



Friendship Flyer

SEPTEMBER 2022

2785 Leisure Way
Melbourne, FL 32935
(321) 255-4494
Monday-Friday: 8:30 am—4:30 pm
Saturday & Sunday: CLOSED
www.bcwpsc.org



Diane Weinzierl

President's Message

The Wickham
Park Senior
Center will be
CLOSED on
Monday, Sept. 5,
Labor Day!

August was a busy month for us at the Center. In addition to planning our fall activities, a considerable amount of time went into cleaning and improving our Center, including cleaning all the floors, pressuring washing the sidewalks and outside of the building, tree trimming and adding toilet seat dispensers to all of the ladies bathroom stalls. There is still much to do, so if you see anything that needs done, please make sure you mention it to a board member or **put a note in the Suggestion Box next to the Reception Desk.**

At our August meeting, the Board voted to grant **FREE Lifetime Membership to any member age 95 & above.** We have quite a few members who qualify for this new benefit, so if you qualify, please stop by the Front Desk, show them your ID and they will get your membership updated.

We will begin selling tickets for our **October 7th Friday Night Dinner** starting September 1. Tickets are \$14 for Members and \$16 for Non-Members. I've heard some pushback on the higher prices, so I wanted to address that here. As you know, prices have gone up on almost everything this past year and our catering cost for these dinners are no exception. Our goal is not to make a lot of money on these dinners, but not to lose money either, so we've tried to keep the prices as low as possible. Our sponsors have also helped us (thank you, United Healthcare, for sponsoring our October dinner). Your dinner ticket includes dinner, drink, tip, entertainment, dancing and a fun evening with lots of friends. If you've eaten out anywhere these days, you know \$14 is still a bargain. We hope you agree and that we'll see you on October 7th.

Applications to apply for the **Board of Director open positions** are available at the Front Desk from September 1st through October 28th (see article on page 2 for more details). The Board is the body that operates and makes decisions about YOUR Center, so I hope you'll consider running for one of these important open positions.

Have you checked out the list of WPSC Travel opportunities recently? Janice and her team are doing a fantastic job of putting together a great line-up of trips for the remainder of 2022 and they've just begun planning for 2023. If you have suggestions for specific trips you'd like to see offered in 2023, be sure to let someone in the travel office know.

Lastly, **we will be closed on Monday, September 5th** for the Labor Day Holiday.
Have a fun, safe day to celebrate the end of summer.

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!"

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 28th. Candidates must be a current, in-good-standing member of WPSC and applications must be submitted no later than October 31st.



The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be September 12 at 9:30 am in Room 117. All WPSC members are welcome to attend.

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 2nd 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 (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.



- **OCTOBER 7:** Friday Night Dinner
- **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

WOW! Look at Vinnie!



Now, we always knew our very own Vinnie Germann was bold and adventurous, but little did we know he is a bit of a daredevil! In celebration of his 93rd birthday, while visiting family on Long Island New York, Vinnie decided to jump out of an airplane at 8,000 feet!! He was joined by his grandson, Colby and granddaughter's boyfriend, Justin at Skydive Long Island in the town of Shirley. As you can see from the photo, Vinnie loved it! He served 2 years in the U.S. Army and had 9 jumps during basic training. It felt good to do it again.

We can look forward to seeing Vinnie again kicking up his heels on the dance floor at our next WPSC Dinner Dance on October 7th!

WPSC Now Offering Free Lifetime Membership to Anyone Age 95 & Above



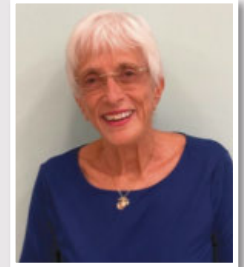
If you are age 95 or older, you are now entitled to **FREE Lifetime Membership** to Wickham Park Senior Center. Just stop by the Front Reception Desk, show them your ID and they will get your membership updated.

Also, if you're age 95 or older, you can receive a **FREE** bingo package to play bingo at WPSC. Show them your lifetime membership card and join us to play bingo.

In the Spotlight



Meet Board Member ... Ina Fritsch



Ina is a new addition to the Board. She retired as a Certified Financial Planner in Glenwood Springs, CO working both in investment banking and as a personal financial advisor. Her deceased husband, Bob, owned a construction company in Colorado, which did commercial construction in Aspen as well as in Glenwood Springs. Their home bordered on BLM land and served as the command control center for the Storm King Mountain fire in 1994.

As an active member in Glenwood Springs on the Community Corrections and Jail Advisory Board, she was involved in the renovation of the Garfield County Jail. Ina was also a committee member of the University of Florida International Animal Care and Use Committee. She continues her Board affiliation not only with the Wickham Park Senior Center but with her membership on the Brevard County Commission for Aging.

For eight years Ina was a Guardian ad Litem for the 18th Judicial District. She continues her volunteerism with Meals on Wheels and SeniorTranServe. Currently serving with AmeriCorps Vista for United Way's Outreach Program, she is an instructor on Money Management for the Brevard County Career Source offices as well as Brevard County's Department for Children and Families.

Ina has three daughters, two step daughters, 11 grandchildren and 4 great grandchildren.



5 Superfoods that may help Boost Your Energy

Superfoods don't have night-vision or the ability to fly, but they may boost your health. According to Cleveland Clinic, there are no specific criteria that a food must meet to be considered a superfood. Still, the term describes natural foods that are nutrient-dense and full of vitamins and minerals. The next time you're at the grocery store, keep an eye out for some of these superfoods:

Berries

Stock your refrigerator (or freezer) with blackberries, blueberries, strawberries and raspberries. These colorful, low-calorie and fiber-rich berries are full of antioxidants that may help battle cancer-causing free radicals, according to a recent study. Eat a handful or throw them into your favorite yogurt, cereal or smoothie.

Beans

Beans and legumes are excellent sources of protein. According to Healthline, beans can help reduce cholesterol, decrease blood sugar levels and increase good gut bacteria. With so many

varieties to choose from, experiment with sprinkling them in soups, tacos or salads.

Fish

The American Heart Association recommends eating two servings of fish twice a week. Fish is a superb source of protein, and eating it regularly has been linked to lowering a person's risk for heart disease, according to the association. Try fresh, frozen or canned fish and see what you like the best.

Whole Grains

Not every grain is the same. Refined grains (white flour, white rice and white bread) are linked to obesity and inflammation, but whole grains (like buckwheat, quinoa and amaranth) are full of benefits — including a lower risk of diabetes, heart disease and high blood pressure, according to Healthline. Switch the cereal for breakfast for a bowl of oatmeal (don't forget to add the berries). Swap out the baked potato for a cup of brown rice at dinner.

Tomatoes

Because these fruits (yep, tomatoes are fruit) are full of vitamin C and lycopene, they've been shown to reduce the risk of prostate cancer, according to Harvard Health Publishing. Biting into a tomato raw might not be up your alley, so try chopping them up for your next salad, stew or soup.

Superfoods are easy to eat for breakfast, lunch, dinner or a snack. Try incorporating a few in your diet today to reap the benefits!

MAKE
YOUR
HEALTH
A
PRIORITY

Computer Support Needed!

The Tech Support staff at the Senior Center is in need of volunteers to assist with the computers, associated equipment and software.

Our **greatest** need is someone with administrative experience of Domain controllers, computers and user accounts. We are also in need of other related support:

- **Ongoing routine hardware and software maintenance:**
 - Perform periodic updates of operating system and other software. Maintain equipment and software spreadsheets logs related to these updates.
 - Perform periodic monitoring of hardware and printer expendables and other materials needing replacement.

If you have experience in **any** of the above and can volunteer a few hours a week, contact John at ITAdmin@bcwpsc.org.

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

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



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- Some Travel

LPi Contact us at: careers@4lpi.com | www.4lpi.com/careers



CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

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

SEPTEMBER 2022

ACTIVITY	SCHEDULE FOR SEPTEMBER	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	Virtual Classes on Mondays @ 10:00A—Noon On-Site Classes on Wed. & Sat. @ 11:00—Noon	MEETS VIRTUALLY & ON-SITE
Duplicate	Virtual Classes Mon. thru Fri. @ 12:30P & Sat. @ 7:00P On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P	MEETS VIRTUALLY & ON-SITE
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 (Sept. 1 & 15) @ 12:30—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	
Chefs for Seniors	Next Class is September 22 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Euchre	1st & 3rd Wednesdays (Sept. 7 & 21) @ 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 (Sept. 1) @ 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 CLASSES WILL BE CANCELLED ON SEPTEMBER 2, 5 (LABOR DAY), 7, 9 & 12	CLASSES RESUMES ON SEPTEMBER 14
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (Sept. 23) @ 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 & Thursdays @ 6:00P	APRIL 2 thru SEPT. 30
Shuffleboard: Tournaments	<ul style="list-style-type: none"> • Oct. 13-14, 2022, 8-5 pm: Non-Walking Singles Combined • Oct. 27-28, 2022, 8-5 pm: No Two Pros Any Doubles • Jan. 19-20, 2023, 8-5 pm: Open Any Doubles • Mar. 9-10, 2023, 8-5 pm: No Two Pros Any Doubles 	
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.



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)

Online: Mon. thru Fri. @ 12:30 pm; Sat. @ 7:00 pm
On-site Classes: Mon., Wed. & Sat. @ 12:30P
Cost: \$6.00



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 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 321-474-2293.

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 **John Dalheim** at 321-241-6191.

Bunco

1st & 3rd Thurs. (Sept. 1 & 15) @ 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

**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 hlphill@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

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

Chair Yoga

**Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm
Cost: \$1.00 Members / \$3.00 Non-Members**



This class is designed to help with overall well-being for the body and mind. Stretches and movements that will help increase mobility, flexibility, strength and balance. A focus on posture and breathing helps calm the mind, helps reduce stress and increase oxygen flow. Contact **Shelly Anderson** at 321-626-1969.

Chef for Seniors

Cost: \$6.00 Members / \$8.00 Non-Members
Classes @ 11:00 am—12:30:

- **September 22: Fall Flavors**
- **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. (Sept. 7 & 21) @ 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 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 **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 (September 1)
@ 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.

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.

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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 August 10, 2022:

1st: Mike Spaethe 3rd: Dale Foster
2nd: Jorge Fernandez 4th: Det Schmitz

Next tournament is September 14. Questions?
Please contact **Wally Topinko** at 716-830-5978.

QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30—9:30 am

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

CLASS CANCELLED: Sept. 2, 5, 7, 9 & 12

CLASS RESUMES: Wednesday, Sept. 14

TaiChi 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>

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.

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: Sept. 23 @ 2—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

Summer Schedule: April 2 thru September 30

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.

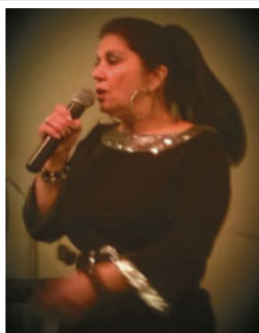
Watercolor Instruction

Wednesdays @ 9:45 am—12:30 pm

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

Any questions, please contact **Judy Champion** at 321-312-9155 or email

judy.champion325@gmail.com.

**WICKHAM PARK
SENIOR CENTER**
**Friday Night
Fall Dinner**
October 7, 2022
5:30-7:30PM
\$14 Members / \$16 Non-Members
**Tickets Available at the Front Reception Desk
Monday thru Friday from 8:30am to 4:30pm**
Questions? Call 321-255-4494
**Music by
Brandy Hart**


Brandy Hart is an accomplished vocalist who has been in the music business for over 20 years. As a solo artist she performs many of your favorite and familiar hits of the 60s, 70s and beyond, which all audiences can appreciate. She promises to have you up out of your seat while appealing to your listening pleasure at the same time.



- Sliced Bavarian Pork
- Sauteed Red Cabbage
- Buttered Parsley Potatoes
- Tossed Salad
- Dinner Rolls
- German Chocolate Cake

Sponsored By  **United
Healthcare**

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!

Isle of Capri Casino

Date: September 14, 2022

Cost: \$45 per person

Get \$15 Credit with Photo ID and Driver's License Card

This trip is filling up fast. Reserve your seat on the trip by filling out a pre-reservation form at the Travel Office. A copy of your Driver's License and check for \$45 is required.



Branson Holiday Getaway

Date: November 6-14, 2022

Cost: \$1,699 PP Double / \$1,999 Single
 (Does NOT Include Mandatory Insurance)

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.

St. Johns River Cruise

Date: October 19, 2022

Cost: \$135 per person

Cancellation Deadline October 10, 2022



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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.



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.

- Friday, September 2: JUVO Steward
- Tuesday, September 6: Ally Senior Living Consultants
- Friday, September 9: Sea Pines Rehab. Hospital
- Tuesday, September 13: Humana
- Friday, September 16: VITAS Healthcare
- Friday, September 23: St. Francis Reflections & United Healthcare
- Tuesday, September 27: EXP Realty

Welcome

New Members in July

Boyum, Gary	Oster, Kimberly
Boyum, Linda	Parsons, Sita
Bushong, Eric	Phillips, Lee
Bushong, Sandy	Phillips, Sharyn
Catalano, Felicia	Russ, Christal
Collison, Elaine	Russ, Howell
Colpitts, Marilyn	Search, David
Faria, Essie	Search, Virginia
Florin, Debbie	Sening, Hildegard
Garnett, Theresa	Sheridan, Angie
Gentile, Joan	Simpson, Frederick
Higdon, Charles	Smit, Marty
Hoffman, Robert	Smith, T. Marvin
Lovett, Carolyn	Susalla, Irvin
Olds, Angie	Torres, Maribel
Olds, Keith	Waddill, Dottie
Oster, Florence	Wilkerson, Wendy Jo

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

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)

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

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!



Medicare

Insurance Plans



Jerry Hadlock, Jr.

Call / Text 321-720-4526

Email: JLDM253@AOL.COM

601 E. Strawbridge Ave., Melbourne, FL 32901

*Our office has over
20 years experience!*

We can help you find the right Medicare plan. With some plans you can go to any Doctor or Hospital. We represent most National and Regional Medicare companies.

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

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

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