



Friendship Flyer

MARCH 2022

2785 Leisure Drive
Melbourne, FL 32935
(321) 425-5533 / 5534

Monday-Friday: 8:30 am—4:30 pm
Saturday: 8:30 am—12:30 pm
Sunday: CLOSED
www.bcwpsc.org



President's Message



Diane Weinzierl

It's so hard to think about March without remembering the day of March 15, 2020 when we were forced to announce the closing of the Senior Center. We were closed for more than 6 months and we struggled to stay open after that, but I'm so proud to say that we are now back to pre-pandemic business, program wise and membership wise. Duplicate bridge is back in the building 3 days a week again, the Wickham Wanderers are traveling again, Bingo finally reached 90 players last month and we're even getting requests to accommodate new programs.

What's next? The team has just announced the full schedule for our Friday Night Dinner series, starting with the first one on Friday evening, March 4. This will be the first dinner held at the Center in two years. The other scheduled dates are April 1, May 6, June 3, October 7, November 4 and December 2. Please mark your calendars and plan to join us for a good meal and so fun-filled entertainment. Watch for flyers each month with specific details about each dinner, including the menu, entertainment, as well as when the tickets will go on sale.

We're also busy with spring cleaning around the center. We started at the end of last month by having the floors in the main hall stripped and waxed. More floor cleaning is scheduled over the next few weeks. Clearing out clutter and painting inside will be next on our list. We try to do this with the least amount of disruptions as possible, so please be patient. You can also help us by remembering to **"look down"** and clean up any messes on the floor before you leave.



We're still looking for ways to increase our membership. Last month we had a table at the Strawberry Festival and we will have another one at the Blueberry Festival in April to help increase awareness about the Center. I'm still amazed at how many people don't know we're here.

**Happy St. Patrick's Day, everyone.
Drink a green beer for me!**

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!"



WPSC New Telephone Number

Please make a note of the new telephone number for the front reception desk: **321-425-5533** or **321-425-5534**.

The Senior Center is 100% Operated by Volunteers!

Volunteers are the backbone of the WPSC operation. Need volunteers for:

- Front Desk
- Travel
- Bingo Callers
- Membership Committee.

If you have a few hours to spare and would like to volunteer – please pick up a Volunteer Application at the Front Desk.



Grant Writer Needed!

Do you know anyone who has Grant writing experience? It has come to my attention that there may be lots of grant \$\$ opportunities available for non-profit organizations such as the Senior Center, but we need someone with experience to help us apply for these grants. If you know of anyone with grant writing experience, please let Diane Weinzierl know – the Center could really use their help.

WPSC Updated Mask Guidelines *(Effective November 8, 2021)*



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 FY2022.



- Kathleen Agee
- Peggy Brysobn
- Robert Cason, in honor of his wife's birthday (Genevieve Cason)
- Kathleen & Andrew Cole
- Sonia Echevarria
- Laura Aho Parsons
- Susan Salvetti

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

Mark Your Calendars UPCOMING EVENTS



- **March 12-13: Spring Craft & Art Expo**
- **April 9-10: Blueberry Festival**

Imposter Scams

Here's how they work: You get a call or an email. It might say you've won a prize. It might seem to come from a government official. May it seems to be from someone you know — your



grandchild, a relative or a friend. Or maybe it's from someone you *feel* like you know, but you haven't met in person — say, a person you met online who you've been writing to.

Whatever the story, the request is the same: wire money to pay taxes or fees, or to help someone you care about.

But is the person who you think it is? Is there an emergency or a prize? Judging by the complaints to the Federal Trade Commission (FTC), the answer is no. The person calling you is pretending to be someone else.

Here's what you can do:

1. STOP! Check it out BEFORE you wire money to anyone. Call the person, the government agency, or someone else you trust. Get the real story. Then decide what to do. No government agency will ever ask you to wire money.
2. Pass this information on to a friend. You may not have gotten one of these calls or emails, but the chances are you know someone who has.

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

- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) OR TTY 1-866-653-4261
- Go online: ftc.gov/complaint

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the imposters and stop them before they can get someone's hard-earned money. It really makes a difference.

BUNCO Fundraiser



Date: Sunday, April 3, 2022
Time: 1:00 pm—4:00 pm
Place: Wickham Park Senior Center
Donation: \$20.00 to Play

Join the fun while supporting the American Cancer Society! There will be prizes, raffles, food and more! You must sign up to play. Table space is limited and please bring your own set of 3 dice. Bring a dish or finger food to share. To reserve a space, call or text **Ginny Parker** at 321-698-0445.

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.

Are You Receiving the WPSC Monthly Newsletter via Email?

A link to this newsletter is emailed to all members by the first of every month. If you are not receiving these emails, please stop by the Front Desk and verify that we have your correct email address.

The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm

The Marvelous Wonderettes

Date: April 13, 2022

Cost: \$125 per person

Cancellation Deadline April 6, 2022

Isle of Capri Casino

Date: September 14, 2022

Cost: \$45 per person

St. Johns River Cruise

Date: October 19, 2022

Cost: \$135 per person

Cancellation Deadline October 10, 2022

Stetson Mansion Grand Tour & Luncheon

Date: November 9, 2022

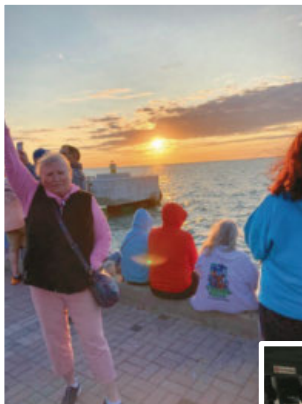
Cost: \$129 per person

Cancellation Deadline October 30, 2022

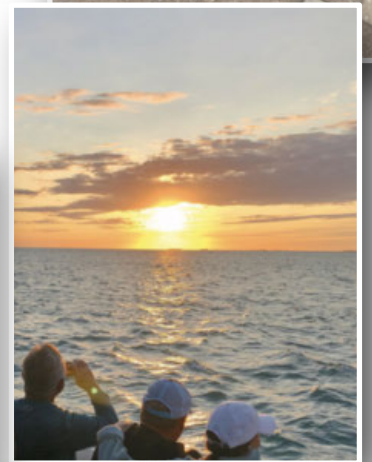
Courtesy of Travel Expressions & Diamond Tours.

For more information and reservations, please call Wickham Park Travel at 321-425-5530.

Miami to Key West Road trip



What great fun during our recent road trip to **Miami & Key West** on February 8-11. Be sure to look at all our future trips and join in on the fun. A fantastic way to meet new friends!



Ballroom Dancing & Swing Lessons

Mondays @ 6:30 Advanced / @ 7:30 Beginner
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.

Bones & Balance

NEW CLASS STARTS MARCH 7!

Mondays @ 10:00 am—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. For more information, contact **Marcia Luhn** at 321-543-6358.



TUESDAY & FRIDAY—Open to the Public!
11:15 am—2:00 pm; Doors Open @ 10:00 am
Early Bird @ 11:15 am



New Game Patterns including a Progressive game starting March 2, 2022

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more information, contact **Brenda Clarson** at 321-258-8837.

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CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

Phone: 321-425-5533 / 5534
Web: www.bcwpssc.org

MARCH 2022

ACTIVITY	NOT RESUMING IN MARCH	SCHEDULE FOR MARCH
Ballroom Dancing		Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class
Bingo		Tuesdays & Fridays @ 11:15A—2:00P
Blood Pressure Checks		
Bones and Balance	STARTING MARCH 7	Mondays @ 10:00—11:00A
Bridge: Beginner Class	MEETS VIRTUALLY & ON-SITE	Virtual Classes on Mondays @ 10:00A—Noon On-Site Classes on Wed. & Sat. @ 11:00—Noon
Duplicate	MEETS VIRTUALLY & ON-SITE	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P
Chat	MEETS VIRTUALLY	Fridays @ 9:30—11:00A
Rogue		Tuesdays @ 12:15—4:00P
Rubber		Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P 1st & 3rd Thursdays (March 3 & 17) @ 12:30—4:00P
Bunco		Tuesdays @ 3:00—4:00P
Chair Yoga		4th Thursday (March 24) @ 11:00A—12:30P Sign-up Sheet at Front Desk
Chefs for Seniors		1st & 3rd Wednesdays (March 2 & 16) @ 6:00—9:00P
Euchre		Mondays & Fridays @ 9:00A—Noon
Hand & Foot		Mon., Wed. & Fri. @ 8:30—9:30A
Jazzercise Lo		Tuesdays @ 4:15—5:30P
Line Dancing		Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon
Mahjong: American		Wednesdays @ 1:00—4:00P
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominoes		Wednesdays @ 1:00—4:00P
Oil Painting for Beginners		1st & 2nd Thursdays (March 3 & 10 / April 7 & 14) @ 1:00—5:00P
Pinochle		Mondays & Fridays @ 12:15—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Mondays @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P Saturdays @ 8:30A—12:30P
Shuffleboard: Open Play		Saturdays @ 9:00A—Noon
Tournaments		Thursday, March 10 @ 8:30A—4:30P Friday, March 11 @ 8:30A—Noon
QiGong-TaiChi		Mondays, Wednesdays & Fridays @ 8:30—9:30A
Rummikub	Replaces Games Galore	Wednesdays @ 1:00-4:00P
Senior Law		4th Friday of the Month (March 25) @ 2:00—4:00P
SHINE		Tuesdays, Thursdays & Fridays @ 9:00A—Noon
Social Scrabble		Tuesdays @ 9:30A—Noon
Strength / Flexibility		Thursdays @ 9:30—10:30A
Watercolor Instruction		Wednesdays @ 9:45A—12:30P

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

NEW UPDATES

WP Duplicate Bridge Classes

The following bridge education classes are now open for enrollment:

1. Competitive Bidding

Starts March 7, 2022 for 7 Weeks Online!

Mondays @ 9:30 am—11:30 am

Cost: \$35.00

Even if you've played bridge for a number of years, this class is the perfect way to begin to play duplicate bridge or just improve your game. Learn how to play winning bridge online using zoom in the comfort of your home. Students will bid and play hands in this fun 7-week class while learning the following topics:

- Preemptive opening bids
- Overcalls and advances
- Takeout doubles and advances
- The competitive auction

Enroll/Questions, contact Anna Lynn Wagner at 325-330-0016 or email Bridgediva1225@aol.com

2. Popular Conventions

Starts on April 5, 2022 for 9 Weeks Online!

Tuesdays @ 10:00 am—Noon

Cost: \$40.00

The course covers all the basic conventions needed to play competitive bridge. In addition, each class will have a “think like a pro” problem to teach thought processes needed to play bridge successfully. All 9 classes are online and recorded so you never miss a class. The following conventions below will be covered in depth:

- Stayman
- Transfers (Jacoby and Texas)
- Strong 2 openers, Slam Bidding, and control bidding
- Negative doubles
- Jacoby 2 NT
- Two suited overcalls (Michaels & Unusual NT)
- New Minor Force, Jordan
- Defensive carding/signaling

Enroll/Questions, contact Dave Hoffman at 321-795-3695 or email davehoffma@gmail.com

Bridge (Duplicate)

**Online: Monday thru Friday @ 12:30 pm;
Saturdays @ 7:00 pm**

On-site Classes: Mon., Wed. & Sat. @ 12:30P

Cost: \$6.00

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 or contact **Pam Page** at 321-537-0907. If you would like to play in our game, please contact Pam Page or **Bob Ezell** at 1-321-474-2293.

Bridge (Rogue)

Tuesdays @ 12:15—4:00 pm

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

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



Bridge (Rubber)

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 **John Dalheim** at 321-848-1794.

Bunco

1st & 3rd Thursdays @ 12:30—4:00 pm
Cost: \$6.00 Members / \$8.00 Non-Members

Bunco is played on the 1st and 3rd Thursday of each month. This month's dates are March 3 & 17.

Linda Peglow and **Lisa Coyle** are the Bunco Program co-



chairs. We play four rounds. After two rounds, we have a break for refreshments. We supply coffee and water. Players may bring lunch items, snacks or desserts to share. Please contact **Lisa** at 321-345-9848 to reserve your Bunco space.

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 well-being 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:

- **March 24: Simple Sauces**
- **May 26: Cooking Fish**
- **July 28: Diabetic Dinners**
- **Sept. 22: Fall Flavors**
- **Nov. 10: Thanksgiving Dishes**



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.

Euchre

1st & 3rd Wed. (Mar. 2 & 16) @ 6:00—9:00 pm
Cost: \$5.00 Members / \$7.00 Non-Members

Sign up begins at 5:30. Please be signed up and ready to play by 6:00 pm. Enter through the front door and sign in per senior center protocol. Hopefully we can get more players to come back as we strive to get back to pre-COVID numbers. For more information or any questions, please contact **Jay Koeller** at 321-794-6400.

Hand & Foot Card Game

Mondays & Fridays 9:00 am—Noon

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

Join this group of friendly and competitive players for a time well spent. Players are designated to a table by drawings seat assignments, if you do not have a partner. 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

SPRING into Spring with us at Line Dance for Fun and Exercise every Tuesday from 4:15-5:30! Enjoy making new friends while giving your body and mind a nice, fun, easy workout! For more information, call **Sue Duncan** at 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 @ 8:30—9:30 am
Cost: \$5.00 Members / \$7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Patricia Rosenthal** at 321-626-5419 (American) or **Michael** at 321-537-7094 (Chinese), if you have any questions.



Mexican Train Dominoes

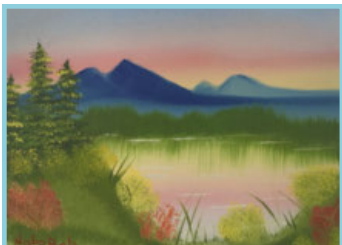
Wednesdays @ 1:00—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

Mexican Train Dominoes is a simple, easy to learn dominoes game. We enjoy playing and we would love to have you come play with us too. Contact **Cora DiCecilia** at 321-254-5014.

Oil Painting for Beginners

1st & 2nd Thurs. Each Month @ 1:00—5:00 pm
March 3 & 10 / April 7 & 14
Cost: \$40.00 per person

Spring is here, we're moving from snowy paintings to bright sunny paintings. There are still a couple of March seats available, call the Center 321-425-5533 or come in and sign up. Come paint a beautiful landscape painting with us. Classes will be held on the first and second Thursdays of each month. 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. Questions? Contact **Bob Holby** at 813-789-9810. This is the painting we'll be working on in March.

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 321-254-9517 (Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 1:00—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

Contact **Kit LaLonde** at 954-260-0687.

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
Saturdays @ 8:30 am—12:30 pm

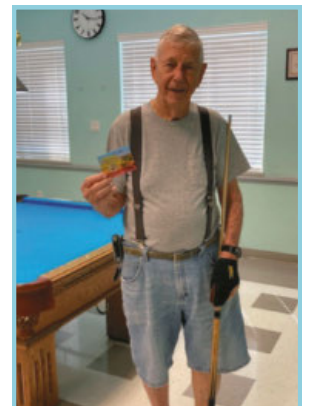
Tournaments: 2nd Wednesday of Every Month
Cost: \$1.00 Members / \$3.00 Non-Members
Plus \$.50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament

Results of 2/9/22:

- 1st: Jorge Fernandez
- 2nd: Bill Belg
- 3rd: Wally Topinko
- 4th: Dale Foster

Next tournament is March 9. 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. Contact **Laura Parsons**, Certified Instructor at 321-474-5374.



Rummikub

Wednesdays @ 1:00—4:00 pm
 Cost: \$1.00 Members / \$3.00 Non-Members

GAMES GALORE is now RUMMIKUB!

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

4th Friday of Each Month—March 25

@ 2:00—4:00 pm

Cost: Free to all WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and question and answer session on the 4th Friday of each month at WPSC Room 117. We will cover topics such as:

- 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: Saturdays @ 9:00 am—Noon

Tournaments: March 10 @ 8:30am—4:30pm

March 11 @ 8:30am—Noon

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

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.



**FSA Women's Open
Doubles Champions**

Marti Noble, from the Sebring Shuffleboard Club and her partner Sheila Winkelspecht, from the Wickham Park Shuffleboard Club, recently won the Florida Shuffleboard Assoc. Women's Open Doubles at St. Cloud on December 29th.



**Florida State Singles
Champion**

Congratulations are in order for Tom Winkelspecht who recently won the FSA Men's Non Walking State Singles shuffleboard championship in North Fort Myers, Florida in January.

Social Scrabble

Tuesdays @ 9:30 am—Noon

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

Hello fellow Scrabble players! Friendly Scrabble has returned as of April 20, 2021. Questions? Please contact **Anne O'Brien** at 303-458-7301.

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.

Watercolor Instruction

Wednesdays @ 9:45 am—12:30 pm

Cost: \$6.00 Members / \$7.00 Non-Members

Classes held in the computer room. Bring your own supplies, smiles and good attitudes! Relax, enjoy the process and camaraderie. All levels welcome!

Contact **Judy Champion** at 321-312-9155 or email Judy at judy.champion325@gmail.com.



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



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.

Monthly Schedule:

- **1st Tuesday (March 1)**



The comfort of home can't be beat. Home Instead services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead services make life easier for seniors and their families. Home Instead in Brevard County will match compassionate, reliable CAREGivers with each person's personality and needs. Call us to learn more – 321-751-1003.

- **2st Tuesday (March 8)**



At Greenwood Place, we're service-oriented and dedicated to providing just the right amount of personalized assistance, empowering residents to maintain their independence. In our park-like setting next to Mallards Landing Golf Course, Assisted Living residents enjoy restaurant-style dining, daily fitness and exercise classes, and a full calendar of educational, cultural and social events. Frequent daytrips and outings take advantage of all that Melbourne and the Brevard County area have to offer.

Thank You to Our Sponsors!

Our Next Friday Night Dinner is APRIL 1st!

The *Spring Fling Friday Night Dinner* will be on Friday, April 1 from 5:30pm-7:30pm. Our menu for the evening:

- Your choice of Black Oak Ham or Basa Brushetta (Fish)
- Parsley Buttered Potatoes
- Green Beans
- Tossed Salad
- Dinner Rolls
- Strawberry Shortcake Dessert



Music by **Janice & Rene**



Tickets are \$14.00 for Members and \$15.00 for Non-Members (cash or check) and may be purchased at the Wickham Park Senior Center Front Desk, Monday thru Friday 8:30am to 4:30pm or Saturday 8:30am-12:30pm. If you have any questions, call the Front Desk at 321-425-5533 or 321-425-5534.

Tickets on Sale NOW!



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Tending Our Mental Health in 2022

As 2022 begins, COVID-19 concerns are heating up again, and the evening news seems fraught with mostly negative events. When so much around you feels uncertain, how can you protect your mental health? We have tips you might find useful in the new year.

Nurturing Mental Health During Difficult Times

Living with chronic stress has a negative impact on your mental and physical well-being over time. That's true no matter what your age. It's linked to medical issues such as depression, diabetes, cardiac disease, memory problems, and digestive disorders. One useful method for managing your stress is active relaxation.

Unlike passive forms of relaxation, such as journaling or meditating, active relaxation requires you to be in motion. Activities that involve movement while also bringing you a sense of centeredness are considered methods of active relaxation.

One of the most common forms of active relaxation is progressive muscle relaxation. It's good for reducing stress and lowering anxiety. Here's how to get started:

- Get comfortable and take a few deep, cleansing breaths.
- Try to actively tense one part of your body, then release the tension. It's usually easiest to begin with one foot. For example, tense the muscles in your right foot. Hold for a count of ten, then let your right foot relax.
- Move to your left foot and follow the same procedure.
- Muscle by muscle, work your way up the body.

This is a great activity to do at bedtime to help you unwind and sleep.

Additional Senior-Friendly Relaxation Activities

Other ways to practice active relaxation in the new year could include:

- Tend a garden, even if it's a container garden due to limited space or mobility challenges.
- Take up knitting or other fiber arts — they are fairly inexpensive pastimes that give seniors low-impact options for active relaxation.
- Attend an in-person or online chair yoga or Pilates class a few times a week.
- Go for a daily nature walk and take pictures of the wildlife, plants, and flowers you see.
- Swim or splash around in the pool at your local fitness club.
- Learn how to paint, whether it's acrylics or watercolors — it's good for the mind and spirit.
- Have a dance party with the grandkids in the living room, even if it's by Zoom.
- Adopt a senior dog and take it for a walk every morning. Petting an animal is also a stress-buster.
- Ride a bike, indoors or out, while listening to some uplifting music.
- Go bird-watching and document the feathered friends you meet along the way.
- Do a little housework each day. Folding laundry, vacuuming floors, and dusting are good ways to reduce stress.
- Declutter and organize your closets and cabinets. Tackle a few a week until you are done.
- Watch a comedy with friends and laugh out loud. If you can't meet in person, use a video platform like Zoom or Skype.
- Repot a houseplant or arrange a bouquet of fresh flowers from the grocery store. Both natural elements are known for boosting the spirit while also promoting active relaxation.

Welcome

New Members in January

Anderson, Nina Herlinde	Ogden, Mark
Angarano, Rosalyn	Orilio, Thomas
Arsenault, Catherine	Pate, Brent
Atkins, Pamela	Rivera, Olga
Bennett, Betty	Rodriguez, Gilbert
Blemel, Jerry	Rutledge, Nina
Blemel, Karen	Sack, Gary
Composto, Kathleen	Saia, Paul
Cornish, Karen	Schneider, Linda
Crites, Loretta	Sheehan, Michael
D'Antuono, Nicholas	Sitter, Patti
Deck, Michael	Smith, Patricia
Despard, Lynn	Sukennikoff, Allyson
Dodd, Natachia	Szczepanik, Jackie
Dykeman, Eileen	Thorn, Dennis
Guerra, Anna	Thorn, Jane
Hines, Chun-ni	Toney, Charlene
Hollingshead, Diane	Touchberry, Patricia
Linda, Valencis	Valentine-Kamienski, Anita
Lundelius II, Walter	Valley, Vicki
Marks, Michael	Varnes, Eva
Negus, Chuck	Vassas, Chris
Negus, Shirley	Wichart, Joseph
Novajosky, Barbara	Wichart, Karen
Novajosky, Joseph	Winemiller, Tammy
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Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to: news@bcwpsc.org

WPSC New Telephone & Email Addresses

Please make a note of the new telephone number for the front reception desk: **321-425-5533** or **321-425-5534**, and email addresses for the Wickham Park Senior Center staff:

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
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Newsletter Editor	news@bcwpsc.org
Systems Administrator	itadmin@bcwpsc.org

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