



Friendship Flyer

MAY 2021



REMEMBER AND HONOR

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

President's Message



Diane Weinzierl

Last year there was no May newsletter due to COVID-19, so the fact that we have one this year is a very positive sign. As I'm talking to more and more of our members who have been vaccinated, the number one question I get all the time is "Now that I've been vaccinated, do I still need to wear a mask at the Center?" For now, the answer is still "Yes, we are still requiring people who come into the Center to wear a mask." Can you remove that mask during your specific program activity? That depends – see below.

- If you're in a small group setting where everyone has been vaccinated, you can remove your mask while you're in that group setting. However, if you get up to walk around the Center for any reason or if someone in the group is uncomfortable with you not wearing a mask, for any reason, you will still be required to wear a mask.
- If anyone in your group setting has NOT been vaccinated, you will still need to wear a mask.

The Board will continually review the CDC guidelines and recommendations designed to keep you safe and we will update the Center's COVID-19 Guidelines to reflect the appropriate changes and post them for everyone to see.

Another good sign I'm seeing at the Center is that several of our programs are starting to re-open.

- Bunco started on April 15 and will be continuing on the 1st and 3rd Thursdays of each month.
- Social Scrabble started on the 20th of April and will continue on Tuesday mornings each week.
- American Maj Jong started on April 22 and will continue on Thursday mornings each week.
- And there are several others thinking about restarting in May. Be sure to check our website (www.bcwpsc.org) to watch for the return of your favorite programs. The Daily Schedule at the front desk will be updated continually as we get additional information for you.

Many of our sponsors have started setting up Meet & Greet tables on Tuesday and Friday mornings as well. CarePlus, one of our sponsors, will be handing out FREE ROSES to members who are here on Friday morning, May 7 to celebrate Mother's Day. On Friday, May 28, they will also be handing out Poppies in honor of Memorial Day.

Have a Happy Mother's Day and a safe Memorial Day celebration!

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!"

Board of Directors Update

Business conducted at the April 12, 2021 board meeting:

- Rosalie Novak appointed to fill the open Director position that expires in 2021.
- A/V System speaker replacement approved.
- 4 New Members and 61 Renewals received in March, 2021.
- 3 new sponsors signed up.
- Panic button monitoring changed to World Electronics.
- Janitorial Contract renewed.
- Remainder of 2021 Holidays reviewed and approved. Will be posted.

Wickham Park Senior Center board meetings are held the 2nd Monday of each month and are open to all WPSC members to attend. The next meeting will be Monday, May 10 at 9:30 am.

Updated COVID-19 Safety Protocols for Wickham Park Senior Center (Effective May 1, 2021)

To help ensure the safety of our members and volunteers, we are implementing the following COVID-19 protocols.

- If you feel sick or have symptoms (even mild), please stay home.
- Until further notice, WPSC will **open for MEMBERS ONLY**. This will ensure we are able to provide accurate contact tracing information if necessary. (Note: Due to State Laws, Bingo is open to the public.)
- **All members will be required to scan their membership card** at the front desk upon entering the building. If you forget your membership card, a front desk volunteer will check you in. Again, this is required to enable us to provide accurate contact tracing information.

• **Face Mask/Covering Requirements**

- **All members will be required to wear a face mask/covering at all times when entering or walking around the building.**
- Face covering may be removed, at your discretion, during exercise activities, while bingo numbers are being called or when you can safely social distance.

– **What about Face Mask/Coverings when someone is fully vaccinated?**

- * **In a small group setting where every-one has been vaccinated**, face mask/covering may be removed **in that group setting**. However, if for any reason, anyone in the group is uncomfortable with someone not wearing a mask, members will be required to wear a face mask/covering. Outside of that that group setting, it will be necessary to wear a face mask/covering (example: going to the restroom or leaving the building).
- * **In a group setting where someone has NOT been vaccinated**, everyone will be required to wear a face mask/covering.
- * **It will be the program manager's responsibility to announce and enforce the proper face mask/covering requirements in their particular group setting.**

• **All members are required to respect CDC Guidelines as well as standard social distancing guidelines.**

- Please maintain 6-ft. of space from others and refrain from physical contact such as hugging or shaking hands.
- Program Managers will sanitize chairs and tables before each program.
- Hand Sanitizer will be available throughout the building.

In Loving Memory



Mary Ellen Reeves passed away peacefully at home in the early morning hours of March 23, 2021. She was pre-deceased by her husband of 61 years, Jerry Reeves.

Born in 1932 in Okeechobee, Florida, Mary Ellen met Jerry in Jacksonville, FL where she

was attending business school and Jerry was in port while serving in the Navy. They were married in 1951 within two weeks of meeting each other.

Over the course of her life, Mary Ellen was an office administrator, a full-time mother of three, a homemaker and a small business owner. She and Jerry relocated to Melbourne in 2012 from San Antonio, Texas.

Soon after arriving in Melbourne, Mary Ellen joined the Wickham Park Senior Center where she became an avid volunteer, making many dear friends and becoming involved in many activities and holding several officer positions (2nd Vice President and Director) on the Board of Directors.

For more than 10 years, Mary Ellen greeted members and visitors at the Center, working as a Front Desk Volunteer, along with her good friend, Elenor Mason, until COVID forced the Center to close in March 2020.

In addition to volunteering, Mary Ellen was also a steady player of Friendly Poker and Bunco, as well as a member of the singles group. She also helped serve food and sell the 50/50 tickets at the monthly Friday Night Dinners.

Mary Ellen is survived by her sons, Ron and Steven Reeves, her daughter Karen Hagan, six grandchildren, nine great-grandchildren and her beloved companion of nine years, Vincent Germann.

In lieu of flowers, donations can be made out to “Wickham Park Senior Center” in memory of Mary Ellen. Wickham Park Senior Center is a 501(c)3 charitable organization. Donations can be mailed to Wickham Park Senior Center, 2785 Leisure Way, Melbourne, FL 32935, Attn: Diane Weinzierl, President.

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 & workshops are free to the Brevard community.

- **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
- **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



Run for the Gecko 5K Saturday, May 8

WICKHAM PARK ACCESS CLOSED UNTIL 9:30 AM

Wickham Park Senior Center Holiday Closures

The Center will be CLOSED on:

- **Memorial Day:** Monday, May 31
- **July 4th:** Monday, July 4
- **Labor Day:** Monday, September 6
- **Thanksgiving:** Wednesday, Thursday, Friday and Saturday, November 24, 25, 26 and 27
- **Christmas:** Thursday, Friday and Saturday, December 24, 25 & 26
- **New Year's:** Thursday, Friday and Saturday, December 31, January 1 & 2, 2022

Comments? We value your opinion! There's a new SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

Phone: 321-255-4494
Web: www.bcwpsc.org

MAY 2021

ACTIVITY	NOT RESUMING IN MAY	SCHEDULE FOR MAY
Ballroom Dancing	<input checked="" type="checkbox"/>	
Bingo		Tuesdays & Fridays @ 11:00A—2:00P
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	RESUMES MAY 6 & 20	1st & 3rd Thursdays @ 12:30—4:00P
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:		Tuesdays @ 4:15—5:30P
Mahjong: American	RESUMED APRIL 22	Thursdays @ 9:00A—Noon
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: Open Play		Thursdays @ 6:30P Saturdays @ 9:00A
Shuffleboard: League Play for Members		Mondays @ 6:30P (April 12 thru May 31)
Silver Sneakers	Last Class on 5/27	Thursdays @ 11:00A—Noon
Social Scrabble	RESUMED APRIL 20	Tuesdays @ 9:15A—Noon
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

NEW UPDATES



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.

American Mahjong Now Open!

Thursdays @ 9:00 am—Noon

Come join us for American Mahjong on Thursday mornings. If you have any questions, feel free to contact **Judy Richards** at 321-254-2258.

Bunco is Back!

1st and 3rd Thursdays @ 12:30—4:00 pm
Starting May 6 and May 20 / Cost: \$6.00

Bridge Club Upcoming Classes:

1. Competitive Bidding Class

Mondays @ 10:00 am—Noon

Beginning 5/31/21 for 7 weeks / Cost: \$30.00

Instructor: Diamond Life-Master, Harold Phillips

This online course (from your home using ZOOM & BBO) is the follow on to the Bridge Basics 1 (Audrey Grant series) and will cover the following topics: Preemptive opening bids; Overcalls and advances; Takeout doubles and advances; and the competitive auction.

This course is sponsored by WPSC. Send check to: WPSC, Attn: Treasurer, 2785 Leisure Way, Melbourne, FL 32935. Please add note on check “Competitive Bidding Class”.

For questions, contact **Harold** at 321-956-9208 or email: hlphill@earthlink.net.

2. Popular Conventions Class

Wednesdays @ 10:30 am—Noon

Beginning 6/9/21 / Cost: \$20.00 for 9 Lessons

Instructor: Dave Hoffman

This online course (via ZOOM) 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.

Contact **Dave** at davehoffma@gmail.com or 321-795-3695 to enroll.

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 of 4/14/21:

- 1st Place: Pete Ragusa
- 2nd Place: Barry Beddow
- 3rd Place: Jorge Fernandez
- 4th Place: Spike Wilds

Next tournament is May 12th. Questions? Please contact **Wally Topinko** at 321-622-4977.

Social Scrabble

Tuesdays @ 9:15 am—Noon

Hello fellow Scrabble players! Friendly Scrabble has returned as of April 20, 2021. Questions? Please contact **Anne O’Brien** at 303-453-7301.



4 Leading Hip Fracture Risks for Older Adults

Experiencing a broken hip is painful at any age. It often requires surgery to repair the damage and can even result in life-threatening health complications. The hip fracture itself isn't usually the real problem. The culprit is the chain reaction of health issues older adults often experience after breaking a hip.

The risk for losing your life after a hip fracture increases even for adults as young as age 50. From infections to pneumonia, 1 in 3 people who break a hip will die from complications within a year. Almost everyone knows an older adult who never really recovered after they broke a hip.

Here's a look at what we know about hip fractures, and how you can lower your risk for suffering one.

The Facts About Hip Fractures

The statistics on broken hips among adults over the age of 65 are eye opening. According to the Centers for Disease Control and Prevention (CDC), adults over the age of 65 don't fare well if they experience a fall or other accident that results in a hip fracture:

- 300,000 seniors a year experience a broken hip
- 75 percent of hip fractures occur in women
- 95 percent of hip fractures are the result of a fall
- 50 percent of these falls happen at home

What can you do to prevent a hip fracture?

We have some suggestions that might help lower your odds of a broken hip.

4 Tips for Reducing the Risk for a Hip Fracture

1. Get screened for osteoporosis. The risk for developing osteoporosis increases with age. It's a condition many people aren't aware they have until

they experience a fracture of some kind. There are screening tests your physician can order to identify if you have osteoporosis or the precursor for it known as osteopenia.

By undergoing routine bone density screenings, you may be able to avoid osteoporosis. Diet, exercise, and other lifestyle choices can all play a role.

2. Schedule a home safety audit. Falls are the leading cause of broken hips, and most happen in a senior's private residence. That's why it's a good idea to take an objective look at your home — inside and out — to identify potential hazards.

If you aren't sure how to do this, ask your primary care physician for advice. They may have a checklist or online tool you can use. A physician may also recommend a physical or occupational therapist who offers this service to older adults. Check with your insurance provider to see if it is covered.

3. Have regular vision exams. Another risk factor for experiencing a broken hip is a vision impairment. Vision loss increases the odds for a fall, which in turn increases the risk for experiencing a broken hip.

Whether it's glaucoma, cataracts, or another issue, vision changes are common with aging. That's why it's important to see the eye doctor regularly. By undergoing a yearly vision exam, you give the eye doctor an opportunity to identify and intervene in problems early.

4. Engage in strength and balance exercises. Core strength and good balance keep you limber and flexible no matter what your age. Both help lower your risk for a disabling fall. If you don't already exercise on a regular basis, talk with your physician for advice on getting started. They'll likely recommend a program that incorporates both aerobic activities, as well as strength training.

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, their continued financial support allows us to offer Activities and Social events for our members.

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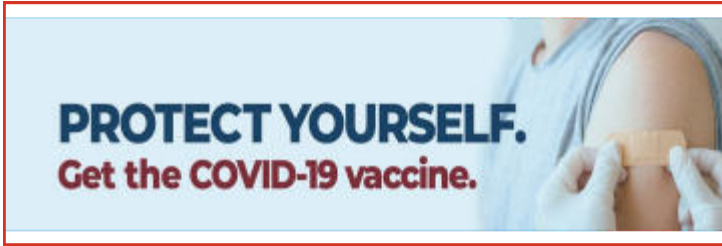
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Vaccine Information

Below is the latest vaccine information from Brevard County as of 4/26/2021. We have included a link on the front page of our website to keep this up to date for you (www.bcwpsc.org).

Department of Health in Brevard:

Appointments still are required for first and second doses during the normal operating hours of 8:15am-4pm weekdays.

- Eligible Floridians can preregister for COVID-19 vaccination at 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).

CVS:

CVS offering vaccines by appointment at cvs.com at multiple locations in Brevard.

Health First:

Register to schedule vaccine appointments for eligible residents at hf.org/staywell.

OMNI Healthcare:

Schedule appointments at OMNI locations by visiting unityphr.com/campaigns/omni/vaccine or texting "vaccine" to 844-594-3292.

Parrish Medical Center:

Providing vaccines to eligible residents at Parrish Health and Fitness Center, 2210 Cheney Highway, Titusville 32780. Book appointments at vaccine.parrishmed.com.

Publix:

- Vaccination appointments are scheduled online only at 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.

Winn-Dixie:

Schedule appointments at www.winndixie.com/pharmacy/covid-vaccine.

Walgreens:

Vaccinations are being done at some locations in Brevard. Visit walgreens.com to search for appointments.

Walmart and Sam's Club:

Schedule vaccine appointments at the following websites:

- walmart.com/COVIDvaccine
- samsclub.com/covid

City of Cape Canaveral:

Administering a limited number of COVID-19 vaccines to eligible Florida residents at drive-thru appointments. Call 321-868-1204 to be added to appointment waiting list by leaving message with name and phone number.

City of Cocoa Beach:

Administering limited number of vaccines. Visit vaccinatecocoabeach.rsvpify.com to register.

City of Palm Bay:

Appointment only at fire department headquarters next to Liberty Park, 899 Carlyle Ave. SW. Call 321-726-2790 to schedule. No walk-ups.

City of Satellite Beach:

Register by calling 321-773-4405, ext. 5, and leaving a message with name and telephone number.

Town of Indialantic:

Register to get an appointment by sending email with name and telephone number to COVID-Vaccine@Indialantic.com

Testing Sites in Brevard

Information on Testing Sites in Brevard County: www.211brevard.org/covid-19-testing-sites/





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Dear Wickham Wanderers,

This past year has proven to be quite disruptive for everyone. It is nice to see that in many ways the ability

to resume the activities of daily life is returning, albeit with limitations. That, however, does not hold true for the travel industry.

After much consideration, Footprints Travel has made the very difficult decision to officially close their business effective October 1, 2021. This will impact the Wickham Wanderers day trips, as it was Cindy Smith of Footprints Travel who created all the day trips that have been enjoyed during the past 8+ years.

Should you have questions regarding your existing daytrip reservation(s) with Wickham Park Senior Center or any travel credits received during the COVID-19 pandemic, please contact Cindy at cindy@footprintstravel.biz OR by telephone 321-514-1576.

There is a final opportunity to travel with the Footprints Travel *Pathfinders* Group on two day trips to the Winter Park Playhouse:

- Thursday, Aug. 19, 2021 "Crazy for Gershwin"
- Thursday, Sept. 30, 2021 "Book of Merman"

Both day trips include lunch at Cheesecake Factory at \$125 per trip, per person.

Space is limited, call early to reserve your spot. Come Join Us!

Susan Cassone, who has been a Monday morning volunteer in the Travel Department for over five years, will be opening her own agency. The agency's focus will be assisting individuals with their travel plans. If your future travel dreams include taking a cruise or joining a tour to explore our world, please call Susan at 321-537-4891.



Susan will still be volunteering at the Center, so be sure to say hi when you see her!

Happy Travels!

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JOIN FOOTPRINTS TRAVEL

Winter Park Playhouse – 2021 Show Trips include Cheesecake Factory Lunch with Dessert
 Cost: \$125 per trip, per person

“Crazy for Gershwin

Date: Thursday, August 19, 2021

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”.

“The Book of Merman” - Florida Premiere!

Date: Thursday, September 30, 2021

A side-splitting look at a seemingly fated encounter between Ethel Merman and two Mormon missionaries who arrive at her door.

~ To confirm your seat on a Footprints Travel Show Trip, call Cindy 321-514-1576 ~

Lancaster Show Trip & The Dutch Country

Date: September 19-25, 2021

Cost: \$745 Per Person Double



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

LPI

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that Support our Community!

Welcome

New Members in March

Allen, Athena	King, Trish
Anderson, Miriam	Lopez, Linda
Bergquist, Bonnie	Lovvorn, Deborah
Bertekap, Gerald	Luhn, Marcia
Berton, Sandra	Maxwell, Shirley
Blackridge, Suzanne	Naughton, Michael
Cable, Denise	Phumpton, Jance
Cable, Richard	Phumpton, John
Carestia, Nancy	Pollock, Jonathan
Carestia, Ralph	Rhodes, Nancy
Cooper, Ann	Rimer, Michael
Coyle, Lisa	Rollins, Albert
Daneshvary, Rennae	Rowe, Melanie
Davis, Connie	Ryals, Sherry
Desai, Minal	Scalzo, Regina
Driscoll, Carol	Siciliano, Dorothy
Finn, Ginny	Sigman, Mike
Finn, Michael	Sockol, Stewart
Gleason, Brenda	Thompson, Kim
Grandmaison, David	Twomey, Margaret
Grandmaison, Tom	Wilds, Spike
Guren, Elaine	Yoder, Kathy



A big thank you to all our volunteers from the Board of Directors.

Meet Our Staff

Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	Michelle Goldstein

Directors

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

WPSNews@cfl.rr.com



COVID-19 Information

I'm actually writing you to say thank you. It was on your website that I found information about the COVID vaccine. I live in Pennsylvania and I was trying to help a 78 year old friend that lives in Florida. I had gone to the State of Florida website, pre-registered and was waiting to hear from them.

I ran across your website while trying to find places in her area where she might be able to meet others. I saw your link for COVID information and learned that I could watch for appointments at Publix.

Thanks to your website she has received her first shot and will receive the second by the end of the month. Thank you so very much for posting this information, you are making a difference in your community.

**Laura
Pennsylvania**