

What Does Long Term Care Mean?

Tuesday April 20th
at 4pm.

Join One Senior Place as we discuss why long term care planning is important, what you need to know about long term care, and how to start planning.
RSVP required, call 321-751-6771.

April 2021

**Masks are required to
enter and throughout
our building.**

**Thank you for your
understanding and
cooperation.**



ONE SENIOR PLACE
8085 Spyglass Hill Road
Melbourne, FL 32940
(321) 751-6771

Hours: Mon. - Fri., 8:30-5 pm
www.OneSeniorPlace.com

Mon	Tue	Wed	Thu	Fri
			1 10am Paper Bead Workshop Part 1 Project Hope Pam Farley Cape Canaveral Pen Women	2 10am Paper Bead Workshop Part 2 Project Hope Pam Farley Cape Canaveral Pen Women
5 9:30am Questions About Your Hearing? Personal Hearing Solutions 10am Motor & Non-motor Symptoms Parkinson's Support Group VIRTUAL ONLY 12pm Brain Health, Ask The Doctor A Series on Brain Health One Senior Place	6 2pm BUG Club Computer Class 3pm BUG Financial Club	7	8 10am My Loved One was just Diagnosed with Dementia...Now What? Estate Planning & Elder Law Ctrs. Of Brevard 10am Loss, Grief & Bereavement Support Group VITAS Healthcare 1pm Book Club	9
12 9:30am Questions About Your Hearing? Personal Hearing Solutions 11am Considering Cremation? Lunch & Learn Nat'l Cremation Society	13 11am FREE Memory Testing Merritt Island Medical Research	14	15 9:30am JAZZ Brunch & Learn Presented by Sonata East at Viera 12pm Let's Talk About...Migraines Aquatic Health & Rehab 1pm Book Club	16 11am Hearing Loss = Brain Stress Lunch & Learn Personal Hearing Solutions
19 9:30am Questions About Your Hearing? Personal Hearing Solutions	20 10am Plan Well: Your Care, Your Choices—Five Wishes Barbara Fradkin, BSW, CCM, Director of One Senior Place 4pm What Does Long Term Care Mean? One Senior Place	21 10am Don't Put Your Eggs in One Basket "A Recipe for Medicaid Planning & Asset Protection" Rhodes Law	22 10am VA—Aid & Attendance Seminar William A. Johnson, P.A. 10am Loss, Grief & Bereavement Support Group VITAS Healthcare 1pm Book Club	23 10am Social Media Past Your 50's Fernando Montalvo, UCF 2pm Considering Cremation? Nat'l Cremation Society
26 9:30am Questions About Your Hearing? Personal Hearing Solutions	27 10am Elder Law Concepts: What You Need to Know During the Second Half of Life Estate Planning & Elder Law Ctrs. Of Brevard 1:30pm BINGO (In-Person and Virtual) Vascular Vein Centers	28	29 10am Medicaid Planning William A. Johnson, P.A.	30

Educational and Miscellaneous

Every Thursday, Book Club—Legacy Club 1—2pm. Join us to read thought provoking literature and participate in lively discussions.

Apr. 1st & 2nd, Thur. & Fri., Bead Making with Pam Farley, Cape Canaveral Pen Women, 10—12pm. Join Pam Farley as she talks about her experience in Uganda and “Project Hope”. Make paper beads like those made in Uganda. This is a 2 session workshop. Call 321-751-6771 to RSVP.

Apr. 6th, Tue. - BUG Club - 2—3pm. Computer class from beginner to advanced. **BUG Financial Club-** 3—4pm.

Apr. 12th, Mon. 11am. and REPEATS Apr. 23rd, Fri. 2pm, Considering Cremation? Make Pre-Planning A Priority in 2021 Lunch & Learn, National Cremation. Will discuss: The benefits of preplanning, affordable options & savings, travel & relocation protection plan. A FREE lunch or early dinner at Carrabba’s Italian Grill immediately following presentation. RSVP required call 321-751-6771. MASKS are required.

Apr. 15th, Thur. JAZZ Brunch & Learn, presented by Sonata East at Viera, 9:30—11am. Join us and learn about the new luxury resort-style independent living community for active adult seniors. Unique to the Space Coast, Sonata East at Viera is the newest **Rental Only** community offering distinctive Independent, Assisted, and Memory Care in a campus setting. Hosted at One Senior Place, Limited seating, must RSVP, call 321-341-9000.

Apr. 20th, Tues., What Does Long Term Care Mean?, 4pm. Join One Senior Place as we discuss why long term care planning is important, what you need to know about long term care, and how to start planning. RSVP required, call 321-751-6771.

Apr. 23rd, Fri., Social Media Past Your 50’s, 10—11am. Presented by Fernando Montalvo, McKnight Doctoral Fellow. This talk explores the latest research on the benefits and hazards of social media in people over 50 years of age. In this age group, it turns out social media can be a lot more beneficial than people think it is. Masks are required, for more information and to RSVP, call 321-751-6771, In-Person and ZOOM.

Apr. 27th, Tues., Bingo with Vascular Vein Centers, 1:30 - 2:30pm. Free to play, prizes provided by Vascular Vein Centers. MUST RSVP to 321-751-6771 to reserve your seat. Available to play by ZOOM.

Don’t miss the last of our Brain Health Series:



Monday April 5th, at 12pm

Brain Health, Ask the Doctor
VITAS Healthcare

Limited seating, also available through ZOOM.
Call 321-751-6771 to RSVP and MASKS are required.

Support Group

Apr. 5th, Mon., Motor and Non-Motor Symptoms, Parkinson’s Support Group Viera, 10am. Join Vigeana Sanon, Senior Medical Science Liaison with AbbVie as she discusses treatment options and provides more overall education on Parkinson’s Disease. **VIRTUAL ONLY.** RSVP to 321-751-6771 for online link. Hosted by One Senior Place.

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

Plan Well: Your Care, Your Choices **Five Wishes** **Tuesday April 20th, from 10—11am.**

Do you know who will make care decisions for you when you are not able? One Senior Place will host an informative workshop on completing “Five Wishes”, an easy-to-use legal advance directive document written in everyday language. Registered attendees will receive a free copy of Five Wishes! RSVP required, call 321-751-6771.



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Legal Seminars—call 321-751-6771 to RSVP

Apr. 8th, Thurs., My Loved One was just Diagnosed with Dementia...Now What?, 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. Learn more about our informative seminar by calling 321-729-0087.

Apr. 21st, Wed., Don’t Put Your Eggs in One Basket, “A Recipe for your Estate Planning Needs”, 9—10am. Join us for our Elder Justice Educational Seminars every third Wednesday. Light refreshments will be served. Attorney Rhodes will present. For more information call 321-610-4542.

Apr. 22nd, Thurs., VA—Aid & Attendance Seminar, at 10—11am. William A. Johnson, P.A. will present. To learn more about this seminar, call 321-253-1667. In-person or Virtual, call 321-751-6771.

Apr. 27th, Tues., Elder Law Concepts: What You Need to Know During the Second Half of Life, at 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. Learn more at our Informative seminar. Call 321-729-0087 for more information.

Apr. 29th, Thurs., Medicaid Planning Seminar, at 10—11:30am. William A. Johnson, P.A. will present. To learn more about this seminar, call 321-253-1667.



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.

Apr. 13th, Tues., FREE Memory Testing, 11—3pm. Merritt Island Medical Research will be offering free memory screenings the second Tuesday of each month at One Senior Place. Call 321-305-5015 to schedule an appointment.

Apr. 15th, Thurs., Let’s Talk About...Migraines, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab & Laser Center. RSVP to 321-253-6324.

Apr. 16th, Fri., Hearing Loss = Brain Stress, Lunch & Learn Seminar. 11—1pm. Presented by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AuD from Widex. This presentation is about hearing health and education. Boxed lunch provided, must RSVP to 321-253-6310.