



Friendship Flyer

OCTOBER 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

President's Message



Diane Weinzierl

As usual, Fall brings lots of changes to the Center.

NEW EMAIL ADDRESSES - As of October 1, the County has changed internet providers, which means the Center has all new email addresses (see page 3). Please make sure you update your records as anything sent to an old address will most likely not be received.

TRAVEL UPDATE - For the first time in 18 months, the Travel team hosted their first travel trip. On September 15, a group of 34 people spent the day at the Isle of Capri (see page 15). Everyone had a great time, even those who didn't come home winners (yes, yours truly is in the loser category). A special thanks to two of our sponsors, Cigna and Selling on the Space Coast brokered by EXP Realty for providing water, snacks and door prizes. The Travel team is continually working hard to add new trips to our calendar with a goal of having at least one trip a month. Be sure to check out the calendar in the newsletter, on the web site or the next time you're at the Center. In addition to having a great time, these trips are also wonderful for making new friends.

FUND RAISER EVENT - From October 5 to November 5, we will be selling gift cards to Texas Roadhouse (see page 12). Watch for flyers that will be posted with more details about how you can purchase these cards. During the month, we'll also have a representative at various program events available to provide more information.

BOARD MEMBERS NEEDED - We're still looking for a new Treasurer as well as new Board Directors for 2022. Serving on the board is a great way to learn more about how the Center is run, but it also provides you with an opportunity to provide your input to help improve things at the Center. If you're interested, please talk to any Board Member (they are all listed on page 14 of this newsletter).

PLEASE REMEMBER TO BE KIND - Lastly, I know that the COVID issues and mask requirements are weighing heavily on everyone these days and at times we all get a little impatient and grouchy. However, we all come to the Center to enjoy time with our friends – so please remember that and treat everyone with the same kindness you'd like shown to you.



- **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

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

Your Board met on Monday, September 13 and conducted the following business:

- COVID-19 Review. Considerable discussion ensued around the issue of the mask mandate at the center. The Board voted to keep the mask mandate in place, empowering the program managers to ask people to comply or leave the building. Programs not in compliance with the posted COVID-19 protocols will be subject to a program shutdown for a minimum of 2 weeks.
- To accommodate volunteers who are already scheduled for a travel trip in December, the board votes to move the Volunteer Brunch to Saturday, December 11 at the Crown Plaza. Details will be sent out to all volunteers at a later date.
- The board voted to rent space for a senior expo on World Elder Abuse on June 15, 2022. All other activities will be suspended for that day.
- The Nominating Committee is still recruiting volunteers to run for the 2022 board of directors. If you'd like to serve on the Board of Directors next year, please contact Vinnie Germann.
- The Board is still looking for someone to fill the Treasurer position.
- The County has signed a new internet provider contract which will affect email addresses at the center. New email addresses will go into affect ASAP. Old email addresses will no longer be available after 9/30/21.
- A Texas Roadhouse gift-card fundraiser will be held at the center from October 5 to November 5. The center will receive 10% of the cost for all gift cards sold.
- The next Board of Directors Meeting will be held Monday, October 11 at 9:30 am. These meetings are open to all members to attend.

COVID-19 Safety Protocols for Wickham Park Senior Center

(Effective Monday, September 13, 2021)

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

- **If you have not been fully vaccinated** for COVID-19, **we strongly recommend that you not come into WPSC** during this time.
- If you've been exposed to COVID-19, feel sick or have symptoms (even mild), please stay home until you have tested negative for COVID-19.
- **Anyone entering the WPSC building will be required to wear a face mask (covering nose and mouth) at all times except for where noted below.**
 - Face mask may be removed only during exercise activities, when eating or drinking or when you can safely social distance.
 - Program managers are responsible for asking individuals to comply with these protocols or immediately leave the building.
 - Programs not in compliance with the above are subject to shut-down for a minimum of 2 weeks.
 - Multiple non-compliance infractions may result in indefinite program suspension.
- **All members are 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 gladly check you in. Non-members are required to sign the guest book that is located at the Front Desk.
- **All members are required to respect CDC Guidelines as well as standard social distancing guidelines.** Please maintain 6-foot 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.
- All members and activity participants are **required to sign a hold harmless statement** that will be available at the front desk. Hold harmless statements only need to be signed once and will be kept on file at the front desk.

No Curb Parking!



You may notice the new “NO PARKING” signs added along the curb on the main road across from our building. Parking along the curb is not legal and is an accident waiting to happen, particularly along the curb behind our handicapped parking as it makes it very difficult for people legally parked to back out when they leave the Center. Please park in a legally marked parking space only. There is additional parking available at the community center next door if necessary. We appreciate your cooperation.



WPSC Treasurer Needed!

WPSC is looking for someone to fill the Treasurer position. This is a volunteer position and includes a seat on the Executive Board of Directors. Strong accounting background required and knowledge of QuickBooks is helpful. If you are interested or know of someone who might be interested, please contact **Diane Weinzierl**, President, at 321-591-3966.

WPSC New Email Addresses

As of October 1, all email addresses for the Wickham Park Senior Center will be 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
WPSC Webmaster	webmaster@bcwpsc.org
Travel Office	travel@bcwpsc.org
Front Desk Reception	reception@bcwpsc.org
Bridge Club	bridge@bcwpsc.org
Newsletter Editor	news@bcwpsc.org
John Efird, IT Systems Admin	itadmin@bcwpsc.org
David Leacock, IT Staff	itstaff-dl@bcwpsc.org
John Turner, IT Staff	itstaff-jt@bcwpsc.org
Maureen Reeder, IT Staff	itstaff-mr@bcwpsc.org

Please be sure to update your records! Any email sent to the old “@cfl.rr.com” email addresses will be undeliverable.

Computer Help Needed!

The Tech Support staff at the Senior Center is in need of volunteers to assist with computers and associated equipment. If you have experience in any of the following and can volunteer a few hours a week, please contact John Efird at 321-704-0520, or email wpscitadmin@cfl.rr.com. The skills needed are:

- **Data Entry:** Ability to create and edit documents in Microsoft Word and Excel. Familiarity with Microsoft Publisher and Access database software is a plus.
- **Routine Hardware and Software Maintenance:** Periodic running of anti-virus and anti-malware software. Monitoring printer use to determine when toner, ink or other printer hardware needs replacement.



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

Beltone Hearing ♦ Courtney Springs Village ♦ CarePlus Health Plans
 CIGNA ♦ Edward Jones Investments ♦ Health First Health Plans ♦ Health First Home Care
 Home Instead Senior Care ♦ Power Realty ♦ Slonim & Lemieux Law Offices
 St. Francis Reflections ♦ United Healthcare ♦ VITAS Healthcare

Gold Level

Hibiscus Court • Victoria Landing

Silver Level

Buena Vida Estates • ClearCaptions

Meet & Greet Sponsors

Ally Senior Living Consultants • CaptionCall • CarePlus Health Plans
 CIGNA • Courtney Springs Village • Health First Health Plans • Health First Home Care
 Home Instead Assisted Living • Humana Marketing • Power Realty
 St. Francis Reflections • United Healthcare
 VIP America Home Health Care • VITAS Healthcare

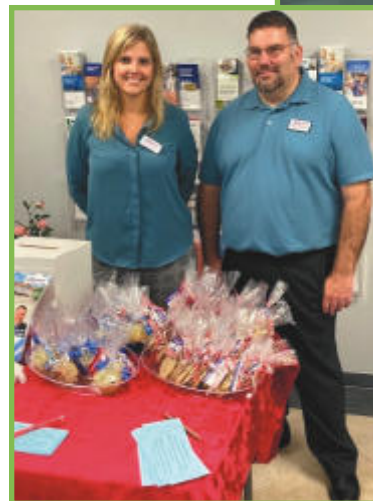


Come Meet Our Sponsors!

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



In FY2021, we have been fortunate to receive a number of donations to the Center. We would like to thank them for their generosity:

Donations Earmarked for WPSC

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

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

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations.



*Reflecting life, love
and compassion*

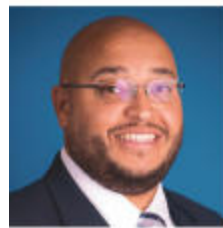
St. Francis
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- Hospice
- Palliative Care
- Grief Support

321-269-4240
ReflectionsLSC.org

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Gabriel Quezada
321-419-7409
(TTY: 711)

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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

OCTOBER 2021

ACTIVITY	NOT RESUMING IN OCTOBER	SCHEDULE FOR OCTOBER
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	Monday thru Friday @ 12:30P & Saturdays @ 7:00P
Duplicate	<input checked="" type="checkbox"/>	On-site Classes Postponed Indefinitely
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		2nd & 4th Thursdays @ 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
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
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		Mondays & Thursdays @ 6:00—8:30P 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



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 Wickham Park 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: Postponed Indefinitely

Cost: \$6.00

The WPSC Bridge Committee has unanimously decided to put face-to-face bridge on hold, effective immediately, until it feels it is safe to resume playing in a face-to-face environment.

We will continue to offer our online games on Mon, Tues, Wed, Thurs, Friday at 12:30 pm and an evening game on Saturdays starting at 7 pm. Thursday is a mentor game starting at 12:15 pm. 0-350 game on Friday at 12:20 pm (Must be an ACBL member for Limited Game). The games are approximately 2 hours long except for Tuesday where up to 20-22 boards are played. Great fun!

If you would like to play in our game, please contact:

- Pam Page at 321-537-0907
- Bob Ezell at 1-321-474-2293
- Tom Allan at 321-831-8261

They can help you with tutorials for playing on BBO, or help find a partner.

- **Chat Bridge:** Fridays 9:30-11:00 am.
Contact Dave Seares at 321-259-0798
- **Mentor Game:** Thursdays 12:15 pm.
Contact Tom Allan at 321-831-8261
- **Limited Game:** Fridays 12:20 pm.
Contact Tom Allan at 321-831-8261
- **Competitive Bidding Bridge Class:** Mondays starting 9/20/2021. This is the second class in the Audrey Grant series. For details: [Competitive Bidding Flyer](#)

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? Please 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 September 2nd and September 16th! **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 & 4th Thursdays @ 11:00 am—12:30 pm

October 14: Instapot

October 28: Fall Flavors

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
 Set up time starts at 5:30 pm and games start promptly at 6:00 pm. 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.

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.

Pinochle

Fridays @ 12:30—4:00 pm
Cost: \$1.00 Members / \$3.00 Non-Members
 Contact **Cathy Decker** at 321-254-9517.

Line Dancing

Tuesdays @ 4:15—5:30 pm
Cost: \$6.00 Members / \$8.00 Non-Members



Line Dancing for Fun and Exercise. Come join the fun every Tuesday afternoon! Laugh and make new friends while enjoying this fun way to exercise. Call **Sue Duncan** at 321-505-0846 for more information.

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.

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.

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 Doubles Tournament
 Results of 8/21/21:

1st Place: Pete Ragusa & Dave Reeve
 2nd Place: Bill Belg & Joe Franco

YE OL Pool Room 8-Ball Tournament
 Results of 9/8/21:

1st Place: Bill Belg
 2nd Place: Wally Topinko
 3rd Place: Bob Cook
 4th Place: Pete Ragusa

Scotch Doubles 9-Ball Doubles Tournament
 Results of 9/18/21:

1st Place: Bill Belg & Jerry Bertekip
 2nd Place: Kenny Kinghorn & Rich Perreault

Next tournament is October 13. Questions?
 Please contact **Wally Topinko** at 716-830-5978.

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.

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.

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Shuffleboard

Mondays & Thursdays @ 6:00—8:30 pm & 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.

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.



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 and join us, no need to sign up, just show up. For more information, contact **Susie Salvetti** at 321-626-0282.

Watercolor Instruction

Wednesdays @ 9:30 am—12:15 pm

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

Classes held in the computer room. Please check with WPSC COVID mandates as they follow the County and CDC Guidelines. Bring your own supplies, smiles and good attitudes! Relax, enjoy the process and camaraderie. All levels welcome! Contact **Judy Champion** at 321-312-9155 or email: judy.champion325@gmail.com.

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.

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.

Bunco Game for “Save the Girls” Breast Cancer Awareness

On Sunday, Sept. 19th, our own Ginny Parker, jazzercise instructor, ran her semi-annual team Bunco Fundraiser for Making Strides against Breast Cancer, the American Cancer Society. Ginny, a survivor of breast cancer herself has had her team, “Save the Girls” for Making Strides successfully raising funds for the fight against Breast Cancer for the past 13 years.



Ginny Parker

A lot of fun was had by all, with 40 in attendance to join the games, the goodies, the raffles and a lot of laughs. The event raised a whopping \$1,200.00!! Thank you all for your support and hard work.

October is Breast Cancer Awareness month! If you would like to make a donation or join the walk with Jenny’s team, Google “Making Strides Brevard”, then “find a team”, enter “Save the Girls” and there you will be able to make the donation.



Diane & Pat Helping with Food Prep



Lil Cassidy Helps Linda



Donna Bader & Elsa K.

WPSC Fundraiser

Please support the Wickham Park Senior Center Fundraiser! The center will be selling gift cards to the **Texas**



Roadhouse starting October 5 through November 5. Only cash or a check made out to Wickham Park Senior Center can be accepted. You will receive a receipt for your sale and the actual gift cards will be available for pickup on or after November 5. The center will earn **10%** of the amount of cards that are sold. The gift cards can be used at any Texas Roadhouse. The gift cards will never expire until you use up the total amount.

Protect Your Card Information

There has recently been an increase in the use of skimming devices on ATMs. These devices are tiny remote scanners hidden within card readers, such as an ATM or at a gas pump, that steal your name, card number, expiration date, and PIN when you swipe or dip your card. Fraudsters then use your information to steal your identity, charge up your credit card, or even access the money in your bank account.

Below are some tips you can use to help spot skimmers and protect your information:

1. **Look for signs of tampering.** Scan the ATM and its card reader to see if anything looks loose, crooked, or damaged. Then, lightly pull on the card reader to see if a skimmer has been attached to the outside. Some skimmers can be inserted inside the card readers, so check the card reader for scratches, too.
2. **Use reputable ATMs when you can.** The majority of skimming takes place at privately-owned, non-bank or credit union ATMs.
3. **Check the keypad.** If the number keys are difficult to press or feel too thick, it might have a false keypad installed.
4. **Block your PIN.** Always cover the keypad with your hand to keep your PIN secure.
5. **Check your accounts often.** Don't wait for your monthly statements to check your account charges. Checking your accounts frequently can help you catch and report unauthorized charges as soon as possible.

Golden Years

By Toni Hathcock

I was sitting here thinking about these so-called *golden years*. Retirement is not easy for all of us. It is easy to just enter an existing mode. It is said that many people who retire pass away within five years. The secret to living a longer life is KEEP BUSY.

Learn something new. Just to share, I am 75 years old and decided I was going to relearn how to ride a bike. Family members were rolling their eyes but I was determined. It was not easy, but I now ride my bike and love it.

Think you cannot draw or paint, think again. Take a watercolor class just for fun. Chair yoga is a hoot. Strengthen those muscles. Do anything to keep moving. Take a walk. It will energize us.

Our brains need exercise as well. Read and listen to music. Download brain games or buy books that have them available. Less TV as it turns our brains into mush because with television there is no need to think.

Power naps only, long napping will make us sluggish and keep us from a good night's sleep.

So have some fun and enjoy retirement!



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Welcome

New Members in August

Anderson, Phyllis	Lawrence, Raymond
Angell, Carol	Lloyd, Jerry
Angell, Edgar	McCaig, Loretta
Barneman, Colleen	Miller, Debbie
Bryant, Sheryl	Miller, Mike
Burynski, Joyce	Oppelt, Janice
Cartonla, Donna	Petty, Beverly
Coran, Debi	Petty, Mary
Curtis, Juanita	Pickett, Alice
Dalmau, Luz	Rivett-Peterson, Suzanne
Daniel, Sharon	Rosen, Beverly
Dennis, Nancy	Russo, Elaine
Goldborough, Mireille	Schaffner, Grover
Halladay, Janet	Schiff, Elize
Harville, Valerie	Schmitt, Cindy
Headley, Charles	Schwartz, Robin
Heifetz, Norman	Schwartz, Steven
Huber, Violette	Slone, Sarah
Hughes, Mary	Slone, Thomas
Illes, Jeanne	Torrez, Penny
Kelton, Elaine	VanNorren, Cheryl
Koeller, Judy	Victoria, Ricardo
Kuge, Joe	Wernlund, Karen
Kuge, Karen	Worth, Eleanor
Lawrence, Fran	

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)

Meet Our Staff

Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	TREASURER NEEDED

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



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!



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

Ybor City, Columbia Restaurant & Riverwalk

Date: October 27, 2021
 Cost: \$179.00 per person

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

Wickham Park Travel would like to hear your comments/suggestions on future trips. Drop your notes in the Travel Suggestion Box.

Courtesy of Travel Expressions & Diamond Tours.

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



Our recent trip to the **Isle of Capri Casino** on September 15 was a HUGE SUCCESS! Everyone had a great time. Be sure to look at all our future trips and join in on the fun!



Medicare

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