



# Friendship Flyer

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

Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

[www.bcwpssc.org](http://www.bcwpssc.org)

OCTOBER 2022



## President's Message



Diane Weinzierl

October 1 is the beginning of the Center's new fiscal year and we're preparing for a busy fall season which starts with our last two **Friday Night dinners** of the year, **October 7 and November 4**. Tickets are available for purchase at the front desk - we hope you can join us.

We're also preparing for elections and our annual meeting which will take place in December. **The Annual Meeting will also include a FREE Wine & Cheese Reception**, so please mark December 2 from 4:00 – 6:00 pm on your calendar. At this meeting we'll be voting on a By-Law change (more about that next month) and this is also where you'll have a chance to meet the nominees for next year's Officers and Board of Directors. Elections will take place the week of December 5-9.

Speaking of **elections**, I often get asked what happens if we don't have people running for officer or director positions on the Board. The short answer is that responsibility for the Center could revert back to Brevard County and they would take on the day-to-day operations. That is why it's so important for you to think about running for the Board. Applications are available at the front desk and the deadline to apply is October 28.

Last month **Travel** had a full bus load for the Isle of Capri casino trip. I was amazed at how many people came home as winners (needless to say, I was not one of them). In addition, we had 7 people sign up as new members on the bus ride home. Thanks to Janice and Janet who escorted the trip, and thanks to our entire travel department for the great job they are doing. If you haven't checked out our upcoming trips, stop by and talk to them.

This year we are running our **Texas Roadhouse promotion** again from October 3 through November 4. You can purchase gift cards and the Center will receive 10% of the entire proceeds. Gift cards can be purchased from the Travel department, Monday through Friday from 9 am to 1 pm. Cards purchased will be available for pick-up on November 14. These make great Christmas gifts and they never expire, so help us out and purchase your gift cards here.

Last month we honored our Program Managers with a thank-you gift. (see a few of the photos on page 3). Our program managers are as important to the operation of the Center as our volunteers. Without the work they do to put on the programs each week, we wouldn't be here. The next time you're here, please remember to thank your program manager for the hard work they do.

Lastly, I just want to remind everyone that we all come to the Center for many different reasons, but meeting with friends and having fun are at the top of the list. Please **remember to be nice** – rudeness has no place here. Even when you're tired or frustrated at something, please don't take it out on those around you. My door is always open and I'm here to help, even if it's just to listen. I can't make everyone happy, but I can assure you that one of our main goals here is to make this a **safe and fun place** for you to enjoy.

As Ellen used to say, please remember to be kind.

## 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!"**

## SAVE THE DATES!

## Applications Now Being Accepted for 2023 Board of Directors

Applications to apply for the Officer and Board of Directors open positions are available at the Front Receptionist Desk from September 1 through October 28<sup>th</sup>. Candidates must be a current, in-good-standing member of WPSC and applications must be submitted no later than October 31<sup>st</sup>.

Open positions on the 2023 Board of Directors:

- 4 Officer Positions: President, Vice President, Secretary, and Treasurer (each serving a 1-year term).
- 3 Board of Director Positions (each serving a 3-year term).

All Board of Director members must be willing to serve wherever and whenever needed. Responsibilities include, but are not limited to:

- Attending monthly Board of Director Meetings (currently held at 9:30 am the 2<sup>nd</sup> Monday of each month) and General Membership Meetings.
- Serving as the Director on Call for a four (4) hour AM or PM session once per week.
- Chairing a Designated Committee or Fund Raising Event (such as Membership Committee, Volunteer Coordinator, Friday Night Dinner Committee, Volunteer Event Planning Committee, Rummage Sale, etc.)
- Assisting with the following activities: Front Reception Desk, Bingo, Kitchen, Travel, Fund Raisers, Set-Up and Tear-Down for WPSC Special Events, Friday Night Dinners, Volunteer Recognition Events, Membership Drive Events.

### Application & Election Process:

- Place your completed application in Vinny Germann's mail slot no later than October 28, 2022.
- All applicants will be contacted to schedule a date to meet with the committee for the purpose of completing the interview process, as well as having a photograph taken.
- Bio's and photos for all accepted nominees will be published in the December newsletter.
- Accepted nominees will be introduced to the membership at the Annual Meeting on December 2, 2022.
- Elections will be held December 5-9, 2022.
- New Board Members will be installed at the January 2023 BOD meeting.

Thank you for considering serving on the Board of Directors.

- **NOVEMBER 4**  
Friday Night Dinner
- **DECEMBER 2**  
Annual Meeting  
Wine & Cheese Reception  
4:00 – 6:00 PM
- **DECEMBER 5-9**  
Board of Directors  
Annual Elections
- **DECEMBER 11**  
Volunteer Holiday Event

## WPSC Fundraiser—The TEXAS Roadhouse Gift Cards are BACK!

Here's your opportunity to support the Wickham Park Senior Center! The center will earn **10%** of each gift card's dollar value.

- Gift cards can be purchased at the Travel Office Monday through Friday between 9 am – 1 pm, **beginning October 3 thru November 3, 2022.**
- Purchaser will receive a receipt at the time of purchase and the actual cards will be available for **pick up at the Center after 10 am on November 14.**
- Only cash or a check made out to Wickham Park Senior Center can be accepted.
- Gift cards good at **any** TEXAS Roadhouse - **NEVER EXPIRES!**



**Gift Card Denominations**

**\$10**

**\$25**

**\$50**

## Thanks to the WPSC Program Managers

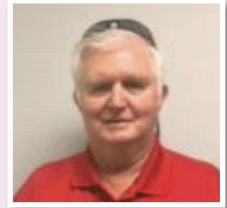
In September all the program managers received a well deserved thank-you gift from Wickham Park Senior Center. We really appreciate all they do.



## In the Spotlight



### Meet Your 2022 Vice President! Gary McGuire



The current VP at the Wickham Park Senior Center is Gary McGuire. Gary has been a member for seven (7) years and has been a member of the Board of Officers for a little more than two (2) years. Gary also serves as the Sponsor Coordinator and the Scheduler as well as the go to person for making things happen at the Center.

As some of you might know, Gary retired from the Army and the Department of Defense as a Senior Civilian. He is also a 100% Disabled Veteran after serving for almost 30 years in the Army. He has traveled the world in both military and government assignments to include 27 of the 28 NATO Countries working on the full integration of LGBT into the US Military. His primary mission was to discuss how other countries valued (or not) LGBT in their military forces. Some were better than others.

Gary was on the Global Speaker Circuit as a renowned speaker on such topics as Diversity and Inclusion, Leading and Managing Difficult People, Coping with Stress in the Workplace, the Myers Briggs Type Indicator (Personality Instrument), the Five Factor Model, Facilitating Groups, Conducting Effective Meetings, Acceptable Behaviors in the Workplace, Providing a Safe Workplace, How Men and Women Think and Behave (Brain Wiring), and many other topics. He doesn't travel as much as he did before retiring, but he can still provide lectures to those in need.

Gary is originally from Mobile, Alabama where he and his wife Nancy grew up most of their lives. Of course if you ever meet Nancy she will tell you that she is not from Mobile 'She's from Nashville' as she so proudly expresses. The McGuire's have seven (7) adult children, 15 grandchildren and 11 great grandchildren, oh and as of last month 1 great, great grandson. Gary loves to play Pinochle and read mysteries when he's not told to do other things around the house.



The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be October 10 at 9:30 am in Room 117. All WPSC members are welcome to attend.

## Make Your Home Healthier— Here's How

After being hunkered down indoors during the pandemic, many have realized the benefits of good design – proper ventilation, insulation, and moisture control, for instance – on their health.

National Healthy Homes Month (NHHM) has recently passed, and fresh resources are now available to help you make your home healthier and enhance your comfort and well-being.

NHHM is an annual effort by the U.S. Department of Housing and Urban Development's (HUD) Office of Lead Hazard Control and Healthy Homes (OLHCHH) to raise awareness of the basic principles of healthy homes and housing-related health hazards.

One starting point is HUD's "Seven Tips for Keeping a Healthy Home." Among them are:

- Keep it Well-Ventilated – Ventilate bathrooms and kitchens and use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.
- Keep it Pest-free – All pests look for food, water, and shelter. Seal cracks and openings throughout your home and store food in pest-resistant containers. Use sticky traps and the least toxic pesticides like boric acid powder, if needed.
- Keep it Contaminant-free – Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint and keeping floors and window areas clean using a wet-cleaning approach. In addition, test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action level are detected.

Also, look for information specific to your interests. Here are five possibilities.

- Vintage homes. Though many prize old homes for their craftsmanship, unique architecture, and charm, many harbor health hazards, including lead pipes, asbestos, and iffy insulation. For advice on the hazards and possible solutions.
- Safely age in place. A recent University of Michigan National Poll on Healthy Aging found that 88% of adults want to age at home. Start assessing your home and make aging-in-place upgrades if you're among them.
- Green upgrades. Green upgrades are good for you and the environment. Such changes can include reducing contaminants, removing mold and moisture that can trigger asthma, and eliminating Volatile Organic Compounds (VOCs) found in things like lacquers, cleaning supplies, and paint strippers.
- Indoor air quality (IAQ). Healthy indoor air is critical to good health and lowers your risk of respiratory conditions. The Hayward Score helps you determine your home's IAQ by asking you a series of questions. Based on your answers, it provides a score, identifies your home's problem areas, and generates a detailed report and suggestions on improving home health.

Contact Mike and Jeanne with Selling on the Space Coast brokered by EXP Realty with any of your real estate questions @ 321-720-2282 or [www.sellingonthespacecoast.com](http://www.sellingonthespacecoast.com)



## Looking for a Worthy Charitable Donation Organization?

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. We would like to thank the following people for their generous donations to WPCS in FY2022.

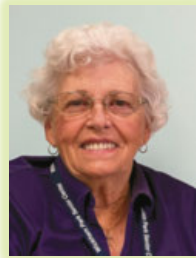
- |   |                     |
|---|---------------------|
| • Kathleen Agee   | • Sonia Echevarria  |
| • Peggy Brysobn   | • Laura Aho Parsons |
| • Robert Cason, in honor of his wife's birthday (Genevieve Cason) | • Susan Salvetti    |
| • Kathleen & Andrew Cole  | • Marcia Luhn       |

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



## Shuffleboard's Mona Clark

Mona Clark is a familiar and friendly face at the Senior Center on Friday afternoons, but she is a woman with a competitive spirit and won't be confined to a front desk. She is often found outdoors at the shuffleboard courts, where she has become an accomplished player. In college, Mona competed in speedball (a combination of football and soccer), baseball, basketball and table tennis. She taught Physical Education to 1st through 12th graders before relocating from West Virginia to Melbourne in 1964.



Mona was the Senior Center's Bingo cashier for five years before volunteering at the front desk. When the pandemic hit, the only activity still available was shuffleboard. Mona had played some shuffleboard at RV parks with family members, so in September 2019 she went to the courts located at the back of the Senior Center and joined in a session of play. "The

shuffleboard players were very friendly and I enjoyed the game, so I went back. I often play on Monday afternoons and Saturday mornings, and October through April I play district league games on Wednesday afternoons." Sheila Winkelspecht, last season's Wickham Park Blue Team Captain, said of Mona: "She's a gutsy player; she helped earn our team second place in district league play. We have several newer shuffleboard players who are learning the strategy and execution of the game here at the Senior Center courts." Wickham Park Shuffleboard Club welcomes new players (for more information, contact Greg Jones at [greg.sonesta@gmail.com](mailto:greg.sonesta@gmail.com)). Experienced shuffleboarders are happy to introduce newcomers to the game, informally or formally. Mona completed a series of weekly classes hosted by the Club, and it gave her the confidence to expand her play. She is now participating and placing in district and state tournaments. Mona says, "I'm 81-years-old; it does my heart good to be able to compete in a long day of tournament play and win games against players younger and more experienced than me."

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and compassion

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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](http://www.bcwpssc.org)

## OCTOBER 2022

ACTIVITY	SCHEDULE FOR OCTOBER	NOTES
Ballroom Dancing	Mondays @ 6:30P for Advanced Ballroom Class; Mondays @ 7:30P for Beginner Class	
Bingo	Tuesdays & Fridays @ 11:15A—2:00P	
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 <a href="http://www.bcwpssc.org">www.bcwpssc.org</a> and click "Bridge" icon	
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (Oct. 6 & 20) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class is November 10 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	1st & 3rd Wednesdays (Oct. 5 & 19) @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 9:00A—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	
Mexican Train Dominoes	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	1st Thursday (Oct. 6) @ 1:00—5:00P Sign up Sheet at Front Desk	
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 Saturdays @ 8:30A—12:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (Oct. 28) @ 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	
Shuffleboard: Tournaments	<ul style="list-style-type: none"> <li>• Oct. 13-14, 2022, 8-5 pm: Non-Walking Singles Combined</li> <li>• Oct. 27-28, 2022, 8-5 pm: No Two Pros Any Doubles</li> <li>• Jan. 19-20, 2023, 8-5 pm: Open Any Doubles</li> <li>• Mar. 9-10, 2023, 8-5 pm: No Two Pros Any Doubles</li> </ul>	
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

**Mondays @ 6:30 Advanced / @ 7:30 Beginner**  
**Cost: \$8.00 per Class for Members**  
**\$10.00 per Class for Non-Members**



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

## BINGO

**TUESDAY & FRIDAY—Open to the Public!**

**11:15 am—2:00 pm; Doors Open @ 10:00 am**  
**Early Bird @ 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 am—11:00 am**  
**Cost: \$5.00 Members / \$7.00 Non-Members**

Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. 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.



## Bridge (Duplicate)

**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**

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](mailto:pam.page@bellsouth.net) for bridge-related questions.



## Bridge (Rogue)

**Tuesdays @ 12:15—4:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
 Contact **Patricia Rosenthal** at 321-626-5419.

## Bridge (Rubber)

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



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

## Bunco

**1st & 3rd Thurs. (Oct. 6 & 20) @ 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. **Linda Peglow** is taking over as full program chairperson. **Peggy Miles** will be helping out as well. Please contact Linda at 321-549-9893 to reserve your Bunco space.



## WP Duplicate Bridge Club

The following bridge education classes are now open for enrollment:

**2/1 Game Force - Starts 8/24/2022, Wednesdays 10 am-noon Cost: \$40**

**May also take anytime on your schedule (watch the recorded video)**

Two over one has replaced Standard American as the most popular bidding system in duplicate bridge. This online zoom 8-week class will explain the differences and advantages of 2/1. It also includes some bridge conventions as a bonus. This class uses the text book "2 Over 1 Game Force" by Grant and Rodwell. The book is available from Amazon.com. Class Topics: Introduction to 2/1 game force, forcing 1NT response, opener and responder rebids, choosing between game and slam, and the drury, new minor force and 4th suit forcing conventions.

**Register:** Dave Hoffman, 321-795-3695 or [davehoffma@gmail.com](mailto:davehoffma@gmail.com)

**Beginner Bridge Class - Starts 9/12/2022, Mondays 10 am-noon Cost: \$60 (\$30 Student/Military Discount)**

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.

**Enroll/Questions:** Harold Phillips at 321-956-9208 or email [hphill@earthlink.net](mailto:hphill@earthlink.net)

Please provide the following: Name, (First/Last), email and phone no.

**Declarer Play for Newer Players/Intermediates - Starts Anytime or Day Cost: \$40**

This course consists of 9 2-hour videos on the various topics of declarer play. An instructor will be available to answer any questions. Here is a list of topics that will be covered: General techniques: taking your tricks, hold up plays, finesses, safety plays, and using clues from the bidding; No-Trump Contracts: planning, and setting up suits; Suit contracts: planning, ruffing in the short hand, using trumps to set up a suit, drawing trump at the right time, and avoiding a ruff.

**Enroll/Questions:** Dave Hoffman at 321-795-3695 or email [davehoffma@gmail.com](mailto:davehoffma@gmail.com)

**Popular Conventions Class - Starts Anytime or Day Cost: \$40**

This course consists of 9 2-hour videos covering all the basic conventions needed to play competitive bridge. In addition, each class will have a "Think Like a Pro" problem to teach thought processes needed to play bridge successfully. The following conventions will be covered: Stayman; Transfers (Jacoby and Texas); Strong 2 openers and Slam Bidding; Negative doubles, support doubles; Jacoby 2NT; Two-suited overcalls (Michaels & Unusual NT); New Minor Force, Jordan; Slam Bidding; Defensive carding/signaling

**Enroll/Questions:** Dave Hoffman at 321-795-3695 or email [davehoffma@gmail.com](mailto:davehoffma@gmail.com)

## 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 wellbeing 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:**

- **November 10: Thanksgiving Dishes**



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

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



## Euchre

**1st & 3rd Wed. (Oct. 5 & 19) @ 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. For more information or any questions, please 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**

With the freedom of travel once again and the desire to see family and friends, summer brings smaller classes but we are still dancing for Fun and Exercise. Every Tuesday, 4:15-5:30pm. Come and Join Us. For more information, call **Sue Duncan** at 321-505-0846.



## Mahjong

**American: Mondays @ Noon—3:00 pm & Thursdays @ 9:00 am—Noon**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
**Chinese: Wednesdays @ 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! If you have any questions, contact **Patricia Rosenthal** at 321-626-5419 (American) or **Michael** at 321-537-7094 (Chinese).

## Mexican Train Dominoes

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

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



## Oil Painting for Beginners

**1st Thursday of Each Month**  
**October 6 & November 17 @ 1:00—5:00 pm**  
**Cost: \$40.00 PP (Includes All Supplies)**

Come paint a beautiful landscape painting with us. Classes will be held on the first Thursdays of each month, call the Center 321-425-5533, or come in and sign up. Since October is getting cooler, and we are into the Fall season, we'll be painting a beautiful Fall scene from Northern Florida. 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 **Kit LaLonde** at 954-260-0687.

## Poker (Friendly)

Mondays @ 1:00—4:00 pm

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

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



## Pool (Billiards)

Monday thru Friday @ 8:30 am—4:30 pm

Saturdays @ 8:30 am—12:30 pm

Tournaments: 2nd Wednesday of Every Month

Cost: \$1.00 Members / \$3.00 Non-Members  
Plus \$ .50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament Results of September 14, 2022:

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

Next tournament is October 12.

Questions? Please contact **Wally Topinko** at 716-830-5978.



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[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)  
or (800) 477-4574 x3675



## 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.



Laura encourages all students to use this video link for her Virtual Lessons:

<https://vimeo.com/725746222/32c449b5c5>

## 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: Oct. 28 @ 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

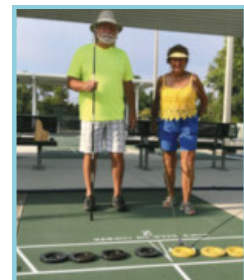
Seating is limited. Please sign up at the front desk. Questions? Please call the Law office at 321-757-5701.

## Shuffleboard

**Open Play: Sat. @ 9:00 am & Thurs. @ 6:00 pm**  
**Cost: \$1.00 Members / \$3.00 Non-Members**  
*(see Tournament Schedule on page 6)*

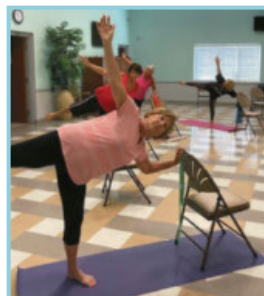
For more information on learning how to play or participating in shuffleboard tournaments, please call **Greg Jones** at 606-219-3994 or email:

[greg.sonesta@gmail.com](mailto:greg.sonesta@gmail.com).



## 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 email [judy.champion325@gmail.com](mailto:judy.champion325@gmail.com).

**WICKHAM PARK SENIOR CENTER**

Join us for a

*Thanksgiving*  
**CELEBRATION**

Friday, November 4, 2022

5:30—7:30PM

**\$14 MEMBERS / \$16 NON-MEMBERS****MENU**

Roasted Turkey • Baked Black Oak Ham  
Stuffing • Mashed Potatoes & Gravy • Roasted Vegetable Medley  
Cranberry Sauce • Tossed Salad • Dinner Rolls  
Bread Pudding with Lemon Glaze • Coffee, Iced Tea & Water

Entertainment Provided By  
**RICK BRENSINGER**



Tickets Available at the Front Reception Desk Monday thru Friday from 8:30AM to 4:30PM

Questions? Call 321-255-4494

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.

**Exciting News from our Travel Office:** We will now have a “Pre-Reservation” list located at the Travel Office Window. The list is for anyone interested in one of our scheduled trips and does not require you to fill out forms or pay for the trip until the “pay by date”. Signing up on the pre-reservation list will allow Travel Volunteers to notify you if the trip is beginning to fill up and remind you to visit the Travel Office so you can fill out the form(s), pay for the trip and guarantee your reservation. Do not miss the fun and excitement that our trips have to offer! Sign our list TODAY!

### St. Johns River Cruise

**Date:** October 19, 2022

**Cost:** \$135 Per Person

**Cancellation Deadline** October 10, 2022

Enjoy superior food, live music and dancing. The bus is filling up, please reserve your seat ASAP.

### Jersey Boys & Lunch—Maltz Jupiter Theatre

**Date:** November 13, 2022

**Cost:** \$169 Per Person

Follow the journey of Frankie Valli and The Four Seasons. Award winning musical!

### St. Augustine Tour of the City & Tour of the Lights

**Date:** December 7, 2022

**Cost:** \$125 Per Person

Includes a 1-hour afternoon private trolley tour of the city and a 30-minute trolley ride through the Christmas lights during the early evening.

### 2023 Cruise on the Oasis of the Seas

**Date:** April 23-30, 2023

**Cost:** \$1,28 Per Person

8 Days/7 Nights aboard Royal Caribbean’s Oasis of the Seas cruise to Miami, Bahamas, Cozumel, Honduras and Mexico.



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# 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



At Cigna, we are more than a health insurance company. We are your partner in total health and wellness. In addition, we are here for you 24/7 – caring for your body and mind.



Dry Eye Center of Florida is the first and only clinic in Central Florida dedicated to the diagnosis and treatment of dry eye disease. We combine the latest research and technology to successfully relieve our patients' dry eye symptoms and achieve the best patient outcomes. Dr. Ramsower has provided comprehensive eye care in Brevard County since 2005. She is known for her compassion and dedication to her patients' overall wellness and is happy to take care of all their eye care needs.



Health First Health Plans, a not-for-profit, Brevard County-based company with local customer service, has been serving Brevard County for more than 20 years. Our Medicare Advantage plans offer everything original Medicare offers plus additional benefits.



As an elite health insurance brokerage, JUVO's mission is to enhance the health and lives of individuals and communities. We are dedicated to deliver in high-quality affordable healthcare for all.



At Simple Health Advisors, we do exactly what our name says, we make health insurance simple. We understand that there are many companies available for you to choose from and we take pride in helping you do just that. With over 15 years of experience our goal is to educate and un-complicate the insurance shopping experience.



SLONIM LAW

The Slonim Law attorneys are focused on Elder Law (Probate, Guardianship, Estate Planning & Medicaid Planning) in Brevard County (Melbourne, Viera, and Palm Bay) and Osceola County. We take pride in working closely with our clients to ensure that they obtain the best representation for the value. Helping people is our job. Preserving our client's rights and interests is our focus.



When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. With multiple Medicare Advantage plans to choose from, United Healthcare can help you find one that fits your health care coverage needs and your budget.



Life's challenging moments call for a special brand of care guided by love and compassion. Since 1977, we have served as Brevard's only independent, not-for-profit comfort care resource, helping patients and those they love during the most delicate times in their lives. St. Francis Reflections Lifestage Care offers a diverse range of compassionate care services including palliative care, hospice and grief support for all ages.



VITAS Healthcare is here to help healthcare providers ensure the best end-of-life care for their patients.

## Gold Level Sponsors



Brevard Alzheimer's Foundation provides thousands of hours of adult daycare, senior meals, transportation, and provided 13,885 hours of in-home respite. We touch many other families through case management, caregiver education, and support groups and our goal is to keep families together for as long as possible.



The Auto Group (ACG) is a part of AAA-affiliated insurance companies that are nationwide. ACG is the second largest AAA club in North America, providing insurance, travel, financial and other services to over nine million members. ACG is spread across 11 states plus Puerto Rico and U.S. The offerings will from ACG vary based on location.



Mike and Jeanne are Senior Real Estate Specialists (SRES) who have received additional training in senior real estate. They understand the real estate needs of seniors are different than just a regular real estate transaction. Whether you are looking to retire, downsize, move to an active adult community, or just need some help with your housing options, Mike and Jeanne are there to help.



The comfort of home can't be beat. Home Instead services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead services make life easier for seniors and their families.



There is nothing quite like the warmth and hospitality found in Greenwood Place, offering a safe, comfortable home surrounded by friends and a caring team that caters to your individual needs. Assisted Living residents enjoy restaurant-style dining, daily fitness and exercise classes, and a full calendar of educational, cultural and social events.



Sea Pines Rehabilitation Hospital serves the Space Coast as a leading provider of inpatient physical, occupational and speech therapies. We help patients recover from a variety of injuries and ailments including stroke, orthopedic and cardiac recovery. We provide high quality personal care to meet the individual needs of our patients.

## 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, October 4: Ally Senior Living Consultants
- Friday, October 7: JUVO Steward
- Tuesday, October 11: Humana
- Friday, October 14: Sea Pines Rehab. Hospital
- Friday, October 21: VITAS Healthcare
- Friday, October 21: United Healthcare
- Tuesday, October 25: EXP Realty
- Friday, October 28: St. Francis Reflections

# Welcome

## New Members in August

Baldrige, Bret	Hughes, Ed
Bedway, Barbara	Johnson, Irene
Bedway, Joseph	Katana, Elizabeth
Brackett, Barbara	Mahan, Robbie
Brooks, Lesley	Mc Connell, Robert
Brooks, Patrick	McKinney, Shaun
Cavanagh, Susan	Missale, Michael
Chance, Larry	Olsen, Robert
Cheek, Elizabeth	Osborn, William (Don)
Coffman, Angela	Oshea, Sherri
Collier, Alice	Quidort, Dee
Crackel, Robert	Rabitaile, Suzanne
Creteau, Carla	Rodriguez-Serrano, Jose Antonio
Davis, Roland	Schatzberg, Rosemary
Deis, Donna	Scheuren, Deborah
Ecker, Diane	Scholtz, Mistica
Estrada, Pamela	Shoda, Delores
Estrada, Peter	Smith, Beth
Floyd, Beverly	Smith, David
Fortney, Frank	Smith, Marge (Mary)
Gerstner, Alan	Thorry, Andrew
Gerstner, Kathleen	Volz, Kim
Gibson, Jacqueline	Wapshott, James
Harned, Barbara	Wapshott, Nancy
Harned, Charles	Wilkinson, Gary
Hetzel, Jerry	Woodward-Volz, Sally

## 2022 Wickham Park Senior Center Holiday Closures

(Updated 3/14/2022)

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:

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

## Meet Our Staff

### Officers

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

### Directors

Lisa Coyle	Pam Page
Ina Fritsch	Ginny Parker
Vincent Germann	Janet Smith
Beverly Morgan	Jaqueline Williams
Rosalie Novak	

### Staff

IT Systems Admin:	John Efird
Webmaster:	Maureen Reeder
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 SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



## WPSC Email Addresses

DIRECTORY	EMAIL
WPSC President	president@bcwpsc.org
WPSC Secretary	secretary@bcwpsc.org
WPSC Treasurer	treasurer@bcwpsc.org
WPSC Scheduling	scheduling@bcwpsc.org
WPSC Information	info@bcwpsc.org
WPSC Webmaster	webmaster@bcwpsc.org
Travel Office	travel@bcwpsc.org
Front Desk Reception	reception@bcwpsc.org
Bridge Club	bridge@bcwpsc.org
Newsletter Editor	news@bcwpsc.org
Systems Administrator	itadmin@bcwpsc.org

# Medicare

Insurance Plans



**Jerry Hadlock, Jr.**

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**Email: JLDM253@AOL.COM**

601 E. Strawbridge Ave., Melbourne, FL 32901

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20 years experience!*

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**“Jerry is a great resource & very knowledgeable about Medicare”**

- Dawn Partlow, Navigating Tax Solutions, Merritt Island, (321) 412-6610

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