

Fundraiser for Alzheimer's Research

Wine, Cheese & And All That Jazz!, Friday September 13th, 3—5pm

Join Autumn House as they host this fundraiser. Delicious appetizers, wine and the smooth sounds of Fred Cavese will start off your weekend. All proceeds go to Alzheimer's Research. Cost: FREE, raffle tickets for sale to win great prizes. RSVP required. Call 321-751-6771.

September 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

Sunday, Sept. 8th:
3pm Wine & Wellness Aquatic Health & Rehab

Sunday, Sept. 29th:
3pm Tower Garden 101 Aquatic Health & Rehab

Mondays:
9:30am Questions About Your Hearing? Personal Hearing Solutions

Wednesdays:
9am Meet & Greet with Courtenay Springs Village
9am The Club Independent group playing board & card games

Thursdays:
1pm Book Club

2nd & 4th Thursdays:
10am Loss, Grief & Bereavement Support Group
10am Caregiver Support Group

Memories in the Making (R) is a FREE signature art program by the Alzheimer's Association, that provides people living with early stage Alzheimer's and Dementia with a forum to express themselves through watercolor painting and drawing. Because there are no mistakes in art, creativity and fun are the primary focus. Caregivers are welcome to participate. No art experience is needed to attend, but space is limited!

Mon	Tue	Wed	Thu	Fri
2 Closed for Labor Day	3 2pm BUG Club Computer Class 3pm BUG Financial Club	4 12pm Annuity & Life Ins. Check Up	5 11am Considering Cremation? Nat'l Cremation Society	6 10am Cancer Care Centers of Brevard Community Support Group 2pm Tea & Conversation The Fountains
9 10am What is Neurogenic Orthostatic Hypertension? Parkinson's Support Group 2pm Get Your Medicare Questions Answered Viera Insurance Professionals	10 10:am FREE Memory Testing Bioclinica 11:30am Liver Disease Ask The Doctor Lunch & Learn Series VITAS Healthcare 1:30pm BINGO Courtenay Spr. Village	11 2:30pm Alzheimer's / Dementia Support Group Market Street	12 10am How to Bullet Proof Your Estate Plan from a Contest or Challenge Estate Planning & Elder Law Centers of Brevard 10am Loss, Grief & Bereavement Support Group 10am Caregiver Support Group	13 10am Medicare Seminar Florida Health Care Plans 3pm Wine, Cheese & All That Jazz! Autumn House
16 10am Estate Planning Seminar Rhodes Law 1pm Tea & Sweets One Senior Place and Cape Canaveral Pen Women Group	17 10am Estate Planning and Advance Directives William A. Johnson, P.A. 2pm Considering Cremation? Nat'l Cremation Society 6:30pm Mac User Group Meeting	18	19 10am Psychology as a Political Tool UCF Series	20 11am Can You Hear Me Now? Personal Hearing Solutions
23 10am Get Your Medicare Questions Answered Viera Insurance Professionals 12pm Annuity & Life Ins. Check Up	24 10am Guardianship—Start to Finish Estate Planning & Elder Law Centers of Brevard 1:30pm Memories in the Making Alzheimer's Association, VITAS Healthcare & SPCS	25 12pm Annuity & Life Ins. Check Up 1:30pm Brown Bag BINGO Vascular Vein Centers	26 10am Medicaid Eligibility Seminar William A. Johnson, P.A. 10am Grief, Loss & Bereavement Support Group 10am Caregiver Support Group 12pm Knee Joint Pain Aquatic Health & Rehab 1pm Rock, Step, Twist & Shout, PWR! For Parkinson Disease	27 11am Considering Cremation? Nat'l Cremation Society 3pm Insights on Eyesight Brevard Eye Center
30 9am AARP Driver Safety Course Instructor: Lou Castro				

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!

Sept. 3rd, Tue., BUG Club 2—3pm. Computer class, followed by the **BUG Financial Club** 3—4pm.

Sept. 6th, Fri., Tea & Conversation, 2 - 4pm. Hosted by The Fountains of Melbourne and One Senior Place. Laurel Brown of Whittaker Cooper Financial Group will present. Financial talk about how our life changes impact our financial picture. Must RSVP, call 321-751-6771.

Sept. 8th, Sun., Wine & Wellness, 3—4pm. Join us for an afternoon of tasty wines and learn how to jump start a life into Health & Wellness! Hosted by Aquatic Health & Rehab. RSVP to Lisa Gladu-Molina at 321-253-6324.

Sept. 9th, Mon. Get Your Medicare Questions Answered, 2pm. Repeats on:

Sept. 23rd, Mon. Get Your Medicare Questions Answered, 10am. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Presented by Viera Insurance Professionals, call to reserve your seat. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meetings, call 321-253-6323 TTY: 711

Sept. 10th, 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.

Sept. 13th, 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.

Sept. 13th, Fri., Wine, Cheese & All That Jazz!, 3—5pm. Fundraiser for Alzheimer's Research sponsored by Autumn House. Wine, delicious appetizers and the smooth sounds of Fred Cavese. Fabulous raffle prizes to win while supporting this worthy cause. **FREE** to attend, must RSVP to 321-751-6771.

Sept. 16th, Mon., Tea & Sweets, 1—2:30pm. Join Donna Puglisi as she introduces her new poetry book. Sweets provided by Greystone Health Network, Tea provided by Dragonfly Botanica. RSVP required, call 321-751-6771.

Sept. 17th., Tues. MAC/Apple Users Group Meeting, 6:30—8pm. Meetings will feature presentations on topics of interest to MAC enthusiasts. Usually includes a guest speaker. Call Dennis Crowley 321-272-7992 today to reserve your seat.

Sept. 19th, Thur., Psychology as a Political Tool, 10—12pm. Presented by Fernando Montalvo, UCF Technology and Aging Laboratory. Limited seating, must RSVP to 321-751-6771.

Sept. 24th, Tue., Memories in the Making, 1:30—2:30pm. No art experience necessary! Free signature art program by the Alzheimer's Association. Sponsored by VITAS Healthcare and the Alzheimer's Association. RSVP required, call 800-272-3900.

Sept. 25th, 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.

Sept. 29th, Sun. Tower Garden 101, Aquatic Health & Rehab., at 3pm. Come join us and learn how to grow for a healthier you. Easy to assemble & start growing your own fruits, vegetables and herbs. SAVES MONEY! Please RSVP to Lisa Gladu-Molina at 321-253-6324.

Sept. 30th, Mon., AARP Driver Safety Course, 9—4pm. AARP members pay \$15, non-members pay \$20. Call Lou Castro to register 321-698-2311.

Support Groups

Sept. 6th, Fri., Cancer Care Centers of Brevard Community Support Group, 10—11:30am.

Sept. 11th, Wed., Alzheimer's/Dementia Support Group, 2:30—3:30pm. Hosted by Market Street.

Sept. 12th & 26th, Thur., Grief, Loss & Bereavement and Caring for the Caregiver 10am. Hosted by VITAS Healthcare.

Legal Seminars

Sept. 12th, Thurs., How to Bullet Proof Your Estate Plan, 10—11:30am. Attorney Cassidy Petersen will present. Learn more at this informative seminar.

Sept. 16th, Mon., Estate Planning, 9—10am. Join us for our Elder Justice Educational Seminars every third Monday. Light refreshments will be served. Attorney Rhodes will present. For more information call 321-610-4542.

Sept. 17th, Tues., Estate Planning & Advance Directives, at 10—11:30am. Elder Law Attorney William A. Johnson, P.A.

Sept. 24th, Tues., Guardianship—Start to Finish, at 10—11:30am. Attorney Roger W. Klaffka will present. Learn more at our informative seminar.

Sept. 26th, Thurs., Medicaid Eligibility Seminar at 10—11:30am. Elder Law Attorney William A. Johnson, P.A.

Planning Ahead—For more info & to RSVP call 321-751-6771

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.

Sept. 4th, 23rd & 25th, 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.

Sept. 5th, Thurs. 11am., 17th, Tues. 2pm & 27th, Fri. 11am, Considering Cremation? The National Cremation Society will discuss the benefits of preplanning, affordable options & savings, travel & relocation protection plan. Refreshments provided, RSVP required.

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.

Sept. 9th, Mon. What is Neurogenic Orthostatic Hypertension?, 10 - 11:30pm. Join us as we talk about a subject not often discussed. Presented by Eric Wolfe from Lundbeck Pharma. Light snacks will be served. MUST RSVP to 321-751-6771 to reserve your seat.

Sept. 10th, Tues. FREE Memory Testing, 10—2pm. Bioclinica will be offering free memory screenings the second Tuesday of each month at One Senior Place. Call 321-202-2712 to schedule an appointment.

Sept. 10th, Tues., Liver 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.

Sept. 20th, 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.

Sept. 26th, Thurs., Knee Joint Pain, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab & Laser Center. RSVP to 321-253-6324.

Sept. 26th, 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.

Sept. 27th, 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.