



Friendship Flyer

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

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

www.bcwpsc.org

MAY 2023



President's Message



Diane Weinzierl

It's hard to believe that May is here already. Last month was Volunteer Month and we celebrated all our volunteers with a small "gift bag" and made the decision to order new shirts to help identify our volunteers. Watch for the new Blue volunteer shirts this month and be sure to thank your Volunteer when you see them. Being a 100% Volunteer-run organization, we would not be able to operate the Center without their hard work and dedication. We're always looking for new volunteers and board members, so if you have some spare time and would like to help, pick up a volunteer application from the Front Desk.

Please mark your calendar for Thursday, May 11 to participate in our first WPSC Carrabba's Fund Raising Event. What do you need to do? It's easy - just plan to **eat lunch or dinner at Carrabba's Park Place restaurant in Suntree on May 11, mention to your server that you are dining in support of Wickham Park Senior Center and WPSC will receive 10% of your bill.** Please ask all your friends, neighbors and family to support us too—they don't have to belong to the center. Not only will you enjoy a great meal, but you'll be providing much needed financial support to our Center. See the flyer on page 2 for more details. If you need another copy of the flyer to take with you as a reminder, you can pick one up at the Front Desk. I hope to see you there on May 11.

I'm pleased to announce that the tickets for our Kentucky Derby event on May 5 sold out in just 2 weeks. For those of you fortunate to get tickets, we look forward to hosting you at what we know will be a fun event. Watch for photos in next month's newsletter. I'd also like to thank our sponsors who donated funding, prizes and time to help us with this event – American Home Care Services, CarePlus, Cigna, Harbor City Hearing Solutions, Health First, Melbourne Medicine and Travel Expressions. A special shout-out and "thank you" to Nancy Colwell for her additional support. For anyone not able to get tickets, we hope we'll see you at our next big Friday-night event in October. Watch for the date and details later this summer.

I'd also like to wish everyone a **Happy Mother's Day** this month. Also, remember we are closed Memorial Day Weekend, including Saturday, May 27 and Monday, May 29. Have a safe and enjoyable holiday weekend!

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 the Spotlight

Board Member Beverly Morgan



When I retired from Banking in Colorado and moved to Florida, I wanted something different to do.

I came and visited the Wickham Park Senior Center and felt very welcome.

I saw the hard work it takes to keep our place running smoothly so I became a volunteer.

I currently serve on the board as a Director and am in charge of our Friday Night Dinners. I encourage you to come join us and become a volunteer.



The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **May 8 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

Looking for a Worthy Charitable Donation Organization?

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. We would like to thank the following people for their generous donations to WPCS in FY2023.

- Kathleen & Andrew Cole
- Nancy Colwell

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



Need Your Blood Pressure Checked?



Sea Pines will be conducting blood pressure checks at the Wickham Park Senior Center every 2nd Friday

of the month (**May 12**) at 9:00-11:00 am.

Welcome To Our New Volunteers

- Laurie Overcash – Front Desk
- Audrey Ressler – Travel
- William Seigel – Front Desk



Mark Your Calendars UPCOMING EVENTS

- **April 30 thru May 7:** Florida 35th All Veterans Reunion / Vietnam Wall Viewing
- **May 13:** Space Coast Burger Battle



Special Notices!

- The WPSC building being **CLOSED** for Floor Cleaning beginning at 4:00 pm on Saturday, May 27 until 8:00 am Tuesday, May 30.
- Free to a good home – first come, first served: **Wheelchair, 3 Walkers** and an **Upright Piano**. Please check with the Front Desk if you're interested.



Need to Schedule an Appointment with SHINE?

The WPSC SHINE Group is available Tuesdays and Thursdays from 9:00 am to Noon in Room 104. Anyone interested can call 407-514-1800 to schedule an appointment. No fee required!



*Fundraising Event
for the Wickham Park Senior Center!*

Thursday, May 11, 2023

at



Park Place at Suntree ♦ 7620 North Wickham Road ♦ Melbourne, FL 32940

Enjoy a wonderful lunch or dinner at Carrabba's Park Place at Suntree location and 10% of your bill will benefit the **Wickham Park Senior Center.**

Just mention to your server that you are dining in support of the WPSC's **Carrabba's Cares Fundraiser.**

What a fantastic way to enjoy a great meal and support your Wickham Park Senior Center!

Please pass along to all your neighbors and friends and ask them to support us as well.

The WPSC Travel Office is OPEN Monday—Friday, 9:00 am—1:00 pm
For more information and reservations, please call Wickham Park Travel at 321-425-5530.

Coconut Creek Casino

Date: June 7, 2023

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

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

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

Murder Mystery Dinner Train & Edison Ford Museum & Lunch

Date: September 24-25, 2023

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

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

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



Pigeon Forge & Smokey Mountains Show Trip

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

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

This road trip adventure includes a spacious, restroom and video-equipped motorcoach transportation; 5 nights lodging including 3 consecutive nights in the Smokies; 8 meals including 5 breakfasts and 3 dinners; One Morning Show: SMITH MORNING VARIETY SHOW; One Afternoon Show: MAGIC of TERRY EVANSWOOD; Three Evening Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE and COUNTRY TONITE; Guided tour of the great SMOKY MOUNTAINS NATIONAL PARK; Free time in HISTORIC DOWNTOWN GATLINBURG; and admission to DOLLYWOOD.

A Swingin' Christmas at the Winter Park Playhouse

Date: December 14, 2023

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

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

Breaking Up Is Hard To Do at the Winter Park Playhouse

Date: February 15, 2024

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

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

Special Thanks . . .

I joined the senior center in February and have had nothing but great experiences. The volunteers are all very polite, friendly and professional.

I would like to give a special thanks to Wally Topinka, Jorge Fernandez and the whole Billiards gang for greeting me with open arms. Take care and see you next winter!

Dan Traynor
Wisconsin & Palm Shores



Thank-you for our mail slots. They certainly will help us stay organized! Our staff, members and board always make the volunteers feel appreciated. It is a pleasure to spend an afternoon at the front desk.

Marcia Luhn

I always think you guys that run the center deserve so much for what you do, I know first hand how much my students love the senior center and all it brings to their lives, so from us to you all – THANK YOU .

Susie Salvetti

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CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

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

MAY 2023

ACTIVITY	SCHEDULE FOR MAY	NOTES
Ballroom Dancing	2 Classes on Mondays @ 6:30P & 7:30P for ALL Levels Different Dance Each Month	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	DOORS OPEN AT 10:00A
Blood Pressure Checks	2nd Friday (May 12) @ 9:00—11:00A	
Bones and Balance	Mondays @ 10:00—11:00A; Register @ 9:45A	
Bridge: Beginner Class	Saturdays @ 11:00A with Pam Page For Virtual Classes please see our website at www.bcwpssc.org and click "Bridge" icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	CLOSED ON MAY 20, 22 & 24
Party Bridge	Wednesdays @ 1:00-4:00P	NEW PROGRAM
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (May 4 & 18) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class May 18 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	Wednesdays @ 6:00—9:00P	NOW WEEKLY!
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	3rd & 4th Thursday (May 18 & 25) @ 1:00—5:00P Sign up Sheet at Front Desk	LIMIT 6 PEOPLE PER CLASS
Pinochle	Mondays & Fridays @ 12:15—4:00P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	
Friendly	Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (May 26) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
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

Ballroom Dancing & Swing Lessons

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

Cost: \$8.00 per Class for Members
\$10.00 per Class for Non-Members

Classes change every month.
Welcome Singles and Couples!
Any questions? Please contact
Chris Marcelle at 321-258-5916.



TUESDAY & FRIDAY—Open to the Public!
Doors Open @ 10:00 am
Cards Sold @ 10:30 am – 11:30 am
Early Bird Starts @ 11:15 am

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

Bones & Balance

Mondays @ 10:00—11:00 am
Cost: \$5.00 Members / \$7.00 Non-Members

Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture



and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

Duplicate Bridge

On-site Classes: Mon., Wed. & Sat. @ 12:30P
Online Classes: Thurs. @ 12:15 pm on the BBO platform
Cost: On-site classes \$6.00 / Online classes \$5.00

CLOSED ON SATURDAY, MAY 20; MONDAY, MAY 22; AND WEDNESDAY, MAY 24

Duplicate bridge classes have resumed on-site Monday, Wednesday and Saturday. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the Bridge tab. Contact **Pam Page** at 321-537-0907 or pam.page@bellsouth.net for bridge-related questions.

Party Bridge (New Program)

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

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

Rogue Bridge

Tuesdays @ 12:15—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members

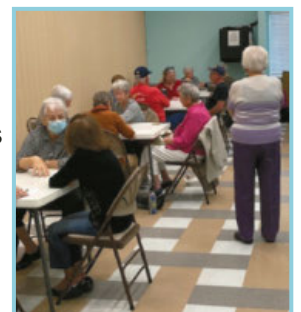
Contact **Patricia Rosenthal** at 321-626-5419.



Rubber Bridge

Thursdays @ 1:00—4:00 pm
Saturdays @ 12:30—3:30 pm
Cost: \$2.00 Members / \$4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. Any questions? The point of contact for Thursday is **Janet Walker** at 321-242-3173 and the point of contact for Saturday is **Gayle Schanck** at 541-821-7070.



Bunco

1st & 3rd Thurs. (May 4 & 18) @ 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. 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 **Linda** at 321-549-9893 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 pm

May 18: Veggies
July 20: Smoothies
Sept. 21: Fall Flavors
Nov. 16: Holidays



Join **Chef Jillian** for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign up at front desk to reserve your spot.

All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

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Euchre

Wednesdays @ 6:00—9:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Members must scan their card when entering and non-members must sign in.

Sign in starts at 5:30 pm. The game is set up tournament style with a \$4 buy-in going toward the prize pool in addition to the senior center fee. Additional \$1 for members and \$3 for non-members. Depending on how many entries the usual payout is 4 places. The penalty for sets is .25 cents which covers miniscule expenses through the year and a big Christmas party where all the money is returned via food, drawings and prizes. The games are played either 4 handed or 3 handed depending on the number of entries. This format guarantees no matter the number of entries, all will be able to play. For more information or any questions, contact **Jay Koeller** at 321-794-6400.

Hand & Foot Card Game

Mondays & Fridays 8:45 am—Noon

Setup @ 8:30 am

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



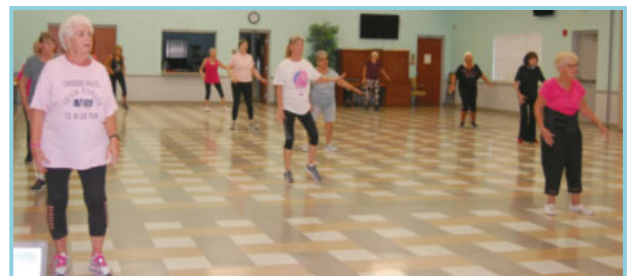
Join this group of friendly and competitive players for a time well spent. Contact **Beverly Morgan** at 303-458-8273 for more information.

Jazzercise Lo

Mon., Wed., & Fridays @ 8:30—9:30 am

Cost: \$40.00 per Month or \$10.00 per Day

Join us for a fun and energized Jazzercise Lo class. Start off your mornings dancing away those extra calories using Low Impact moves that yield MAXIMUM results! You use muscles, not momentum, to get a total body workout without the impact on your joints. Contact **Ginny Parker** at 321-698-0445.



Line Dancing

Tuesdays @ 4:15—5:30 pm

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



Line Dancing for Fun and Exercise every Tuesday 4:15-5:30! Come and make new friends with this healthy physical activity. Line dancing has been proven to increase coordination and balance as well as improve cardiovascular health and brain memory. For more info call **Sue** at 321-505-0846, Choreographer and instructor for over 50 years.

Mahjong

American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon

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

Chinese: Wednesdays @ 1:00—4:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Questions? Please contact **Patricia Rosenthal** at

321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).



Oil Painting for Beginners

3rd & 4th Thursday of Each Month

May 18 @ 1:00—5:00 pm

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

Come paint a beautiful landscape painting with us. Classes will be held on the third Thursday of each month; an overflow class will be held on the first Thursday of the month if there is enough interest. Please call the Center 321-425-5533, or come into the front desk and sign up.

For May, we'll be painting a beautiful beach scene. Come enjoy our easy-paced class and paint a picture from right here in our own backyard. This painting is good for beginners, and you should be quite pleased with your finished painting.



All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, just six participants, so Hobo Bob has plenty of time to work with you as you paint your masterpiece.

Pinochle

Mondays & Fridays @ 12:15—4:00 pm

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



Contact **Bill Mueller** at 321-242-4999 (Mondays) or **Cathy Decker** at 321-432-7813 (Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am—4:00 pm

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

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

Poker (Friendly)

Mondays @ 1:00—4:00 pm

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

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Vinnie Germann** at 321-253-6155.**Pool (Billiards)**

Monday thru Friday @ 8:30 am—4:30 pm

Tournaments: 2nd Wednesday of Every Month

Cost: \$1.00 Members / \$3.00 Non-Members
Plus \$.50 per Day or \$2.00 per WeekYE OL Pool Room 8-Ball Tournament 4/12/23 Results:

- 1st: Barry Beddow
- 2nd: Dale Foster
- 3rd: Mike Spaethe
- 4th: Joe Franco



Next tournament is May 10.

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.



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Rummikub

Wednesdays @ 1:00—4:00 pm

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

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon.



Questions? Contact **Rosalie Novak** at 321-610-8021.

Senior Law

4th Friday of Each Month

Next Class May 26, 2023 @ 2:00—4:00 pm

Cost: Free to all WPSC Members

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



- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Living Wills
- Digital Assets
- Medicaid and Asset Protection Options
- Guardianships
- Probate Matters
- General Dementia Issues

Seating is limited. Please sign up at the front desk. Questions? Please call the Law office at 321-757-5701.

Shuffleboard

Open Play: Sat. @ 9:00 am & Thurs. @ 6:00 pm

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



Call **Tom Winkelspecht** at 321-446-3283 or email: tawinkii@me.com for more information on learning how to play or participating in tournaments.

Strength/Flexibility

Thursdays @ 9:30—10:30 am

Cost: \$4.00 Members / \$6.00 Non-Members

Fitness Unlimited by Design presents a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps with posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We are working on core, arm and leg strength. Go at your own pace and feel the antiaging begin. Come join us, no need to sign up, just show up. For more information, contact **Susie Salvetti** at 321-626-0282.



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! Any questions, please contact **Judy Champion** at 321-312-9155 or judy.champion325@gmail.com.



Wickham Park Senior Center is not equipped, nor intended to be a senior care facility. WPSC activities are geared toward independent adults who are able to manage their own care, decisioning making and safety. WPSC's insurance prohibits, and WPSC cannot be responsible for, the provision of physical assistance to individuals on the premises. If an adult companion is needed, the companion may participate in the activity if they desire, regardless of age, and must pay all fees associated with the activity. WPSC reserves the right to prevent persons from being on premises if the WPSC leadership believes that person would cause harm to themselves or others.

OUR SPONSORS

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

Diamond Level Sponsors



Gold Level Sponsors



Meet & Greet Sponsors

Our monthly Meet & Greets with our sponsors have started back up on Tuesday and Friday mornings from 9—11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them.

- Tuesday, May 2: Alzheimer's Foundation Joe's Place
- Friday, May 5: Healthy Partners
- Friday, May 5: Melbourne Medicare
- Tuesday, May 9: Ally Senior Living Consultants
- Friday, May 12: Care Plus Health Plans
- Friday, May 12: Sea Pines
- Tuesday, May 16: WellCare
- Tuesday, May 16: American Home Care Services
- Friday, May 19: United Health Care
- Friday, May 19: VITAS
- Tuesday, May 26: Cigna
- Friday, May 26: St. Francis Reflections

Five Tips for Healing from Loss

1. Seek Balance—*Normal grief reactions include low energy and overwhelm.*

Set Boundaries: Take small breaks when working. Go for a quick walk when feeling overwhelmed. Accept offers of help from friends. Say no to extra obligations for now if you wish. Nap.

2. Practice Self Care—*Self care fosters healing and helps us process our grief.*

The Basics: Eating and sleeping are most important! It's hard, but try to keep a routine.
Move Your Body: Exercise moves stress OUT of your body. 10 brisk minutes a day is a great start.
Stay Connected: Try to do something social at least weekly.

3. Cultivate Gratitude & Mindfulness—*Daily gratitude and mindfulness reduces stress, unhappiness and depression.*

Gratitude Practice: Write a thank you note to someone, keep a gratitude/reflections journal, count your blessings. Think you will forget? Set a daily reminder.

Mindfulness Practice: Stop everything for 10 minutes a day to focus on calming your body, mind and spirit. Access free guided meditation

videos through apps such as Calm, Headspace, or Abide. Focus intently on your breathing for five minutes. Doodle, draw or color.

4. Honor Those You Have Lost—*Carrying the memory of the person you have lost can bring peace and acceptance as well as meaning to the person's life.*

Give Life to Their Memory: Plant a tree, donate to a charity or volunteer in their honor.

Create New Traditions: Have a moment of silence in the workplace or in your home, cook your loved one's favorite dish on Sundays, visit a place your loved one enjoyed, or come up with your own tradition.

5. Get Support—*Talking to others reduces isolation, stress, anxiety and depression.*

Talk It Out: Who are your go-to people—family, friends, workplace supports? Lean on them.

Be With Others Who Understand: St. Francis Reflections holds free support groups, social activities and seminars for those who are grieving. We are compassionate and kind. Join us!

St. Francis
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Creating a Summer Container Garden in Any Space

Nurturing a rose bush, planting a salsa garden, or putting together a pot of vibrant annuals for the front porch are all activities that are good for the spirit. In fact, the health benefits that come from tending a garden are too numerous to count. It's a pastime linked to lower blood pressure, increased core strength, reduced stress, and much more.

It's a great option for older adults with mobility or balance issues or for people who have limited outdoor space.

Tips for Creating a Container Garden

Window boxes, wine barrels, terra cotta pots, and raised beds can all make a good foundation for a container garden. You can also make your garden a little easier to move around by choosing resin or plastic-blend pots, which weigh less than concrete or ceramic pots.

To keep your containers thriving all season long, take time to do some planning up front:

- Favorite plants and colors:** Do you love the cheerfulness of a dwarf sunflower or marigold? Maybe it's the traditional flowers like geraniums or petunias that catch your eye? Think about the colors of your house and door and what flower colors might complement those. Look through garden magazines or visit sites like Proven Winners for ideas.
- Hours of sunlight:** You will also need to factor in how much light the space you'd like to place your garden receives each day. Is it in full sun, mostly shade, or a combination? Matching the plant's sun/shade requirements with your space is essential for your garden's success.
- Container options:** Some containers lend themselves to a more vibrant container garden than others. If you use a metal container and place it in full sun, for example, the roots may overheat. A planter box made from wood treated with chemicals might result in chemicals leaching into the soil. That can be a problem if you are growing herbs or vegetables in it. Tall plants, such as grasses or sunflowers, usually require space for deeper roots, so you'll need a taller container. The opposite is true if you plan to grow flowers in a hanging basket, which isn't very deep. Small plants are best.
- Potting soil:** A thriving container garden typically requires a potting mix specifically designed for containers, instead of regular garden soil. Your local garden center might have a region-specific mix you can purchase. If it doesn't, try a home improvement store. Most sell brand-name prepackaged potting soil, such as Miracle-Gro and Espoma.
- Proper drainage:** Make sure your containers have good drainage. It's what keeps the roots of a plant from rotting. If your container doesn't have predrilled holes, you can usually add them. If it's not possible to drill holes without breaking the container, cover the bottom of the pot with a layer of stone or gravel.
- Watering schedule:** One final tip is that container gardens and raised beds require more frequent watering than in-ground gardens. If it's difficult for you to drag a hose or watering can around the yard, try to locate your garden near a water source or install drip irrigation.

Gardening is a great form of exercise for people of all ages. It's a healthy workout for your mind and body.

Welcome

New Members in March

Alexander, Barbara	Mackay, Bernadette
Anvary, Bob	McGurk, Eileen
Anvary, Shiva	Miller, Missy
Barrett, Rosalind	Moran, Carol
Burgess, Christina Kiliki	Mountain, Dorothy
Charland, Gerard	Nicotra, Sandy
Clifford, Maria	Oliver, Amy
Dalrymple, Karen	Peltz, Dave
Davis, James	Peltz, Patti
Davis, Laura	Ratliff, Judy
Davis, Richard	Rewis, Lori
Frankenfield, Diane	Roy, Joseph
Gardner, Martin	Sapoznikov, Valentina
Hengehold, Shane	Varley, Beatrice
Ingenice, Julia	Varley, Bob
Kizer, Donald	Violi, Charles
LaMountain, Deborah	Wilson, James R
LaMountain, Joseph	Wilson, Leonard
Lochman, Sandra	

WPSC Email Addresses

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Wickham Park Senior Center Holiday Closures for 2023

To enable our volunteers to spend more time with their families during the upcoming holiday season, Wickham Park Senior Center will be closed on the following dates:

- **Memorial Day Holiday** – Monday, May 29, 2023
- **4th of July Holiday** – Tuesday, July 4, 2023
- **Labor Day Holiday** – Monday, Sept. 4, 2023
- **Thanksgiving Holiday:**
 - Wednesday, Nov. 22, 2023 (Day before Thanksgiving)
 - Thursday, Nov. 23, 2023 (Thanksgiving Day)
 - Friday, Nov. 24, 2023 (Friday after Thanksgiving)
 - Saturday, November 25, 2023
- **Christmas Holiday:**
 - Saturday, December 23
 - Monday, Dec. 25, 2023 (Christmas Day)
 - Tuesday, Dec. 26, 2023 (Day after Christmas)
- **New Year’s Holiday:**
 - Monday, January 1, 2024 (New Year’s Day)

Meet Our Staff

Officers	
President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lisa Coyle
Treasurer:	Colleen Barneman
Directors	
Ina Fritsch	Janice Oppelt
Celeste Garcia	Pam Page
Vincent Germann	Ginny Parker
Beverly Morgan	Janet Smith
Rosalie Novak	
Staff	
IT Systems Admin:	John Efird
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Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:

news@bcwpsc.org

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