




July 2021

If you have not been vaccinated against the COVID-19 virus please wear a mask.
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 1pm Book Club	2
5 Closed in Observance of: 	6 2pm BUG Club Computer Class 3pm BUG Financial Club	7	8 10am Planning Your Estate to Minimize Taxes Estate Plan. & Elder Law Ctrs. Of Brevard 10am Loss, Grief & Bereavement Support Group VITAS Healthcare 1pm Book Club 2pm Movie Matinee featuring "Mama Mia" Hosted by Rhodes Law, P.A.	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 11:30am Lung Disease—Ask The Doctor Lunch & Learn VITAS Healthcare	14	15 12pm Shoulder Pain Aquatic Health & Rehab 1pm Book Club	16 11am Tinnitus [and Hearing Loss] Lunch & Learn Personal Hearing Solutions
19 9:30am Questions About Your Hearing? Personal Hearing Solutions	20 10am Estate Planning William A. Johnson, P.A. 1pm Pulmonary Fibrosis Support Group	21 2pm Alzheimer's & Dementia Support Group Market Street Memory Care 4pm Ice Cream & Conversation Elder Justice Educational Seminar Rhodes Law	22 10am Loss, Grief & Bereavement Support Group—VITAS Healthcare 1pm Book Club 2pm Considering Cremation? Lunch & Learn Nat'l Cremation Society	23
26 9:30am Questions About Your Hearing? Personal Hearing Solutions	27 10am Essential Legal Documents That Provide Peace of Mind Estate Planning & Elder Law Ctrs. Of Brevard 1:30pm BINGO Vascular Vein Centers	28	29 10am VA Aid & Attendance William A. Johnson, P.A. 1pm Book Club	30

Coming this Fall



A **NEW & INFORMATIVE**

Legal Series

Every topic will be covered and questions answered
Please join our Resident Law Firms:

Estate Planning and Elder Law Center of Brevard
Family First Firm
Rhodes Law, P.A.
William A. Johnson, P.A.

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Support Groups

July 8th & 22nd, Thur., Loss, Grief & Bereavement, 10am. Hosted by VITAS Healthcare. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others.

July 20th, Tues., Pulmonary Fibrosis Support Group, 1pm. For patients and caregivers, talk & topics, snacks & friendship.

July 21st, Wed. 2—3pm Alzheimer's/Dementia, Hosted by Market Street. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP to 321-751-6771.

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.

July 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.

July 13th, Tues., Lung Disease, Ask The Doctor Lunch & Learn, 11:30—1pm. VITAS Healthcare and Dr. Frederick Peterson will present a monthly series of "Ask the Doctor" seminars. Limited seating, call 321-751-6771 to reserve your seat, boxed lunch will be provided and masks are required if you are not fully vaccinated.

July 15th, Thurs., Shoulder Pain, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab and Laser Center. Frozen Shoulder, Rotator Cuff, Sprain / Strain, Fractures. Causes and treatment plans discussed. RSVP to 321-253-6324.

July 16th, Fri., [Tinnitus and Hearing Loss], Lunch & Learn Seminar. 11—1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex will center on the causes of Tinnitus, "ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Legal Seminars—call 321-751-6771 to RSVP

July 8th, Thurs., Planning Your Estate to Minimize Taxes, 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. By carefully planning your estate and properly titling your assets you can make sure that what you worked hard to earn will go to those you designate, not the IRS. Learn more about our informative seminar by calling 321-729-0087.

July 20th, Tues., Estate Planning Seminar, at 10—11:30am. William A. Johnson, P.A. will present. To learn more about this seminar, call 321-253-1667.

July 21st, Wed., Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, at 4pm. Bring your questions for Attorney Rhodes. Areas of discussion: Estate Planning, Medicaid Planning and Asset Protection, Probate and Trust Administration, and Guardianship. Light refreshments will be served. For more information call 321-610-4542. Also available LIVE Webinar via GoToMeeting! Limited seating, call 321-751-6771 to RSVP.

July 27th, Tues., Essential Legal Documents That Provide Peace of Mind, at 10—11:30am. Estate Planning & Elder Law Centers of Brevard will present. Find out what documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. Call 321-729-0087 for more information.

July 29th, Thurs., VA Aid & Attendance Seminar, at 10—11:30am. William A. Johnson, P.A. will present. To learn more about this seminar, call 321-253-1667.

Educational and Miscellaneous

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

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

July 8th, Thurs., Movie Matinee with Rhodes Law, PA, 2pm. Hosted by Rhodes Law, P.A. Come and watch "Mama Mia" and enjoy classic movie treats! Seating limited, MUST RSVP to 321-751-6771.

July 12th, Mon. 11am. and REPEATS July 22nd, Thur. 2pm, Considering Cremation? 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.

July 27th, Tues. BINGO, 1:30—2:30pm. FREE to play, prizes awarded, fun for all! Presented by Vascular Vein Centers.