July 2022

8085 Spyglass Hill Road, Melbourne, FL 32940 321-751-6771
Monday—Friday 8:30am—5:00pm
More event information available at OneSeniorPlace.com Events subject to change.

The Experts in Aging

Use your cell phone camera to scan the QR code and register for our events.

Mon	Tue	Wed	Thu	Fri
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4 **Office Closed** *Have a Happy and Safe 4th of July*	5 **11am** FREE Memory Testing Merritt Isl. Medical Research	6 **9am** The Club— Board and card games Independent group playing board and cards games	7 **11am** Considering Cremation? Nat'l Cremation Society **1pm** Book Club **1pm** Ask the Realtor w/Barb Asinari	8
11 **9am** Ask the Realtor w/Barb Asinari, Oceans Realty Florida **9:30am** ? About Your Hearing? Personal Hearing Solutions **10am** iPhone, iPad 2022, Bring Your Questions MadMAD User Group	12 **11:30am** Staying Hydrated, Ask The Doctor Lunch & Learn Series **2pm** BINGO Florida Health Care Plans	13 **9am** The Club— Board and card games Independent group playing board and cards games	14 **10am** Planning Your Estate to Minimize Taxes Estate Plan. & Elder Law **10am** Loss, Grief Support Group **1pm** Book Club **1pm** Ask the Realtor w/Barb Asinari, Oceans Realty Florida	15 **11am** Tinnitus [and Hearing Loss] Lunch & Learn Personal Hearing Solutions
18 **9am** Ask the Realtor w/Barb Asinari, Oceans Realty Florida **9:30am** ? About Your Hearing? Personal Hearing Solutions	19 **10am** Special Needs Trusts Seminar William A. Johnson, P.A. **11am** FREE Memory Testing Merritt Isl. Medical Research **5:30pm** Apple Help Meeting MadMAD User Group Hosted by Jim DeLaura, RJF	20 **9am** The Club Independent group playing board and cards games **10am** Fibroscans (Liver) Scans ClinCloud	21 **12pm** Shoulder Pain Aquatic Health & Rehab **1pm** Book Club **1pm** Ask the Realtor w/Barb Asinari, Oceans Realty Florida	22 **12pm** Quit **YOUR** Way Tobacco Cessation Class Tobacco Free Florida
25 **9am** Ask the Realtor w/Barb Asinari, Oceans Realty Florida **9:30am** ? About Your Hearing? Personal Hearing Solutions	26 **10am** Essential Legal Documents That Provide Peace of Mind Estate Plan. & Elder Law **2pm** Considering Cremation? Nat'l Cremation Society	27 **9am** The Club Independent group playing board and cards games	28 **10am** Medicaid Planning William A. Johnson, P.A. **10am** Loss, Grief Support Group **1pm** Book Club **1pm** Ask the Realtor w/Barb Asinari	29

Health / Wellness / Educational / Miscellaneous

Every Monday, 9am—12pm **and Every Thursday**, 1pm—3pm. Ask the Realtor, Barbara Asinari with Oceans Realty Florida will be available for questions, whether you're buying or selling a home, just stop in. Call 321-751-6771 for more info.

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.

The Club, Every Wednesday, 9—1pm. This active senior club will meet weekly for board & card games, monthly birthday celebrations and much more. Join the fun!

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

July 5th and 19th, Tues., FREE Memory Testing, 11—3pm. Merritt Island Medical Research will be offering free memory screenings the 1st & 3rd Tuesday of each month at One Senior Place. Call 321-305-5015 to schedule an appointment.

July 7th, Thur. 11am, and REPEATS July 26th, Tues. 2pm, Benefits of Pre-Planning your Cremation Informational Seminar, National Cremation. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP required call 321-751-6771.

July 11th, Mon., iPhone & iPad 2022, Bring Your Questions!, 10am—12pm. MacMAD will help you learn to navigate your iPhone, iPad and all Apple devices. If you are a beginner or familiar with Apple products, you will learn something from this class. Call 321-751-6771 to reserve your seat.

July 12th, Tue. Staying Hydrated, Ask the Doctor Lunch & Learn Series, 11:30am—1pm. Join Dr. Frederick Peterson, with VITAS Healthcare, as he presents ways to stay hydrated and why you should. Lunch provided by VITAS Healthcare for all registered attendees. Must RSVP to 321-751-6771.

July 12th, Tue., BINGO, 2—3:30pm. FREE to play, prizes awarded, fun for all! Presented by Florida Health Care Plans.

July 15th, 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. This presentation 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.

July 19th, Tues., MacMAD Apple Help Meeting, from 5:30—7pm. Bring your questions and your iPhone, iPad or Macintosh and get help with your device. June, July and August will have one-on-one members helping members meeting. Hosted by Jim DeLaura, presented by MacMAD User Group. RSVP to 321-751-6771.

July 20th, Wed., 10am—2pm. **FREE Fibroscans (Liver Scan)** offered by ClinCloud. A fibroscan is a non-invasive ultrasound which measures fibrosis (scarring) and steatosis (fatty change) in your liver. Appointments are 30 minutes, call 321-751-6771 to schedule.

July 21st, Thurs., Shoulder Pain, 12—1pm. Presented by Dr. Terry Shepherd, Aquatic Health & Rehab and Laser Center. Discussion on various types of shoulder pain and how to treat them. For more information and to RSVP call 321-253-6324.

Support Groups

June 9th and 23rd, Thurs., Loss, Grief & Bereavement, 10am. Facilitated by VITAS Healthcare.

CANCELLED UNTIL AUGUST

Parkinson's Discussion Group, Hosted by One Senior Place. Come and share ideas, bring your questions and let's discuss our experiences as we deal with Parkinson's Disease.

Alzheimer's/Dementia, Hosted by . The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia.

one SENIOR place

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Legal Seminars—call 321-751-6771 to RSVP

July 14th, Thur., 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.

July 19th, Tues., Special Needs Trusts Seminar, at 10—11:30am. William A. Johnson, P.A. will present.

July 26th, 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 that everyone should have, what they mean, and how they can provide you some peace of mind.

July 28th, Thurs., Medicaid Planning Seminar, at 10—11:30am. William A. Johnson, P.A. will present.

Quit YOUR Way

Tobacco Free Florida

Friday July 22nd, 2022

12—1:30 pm

Quitting tobacco isn't easy, finding help should be!

Tobacco Free Florida offers free tools and services to help you get started.

For more information and to register call: 1-877-252-6094.