. Gary McGuire was appointed chairman of the By-Laws Committee, with, Vinnie Germann and John Efird volunteering to assist.

Policy Revisions Adopted: Policy 11 – Applications to Volunteer, Policy 12 – Volunteer of the Month/Volunteer of the Year; and Policy 13 – Annual Volunteer Recognition Dinner

Approved one-year of free membership dues for 44 volunteers. Also approved 3 honorary memberships.

Thanks again to all our volunteers for your support and dedication to the Senior Center. We couldn't function without you.



GENERAL NEWS

Meet Our Staff

President:

Officers

1st Vice President:
2nd Vice President
Secretary:
Treasurer:
Louise Andsager
Diane Butler
Barbara Holliday
Gary McGuire
Peggy Miles

Systems Admin: IT Staff:

Computer Assistant: Sunshine: Newsletter:

Diane Weinzierl Pam Page Vincent Germann Lynn Higginbotham Dick Robinson <u>Directors</u> Beverly Morgan Judy Schultz Jaqueline Williams

Joyce Vetter

Staff

John Efird David Leacock John Turner Joyce Vetter JoAnn Efird Linda Graff Chris Fitzgerald Nilda Rosario

Deadline for copy submission to the newsletter is the **15th of each month**.

Please email copy to: WPSCnews@cfl.rr.com

Newcomer Tour

If you would like a tour of the Senior Center, please stop by during business hours. Our desk volunteers will be happy to show you around and answer any questions you may have.

Members Joining in January

Juanita Afanador **Richard Alger** Annie Barlow **Ralph Bliss** Rhoda Bosley Lind Coon Amy Davis Nitza De Bonet Pat Dengate Karen Dengate **Chuck Eberle** Adeline Enzor Inge Flink Linda Galletta Mary Ann Galvin John Genuise Barbara Goncaco Debbie Groves Linda Hall Brenda Hawkes Fred Hawkes Susan Hodgson Belen Kask Connie LaLonde **Charles Lalonde** Jerry Lang Judie Lang

Tena Marsh Yoko Massett Mary Jo Matas Phyllis McMahon Paul Mediratta Indira Mediratta **Charles Meeks** Margaret Moore Carol Mycoff Anne Paige Susanne Parmenter Janet Peterson Etsuko Pfotenhauer Jill Poole Vivian Pryor Sandra Richards Sharon Rivera Nancy Snyder Julie Stanley Maureen Stiner Lucia Sundstrom Barbara Tobin Charmaine Turk **Beatrice Walker** Christine Wollschleager Edward Wollschleager Janet Woods Shirley Wyle

Senior Center Holiday Closures The Center will be closed Memorial Day, July 4th and Labor Day.

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, decision 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."







Our Appreciation!!!!

Seven Students of the DEOMI (Defense Equal Opportunity Management Institute) volunteered their time on Friday evening to assist our committee taking down the tables and chairs after the dinner. We enjoyed meeting the group , but truly enjoyed watching their moves on the dance floor.