

Fundraiser for Alzheimer's Research

Wine, Women & Paint, Thursday August 22nd, 6—8pm

Please join us for a fun night of painting, wine and friendship as we raise money for Alzheimer's Research. Cost: \$30 per person, includes all supplies, snacks & wine. Hosted by One Senior Place, RSVP required. Call 321-751-6771.

August
2019



ONE SENIOR PLACE
8085 Spyglass Hill Road
Viera, FL 32940 (321) 751-6771
Office Hours Mon - Fri 8:30-5 pm
www.OneSeniorPlace.com

Mon	Tue	Wed	Thu	Fri
<p><u>Mondays:</u> 9:30am Questions About Your Hearing? Personal Hearing Solutions</p>		<p><u>Wednesdays:</u> 9am Meet & Greet with Courtenay Spr. Village 9am One Senior Club Lively group playing board and card games</p>	1	2
<p>5 12pm Annuity & Life Ins. Check Up 2pm BUG Club Computer Class 3pm BUG Financial Club</p>	6 11am Considering Cremation? Nat'l Cremation Society	7 12pm Annuity & Life Ins. Check Up	8 10am Growing Old Without Going Broke Estate Planning & Elder Law Centers of Brevard 10am Loss, Grief & Bereavement Support Group 10am Caregiver Support Group	9 10am Medicare Seminar Florida Health Care Plans
12	13 11:30am Handling Heart Disease Ask The Doctor Lunch & Learn Series VITAS Healthcare 1:30pm BINGO Courtenay Spr. Village	14 2:30pm Alzheimer's / Dementia Support Group Market Street	15 12pm Therapeutic Laser Aquatic Health & Rehab	16 9am Protect Your Assets Rhodes Law 11am Can You Hear Me Now? Personal Hearing Solutions 3pm Insights on Eyesight Brevard Eye Center
19 1pm Medical Marijuana One Senior Place & Senior Partner Home Care	20 2pm Considering Cremation? Nat'l Cremation Society 6:30pm Help Meeting Mac User Group Meeting	21	22 10am Grief, Loss & Bereavement Support Group 10am Caregiver Support Group 1pm Rock, Step, Twist & Shout, PWR! For Parkinson Disease 6pm Wine, Women & Paint Fundraiser for Alzheimer's Research	23 10am A Relaxed Talk on Stress UCF Series
26 9am AARP Driver Safety Course Instructor: Lou Castro 12pm Annuity & Life Ins. Check Up	27 10am Elder Law Concepts: What You Need to Know During the Second Half of Life Estate Planning & Elder Law Centers of Brevard	28 12pm Annuity & Life Ins. Check Up 1:30pm Brown Bag BINGO Vascular Vein Centers	29 10am Medicaid Seminar William A. Johnson, P.A	30

Educational and Miscellaneous

Every Wednesday, One Senior Club 9—2pm. This active senior club meets weekly for board & card games, monthly birthday celebrations and much more. Join the fun!

August 5th, Mon. BUG Club 2—3pm. Computer class, followed by the BUG Financial Club 3—4pm.

August 9th, Fri. Medicare Seminar, 10—12pm. Florida Health Care Plans will present. Most people have heard of Medicare, but few are aware of how it works. Please join us for an informative seminar about FHCP Medicare. RSVP to 855-462-3427.

August 13th, Tues. Bingo with Courtenay Springs Village, 1:30 - 3:30pm. Free to play, prizes provided by Courtenay Springs Village. MUST RSVP to 321-751-6771 to reserve your seat.

August 19th, Mon. Medical Marijuana, 1—3pm. Dr. Frank Filiberto of Marijuana Brevard will lead a very informative presentation about the benefits and how it can help those battling cancer, Parkinson's Disease, post-traumatic stress disorder and many other illnesses. Hosted by One Senior Place and Senior Partner Care Services. RSVP to 321-751-6771.

August 20th, Tues. MacMAD Apple Help Meeting, MacMAD User Group, 6:30—8pm. This meeting will be a help meeting. Bring in your questions, problems and concerns. Call Dennis Crowley 321-272-7992 for more information.

August 23rd, Fri. A Relaxed Talk on Stress, 10—12pm. Presented by Fernando Montalvo, UCF Technology and Aging Laboratory. Limited seating, must RSVP to 321-751-6771.

August 26th, Mon. AARP Driver Safety Course, 9—4pm. AARP members pay \$15, non-members pay \$20. Call Lou Castro to register 321-698-2311.

August 28th, Wed. Brown Bag Bingo with Vascular Vein Centers, 1:30 - 3:30pm. He's BACK! Come join Gregory Overton for this fun game with lots of prizes! Free to play, prizes provided by Vascular Vein Centers. MUST RSVP to 321-751-6771 to reserve your seat. Refreshments will be served.

Health & Wellness

Every Monday, 9:30am—3:30pm. Questions About Your Hearing? Sandra Wagner with Personal Hearing Solutions will be on hand to answer your questions, just stop in. Call 321-253-6310 for more info.

August 13th, Tues., Handling Heart Disease, Ask The Doctor Lunch & Learn, 11:30—1pm. Presented by Dr. F. Peterson and VITAS Healthcare. Complimentary lunch provided. Limited seating, must RSVP to 321-751-6771.

August 15th, Thurs., Therapeutic Laser, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab & Laser Center. RSVP to 321-253-6324.

August 16th, Fri., Can You Hear Me Now? Lunch & Learn Seminar, Personal Hearing Solutions. 11—1pm. PHS will showcase new advances in hearing aids and assistive listening devices that can enhance your lifestyle and allow you to hear in different environments. RSVP to 321-253-6310.

August 16th, Fri., Insights on Eyesight, 3—4pm. Presented by Brevard Eye Center and Dr. Trespalacios. Explore innovations that can restore aging eyesight to 20/20. Please call Nicolette to reserve your space at 321-984-3200.

August 22nd, Thurs., Rock, Step, Twist and Shout—PWR for Parkinson's Disease, 1—2pm. Parkinson's Wellness Recovery (PWR) is a 1—hour exercise program. Limited space, must RSVP to 321-253-6324.

Support Groups

August 2nd, Fri., Cancer Care Centers of Brevard Community Support Group, 10—11:30am.

August 8th & 22nd, Thur., Grief, Loss & Bereavement, 10am. Hosted by VITAS Healthcare.

August 8th & 22nd, Thur., Caring for the Caregiver, 10am. Hosted by VITAS Healthcare.

August 14th, Wed., Alzheimer's/Dementia Support Group, 2:30—3:30pm. Hosted by Market Street.

Legal Seminars

August 8th, Thurs., Growing Old Without Going Broke, 10—11:30am. Attorney Cassidy Petersen will present. Learn more at this informative seminar.

August 16th, Fri., Protect Your Assets, 9—10am. Join us for our Elder Justice Educational Seminars every third Friday. Light refreshments will be served. Attorney Rhodes will present. For more information call 321-610-4542.

August 27th, Tues., Elder Law Concepts: What You Need to Know During the Second Half of Life, at 10—11:30am. Attorney Roger W. Klaffka will present. Learn more at our informative seminar.

August 29th, Thurs., Medicaid Seminar at 10—11:30am. Elder Law Attorney William A. Johnson, P.A.

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Food & Wine Sponsors:
Autumn House, Courtenay Springs Village and
Market Street Residence

Hosted by One Senior Place
RSVP required. Call 321-751-6771.



Planning Ahead

Every Wednesday, 9am—12pm. Meet & Greet with Courtenay Springs Village. Stop by and chat with Anna Smith and find out what Courtenay Springs Village has to offer.

August 5th, 7th, 26th and 28th, Annuity & Life Insurance Check-Up, 12—2pm. Get a 100% free, no-obligation review of your annuity and life insurance policies by insurance specialists from Whittaker Cooper Financial Group and Viera Insurance Professionals. For more info call 321-751-6771.

August 6th, Tues. 11am. & August 20th, Tues. 2pm, Considering Cremation? The National Cremation Society will discuss the benefits of preplanning, affordable options & savings, travel & relocation protection plan. Refreshments provided, RSVP required.