



Friendship Flyer

NOVEMBER 2021

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

Hours: Mon-Fri: 8:30 am—4:30 pm

Sat & Sun: **CLOSED**

Website: www.bcwpsc.org



IMPORTANT DATES

- **November 10**
VITAS Healthcare
Veterans Day Event
(see page 2)
- **November 24-27**
WPSC Closed for
Thanksgiving Holiday
- **December 1**
WPSC Annual
Meeting
10:00 – 11:30 AM
- **December 6-10**
Board of Director
Annual Elections
- **December 11**
Volunteer Brunch
12:00 – 3:00 PM
- **December 23-25**
WPSC Closed for
Christmas Holiday

President's Message

As the cooler days and nights begin to make their appearance, we're seeing our work load beginning to heat up at the Center. Here's just a short list of what's happening these next 2 months:

- We're still looking for people to run for the 2022 Board of Directors. This is the ideal way to have your voice and your ideas heard about what we can better here at the Center.
- We're planning our Annual Meeting (December 1 this year) where the Board reports to the membership on all our accomplishments for the past year and gives you, our members, a chance to ask the questions you would like answered. You'll also have an opportunity to meet the people running for the 2022 Board.
- Our annual Elections will be held December 6-10 this year. Please make sure you vote.
- For the first time in 2 years we're planning our Volunteer Holiday Event which will be held on December 11. This past 2 years have been difficult for everyone, but thankfully we have a dedicated group of volunteers who have been working hard to keep things operating smoothly at the Center, and we can never say "Thank You" enough to all our volunteers.
- We'll be decorating the Center for Christmas the last week of the month. We're also planning our "Angel Tree" where everyone has a chance to give back to others less fortunate. Watch for the tree tags on the tree in the lobby later this month so you can get involved.
- Our Texas Roadhouse fundraiser is off to a good start and will continue through November 4. The Center earns 10% of all Texas Roadhouse gift card sales. A special thanks for **Elaine Sams** for spearheading this effort. Come in and get your Christmas shopping done early – just see Elaine any day between the hours of 9 am – 1 pm.



Diane Weinzierl

We now have a new Treasurer, **Colleen Barneman**. She has a wealth of experience and I am excited to have her join our Executive Board team. You can learn more about Colleen on page 3. I'd also like to thank **Elaine Dinho**, our volunteer CPA, who has been filling in for the Treasurer position during this time, as well as training Colleen.

On behalf of all our volunteers at Wickham Park Senior Center, I'd like to wish you and your family a Happy and Healthy Thanksgiving!

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!"

We Need YOU to Join Us!



WHAT: Wickham Park Senior Center Annual Meeting

**WHEN: Wednesday, December 1, 2021
10:00–11:00 am**

Please join us for some refreshments and find out what's happening at WPSC.

- How was your money spent in 2021?
- What was accomplished in 2021?
- How is COVID-19 continuing to impact the Center?
- What's the latest status of the various programs?
- Meet your nominees for the 2022 Board of Directors.

This is also a great opportunity to find out what's already planned as well as provide input into what programs you'd like to see at the Center in 2022!

All attendees will have a chance to win one of several raffle prizes, including a \$25 gift card.

To ensure we have a quorum, **please sign-up at the sheet available at the front desk.**

VITAS Healthcare Honors Veterans



VITAS Healthcare will commemorate all U.S. military service members at the Wickham Park Community Center on **November 10, 2021**, from 1:00—3:00 pm. Included in this honor are family members of deceased veterans.

Veterans will each receive a VITAS Certificate of Honor and a pin during the ceremony. Refreshments will be provided.

Space is limited to ensure safe social distancing for guests. Register today by signing up at the WPSC Front Desk.

WPSC Updated Mask Guidelines *(Effective October 11, 2021)*

- Everyone must wear a mask when entering the building or moving about the Center.
- Anyone who has NOT been vaccinated must wear a mask at all times.
- Anyone who is vaccinated may remove mask when seated in an activity room as long as the program manager approves.

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. As you know, it's been a touch year financially for the Center, so if you find you have any extra funds in your charitable donations bucket, please consider donating to the Center. Checks can be made out to Wickham Park Senior Center.

WPSC would like to thank the following for their generous donations:



Donations Earmarked for WPSC

- Jacqueline DeGaetano
- Sonia Echevarria
- Frank M. Page
- St. Francis Reflections
- Susan Salvetti

Donations Earmarked in Honor of Mary Ellen Reeves

- Angela Brown
- Verna Layman
- The Germanns and The Atiyehs – Family Members of Vincent Germann
- Vincent & Rosalie Germann
- Daniel & Karen Hagan
- Doris Lynn
- H. T. Lyons, Inc.
- G. Ronald Reeves

WPSC Fundraiser

Only a few days left to support Wickham Park Senior Center fundraiser. Please consider buying some gift cards for Texas Roadhouse.



The center will earn 10% of each gift cards value. Cards can be purchased through the travel office Monday thru Friday from 9:00 am—1:00 pm. The cards can be used at any Texas Roadhouse through out the United States. Make great holidays gifts. We accept cash or check made out to Wickham Park Senior Center. Wishing you a very Happy Thanksgiving!

“Safety is Golden” Mobility Fair

Join the **Space Coast TPO** and the **Central Viera Community Association**, for the “Safety is Golden” Mobility Fair on Friday, November 5, 2021, from 9:00 AM—12:00 PM at the Addison Village Club, 8150 Stadium Parkway, Melbourne.

Senior citizens will enjoy an interactive fair showcasing state and local vendors sharing transportation safety, mobility resources, and information. Attendees will also enjoy traffic safety demonstrations, refreshments, goodie bags, and giveaways! Limited spots. WPSC will have a table at the event – stop by and see us!

FREE to attend, but registration is required. Register here:

www.tinyurl.com/321MobilityWeekFair

In the Spotlight

Meet Your New Treasurer! Colleen Barneman

My name is Colleen Barneman. I have been a Brevard County resident for 38 years. I have 50 years of experience doing accounting and bookkeeping work. I recently retired from BSS Exteriors, a successful family business of 36 years, started by my husband and myself, and now continued by my son.



I am surrounded by a wonderful family of 4 adult married children and 9 energetic, athletic grandchildren that keep me very young at heart. My faith in God and love of family and friends are my joys in life. As I gracefully glide into retirement, I plan to enjoy morning coffee on my back porch, sewing, bunco, quilting, crafting, bingo and of course, traveling.



Lawrence Joseph Kaczmarek
June 20, 1941 – Sept. 19, 2021

Larry was an amazing husband to Chris Marcelle, loving father of Gary Lawrence Kaczmarek and Angelique Kaczmarek and stepfather to Margo and Eric Nyman. He was also an outstanding grandfather of 6 and great-grandfather of 4.

Larry grew up in Cleveland and was the proud owner of two flower and gift shops in Seville & Orville, Ohio. In addition he was the former President of the Seville Chamber of Commerce, Member of the Knights of Columbus, a Champion Ballroom dancer, former President of the New Mexico Chapter of USA Dance, Dance Captain for the Royal Palm Chapter in South FL, former owner of the Palm Beach Ballroom and host on many Stardust Dance Cruises.

Larry was a true artist (floral designer) and won many awards over the years for his outstanding decorations and designs. He was a true lover of nature, animals and people from all walks of life. Larry and his wife, Chris, taught ballroom dancing at Wickham Park Senior Center for over 8 years. Larry will be missed beyond words.

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

Diamond Level

Belton Hearing ♦ Courtney Springs Village ♦ CarePlus Health Plans ♦ CIGNA
Edward Jones Investments ♦ Greenwood Place ♦ Health First Health Plans
Health First Home Care ♦ Home Instead Senior Care
Selling on the Space Coast brokered by EXP Realty ♦ Slonim & Lemieux Law Offices
St. Francis Reflections ♦ United Healthcare ♦ VITAS Healthcare

Gold Level

Hibiscus Court • Victoria Landing

Silver Level

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Meet & Greet Sponsors

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Home Instead Assisted Living • Humana Marketing
Selling on the Space Coast brokered by EXP Realty • St. Francis Reflections
United Healthcare • VIP America Home Health Care • VITAS Healthcare

Thank You!
to our Sponsors

Come Meet Our 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 - VITAS Health Care & Power Realty
- 2nd Tuesday - Health First Home Care, CIGNA & Humana Marketing
- 3rd Tuesday - Health First Health Plans & CaptionCall
- 4th Tuesday—Home Instead Assisted Living
- 1st Friday - VIP Health Care
- 2nd Friday - United Healthcare
- 3rd Friday - CarePlus Health Plans & Home Instead Assisted Living
- 4th Friday - Ally Senior Living & St. Francis Reflections



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

Hard Rock Casino, Hollywood, FL

Date: November 17, 2021
 Cost: \$49.00 per person

Holiday Luncheon & Tour of Norton Museum & Chesterfield Hotel

Date: December 2, 2021
 Cost: \$139.00 per person
 Cancellation Deadline: November 22, 2021

Wicked Winter Wonderland & Sanibel Historical Museum & Village

Date: December 12 & 13, 2021
 Cost: \$409.00 pp Double / \$469.00 pp Single

Machu Picchu Exhibit & Lunch at The Yard House

Date: January 26, 2022
 Cost: \$151.00 per person
 Cancellation Deadline: January 15, 2022

Miami & Key West

Date: February 8-11, 2022
 Cost: \$495.00 per person
 4 Days & 3 Nights


Biloxi At The Beau Rivage

Date: March 27-30, 2022
 Cost: \$489.00 pp Double / Insurance \$27.00 pp
 \$599.00 pp Single / Insurance \$37.00 pp
 No Refunds after February 27, 2022

Courtesy of Travel Expressions & Diamond Tours.

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

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CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

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

NOVEMBER 2021

ACTIVITY	NOT RESUMING IN NOVEMBER	SCHEDULE FOR NOVEMBER
Ballroom Dancing	RESUMED OCT. 11	Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class
Bingo		Tuesdays & Fridays @ 11:00A—2:00P
Bone Makers Plus	<input checked="" type="checkbox"/>	
Blood Pressure Checks	<input checked="" type="checkbox"/>	
Bridge: Beginner Class	MEETS VIRTUALLY	Mondays @ 10:00A—Noon
Duplicate	MEETS VIRTUALLY & ON-SITE	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30P
Chat	MEETS VIRTUALLY	Fridays @ 9:30—11:00A
Rogue		Tuesdays @ 12:00—4:00P
Rubber		Thursdays @ 1:00—4:00P
Bunco		1st & 3rd Thursdays @ 12:30—4:00P
Chair Yoga		Tuesdays @ 3:00—4:00P
Chefs for Seniors	NO CLASS ON NOV. 25!	2nd Thursday @ 11:00A—12:30P Sign-up Sheet at Front Desk
China Painting		Mondays @ 9:30—11:30A
Euchre		1st & 3rd Wednesdays @ 6:00—9:00P
Games: Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Games Galore		Wednesday @ 2:00—4:00P
Greeting Cards	RESUMES NOV. 12	Fridays @ 10:30A—12:30P
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing:	NO LINE DANCING ON NOV. 23!	Tuesdays @ 4:15—5:30P
Mahjong: American		Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominoes		Wednesdays @ 1:00—4:00P
Pinochle		Fridays @ 12:30—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Mondays & Wednesdays @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P
Shuffleboard: Open Play		Saturdays @ 9:00A—Noon
QiGong-TaiChi		Wednesdays & Fridays @ 8:30—9:30A
Silver Sneakers		Thursdays @ 11:00A—Noon
Social Scrabble		Tuesdays @ 9:15A—Noon
Strength / Flexibility		Thursdays @ 9:30—10:30A
Watercolor Instruction		Wednesdays @ 9:30A—12:15P
Zumba Gold		Tuesdays @ 8:30—9:15A

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

Resumed October 11!

**Mondays @ 6:30 Advanced Ballroom Class
@ 7:30 Beginner Class**

**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, 321-258-5916.



**OPEN TO THE PUBLIC: Tuesdays & Fridays
11:15 am—2:00 pm; Doors Open @ 10:00 am**

Early Bird Starts at 11:15 am

Packages start at \$6.00. Bingo payouts will be adjusted based on attendance.

Kitchen open from 10:00 am to 11:30 am.

- 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 will be sanitized prior to each session.

For more information, contact **Brenda Clarson** at 321-258-8837.



Beginner Bridge Class

Mondays @ 10:00 am—Noon

**Cost: \$60.00 for 7 Lessons
\$30.00 Student/Military Discount**

**Book: Bridge Basics 1 by Audrey Grant
\$12.49 at Amazon**

Some books available locally at \$10.00

Whether you are looking for competition or something more relaxed, bridge is a great option for you. Learn the ultimate card game and discover your new passion in the comfort of your home. The WPSC Duplicate Bridge Club is providing a seven-week online beginner bridge course. Bridge is a great social activity and a way to make new friends. To register, contact **Linda James** at 321-848-5228 or email: lindalizjames@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 Saturday, Monday and Wednesday. 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. They can help you with tutorials for playing on BBO, or help find a partner.



Bridge (Rogue)

Tuesdays @ 12:00—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

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

Come on out for an afternoon of enjoyment at the bridge table. Any questions? Contact **Janet Walker** at 321-242-3173 for Thursday classes or **John Dalheim** at

321-848-1794 for Saturday classes.



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 Nov. 4 & 18.

Jan Glugla 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

2nd Thursday @ 11:00 am—12:30 pm

November 11: Healthy Thanksgiving Side Dishes

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



Chef Jillian takes a Midwest farm-to-table approach to food. Driven by her love of food, she attended Le Cordon Bleu and became a certified pastry chef. She worked at Disney's EPCOT Food and Wine Festival where she was recognized for her hard work, leadership skills and health and safety compliance. She also worked as a Pastry Chef at a Disney hotel where her dessert was featured in a magazine. After relocating to Melbourne she worked as a Pastry chef at the Chart House. Jillian loves serving the senior community in the Melbourne, Palm Bay, and Indian Harbour Beach areas as a Chefs For Seniors franchise owner. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting.



All proceeds from this event are donated to The Children's Hunger Project, Brevard County's Backpack Program.

China Painting

Mondays @ 9:30—11:30 am

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



Classes are held in Room 117. Contact **Frankie Lybarger** at 321-254-0254, if you have any questions.

Euchre

1st & 3rd Wednesdays @ 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.

We had nine people at our last tournament welcoming a new player Terry D. Hopefully we can get more players to come back as we strive to get back to pre-COVID numbers. Winners from the tournament on Oct. 6: Ron came in 1st place with Robin taking down 2nd.

Questions? Please contact **Jay Koeller** at 321-794-6400.

Games Galore

Wednesdays @ 2:00—4:00 pm

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

Mexican Train Dominoes, and special card games, such as UNO, SKIP-BO, 5 CROWNS, QUIDDLER, PHASE 10, MAHJONG card game (not tiles) and special CANASTA cards. The group decides each week what they would like to play depending on the number of people in attendance. We are a social group and will teach you any of the aforementioned games. Contact **Mary Ann Kacanda** at 321-752-9536.



Greeting Cards Class

Resumes November 12!

Fridays @ 10:30 am—12:30 pm

Cost: \$15.00 Members / \$17.00 Non-Members

Join **Dianne DeDominici** of LoveGiftCrafts in creating up to TWELVE beautiful cards to share with old friends, new friends, and family members ... just in time for the holidays! Come have fun creating! If you have any questions, please contact Dianne at 207-332-2651 or dianne@lovegiftcrafts.com. ALL SUPPLIES & TOOLS PROVIDED. Maximum 12 crafters per class.



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 **Nancy Berckhemer** at 321-254-5170 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

NO LINE DANCING ON NOVEMBER 23!

Line Dancing for Fun and Exercise. Come join the fun every Tuesday afternoon from 4:15-5:30 pm! While learning moves listening to a variety of music both past and present, our dance family enjoy making new friends while improving flexibility. We will be taking Tuesday, Nov. 23 of Thanksgiving Week as a day to give thanks to family and friends. Classes will return to normal the following Tuesday, Nov. 30. Please call **Sue Duncan** for more information at 321-505-0846.



Mahjong

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

Chinese: Wednesdays @ 1:00—4:00 pm

Cost: \$1.00 Members / \$3.00 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.

Pinochle

Fridays @ 12:30—4:00 pm

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

Contact **Cathy Decker** at 321-254-9517.

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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 & Wednesdays @ 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 Week



YE OL Pool Room 8-Ball Tournament Results of 10/13/21:

- 1st Place: Jorge Fernandez
- 2nd Place: Wally Topinko
- 3rd Place: Barry Beddow
- 4th Place: Dave Reeve

Next tournament is November 10. Questions?
 Please contact **Wally Topinko** at 716-830-5978.

Shuffleboard

Saturdays @ 9:00 am—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.

QiGong-TaiChi

Wednesdays & Fridays @ 8:30—9:30A
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.

Silver Sneakers

Thursdays @ 11:00 am—Noon
Cost: \$6.00 Members / \$8.00 Non-Members
 Silver Sneakers is a low impact cardio and stretching class that's done 60% in a chair and the other 40% standing. It is a great workout for ALL levels of fitness! The cost is just **\$6.00 per class**, but for some of you, your health insurance may cover the cost of the class and you can come and work out FOR FREE! All you need to do is contact your health insurance company and ask them if your policy includes Silver Sneakers. Contact **Kim Billins** at 469-662-4176.

Social Scrabble

Tuesdays @ 9:15 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 303-453-7301.

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!



Welcome

New Members in September

Agee, Kathleen	Lugo, Loida
Avila, Berta	Maxner, James
Avila, Cheryl	McCartney, Judy
Avila, Orlando	Mishler, Nancy
Barry, Jenne	Ostrander, Joan
Biesack, Maryann	Quinones, Sonia
Brantley, Robert	Rezanka, Sandy
Brobst, Ikuko	Roberts, Jessie
Carlson, Rose Marie	Scarlata, Louise
Coleman, Edward	Schumm, Jutta
Corazon, Mario	Shankle, Sara
Dugan, David	Shankle, Ted
Dugan, Lorena	Stephenson, Bill
Earle, Betsy	Taulbee, James
Eno, Teri	Taulbee, Lois
Gindling, Larry	Taylor, Ronald
Haridopolos, Georgia	Thomas, Sarah
Holby, Bob	Vollmers, Gene
Kaminski, Karen	Walker, Elizabeth
King, Dorothy	Walker, Michael
Knee, Patricia	Watson, Susan
Levin, Lois	

Meet Our Staff

Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	Colleen Barneman

Directors

Sonia Echevarria	Pam Page
Vincent Germann	Ginny Parker
Peggy Miles	Linda Payne
Beverly Morgan	Jaqueline Williams
Rosalie Novak	

Staff

Systems Admin:	John Efird
IT Staff:	David Leacock
	Maureen Reeder
	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:

news@bcwpsc.org

Wickham Park Senior Center Holiday Closures

The Center will be CLOSED on:

- **Thanksgiving Holiday:**
 - Wednesday, November 24
 - Thursday, November 25 (Thanksgiving)
 - Friday, November 26 (Friday after Thanksgiving)
 - Saturday, November 27
- **Christmas Holiday:**
 - Thursday, December 23
 - Friday, December 24 (Christmas Eve)
 - Saturday, December 25 (Christmas Day)
- **New Year's Holiday:**
 - Friday, December 31, 2021 (New Year's Eve)
 - Saturday, January 1, 2022 (New Year's Day)

WPSC New Email Addresses

As of October 1, all email addresses for the Wickham Park Senior Center has been changed to the following:

Directory	New 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
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David Leacock, IT Staff	itstaff-dl@bcwpsc.org
John Turner, IT Staff	itstaff-jt@bcwpsc.org
Maureen Reeder, IT Staff	itstaff-mr@bcwpsc.org

Strength/Flexibility

Thursdays @ 9:30—10:30 am

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

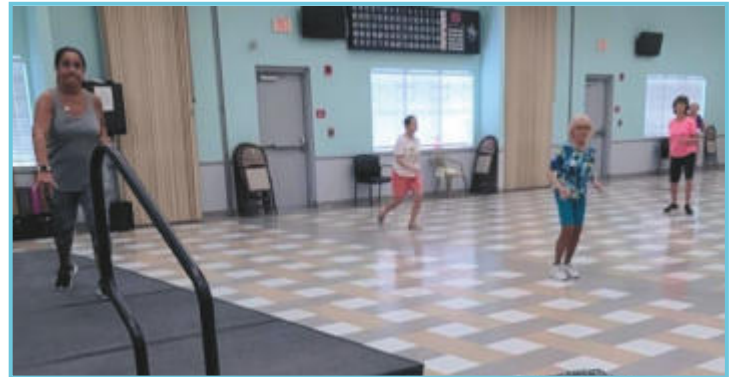
Fitness Unlimited by Design presents a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps with posture and alignment of the spine, helps us stay limber, agile, strong and 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.

Zumba Gold

Tuesdays @ 8:30—9:15 am

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

Zumba Gold has numerous health benefits including mood elevation. Zumba boosts dopamine and serotonin in the brain to produce general happy feelings. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! For more information, please contact **Cristina Aguerrevere** at 321-914-9401.



Watercolor Instruction

Wednesdays @ 9:30 am—12:15 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 judy.champion325@gmail.com.



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Holistic Remedies for Arthritis

Arthritis refers to a range of conditions that involve pain and inflammation in the joints. The root word Arth refers to joints and the ending itis means inflamed or inflammation. Arthritis is a degenerative condition which means the symptoms tend to get worse over time.

There are two main types of arthritis, osteoarthritis (OA) and rheumatoid arthritis (RA). OA mainly comes from wear and tear of the cartilage between our bones. When the cartilage gets worn down allowing bones to rub together this leads to friction, inflammation and pain. RA is a systemic condition and is thought to be an auto-immune disease. This happens when our immune system mistakenly attacks otherwise healthy joint tissues.

Doctors can prescribe medications to relieve the pain of arthritis. These medications can be effective in managing pain, however, the medications themselves can lead to other problems. Many knowledgeable and well-trained Doctors often recommend more natural and holistic approaches to caring for patients suffering with arthritis. Some of the holistic approaches to managing arthritis include:

Chili pepper lotion – Capsaicin, the active ingredient in chili peppers, isn't just good for spicing up food. Doctors and holistic experts have been recommending capsaicin containing remedies for 100's of years. Rubbing a capsaicin lotion or gel over symptomatic joints can help ease the pain and reduce swelling.

Glucosamine/Chondroitin supplement – glucosamine is a naturally occurring substance our body produces to help maintain healthy cartilaginous surfaces. Cartilage is a rubbery tissue that cushions and protects our joints.

Taking a high-quality glucosamine/chondroitin supplement has given relief to many arthritis sufferers over the years.

Turmeric – turmeric is a powerful anti-inflammatory spice that has been shown to help reduce swelling and pain from arthritis. Turmeric has been a staple in Indian dishes for centuries and has recently gained great following for the benefits given to arthritis pain and swelling.

Fish oil supplements – fish oil supplements contain anti-inflammatory omega-3 fatty acids. You can consume omega-3 fatty acids in your diet by eating cold water fish, nuts and seeds. Far greater concentrations of omega-3's can be found in supplements and are quite well absorbed.

Cannabidiol (CBD) products – cannabinoid oil is derived from the hemp plant and has quickly become very popular with arthritis sufferers. There is some lingering controversy with CBD products due to the sister plant of hemp, which is marijuana. These controversies are non-sensical and hopefully, will end soon, as CBD products do not contain the intoxicating compound THC, like marijuana does. CBD oils might be the most popular and effective holistic product for arthritis sufferers currently available.

Our last recommendation will be a catch-all of many well-known remedies to help with arthritis pain. These include eating a gluten-free diet, reducing intake of sugar and avoiding processed foods. Each of these individually have been shown to help reduce the pain and inflammation from arthritis in many people.

Arthritis can be a life-altering and very limiting, painful condition. However, there are many holistic remedies that have shown to be safe and effective in reducing these painful conditions. I constantly encourage my friends to try these remedies and many others, in finding relief from the painful effects of arthritis. I use a number of these remedies myself on a daily basis. I am certain they have a positive effect in keeping me on my feet.

Health First Home Care & Health First Private Duty

“During the month of November, the Home Care community honors the millions of nurses, home care aides and therapists who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. Please join me in honoring the compassionate and dedicated team at Health First who play an invaluable role for their clients as caregivers, companions and friends.”

*Michelle Rogers, System Director
Health First Home Care*



Home Care 101

At Health First, we know you would rather recover at home than stay in the hospital or travel to a doctor's office or rehabilitation center. That's why we offer medical services by skilled professionals to make your transition back home a smooth one. We offer a wide range of professional health services all provided in the comfortable and familiar environment of your home where family and friends can be with you any time to offer support and encouragement.

There are different types of care offered and sometimes it can be confusing to choose the type of care that is best for you or your family member. At Health First, we offer Home Care and Private Duty nursing. What is the difference, you may ask? The biggest difference is that Home Care is typically short-term care for transitioning patients from hospital to home. Private Duty Nursing is a longer-term option for those needing more consistent, daily care.

Health First Home Care

- Must be homebound and in need of skilled services in order to qualify
- Service must be ordered by a physician

- Service does not cover custodial care (meal prep, personal care, etc.) by itself and cannot provide transportation
- Service is generally paid for by Medicare or a Health Plan

Health First Private Duty

- Do not need to be homebound or have skilled services to qualify
- Service can be continuous in nature (as few as 4 hours or up to 24 hours, 7 days a week) and can go on indefinitely
- Care does not need to be ordered by a physician (anyone can request care)
- Service can include custodial care or transportation
- Patient or long-term care insurance pays for the service, not Medicare or Medicaid

Based on your needs, Health First Home Care can develop a plan in coordination with you and your physician. This plan will include education and training for you and your family. Additionally, our team will provide one-on-one care to assess the effectiveness of your treatment and ensure that you receive the most comprehensive care.

With Health First Private Duty nursing, our family of professionals are all Health First associates (no independent contractors) and assist with Home Health Aides, Sitters, Home Companions and Homemakers. We offer complete personal care, errands, transportation, respite care, live-in assistance, medication set-up/assistance and skilled nursing services.



**To learn more about your care options, visit:
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