



# Friendship Flyer

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

Monday-Friday: 8:30 am—4:30 pm

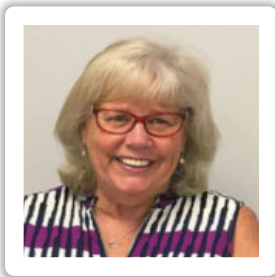
Saturday & Sunday: CLOSED

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

JULY 2023



## President's Message



Diane Weinzierl

In last month's newsletter I mentioned how cool it was at the center and invited everyone to come down to spend some time. Then along comes Murphy's Law – the A/C quit working again - and we were forced to make a decision to close the center with the expectation that it could be up to 2 weeks before a part could be procured and installed. Fortunately for us, and to the credit of the County, they were able to locate the part, have it overnighted and we were back up and running again while only being closed for 3 days. So why am I bringing the A/C issue up again? Well, this highlighted a couple of things that I wanted to mention.

- Having to close for just a short time reminded me (and all our volunteers) of just how much our members rely on having the center open every day. Many of you look forward to coming here and are lost when we have to close for any reason.
- The other thing that became very clear is just how much we rely on our email system to communicate with everyone on short notice. No one wants to drive to the center to find a notice on the front door announcing we are closed – so it is imperative that we have a way to get in touch with all our members in real time. **If you did not receive emails from me last month announcing the closing and reopening of the Center, it means that we don't have an email address for you or the one we do have in our database is incorrect.** Either way, I encourage you to stop by the front desk and make sure we have some way of contacting you in the case of an emergency closing. We will also continue to post information on our website ([www.bcwpsc.org](http://www.bcwpsc.org)) and on our voicemail system.
- Lastly, if you are not a member, we have no way of communicating with you beyond the signs on our doors and notes on our website. Please consider joining so you will always know what's happening at the center. It's still only \$20/year.

I'm also pleased to announce that we're continuing to add new programs to our schedule. In the June/July timeframe we've had 4 new programs start up — Canasta, Chess, Technical Training for Computers and Cell Phones, and Hula Dancing. Be sure to check out the details of these new programs in the newsletter. Ballroom Dancing will be taking a summer break, but will start up again on October 2.

I want to wish everyone a fun and safe 4th of July. **We will be closed on Tuesday, July 4** to allow our volunteers to spend time celebrating with their families.

(Yes, we will be open Monday, July 3!)

## 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 **July 10 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

**PLEASE NOTE: The Board of Directors Meeting for October has been changed to Monday, October 2 at 9:30 am.**

## SHRED EVENTS for Destroying Sensitive Documents

Brevard County Sheriff's office hosts several shred events around the county (Reference website: <https://www.brevardsheriff.com/home/crime-prevention-programs/>).

Throughout the year, the Sheriff's Office offers a free service, in partnership with a local document shredding company, where you can safely shred your personal documents. The documents you choose to shred are shredded on location of the shred event provided by the shredding company. This is a great service that will help fight against Identify Theft and an opportunity for you to safely dispose of all sensitive documents at one time, in one convenient location:

- July 27, 2023: 9 To 10:30 AM  
Cape Canaveral Precinct  
111 Polk Avenue, Cape Canaveral  
"Behind The Precinct"
- August 31, 2023: 9 To 10:30 AM  
Melbourne Square Mall  
1700 W. New Haven Avenue  
Between Dillard's & JC Penney  
\*Enter Off Evans Road\*
- October 26, 2023: 9 To 10:30 AM  
Veteran's Memorial Center  
400 S. Sykes Creek Parkway, Merritt Island

## Welcome To Our New Volunteers & Program Managers!

- **Dean Abramson** - Program Manager for Canasta & Chess
- **Claire Babcock** - Front Desk Volunteer
- **Kiliki Burgess** - Program Manager for Hula Dance Class
- **Alison Blair** - Program Manager for Technical Training



## 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.

## WPSC Sunshine Committee



Do you know a WPSC member who is sick, experienced a family member loss, or needs some cheer or support? If so, please let our Sunshine Committee know by dropping off your request in the mailbox labeled "Sunshine Committee" (located near the Billiards Room behind the front desk).

Please be sure to include the person's full name and any information you might have so we can find them in our database, as well as why you think they qualify. Also, please be sure to include your name and telephone number so we can reach you if we have any questions.



- **Saturday, September 30 – Arts, Crafts, Rummage Sale**
- **Friday, October 27 – Halloween Event**
- **Wednesday, December 6 – Annual Meeting**
- **Sunday, December 10 – Volunteer Event**
- **Monday thru Friday, December 11-15 – Annual Meeting**

## New Program at WPSC! Hula Dance Class

The Wickham Park Senior Center would like to introduce you to Instructor **Kiliki Burgess**, who has 20 years experience teaching various dance/exercise classes. You will be dancing to the song "Hanalei Moon" by Hui Ohana. It's slow and graceful. In 6 weeks of classes you can dance this short version. If you can walk, you can dance. If you're in a wheelchair, you can dance!



**What to Bring?** Yourself, Water and Aloha

**Who Can Dance?** Anyone that can walk, sit or in a wheelchair.

**Why Dance?** Reduces stress, new NeuralConnex (enhances nerve formation and promotes maintenance of these nerves), feel-good Serotonin, belonging / Ohana.

**What to Wear?** Wear your best flowery outfit and any hair decorations you like.

The classes are held Fridays at 3:00—4:30pm starting on July 7. (Details on page 9.)

## 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.



The Wickham Park Senior Center will be **CLOSED** on Independence Day, Tuesday, July 4.

## 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 FY2023.



- Kathleen & Andrew Cole
  - Nancy Colwell
- In Memory of John Cerovich:
- Barbara Cerovich
  - Thomas Bonarrigo, Jr.
  - Beverly & Ed Burkey
  - Harriet Roderick
  - Edward & Patricia Gulakowski

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

## Need Your Blood Pressure Checked?

Sea Pines will be conducting blood pressure checks at the Wickham Park Senior Center every 2nd Friday of the month (**July 14**) at 9:00-11:00 am.



## 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!

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.

## Titanic First-Class Dinner Gala

Date: September 27, 2023

Cost: \$164 PP

Time: Leave WPSC at 1:30 pm / Returning at 10:45 pm

**Enjoy a Gala Dinner on the Titanic!** Come aboard the “Ship of Dreams” and be a guest at one of the most famous dinner parties on board Titanic. Join Captain Smith, Margaret “Molly” Brown, and additional first-class passengers for a night to remember.

The Titanic First Class Dinner Gala includes a Captain’s cocktail party, a tour of Titanic: The Artifact Exhibition, a first-class dinner, and reenactments of the night of April 14, 1912.

### MENU

First Course – Garden Salad & Rolls with Butter

Second Course – Fresh soup of the day

Main Course – Dual Entrée Plated Meal featuring:  
Chicken Versailles; Sirloin (6 oz.) with Béarnaise Sauce; Twice Baked Potatoes; Green Beans

Dessert Course – Chocolate Mousse with Brownie

## Pigeon Forge & Smokey Mountains Show Trip

Date: October 9-14, 2023 (6 Days / 5 Nights)

Cost: \$785 PP Double / \$1,004 Single Occupancy

FINAL PAYMENTS ARE DUE AUGUST 1st.

\$785 PP Double / \$1004 Single

(Less your deposit). Please call

the travel office for any questions.

**SOLD OUT**

We are taking names  
for a WAITING LIST

## Harrah’s Pompano Beach Casino (previously Isles One Casino)

Date: October 26, 2023

Cost: \$60 PP Includes \$15 Free Play

Time: Leave WPSC at 10:30 am / Returning at 5:00 pm

Looking to live it up in South Florida? Harrah’s Pompano Beach is calling your name and is home to over 1,200 slot machines and electronic table games, plus 40+ live action poker tables. With decadent dining options, exciting events, and simulcast, there’s something to entertain everyone.

## Stetson Mansion Christmas House Tour (incl. Lunch at Cooks Restaurant)

Date: November 15, 2023

Cost: \$164 PP

The baby grand will welcome you into the Mansion where each year 10 rooms are embellished with all new elaborate designer decorations and 24 nativities from around the world to celebrate the birth of Christ.

This enchanting event includes all the rooms on the ground floor and the three bedrooms on the second floor (including the owner’s bedroom, bathroom, and closet). Visit the original School House which has since been converted into a Zen like guest cottage/gift shop featuring a soaring 15 ft. Polynesian ceiling. The School House will offer a few gift ideas including a picture book featuring the Christmas designs, all created and installed by owner, JT Thompson.

The 1886 Stetson Mansion is the largest and most spectacular “Gilded Age” residence ever built in Florida before 1900. The grand Victorian mansion has had all of its original rich architectural details restored. You will walk on 16 stunning original mosaic parquet floor patterns. The Victorians started our modern Christmas traditions like gift giving and Christmas trees, so what’s better than seeing Christmas in one of the Victorian homes where it all started? The Stetson Mansion had one of the first trees ever illuminated with electric lights.

The Stetson Mansion is Florida’s most historic home, but it is not a museum. It is a private residence that is lived in and welcomes guests this time of year with over the top elegant and reverent adult holiday decorations. The owner/designer might stop in to say hello to your group.

## A Swingin’ Christmas at the Winter Park Playhouse

Date: December 14, 2023

Cost: \$159 PP incl. Lunch at the Cheesecake Factory

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

Ring in the holidays with this unforgettable evening of quintessential **Tony Bennett** songs! Featuring 18 classic holiday tunes plus the standards that made Bennett famous, like “I Wanna Be Around,” “The Good Life,” “Rags to Riches” and, of course, Tony’s signature “I Left My Heart in San Francisco.” Celebrate the season Tony Bennett style!

## Mission Inn, Yalaha Bakery & Mt. Dora

**Date:** January 24, 2024

**Cost:** \$129 PP

Yalaha Baker is a lovely gem of a German bakery, famous for its yummy, unique baked goods, delicious breads, and cute location. If you're looking for a strong German representation, this is your place. They feature a vast array of baked goods - shortbread cookies, danishes, walnut squares, German chocolate cake . . . the list goes on, not to mention all kinds of breads including rye, pumpernickel, and pretzel bread. We're bringing a cooler to hold perishables, but the bread should do fine staying on the bus in January weather.

From Yalaha, we're off to Howey-in-the-Hills for a relaxing and luscious lunch buffet at the beautiful Mission Inn Resort and Golf Club. Golfers will appreciate viewing the rare tee-to-green elevations of 85 feet, towering forests, and sparkling spring-fed lakes.

After our delightful and satisfying lunch, we move on to quaint Mt. Dora for free time to browse, shop, or search for antiques. If you still want a bite to eat or a cocktail before heading home, the town is filled with pubs, cafes and restaurants. All in all, a wonderful, relaxing day of fun and food!

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

**Date:** February 15, 2024

**Cost:** \$159 PP incl. Lunch at the Cheesecake Factory

**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!** Set at a Catskills resort in 1960, this humorous and heartwarming musical follows two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. 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!

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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)

## JULY 2023

ACTIVITY	SCHEDULE FOR JULY	NOTES
Ballroom Dancing	2 Classes on Mondays @ 6:30P & 7:30P for ALL Levels Different Dance Each Month	CLOSED UNTIL OCTOBER 2
Bingo	Tuesdays & Fridays @ 11:15A—2:00P DOORS OPEN AT 10:00A	NO BINGO JULY 4
Blood Pressure Checks	2nd Friday (July 14) @ 9:00—11:00A	
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	
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 @ 1:00-4:00P	
Rogue	Tuesdays @ 12:15—4:00P	NO CLASS JULY 4
Rubber	Thursdays @ 1:00-4:00P & Saturdays @ 12:30-3:30P	
Bunco	1st & 3rd Thursdays (July 6 & 20) @ 1:00—4:00P	
Canasta—NEW!	Thursdays @ 9:00A—Noon	
Chair Yoga	Tuesdays @ 3:00—4:00P	NO CLASS JULY 4 & 11
Chefs for Seniors	Next Class July 20 @ 11:00A—12:30P Sign-up Sheet at Front Desk	
Chess—NEW!	Thursdays @ 1:00—3:00P	
Euchre	Wednesdays @ 6:00—9:00P	NOW WEEKLY!
Hand & Foot	Mondays & Fridays @ 8:45A—Noon	
Hula Dance Class—NEW!	Fridays @ 3:00—4:30P	STARTS JULY 7
Jazzercise Lo	Mon., Wed. & Fri. @ 8:30—9:30A	
Line Dancing	Tuesdays @ 4:15—5:30P	NO CLASS JULY 4
Mahjong: American	Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon	
Chinese	Wednesdays @ 1:00—4:00P	
Oil Painting for Beginners	3rd Thursday (July 20 & 27) @ 1:00—5:00P Sign up Sheet at Front Desk	LIMIT 6 PEOPLE PER CLASS
Pinochle	Mondays & Fridays @ 12:15—4:00P	
Poker: Dealers Choice Friendly	Tuesdays & Fridays @ 11:30A—4:00P Mondays @ 1:00—4:00P	
Pool (Billiards)	Monday thru Friday @ 8:30A—4:30P	CLOSED JULY 4
QiGong-TaiChi	Mondays, Wednesdays & Fridays @ 8:30—9:30A	
Rummikub	Wednesdays @ 1:00-4:00P	
Senior Law	4th Friday of the Month (July 28) @ 2:00—4:00P Sign up Sheet at Front Desk	
SHINE	Tuesdays & Thursdays @ 9:00A—Noon	CLOSED JULY 4
Strength / Flexibility	Thursdays @ 9:30—10:30A	
Shuffleboard: Open Play	Saturdays @ 9:00A—Noon	
Technical Training & Education Class—NEW!	3rd Friday (July 21) @ 2:30-3:30pm	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

## Ballroom Dancing & Swing Lessons

Two Classes on Mondays @ 6:30P & 7:30P for ALL Levels. Different Dance Each Month.

Cost: \$8.00 per Class for Members  
\$10.00 per Class for Non-Members



**CLOSED UNTIL OCTOBER 2**

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



**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.



## Party Bridge

**Wednesdays @ 1:00—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

**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. (July 6 & 20) @ 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!

## Canasta

Cost: \$1.00 Members / \$3.00 Non-Members  
 Thursdays @ 9:00 am—Noon

Come play Canasta with us in a very friendly and social environment. Whether a newbie, beginner or more advanced player – come and enjoy! If interested in joining or if you have any questions, please contact **Dean Abramson** at 215-498-7511 or sign up at the table in the front lobby. We need at least 8 players to start the group!

## Chair Yoga

Tuesdays @ 3:00—4:00 pm/Sign-in @ 2:45 pm  
 Cost: \$1.00 Members / \$3.00 Non-Members  
**NO CLASS ON JULY 11**



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

July 20: Smoothies  
 Sept. 21: Fall Flavors  
 Nov. 16: Holidays



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.

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## Chess

Cost: \$1.00 Members / \$3.00 Non-Members  
 Thursdays @ 1:00—3:00 pm



Come join us for some social, relaxing Chess Play weekly. Whether you are a beginner or a more tailored player, we would love to

have you join us for some social, enlightening and most of all non-stressful chess play. If interested in joining or if you have any questions, please contact **Dean Abramson** at 215-498-7511 or sign up at the table in the front lobby. We need at least 6 players to start the group!

## 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.**

Sign in starts at 5:30 pm. Depending on how many entries the usual payout is 4 places. The penalty for sets is .25 cents which covers miniscule expenses through the year and a big Christmas party where all the money is returned via food, drawings and prizes. The games are played either 4 handed or 3 handed depending on the number of entries. This format guarantees no matter the number of entries, all will be able to play. For more information or any questions, 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.

## Hula Dance Class (New Program)

**Fridays @ 3:00—4:30 pm**

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

**STARTING JULY 7 (see article on page 3)**

E KOMO MAI "Welcome" to the new Hula Dance Class at WPSC. Be prepared to enjoy a fun, relaxed dance environment with Instructor **Kiliki Burgess**. Come dressed in Aloha attire for a fun and active Hawaiian Island experience. For more information, contact Kiliki at 321-272-5786.

## Jazzercise Lo

**Mon., Wed., & Fridays @ 8:30—9:30 am**

**Cost: \$40.00 per Month or \$10.00 per Day**

Join us for a fun and energized Jazzercise Lo class. Start off your mornings dancing away those extra calories using Low Impact moves that yield MAXIMUM results! You use muscles, not momentum, to get a total body workout without the impact on your joints. Contact **Ginny Parker** at 321-698-0445.

## Line Dancing

**Tuesdays @ 4:15—5:30 pm**

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

**No Line Dancing Tuesday July 4**

Come and join us for Line Dancing for Fun and Exercise every Tuesday 4:15-5:30. No class July 4. Enjoy the Holiday. Summer takes many students traveling and enjoying visitors, but our Senior Center welcomes guests and visitors as well. See you on the dance floor making new friends while strengthening muscles and brain function. Have an amazing summer. Stay

safe. 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! Questions? Please contact **Patricia**

**Rosenthal** at 321-626-5419 (American) or **Linda Milo** at 321-506-2672 (Chinese).

## Oil Painting for Beginners

**3rd Thursday of Each Month**

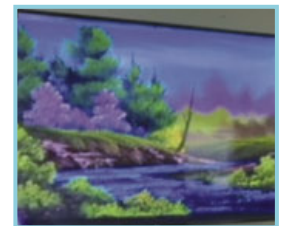
**July 20 ( Add'l Class July 27) @ 1:00—5:00 pm**

**Cost: \$40.00 per person (Includes All Supplies)**

These classes are easy and fun!

Because the WPSC was closed for AC repairs, we had to cancel the June Bob Ross style oil painting class. So, we will be offering a second class in July. The first class on July 20 is full, but there is still room in the second class on July 27. Come join us for a lot of fun!! Come paint a beautiful landscape painting with us. Classes will be held on the **3rd Thursday of each month**; an overflow class will be held on the 4th Thursday of the month if there is enough interest. Please call the Center at 321-425-5533, or sign up at the front desk.

For July, we'll be painting a beautiful country stream. Come enjoy our easy-paced class and paint a picture from right here in our own backyard. This painting is good for beginners, and you should be quite pleased with your finished painting.



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 **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**

The June 14 tournament was cancelled as a result of  
 the WPSC closure that week due to the A/C issue.  
 Next tournament is July 12. 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 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.



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**Rich Fernbach**

rfernbach@lpicommunities.com  
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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.

## Senior Law

4th Friday of Each Month

Next Class July 28, 2023 @ 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:



**SLONIM LAW**

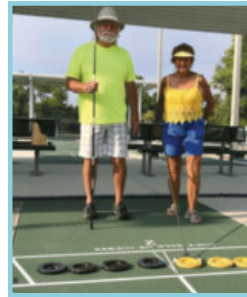
- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Living Wills
- Digital Assets
- Medicaid and Asset Protection Options
- Guardianships
- Probate Matters
- General Dementia Issues

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



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.

## 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.

## Technical Training & Education—Computer & Cell Phone

3rd Friday of Each Month

Next Class July 21 @ 2:30—3:30 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 (instead of her explaining). 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 goal is to make your life more enjoyable and less stressful. For more information, contact **Alison** at 954-376-2444.



## The Benefits of Aqua Therapy

Have you ever noticed a group of seniors engaged in a formal swim class together or been part of a rehabilitation center that included a heated therapy pool? If you have, you may have wondered what it was all about and why it seemed to be such a popular program.

While many people enjoy swimming a few laps in an outdoor pool on a sunny day, fewer are aware of the mental and physical health benefits associated with it. The benefits are so numerous, in fact, that aqua therapy is a standard part of most rehab protocols for people recovering from an illness or injury.

### What Is Aqua Therapy?

At the core of aquatic therapy is hydrostatic pressure. It is the force exerted on the body when it is immersed in a pool of water. No movement is necessary in order for an individual to benefit from hydrostatic pressure.

Aqua therapy programs offer a gentle form of rehabilitation for those with damaged joints or chronic pain. Typically managed under the direction of a physical therapist, this type of therapy generally has a goal of helping patients achieve their highest practical level of function.

It is often used for those recovering from back surgery, knee or hip replacement, and even those with osteoarthritis. Another group of people who find it beneficial have autoimmune conditions that cause inflammation in muscles and joints, such as systemic lupus erythematosus (SLE), Sjogren's syndrome, or celiac disease.

### Benefits of Water-Based Therapy

Physically, aqua therapy yields many benefits for patients who engage in it, including:

- **Safe setting for rebuilding strength:** When they

are just beginning to regain strength, patients often feel more secure exercising in water than on land.

- **Quicker results:** The support and resistance provided by water enable faster improvement in muscle recovery.
- **Gentle motion:** Water's reduced-gravity environment allows range of motion exercises to be performed gently.
- **Relaxed muscles:** Aquatic therapy pools are generally kept at a very warm temperature. Depending on where the pool is located, the temperature usually ranges from 89 to 96 degrees. That helps muscles relax, which can help reduce pain.

Then there are the mental and spiritual benefits of swimming in a heated pool, such as:

- **Stress relief:** This probably comes as no surprise, but swimming in general is known for being a great stress buster. That's true whether it's as part of a formal therapy program or just a little time in the backyard pool.
- **Body awareness:** For a person living with depression caused by a chronic disease, or someone worrying about recovering, aquatic therapy is a good way to redirect the mind. By focusing on the motions and movements of the program, a patient is less likely to experience anxiety.
- **Confidence boost:** As patients begin to feel stronger and more fit, their confidence begins to climb. That's not only good for the body but the mind and spirit, too.

Fortunately, you can participate in an aqua therapy program outside the walls of a rehab center. Many local YMCA programs routinely offer swim therapy classes in a heated pool for members.

## Participating in Activities You Enjoy – More Than Just Fun & Games

### Tips from the National Institute on Aging

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or

meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

- **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

BEING **HEALTHY**  
AND **FIT** ISN'T A  
FAD OR A TREND.  
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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.

- Tuesday, July 7: Harbor City Hearing Solutions
- Friday, July 7: Melbourne Medicare
- Tuesday, July 11: Ally Senior Living Consultants
- Tuesday, July 11: Cigna
- Friday, July 11: Healthy Partners
- Friday, July 14: Care Plus Health Plans
- Tuesday, July 18: American Home Care Services
- Tuesday, July 18: WellCare
- Friday, July 21: Rosanova Eye
- Friday, July 21: United Health Care
- Tuesday, July 25: Sea Pines
- Tuesday, July 25: VITAS
- Friday, July 28: St. Francis Reflections
- Tuesday, August 1: Alzheimer's Foundation Joe's Place

# Welcome

## New Members in May

Abramson, Dean	Kelly, Barbara
Adams, Eileen	Kost, Fred W
Alaniz, Norma	LaPointe, Ronald
Allen, Rita	Long, Deana
Armerding, Victoria	Longtin, Jim
Bauer, Ron	McCauley, Guillermina (Mina)
Baum, Cecilia	Meehan, Jeanette
Brown, Dan	Milford, Barbara
Colson, Mary Lou	Miller, Nancy
Cook, Milton	Murray, Shan
DeCaro, Aida	Orosz, Karen
Deppner, Barbara	Orosz, William
DeSanti, Kathleen	Pavelchik, Ginger
Egnor, Karen	Richard, Denise
Egnor, Robert	Ryder, Randy
Eickmann, Robert (Chip)	Seamster, Monica
Flood, Irvina	Sneary, Sharon
Greenman, Christine	Snipes, Nancy
Greenman, Michael	Steininger, Warron (Lee)
Hartwell, Donna	Young, Audrey
Hooper, Nicole	Zubaugh, Sherryl

## 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

## Wickham Park Senior Center Holiday Closures for 2023

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:

- **4th of July Holiday** – Tuesday, July 4, 2023
- **Labor Day Holiday** – Monday, Sept. 4, 2023
- **Thanksgiving Holiday:**
  - Wednesday, Nov. 22, 2023 (Day before Thanksgiving)
  - Thursday, Nov. 23, 2023 (Thanksgiving Day)
  - Friday, Nov. 24, 2023 (Friday after Thanksgiving)
  - Saturday, November 25, 2023
- **Christmas Holiday:**
  - Saturday, December 23
  - Monday, Dec. 25, 2023 (Christmas Day)
  - Tuesday, Dec. 26, 2023 (Day after Christmas)
- **New Year's Holiday:**
  - Monday, January 1, 2024 (New Year's Day)

## Meet Our Staff

### Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lisa Coyle
Treasurer:	Colleen Barneman

### Directors

Ina Fritsch	Janice Oppelt
Celeste Garcia	Pam Page
Vincent Germann	Ginny Parker
Beverly Morgan	Janet Smith
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**

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