



# Friendship Flyer

FEBRUARY 2024

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

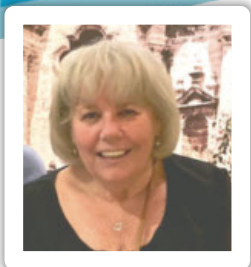
Monday-Friday: 8:30 am—4:30 pm

Saturday & Sunday: CLOSED

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



## President's Message



**Diane Weinzierl**

Happy February everyone! As promised, I wanted to update you on the 2024 Board of Director Executive Board elections that were held at our January Board of Director's meeting.

- President – Diane Weinzierl
- Vice President – Gary McGuire
- Secretary – Ina Fritsch
- Treasurer – Colleen Barneman
- Directors - Janet Smith, Celeste Garcia, Ginny Parker, Beverly Morgan, Janice Oppelt, Pam Page, Rosann Testa and John Potanos. Both Rosann and John are new board members this year – so we want to welcome them!

*Looks like you're stuck with me for one more year!* Seriously, thanks for the vote of confidence, but I would hope that there are other members out there who will consider joining the board next year. In the meantime, please feel free to contact any board member with any questions or issues you may have during the year. Also, just a reminder that our monthly board meetings are held the 2nd Monday of each month at 9:30 am and all senior center members are welcome to attend.

The Board is working hard to plan out this next year as soon as possible. There are already a few dates that you may want to keep in mind:

- February 9, 2024 - February Dinner/Dance – 4:30-7:00 pm – Tickets are \$15 per person. Entertainment by We Are Silk
- February 11, 2024 - WPSC Duplicate Bridge Superbowl Event
- September 28, 2024 - WPSC Annual Craft/Rummage Sale – held in conjunction with the Wickham Park Community Rummage Sale

I also wanted to point out a couple of recent program/activity notes:

The **Chess program has been discontinued** until a new program manager is found. If you're interested in taking over this program, please contact Gary McGuire or me.

The **Ukulele program has also been discontinued**. The program manager is moving out of state.

If you're looking for something to do on a Sunday afternoon, we now have **Cornhole Tournaments** on the 2nd & 4th Sunday's of each month and they are looking for more players. Practice begins at 1:00 pm and tournament play starts at 2 pm. Cost is \$2.00 for members and \$4.00 for non-members. (Note: There will be no cornhole on February 11).

**FREE Technical Training classes** are held on the 3rd Friday of each month (cost is just \$3.00 for non-members). The classes are broken up into 3 separate sessions starting at 2:30 pm - Beginning Cell Phone Training, Intermediate/Advanced Cell Phone Training and Laptop Computer Training. Be sure to sign up in advance at the front desk for any or all of these sessions if interested.

Happy Valentine's Day Everyone!

## 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!"**

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



**February 9, 2024** will be the next Friday Night Dinner & Dance.  
(See flyer on page 12)

## 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 FY2024.



- Kathleen & Andrew Cole
- Lawrence Nicola – in memory of Jacque Nicola
- Gayle & Stephen Schanck
- Carol Patton (Kirby Family Fund)
- Mitchell Hait
- Jenny & John Potanos

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

## Need to Schedule an Appointment with SHINE?

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



## Did You Find or Lose Something?

If you find something in the Center that does not belong to you, please turn it into the Front Desk. If no one claims the item by the end of the day, the Front Desk will deposit the item in the **Lost & Found** bin that is located near the back door just outside of Room 117. Also, if you lose something, please check with the Front Desk or check the **Lost & Found** bin. We have had reports where items of value (such as Coach sunglasses) have been lost and not turned in. Please turn in anything you find so it can be returned to the owner. Thanks for your cooperation.

## The Senior Center is 100% Operated by Volunteers!

Volunteers are the backbone of the WPSC operation. If you have a few hours to spare and would like to volunteer – please pick up a Volunteer Application at the Front Desk.



### Volunteer Help Needed:

- Front Desk – Saturday mornings  
9:00 am – 12:00 noon  
(Note: You can volunteer every Saturday or just 1 Saturday a month)

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.

## WPSC Offers 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.

## Helping Seniors Understand New Voting Laws

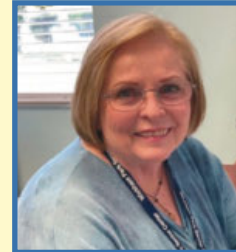
Due to a change in state law, Florida voters interested in voting by mail have to apply for new ballots. Previously, a Florida voter's request for a mail-in ballot would be good for two general election cycles, meaning another request would not be needed for four years. The new law reduces that duration to once per general election cycle, or every two years. As a result, every vote-by-mail request expired at the end of 2022. Every citizen who wants one must request a mail-in ballot for 2024. To request your mail-in ballot, you can go to Brevard County Supervisor of Elections to make your request online ([www.votebrevard.gov](http://www.votebrevard.gov)).

Mail ballots can also be requested by calling 321-633-2127. To process your request, you'll need to state your full name, date of birth, Brevard County residential address, Florida Driver License or ID Card number or the last 4 digits of your Social Security Number, and which elections you wish to receive a ballot for (specific election or all elections through 2024).

**MAKE SURE YOUR VOTE COUNTS!**

## In the Spotlight

### Meet Your New Treasurer! Colleen Barneman



My name is Colleen Barneman. I have been a Brevard County resident for 40 years. I have 50 years of experience doing accounting and bookkeeping work. I recently retired from BSS Exteriors, a successful family business of 36 years, started by my husband and myself, and now continued by my son.

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

## Blood Pressure Checks



Sea Pines will be conducting blood pressure checks at the Wickham Park Senior Center every 2nd Friday of the month (**February 9**) at 9:00-11:00 am.

## WPSC TRAVEL GIFT CERTIFICATE

Date Issued: \_\_\_\_\_ Voucher # \_\_\_\_\_

This certificate is non transferable and can only be used for trips sponsored by Wickham Park Senior Center Travel. Please present to the Travel Office when reserving one of our trips. Expires one year from issue date.

Signature: \_\_\_\_\_



**Travel Gift Certificates are NOW AVAILABLE in our Travel Office in Increments of \$5 to \$100!**

Great gift for birthdays, holidays, weddings and more. Membership is not required for Travel. Check out all of our upcoming trips on our website: <https://bcwpsc.org/travel>



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.

## Breaking Up Is Hard To Do at the Winter Park Playhouse

**Date:** February 15, 2024

**Cost:** \$159 PP incl. Lunch at the Cheesecake Factory  
(NO REFUNDS AFTER FEB. 1, 2024)

**Time:** Leave WPSC at 10:30 am / Returning at 5:30 pm

This nostalgic musical comedy celebrates the timeless songwriting magic of the legendary Neil Sedaka! Featuring 20 of Sedaka's most popular songs including "Laughter in the Rain," "Where the Boys Are," "Sweet Sixteen," "Calendar Girl," "Love Will Keep Us Together," and the chart-topping title song!

## Florida Strawberry Festival

**Date:** March 7, 2024

**Cost:** \$99 PP

**Time:** Leave WPSC at 7 am / Returning at 5:30 pm

The Florida Strawberry Festival represents a piece of Americana, a time in American history when fairs and festivals brought communities together through celebrations of their harvests. Central to its focus, the Festival continues to preserve and enhance the agricultural and historical legacy of the Florida strawberry. The Florida Strawberry Festival is a great time to discover the charm and allure of Plant City, and it's the perfect time to enjoy eating ripe, luscious strawberries alongside the local berry farmers that have worked hard to bring them to market.

**Entertainment includes:** Bill Haley & the Comets, Robinson's Racing Pigs and a Strawberry Shortcake Eating Contest.

## Seminole Hard Rock Hotel & Casino Hollywood, FL

**Date:** March 14, 2024

**Cost:** \$65 PP

**Time:** Leave WPSC at 8:30 am / Returning at 5:30 pm

Seminole Hard Rock Hotel & Casino Hollywood's gaming area offers guests a selection of 2,700 of the most popular Slots, nearly 200 Table Games and a new 45-table Poker Room. A Non-Smoking Slots area is conveniently located near the Winners Way Garage.

## ON YOUR FEET!

### The Story of Emilio & Gloria Estefan at the Vero Beach Riverside Theatre

**Date:** April 18, 2024 (NO REFUNDS AFTER APRIL 1)

**Cost:** \$179 PP incl. Lunch at Vincent's Italian Restaurant

**Time:** 10:30 am—5:30 pm

Based on the lives and music of 26-time Grammy Award-winning husband-and-wife team, Emilio and Gloria Estefan,

On Your Feet! is a high-energy celebration of the songs that got the world dancing to the rhythm. Gloria Estefan is among the most successful crossover artists ever and On Your Feet! showcases over 20 of her biggest hits including: "Conga," "1-2-3," "Anything for You," and "Get on Your Feet." Music & Lyrics by Emilio Estefan & Gloria Estefan.

## LUAU—Fire & Hula Dinner Show

**Date:** April 29, 2024

**Cost:** \$159 PP

**Time:** Leave WPSC at 4:30 pm / Returning at 11 pm

Escape to Polynesia in air conditioned comfort. Polynesian fire is an amazing luau dinner show experience that you will not forget. Enjoy the live band serenading you while you dine on the buffet dinner. After dinner enjoy the show complete with Hawaiian hula, Tahitian, Tongan and Polynesian entertainers. The show ends with the amazing Samoan Fire Dance performed by world champion practitioners, The Lavata'i Brothers. They have performed in competitions and Polynesian Productions throughout Samoa, Arizona, Los Angeles, Hawaii, Missouri, Utah, Oklahoma, Arkansas, Japan, South Carolina and now in Orlando.

## Charleston, SC & Savannah, GA

**Date:** May 5-8, 2024

**Cost:** \$1,099 PP Double / \$1,499 Single

\$92 PP Insurance (Payable During Registration)

**Time:** Leave WPSC at 10:30 am / Returning at 6:30 pm

Package includes: 2 nights lodging at Hampton Charleston Historic (walking distance to downtown Savannah; 1 night lodging at Hampton Charleston Historic; 3 breakfasts; 1 lunch at the Charleston Crab House; 3 dinners including a Dinner Cruise, Pirates House & The Lady & Sons; Guided tours of Charleston and Savannah; Savannah History Museum; Souvenir Gift, Luggage handling in Charleston; All taxes and meal gratuities; and Motorcoach transportation.

## LIPS—The Ultimate in Drag Queen Dining

**Date:** June 23, 2024

**Cost:** \$139 PP

**Time:** Leave WPSC at 10:30 am / Returning at 6:30 pm

Outrageous fun every Sunday afternoon. Join the ladies of Lips for the Ultimate Drag Brunch as they pullout all the stops for this spectacular show. Enjoy delicious brunch entrees plus unlimited Mimosas, Champagne or Bloody Mary. Celebrate your special occasion with us.

## Medieval Times Dinner & Tournament

**Date:** July 20, 2024

**Cost:** \$129 PP

**Time:** Leave WPSC at 3:30 pm / Returning at 8:00 pm

Before the start of the show, each guest is given a crown that represents where they are sitting and which color knight they will be cheering for. Once you hear the sound of trumpets, it's time for the games to begin. During the tournament, you're given a hearty meal of soup, chicken, corn, a seasoned potato, and a pastry of the castle (vegetarian meals are also available). And remember, this is the middle ages, so your utensils are your good old-fashioned hands. Located right next to the castle is a large area known as the Medieval Village.

## Dali Museum & Ford's Garage Restaurant

**Date:** August 15, 2024

**Cost:** \$159 PP

**Time:** Leave WPSC at 7 am / Returning at 5:30 pm

The Dali Museum celebrates the life and work of Salvador Dali (1904-1989) and features works from the artist's entire career. The collection includes over 2,000 works from every moment and in every medium of his artistic activity

including 96 oil paintings, many original drawings, book illustrations, prints, sculpture, photos, manuscripts and an extensive archive of documents. Founded with the works collected by Reynolds and Eleanor Morse, the Museum has made significant additions to its collection over the years.

## Chattanooga Choo Choo, Tennessee

**Date:** September 2-5, 2024

**Cost:** \$1,099 Double / \$1,399 Single

**Insurance:** \$92 PP (Payable During Reservation)

**If you love trains, this tour's for you!** The Incline Railway scales steep Lookout Mountain and Rock City, featuring sweeping views, sandstone formations and gardens. The Blue Ridge Scenic Railway takes riders on a four-hour, 26-mile, roundtrip journey deep in the mountains along the Toccoa River through the countryside to the quaint sister towns of McCaysville, Georgia and Copperhill, Tennessee.

**Price includes:** 3 Nights Lodging and Breakfasts; 3 Dinners, including the Southern Belle Dinner Cruise; 3 Train Rides: The Missionary Ridge Local, Lookout Mountain Incline Railway, Blue Ridge Scenic Railway; Rock City Gardens; Gift for All; Luggage Handling, All Taxes, Meal & Driver Gratuities, and Bus Transportation.



**Kathy Sorrell**  
Field Sales Agent  
Licensed Insurance Agent

### The Auto Club Group

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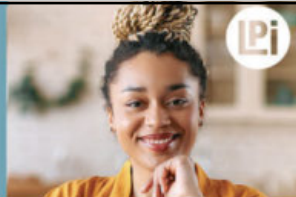
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# CALENDAR OF EVENTS

## FEBRUARY 2024

ACTIVITY	SCHEDULE FOR FEBRUARY	NOTES
Bingo	Tuesdays & Fridays @ 11:15A—2:00P DOORS OPEN AT 10:00A	
Blood Pressure Checks	2nd Friday ( <b>February 9</b> ) @ 9:00—11:00A	
Bob Ross Style Beginners Oil Painting with Hobo Bob	3rd & 4th Thursdays ( <b>February 15 &amp; 22</b> ) @ 1:00—5:00P Sign up Sheet at Front Desk—Limit 6 People per Class	
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.bcwpsc.org">www.bcwpsc.org</a> and click "Bridge" icon	
Chat	Fridays @ 9:30—11:00A	MEETS VIRTUALLY
Duplicate	On-Site Classes on Mon., Wed., & Sat. @ 12:30—4:00P Virtual Classes Thursdays @ 12:15P on the BBO platform	
Party Bridge	Wednesdays @ 12:30-4:00P	
Rogue	Tuesdays @ 12:15—4:00P	
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays ( <b>February 1 &amp; 15</b> ) @ 1:00—4:00P	
Chair Yoga	Tuesdays @ 3:00—4:00P	NO CLASS ON FEB.6
Chefs for Seniors	Next Class <b>March 14</b> @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Color Pencil Portrait for Beginners	Wednesdays @ 9:30—11:00A	
Cornhole Tournaments	<b>February 25</b> @ 2:00P—Set-up & Practice @ 1:00P	NO TOURNAMENT ON FEB. 11
Euchre	Wednesdays @ 6:00—9:00P	
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Jazzercise Lo	Mondays, Wednesdays & Saturdays @ 8:30—9:30A Fridays @ 8:30—9:15A	
Line Dancing	Tuesdays @ 4:15—5:30P	
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Pinochle	Mondays & Fridays @ 12:30—4:30P	
Poker: Dealers Choice	Tuesdays & Fridays @ 11:30A—4:00P	
Friendly	Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P	
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month ( <b>February 23</b> ) @ 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	
Tango Dance Class—NEW!	Fridays @ 2:30—4:30P	
Technical Training & Education Class	3rd Friday ( <b>February 16</b> ) @ 2:30-4:30pm	ON COMPUTERS & CELL PHONES

Program details and times are subject to change. Please check the daily schedule at the Front Desk for the latest information.

NEW UPDATES



## BINGO!

**TUESDAY & FRIDAY—Open to the Public!**  
**Doors Open @ 10:00 am**



**Cards Sold @ 10:30 am – 11:30 am**  
**Early Bird Starts @ 11:15 am**

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

## Bones & Balance

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



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

## Duplicate Bridge

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



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

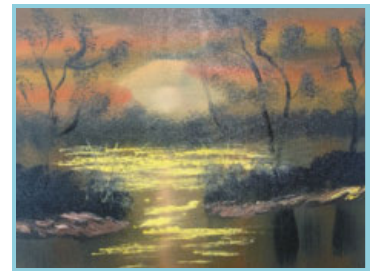
Bridge tab. Contact **Pam Page** at 321-537-0907 or [pam.page@bellsouth.net](mailto:pam.page@bellsouth.net) for bridge-related questions.

## Bob Ross Style Beginners Oil Painting with Hobo Bob

**3rd & 4th Thursdays: February 15 & 22 @ 1—5:00 pm**  
**Cost: \$40.00 PP (Inc. All Supplies & WPSC Costs)**

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

For February we'll be painting a beautiful landscape that shows a wonderful summer evening, right here in Brevard County—Evening On The St. John River. This painting is good for beginners, and you should be quite pleased with your finished painting. This painting will bring out the inner artist you may not even know you have.



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.

## Party Bridge

Wednesdays @ 12:30—4:00 pm

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

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

## Rogue Bridge

Tuesdays @ 12:15—4:00 pm

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



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

## Rubber Bridge

Thurs. @ 1:00—4:00 pm & Sat. @ 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. Questions? The Thursday point of contact is **Janet Walker** at 321-242-3173 and the Saturday point of contact is **Gayle Schanck** at 541-821-7070.

## Bunco

1st & 3rd Thursday (February 1 & 15) @ 1:00—4:00 pm

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

Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your up-to-date membership card. Bunco ends about 3-3:30 pm. Please contact **Linda** at



321-549-9893 for more details and reservations (for set-up purposes). See you there for this fun activity. All you have to know is how to throw three dice. Non-members are welcome!

## Chair Yoga

Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm

**NO CLASS ON FEBRUARY 6**

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 pm

- March 14: Salads
- May 9: TBD
- July 11: TBD
- September 12: TBD
- November 14: TBD



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.**

Sponsored by:  and   
MOORE INSURANCE SOLUTIONS Dr. Jaya Prakash, MD, MPH  
COACHJAYAHEALTH, LLC

## Cornhole Tournaments

Sunday, **February 25** @ 2:00 pm

Setup & Practice Starting @ 1:00 pm

Cost: \$2.00 Members / \$4.00 Non-Members

Cornhole Tournaments will be held indoors at the Wickham Park Senior Center every 2nd and 4th Sundays (excluding conflict with holidays). Due to scheduling conflicts, the February Tournament will be held only on February 25. Games include Blind Draw, Double Elimination and Payouts up to three places dependent on number of entries. For any questions, please contact: **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).



## 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. Please contact **Beverly Morgan** at 303-458-8273 for more information.



## Color Pencil Portrait Class for Beginners

**Wednesdays @ 9:30—11:00 am**

**Cost: \$3.00 Members / \$5.00 Non-Members**

Learn how to create a beautiful drawing from your favorite photograph! Bring your own portrait photograph to copy—Size: 5x8 (or other appropriate copy size). Supplies you will need to bring:



- Prismacolor Color Pencils
- Watercolor Paper
- Eraser
- Pencil Sharpener (optional).

See Front Desk or contact **Ann Armerding** @ 321-541-7027.

## Euchre

**Wednesdays @ 6:00—9:00 pm**

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

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

This year there was interest in playing every Wednesday night barring any conflicts with holidays etc. It has been a great success and as our Euchre family continues to grow. It is now common to have 5-6 tables in action. We try to promptly start by 6:00 pm which means we should be signed in no later than 5:50 pm to allow time to set up the correct 3/4 player table configuration and draw for your seats.

The payout structure has been altered so more people are sharing the prize pool. That means if there are up to 30 players even eighth place takes home a piece of the purse. For more information or any questions, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

## Jazzercise Lo

**Mondays, Wednesdays & Saturdays**

**@ 8:30-9:30 am**

**Fridays @ 8:30-9:15 am**

**Members: \$50.00/Month & Walk-ins \$10.00**

**Non-Members: \$79.00/Month & Walk-ins \$12.50**

Join us for a fun and energized Jazzercise Lo class. Dance away those extra calories using Low Impact moves that yield MAXIMUM results! We use muscles, not momentum, to get a total body workout without the impact on your joints. For more information, contact **Ginny Parker** at 321-698-0445 or **Natalie Derrick** at 321-543-6765.

## Line Dancing

**Tuesdays @ 4:15—5:30 pm**

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



Come join the fun and share the LOVE with new friends. February is the month that brings with it the promise of new beginnings! Line Dancing helps with our neurological stability as well as balance, but more importantly, gives us an opportunity to socialize while learning a fun activity. For more information, call **Sue** 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**

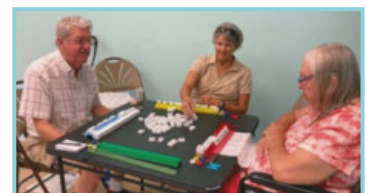
**Cost: \$5.00 Members / \$7.00 Non-Members**

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Questions?

Please contact **Patricia**

**Rosenthal** at 321-626-5419 (American) or

**Linda Milo** at 321-506-2672 (Chinese).



**Pinochle**

Mondays &amp; Fridays @ 12:30—4:30 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 &amp; Fridays @ 11:30 am—4:00 pm

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

Contact **Bill Seigel** at 813-416-0428.**Poker (Friendly)**

Mondays @ 1:00—4:00 pm

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

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

Monday thru Friday @ 8:30 am—4:30 pm

Tournaments: 2nd Wednesday of Every Month

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

Plus \$ .50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament 1/10/24 Results:

1st: Dale Foster

3rd: Kenny Phillips

2nd: Jerry Bertekap

4th: Dan Traynor

YE OL Pool Room 8-Ball Tournament of Champions:

1st: Jorge Fernandez

3rd: Wally Topinko

2nd: Dale Foster

4th: Dave Reeve

Next tournament is February 14. Questions? Please contact **Wally Topinko** at 716-830-5978.**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. Come join us for a fun afternoon. Questions? Contact **Rosalie Novak** at 321-610-8021.


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## 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.



## 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 work 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.

## Social Tango, Introduction to Argentine Tango—NEW!

Fridays @ 2:30—4:30 pm

Monthly Cost: \$45 Members / \$48.00 Non-Members

Come out and enjoy the art of Argentine Tango, where students will learn to dance tango step-by-step. No partner is necessary as the basic techniques can be applied for the follower or the leader. Students will experience in-part the health benefits of Argentine tango including overall improved well-being, walking, posture and coordination. At only \$45.00 for four weeks of Tango, (you decide which four weeks will work for you and we can accommodate flexible travel plans of students as well). Any questions, contact **Delores or Walt** at 850-212-7963.

## Senior Law

4th Friday of Each Month



SLONIM LAW

NEXT CLASS FEBRUARY 23 @ 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. Topics:

- 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. Any questions, call the Law office at 321-757-5701.

## Shuffleboard

Open Play: Saturdays & Mondays @ 9:00 am & Thursdays @ 6:00 pm

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

Shuffleboard State Mixed Doubles Tournament is scheduled for March 4 & 5 (8 am—6 pm) and March 6 (8 am—Noon) in Room 120.

Shuffleboard District Masters Tournament is scheduled for March 20 & 21 (8 am—6 pm) and March 22 (8 am—3 pm) in Room 120.

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

## Technical Training & Education—Computer & Cell Phone

3rd Friday of Each Month

NEXT CLASS FEBRUARY 16 @ 2:30—4:30 pm

Cost: \$0 Members / \$3.00 Non-Members

Enjoy a fun, easy-to-follow hour with a relevant and patient approach where YOU are LEARNING by DOING. No worries if



you are a Beginner, First-Time User or at an Expert level, there is something for everyone – even SPANISH speakers. But there is a 20-person limit, so sign up ASAP! The classes are broken up into 3 separate sessions starting at 2:30 pm - Beginning Cell Phone Training, Intermediate/Advanced Cell Phone Training and Laptop Computer Training. Contact **Alison** at 954-376-2444.

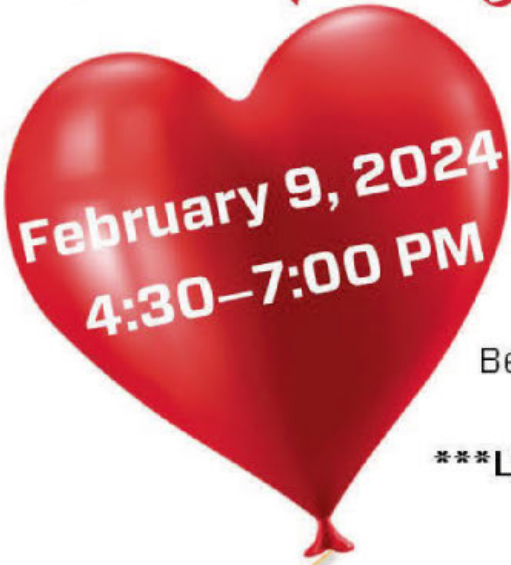


# FRIDAY NIGHT DINNER

## WICKHAM PARK SENIOR CENTER

# February

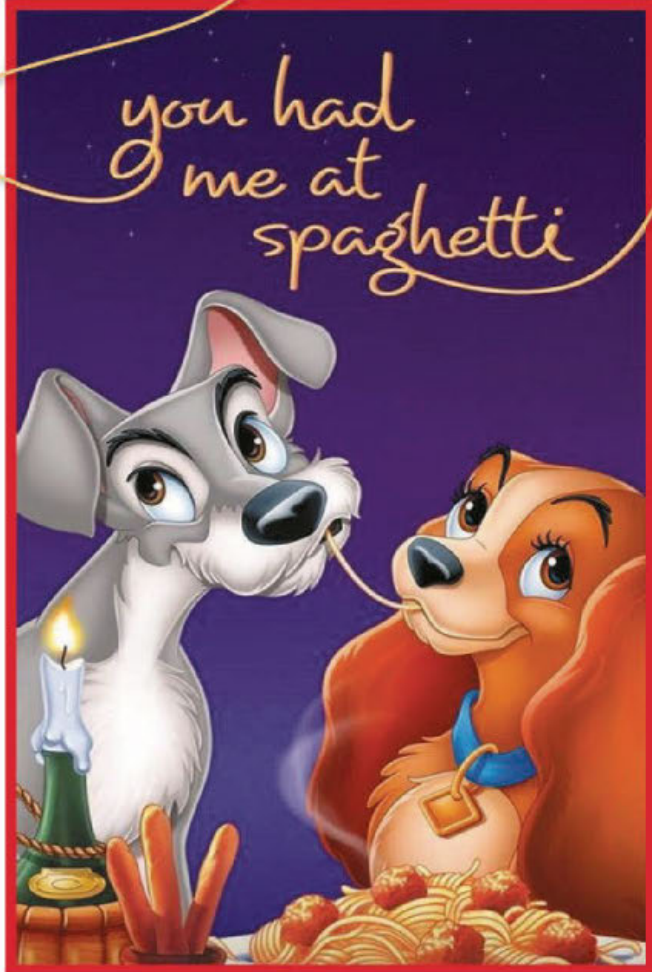
## Friday Night Dinner / Dance



**\$15 Per Person**

Tickets on Sale at the Front Reception Desk Beginning January 15, 2024

**\*\*\*Limited to 100 Attendees\*\*\***



Dinner Served from 4:30-5:30 PM

### MENU

- Spaghetti & Meatballs
- Salad
- Garlic Bread
- Dessert
- Coffee & Ice Tea



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## Tips For Setting & Sticking To Healthy New Year's Goals

Many people are looking forward to a new start in 2024. The COVID-19 pandemic and a contentious political climate are just two of the issues most of us struggled during the last couple of years. They left many feeling emotionally exhausted and more than a little stressed. You might have turned to comfort foods and slacked a little on exercising.

While a healthy diet and regular exercise are both important fitness goals, wellness involves much more than just tending to the body. It also means nurturing your mind and spirit.

### Tending to the Mind and Spirit in the New Year

A few additional goals you can incorporate into your healthy New Year include:

- **Limit screen time:** Whether it's scrolling through Facebook or binge-watching the latest Netflix series, time spent staring at screens climbs every year. Unfortunately, too much screen time is linked to a sedentary lifestyle, which contributes to everything from diabetes and obesity to depression. Give yourself specific limits on how

much time you will spend online and watching television in the new year.

- **Make time to meditate:** Another struggle many of us share is not living in the present. It's a necessary part of a healthy lifestyle, and one that takes discipline. If you aren't familiar with meditation, two resources to help you get started are [Headspace](#) and [Calm](#).
- **Start a gratitude journal:** Teaching yourself to look for things to be grateful for each day also helps improve your mental health. At the end of the day, take a few minutes to write down 5–7 good things that happened to you during the day. Include even the simplest of joys, such as watching a cardinal at the bird feeder or getting a call from a friend you haven't talked with in a while. You'll likely find yourself looking at the days a little more positively.

The bottom line: Avoid setting goals that aren't realistic and be kind to yourself as you move forward with changing your lifestyle. Finding motivation and time might require you to take small steps that give you an opportunity to feel successful.



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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*



## *Gold Level Sponsors*



## *Meet & Greet Sponsors*

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

- Friday, Feb. 2: VIP America
- Friday, Feb. 2: Kindred Hospitals ARU
- Tuesday, Feb. 6: Alzheimer's Foundation Joe's Place
- Friday, Feb. 9: Care Plus Health Plans
- Friday, Feb. 9: Devoted Health Plans
- Tuesday, Feb. 13: Ally Senior Living Consultants
- Tuesday, Feb. 13: Cigna
- Tuesday, Feb. 13: Melbourne Denture Service
- Friday, Feb. 16: Rosanova Eye
- Friday, Feb. 16: United Health Care
- Tuesday, Feb. 20: American Home Care Svcs.
- Tuesday, Feb. 20: WellCare
- Friday, Feb. 23: Harbor City Hearing Solutions
- Friday, Feb. 23: St. Francis Reflections



# Welcome

## New Members in December

Alam, Gail	Parish, Karen
Ashland, Dolores	Polites, Diane
Bayne, Richard	Ridel, Ronald
Beauseigneur, Lydia	Sawyer, Tom
Gordon, Sharon	Seedenburg, David
Herschbach, Henry	Seedenburg, Veronica
Herschbach, Rita	Sexton, Kathie
Hummel, Delores	Sickles, Rick
James, Susan	Thomas, Sandra
McEvoy, Jeanne	Wright, John
Needelman, Mitch	

## 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

## Are You Receiving the WPSC Monthly Newsletter via Email?

A link to this newsletter is emailed to all members by the first of every month. If you are not receiving these emails, please stop by the Front Desk and verify that we have your correct email address.



## Meet Our Staff

### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Ina Fritsch
Treasurer:	Colleen Barneman

### Directors

Celeste Garcia	Ginny Parker
Beverly Morgan	John Potanos
Janice Oppelt	Janet Smith
Pam Page	Rosann Testa

### 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](mailto: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!



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