



# Friendship Flyer

MARCH 2021



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

Hours: Mon-Fri: 8:30 am—2:30 pm  
Sat: Closed Until Further Notice  
Website: [www.bcwpsc.org](http://www.bcwpsc.org)

## President's Message



Diane Weinzierl

I always enjoy telling you what's going on at the Center, but this month's article was by far the toughest one for me to write. With heavy heart and sadness I regret to inform you that our WPSC Treasurer, Dick Robinson, passed away on Tuesday, February 9. Dick was a member of the Center for many years, active in all our Bridge programs, as well as on our Board of Directors. He will be difficult to replace and our hearts and prayers go out to his family. RIP Dick – we will miss you.

February also necessitated a change to our Front Reception Desk Hours. Without a full schedule of programs at the Center, our afternoon volunteers were spending too much time alone at the Center. To alleviate this, we made a decision to adjust our Front Reception Desk hours to Monday through Friday, 8:30 am to 2:30 pm. We will revert to the previous hours when we are able to fully re-open the center for all programs.

I wanted to also express my appreciation to two of our Sponsors - St. Francis Reflections Lifestage Care, for their generous donation, and VIP America for providing our seniors with Valentines and Roses for Valentine's Day. We have wonderful sponsors at our Center and we appreciate all of their support. You may notice that we're starting a few sponsor Meet & Greet sessions outside the front lobby – please support them by stopping and learning more about them and what they have to offer.

Lastly - it's still hard to believe that this month – March – marks a full year since we were forced to shut down to deal with the coronavirus pandemic. I'm sure none of us expected to be dealing with this issue a full year later, but I'm still hopeful that we'll be able to fully re-open before the end of the year..... Stay safe and do your best to get vaccinated!

## 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!"***

## IN MEMORIAM

The Melbourne, Florida bridge community lost a true "Gentleman of Bridge" when Richard Robinson died on Feb. 9, 2021. He was 82 years of age.

Dick was a Ruby Life Master and have qualified for numerous team and pair events at National events. He served faithfully on the United 20 Board, representing Central Florida, for over 15 years. He was the treasurer at Wickham Park Senior Center, and served as the bridge club manager. He was also the appointed liaison between the bridge group and the senior center. He served as the chair of the WPSC Bridge Committee for many years. His services will be missed.

Dick was focused, calm, and astute. He graduated with a degree in electrical engineering from Rensselaer Polytechnic Institute in Troy, New York. He served his country by serving in the Navy, retiring as a Captain from the Naval Reserves. He worked for many years with the NSA and ended his work career as the Director of Special Communications at Harris Semiconductor, now known as Intersil. During his time at Harris, Dick would play bridge during lunch. During one lunchtime game, Howard Rothman introduced himself to the foursome and offered to be a substitute. It was Howard who encouraged Dick to take lessons with Tina Pomeroy and start playing duplicate. Dick took to duplicate like a duck to water and a new duplicate player was born.

Dick's technical mind was tested by the game of bridge. He relished strong competition and didn't fear the 'big guns'- he had once played legendary World Chess Champion Bobby Fisher to a draw!

Dick had a wonderful sense of humor. Upon turning 80, Dick joked that he gave himself a 'birthday present' by decreasing his daily regimen of 100 sit-ups/push-ups to only 50!

Dick was also a father and a husband. He loved his children. Bridge was forbidden on Saturday's as that was 'family time'. He never played club games in the evening because evenings were reserved for cocktail time with his wife Priscilla. Both Priscilla and Dick loved travel and wine (preferably together!). The intrepid travelers had recently visited Antarctica. Dick was worried about the rough seas as he suffered from seasickness. When asked how seasickness and a Navy career were able to interlock, Dick replied; "I just made sure I was stationed stateside".

Those who are loved by many never go away. Dick will remain in the hearts of many Wickham Park Senior Center bridge players.

*Services will be held at the Cape Canaveral National Cemetery, 5525 US Hwy 1, Mims, FL 32754 on March 9 at 2:30 pm.*



**Dick Robinson  
1938-2021**

## Virtual Webinars & Support Groups

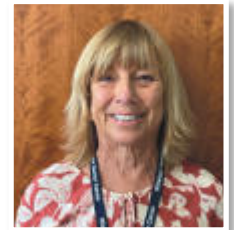
Below is a list of virtual webinars and support groups that will be provided by St. Francis Reflections in the upcoming weeks **via ZOOM**. All of their Grief Support, Educational Webinars and workshops are free to the Brevard community.

St. Francis  
**REFLECTIONS**<sup>SM</sup>  
Lifestage Care

- **Evening Grief Support:** Held on the 1st and 3rd Tuesday of every month @ 6:30-7:30 PM. Call (321) 269-4240 to register or email: [GriefSupport@ReflectionsLSC.org](mailto:GriefSupport@ReflectionsLSC.org)
- **Caregiver Support Group:** Held on the 1st and 3rd Tuesday of every month @ 6:30-7:30 PM. For more information, contact Pam McMillan at (321) 349-6915 or email: [pmcmillan@ReflectionsLSC.org](mailto:pmcmillan@ReflectionsLSC.org)

## Meet Our New Membership Chairperson & Front Desk Coordinator

My story of volunteering at the Senior Center started as bingo player with my granddaughter, Shelli (who is a bingo caller when she has time) and my daughter Michelle (who is a volunteer) and friends. I did not realize the dedication it takes from the volunteers to support the senior center and it has been an eye opener. It's a business that requires everyone's support and is operated completely by Volunteers. That's why I decided to join the Board of Directors with a little push from Michelle & Diane and became the Membership Chairperson and new Front Desk Coordinator. We are all busy with our personal lives. I always had an excuse why I couldn't volunteer. Without our volunteers there would be no center. Then Diane gave a me little push which opened my eyes and now here I am. I have a lot to learn and so much I want to give back to our community. Its tough aging but we have life experience to share so let's have fun and enjoy every moment. COVID has put so much on hold. When it goes away, and it will, we'll be ready. I want to thank all the volunteers before me. I look forward to working and learning from them. This is my story and I'm sticking to it! LOL



**Linda Payne**

## Joyful VIP Love Notes & Roses

Wickham Park Senior Center seniors were among the many thousands who received a joyful Valentine's Day surprise thanks to VIP America Home Health Referrals. This year, the local Nurse Registry collected some 4,000 mostly hand-made love notes and



hundreds of roses during the 2nd Annual Love Notes & Roses campaign.

"Valentine's Day should be a special day for everyone especially during what for many has been a time of isolation and loneliness. That's why we asked and received tremendous response from area churches, schools, businesses, senior centers, and many others who simply wanted to make sure seniors and senior veterans did not go unnoticed or unloved," said Jill Ball, President, VIP America.

Originally created to bring smiles and trigger loving memories, this year's VIP Love Notes & Roses campaign took on added significance due to the COVID-19 pandemic and the isolation that threatened lives.

"It's a proven fact that isolationism is having a devastating impact on those who have been cut off from not only their loved ones but people from the outside world. Isolationism leads to loneliness and depression. Many of our seniors and veterans needed the emotional and spiritual boost a caring note, Valentine's Card or even a simple rose can have on their lives as we continue to live under the COVID-19 cloud," said Ball.

Wickham Park Senior Center leadership reported that the love notes, and roses were very much appreciated. Many of the center's

members who received the cards and roses hope to send their thanks to those whose creativity made their day so wonderful.

If anyone would like to send a Thank You Note or a short video to VIP America Home Health Referrals, you may do so by dropping your notes off at the Wickham Park Senior Center front desk. Or you may reach out directly to VIP by calling (321) 541-1248.

"We are already planning the Third Annual VIP Love Notes & Roses campaign. We invite seniors at Wickham Park to for a group that can create the cards and our VIP staff will personally deliver them just in time for Valentine's Day as we did here at Wickham Park Senior Center," concluded Ball.

You may learn more about VIP America by visiting their website at [www.VIPAmerica.com](http://www.VIPAmerica.com) or stop by their new office located at 1542 South Wickham Road in Melbourne.

## WPSC Reception Desk Hours Update



Effective February 15, 2021, we are updating our Reception Desk hours to be open Monday through Friday, from 8:30 am to 2:30 pm. Any programs currently scheduled outside these hours will not be affected. However, individual program managers will now be taking responsibility for anything that happens during their program after 2:30 pm.

## Treasurer Needed!



WPSC is looking for someone to fill the Treasurer Position. This is a volunteer position and includes a seat on the Executive Board of Directors.

Strong accounting background required and knowledge of QuickBooks is helpful. If you are interested or know of someone who might be interested, please contact **Diane Weinzierl**, President at 321-591-3966.



# CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER  
2785 Leisure Way  
Melbourne, FL 32935

Phone: 321-255-4494  
Web: [www.bcwpssc.org](http://www.bcwpssc.org)

## MARCH 2021

ACTIVITY	NOT RESUMING IN MARCH	SCHEDULE FOR MARCH
Ballroom Dancing	<input checked="" type="checkbox"/>	
Bingo		Tuesdays & Fridays @ 11:00A
Bone Makers Plus	<input checked="" type="checkbox"/>	
Blood Pressure	<input checked="" type="checkbox"/>	
Bridge: Duplicate	Meets Virtually	Mon., Wed., and Fri. @ 12:30P Thurs. @ 12:15P and Sat. @ 7:00P
Chat	<input checked="" type="checkbox"/>	
Rogue	<input checked="" type="checkbox"/>	
Rubber		Thursdays @ 1:00—4:00P
Bunco	<input checked="" type="checkbox"/>	
Chair Yoga	<input checked="" type="checkbox"/>	
China Painting	<input checked="" type="checkbox"/>	
Euchre	<input checked="" type="checkbox"/>	
Financial Lunch-n-Learn	<input checked="" type="checkbox"/>	
Games: Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Games Galore	<input checked="" type="checkbox"/>	
Greeting Cards	<input checked="" type="checkbox"/>	
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing: Beginners		Tuesdays @ 4:15—5:15P
Intermediate		Tuesdays @ 5:30—6:30P
Mahjong: American	<input checked="" type="checkbox"/>	
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominos		Wednesdays @ 1:00—4:00P
Pinochle		Fridays @ 12:30—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Monday @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P
Senior Law	<input checked="" type="checkbox"/>	
Shuffleboard: League Play		Mondays @ 1:00P & Saturdays @ 9:00A Tournament on March 4 & 5 @ 9:00A Draw—No Two Pro's Doubles
Silver Sneakers		Thursdays @ 11:00A—Noon
Social Scrabble	<input checked="" type="checkbox"/>	
Strength / Flexibility		Thursdays @ 9:30—10:30A
Tai Chi Class		Wednesdays @ 8:30—9:15A Fridays @ 8:30—9:30A
Watercolor Instruction	<input checked="" type="checkbox"/>	
Zumba Gold		Tuesdays @ 8:30—9:15A



**OPEN TO THE PUBLIC: Tuesdays & Fridays**  
**11:15 am—2:00 pm**

**Doors Open @ 10:00 am – Early Bird Starts at 11:15 am**

**Play 29 games including early-bird, two 50/50 games and one Winner-Take-All game. Packages start at \$6. Bingo payouts will be adjusted based on attendance.**

**Kitchen open from 10:00 am to 11:30 am, with a limited menu (snacks, pizza and hotdogs).**

To comply with CDC guidelines designed to ensure safety during the COVID-19 pandemic, the following plan will be in effect:

- Six-foot tables are set up to accommodate two (2) people per table (one on each side at opposite ends). Players wishing to sit more players per table may do so at their own discretion.
- Attendance may be limited due table space available. Once all available seats are filled, it may be necessary to turn people away.
- All tables and chairs will be sanitized prior to each session.
- Everyone entering WPSC is required to wear a face mask/covering. Face covering may be removed while bingo numbers are being called, at your own discretion. However, anytime you are walking around the building or interfacing with another individual, a face covering must be worn.
- To ensure accurate contact tracing:
  - All members of the Senior Center must scan their membership cards when they enter the building and show them at the door into the bingo hall.
  - Any non-members will be required to provide a name, email address and/or telephone number information before entering the bingo hall. If you are not a member, we encourage you to join to help us with this effort. Membership is only \$20/year.

## BINGO Celebrations in February

February was a great month for our WPSC bingo players. On Friday, February 12, all members of WPSC attending received a free Valentine’s Day dauber. In addition, one of our sponsors, VIP of America, brought in roses for all the ladies.

On February 16, the bingo group celebrated Fat Tuesday, the start of Mardi Gras, complete with beads, masks and a cake, cookies, candy, moon pies and lots of other goodies. This is the 3rd year that bingo volunteers, Chuck Burr and Mark Polezynski, have put on this event, all at their own expense, for the bingo seniors at WPSC.



*Chuck and Mark at the Mardi Gras Celebration*

If you’d like to join in the fun, Bingo is played on Tuesday and Friday’s beginning with our early bird game at 11:15 am. The doors open at 10:00 am.

## Silver Sneakers UPDATE

Until the Center re-opens full-time, Silver Sneakers will be discontinuing its Monday afternoon class. We’re still here for you on Thursday mornings from 11:00 am to 12:00 noon – *Please Join Us!*

Silver Sneakers is a low impact cardio and stretching class that’s done 60% in a chair and the other 40% standing. It’s a great workout for ALL levels of fitness. The cost is just \$6 per class, but if your health insurance includes Silver Sneakers coverage, talk to me about how you can attend for free.

If you have any questions, please contact **Kim Billins** at (469) 662-4176.

## Shuffleboard

**Mondays @ 1:00 pm / Saturdays @ 9:00 am**

### February Tournament Results

Main:

1. Tom Winkelspecht/Gloria Handling
2. George Harris/Richard Ordile
3. Bruce Wolf/Jeff Handling
4. Gregg Myers/Dave Stephens

Consolation:

1. Jacques Beaudry/Kerry Siler
2. Suzie Christian/Curt Casto
3. Jane Plumpton/Patrick Campbell
4. Tom Plumpton/Lee Lamb



*Tom Winkelspecht and Gloria Handling*

The shuffleboard club is hosting a Draw – No Two Pro's Doubles tournament on March 4 & 5. The entry fee is \$6 and anyone can play.

For more information on learning how to play or participating in shuffleboard tournaments, please call **Greg Jones** at 606-219-3994 or email: [greg.sonesta@gmail.com](mailto:greg.sonesta@gmail.com).

## Chair Yoga Classes on ZOOM

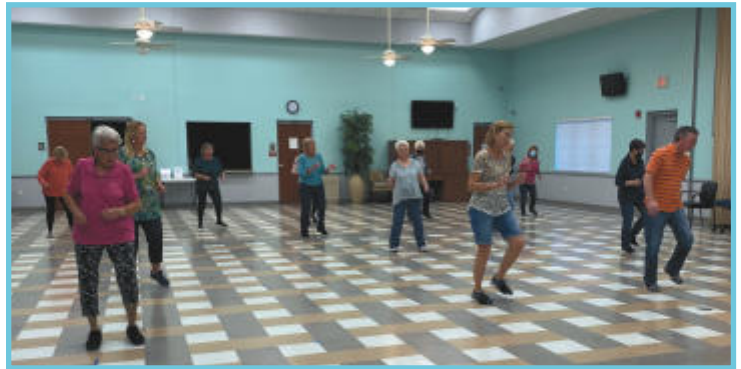
**Shelly Anderson**, is now offering a Sponsored **LIVE** Chair Yoga Class on ZOOM, Thursdays from 1:00—2:00 PM. If you have an interest, please visit Shelly's website at <http://www.chairyogawithshelly.com> to register for the class under the Schedule tab.

## Line Dancing

**Tuesdays @ 4:15—5:15 pm Beginners**

**Tuesdays @ 5:30—6:30 pm Intermediate**

Come join the fun and exercise! Must be a member and CDC guidelines are being followed for your safety. Please call **Sue** for additional information at 321-505-0846.



## Pool (Billiards)

**Monday thru Friday @ 8:30 am—4:30 pm**

**Tournaments: 2nd Wednesday of Every Month**

### YE OL Pool Room 8 Ball Tournament Results:

- |            |                 |
|------------|-----------------|
| 1st Place: | Bill Belg       |
| 2nd Place: | Barry Beddow    |
| 3rd Place: | Jorge Fernandez |
| 4th Place: | Wally Topinko   |

Next tournament is scheduled for March 10th. If you have any questions about the pool room and our tournaments, please contact **Wally Topinko** at (321) 622-5728.



**Ireland**

**Date:** June 17-29, 2021  
**Cost:** \$4,799 Per Person Double, incl Airfare  
 Discover highlights of the entire Emerald Isle!

**“Crazy for Gershwin”–Winter Park Playhouse**

**Date:** Thursday, August 12, 2021  
**Cost:** \$125 Per Person

A high-energy song and tap dance celebration paying tribute to well-loved composers, George and Ira Gershwin. Stroll down memory lane listening to 27 timeless classics, including “They Can’t Take That Away From Me”, “Embraceable You” and “I Got Rhythm”. Lunch at Cheesecake Factory with dessert.

**Lancaster Show Trip & The Dutch Country**

**Date:** September 19-25, 2021  
**Cost:** \$745 Per Person Double

**JOIN FOOTPRINTS TRAVEL**

**“Respect”–Winter Park Playhouse**

**Date:** Thursday, April 15, 2021  
**Cost:** \$125 Per Person

This joyful Off-Broadway musical takes a look at the lives of women reflected in popular 20th century music. Including lunch at Cheesecake Factory with dessert.

**Cross Canada By Rail**

**Date:** June 7-19, 2021  
**Cost:** \$6,999 Per Person Double

Fly from Orlando to Toronto where your journey begins. Take VIA Rail’s *The Canadian* to Jasper in Sleeper Plus Class. A breathtaking tour across the continent ending in Vancouver!

The WPSC Travel Office is open Monday thru Friday 10:00 am—2:00 pm

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## Vaccine Information



Below is the latest vaccine information from Brevard County as of 2/23/2021. We have included a link on the front page of the website to keep this up to date for you ([www.bcwpsc.org](http://www.bcwpsc.org)).

### Department of Health in Brevard:

COVID-19 vaccinations continue for individuals 65-plus and health care workers with direct patient contact and who aren't affiliated with a hospital system.

- Eligible Floridians can now preregister for COVID-19 vaccination at [myvaccine.fl.gov](http://myvaccine.fl.gov)
- Those who aren't yet eligible can sign up for email updates.
- In Brevard County, the number to call is 866-201-5420 (TTY: 833-476-1525).

### Publix:

- Vaccination appointments are scheduled for 65 and older online only at [www.publix.com/covid-vaccine/florida](http://www.publix.com/covid-vaccine/florida).
- New appointments are posted on the website as they become available.
- Appointments cannot be made by calling Publix or the Publix Pharmacy.

### Walmart and Sam's Club:

Vaccine appointments expected to become available for 65 and older at Sam's Club in Cocoa and all three Walmarts on Wickham Road with Melbourne addresses. The following websites will have more information, when it becomes available:

- [walmart.com/COVIDvaccine](http://walmart.com/COVIDvaccine)
- [samsclub.com/covid](http://samsclub.com/covid)

### Winn-Dixie:

Schedule appointments at [www.winndixie.com/pharmacy/covid-vaccine](http://www.winndixie.com/pharmacy/covid-vaccine) for two Brevard stores for 65 and older.

- 190 Malabar Road SW, Palm Bay
- 7960 US Hwy 1, Micco (Barefoot Bay)

## Testing Sites in Brevard

**KNOW YOUR  
COVID-19 STATUS**

**COVID-19 COMMUNITY  
TESTING SITES**

The following COVID-19 testing sites are verified through Brevard County Emergency Management:

### State-Supported Drive-Through Site:

- No appointment required
- 9am-5pm, seven days a week
- Eastern Florida State College Palm Bay Campus, 250 Community College Parkway, Palm Bay 32909 (enter at San Filippo Drive SE at Manchester Circle)
- "Express Lane" has been added for people with symptoms.
- All ages with parental consent.
- ID not required but will speed up process.
- Insurance information will be requested but not required. No copay or fee.
- Rapid antigen tests with results in as soon as 15 minutes now available.

### Health First:

- Appointment required by calling 321-434-3131
- 9am-noon Monday-Saturday
- Pro-Health & Fitness, 255 Borman Drive, Merritt Island, FL 32953
- No testing for children.

### Parrish Healthcare:

- Appointments required by calling 321-268-6139 or texting "covid test" to 321-204-1699
- Tuesdays through Saturdays at rotating sites in North Brevard.
- No testing for children.

### Department of Health in Brevard:

Testing is no longer available. Check back for updates at: [www.211brevard.org/covid-19-testing-sites/](http://www.211brevard.org/covid-19-testing-sites/)



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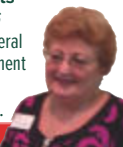
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# OUR SPONSORS

## 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.

*Thank you!*

### Diamond Level:

BELTONE HEARING  
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### Meet & Greet Sponsors:

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UNITED HEALTH CARE  
VIPAMERICAN HOME HEALTH CARE





## Welcome

### New Members in January

Ader, Frederika	Hurley, Helen
Bonville, Phyllis	Kramer, Sydney
Bosley, Brooks	Montali, Joyce
Braun, Lori	Petrovich, Shelia
Corbett, Carolyn	Pietromartire, Cid
Deeter, Barbara	Pridgen, Brenda
Dinunno, Patricia	Riemony, Dave
Echevarria, Sonia	Schad, Rex
Evans, Michael	Shanteau, Cinda
Evans, Miranda	Smith, Richard
Goodwin, Constance	Walker, Connie
Hall, Jeanne	Williams, Jane
Harr, William	

### Meet Our Staff

#### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	TBD

#### Directors

Deana Booth	Pam Page
Vincent Germann	Linda Payne
Peggy Miles	Jaqueline Williams
Beverly Morgan	

#### Staff

Systems Admin:	John Efird
IT Staff:	David Leacock
	John Turner
Sunshine:	JoAnn Efird
Newsletter:	Nilda Rosario

Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to: [WPSCnews@cfl.rr.com](mailto:WPSCnews@cfl.rr.com)

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## Motivated to Move



Movement is an essential part of every function and process within our bodies. Movement is not only about losing or maintaining a healthy weight, but strength, endurance, even our thought processes, emotions, understanding, and decision making are affected by lack of movement. Just 15 – 30 minutes of continuous movement a day can improve your overall health, helping to reduce the risks of heart disease, high blood pressure, diabetes, and other diseases.

If 15 to 30 minutes seems challenging, don't fret. Even just a few minutes of physical activity is better than none at all. Start with 5- or 10-minutes and slowly increase your time. The more you exercise, the more energy you'll have, building on those small successes will have you reaching your goal before too long. The key is to commit to some type of physical, daily activity. As moving becomes a habit, you can slowly add extra minutes and try different kinds of activities.

New to movement? Don't concentrate on whether it is a marathon or a sprint, instead focus on putting one foot in front of the other, literally. More importantly, think creatively, the more fun the activity, the more likely it is to become a part of your regular daily routine. Look beyond the typical idea of exercise, while biking, jogging, and Zumba are all fabulous ways to move, they might not be the best option for you. Mini golf, swimming, Wii Sports, or gardening might be more your speed; whatever you enjoy, find ways to do it more often. Variety is the spice of life and an excellent mantra for staying motivated to move!

Studies show, even a small amount of movement each day, can:

- Boost your mood
- Improve your sleep

- Sharpen your focus
- Reduce your stress
- Enhance memory
- Help maintain a healthy weight
- Give you more over-all energy

Here are a few simple ways to incorporate movement into your day:

- Set an alarm to remind you to get up every hour, even if it is just for a stroll around your kitchen table or to get the mail.
- March in place while watching your favorite television program.
- Grab a friend and catch-up while you walk around a local park or track.
- Stretch throughout the day, incorporate stretching into your morning and evening routines. Not only is stretching a great way to wake up the muscles, but it is also a fabulous way to wind down to prepare for bed.
- Be inefficient — put away the laundry one towel at a time, make extra trips with the groceries, or consider that trip back into the room for what you forget an opportunity to increase your step count and not a sign of aging.

The benefits of being active are far too good to pass up. With a small investment of your time and the willingness to make it a priority, and a habit, in your daily life, you will reap great rewards. Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. The case for getting up and moving the body is strong, and hopefully, it has motivated you to integrate more movement into your life.