

SENIORCalendar FEBRUARY 2012

IN BREVARD CO.

Monday Club: Every Monday, 50 and over take 15% off. All Beall's Outlet stores.

Brevard County Parks and Recreation is now offering Senior Lawn Games at South Beach Community Center, located at 500 Old Florida Trail, in Melbourne Beach. Lawn Games are played outdoors every Thursday from 1:00 to 3:00 p.m. For more information or to pre-register, please call South Beach Community Center at 321-952-3210.

COMPUTER CLASS - BASIC INTERNET CLASS: Learning to navigate the web INSTRUCTOR: Laurie Overcash 321-591-6032 - Tuesday is 10-12; Thursday is 9-11. Wickham Park Senior Center in Wickham Park.

The Viera Regional Community Center, located at 2300 Judge Fran Jamieson Way in Viera, is hosting a **Tai Chi class** for adults on Tuesdays and Thursdays. For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor, Jeffrey Cook, at (321) 243-7761.

Brevard County Parks and Recreation now offers Zumba Fitness classes on Tuesday evenings from 5:30 p.m. to 6:15 p.m. at the Max K. Rodes Park Community Center. The center is located at 3000 Minton Road in West Melbourne. Zumba is taught by Christina Sulfridge, certified Zumba instructor. To pre-register for the class or

for more information, call Christina at 321-327-5664.

Brevard Alzheimer's Foundation Hosts Dementia Tutorials: 3rd Thursday of every month from 3pm-5pm at Joe's Club Central 4676 N. Wickham Rd., Melbourne.

Tap Dance for Grown-ups, Eau Gallie Civic Center, Mondays 6PM Beg. 6:30 int.-adv. 255-4608.

The American Heart Association is offering FREE educational presentations to all Brevard County groups and organizations. To schedule your presentation, please contact the American Heart Association at 321-255-3557.

Caregiver Happy Hour, 2 for 1, Answers & Support: 2nd & 4th Tuesday, Stress Relief Gentle Yoga, 1st & 3rd Tuesday Care provided for your loved one free of charge, Refreshments Served, All One Family Senior Day Program. For information call 453-6577.

A Whist Club meets on Wednesdays, from 10 a.m. to 1 p.m. at the Harry T. & Harriette V. Moore Memorial Park Cultural Center at 2180 Freedom Avenue in Mims. Call 321-264-6595 for information.

Hospice Seeks "Partners In Compassionate Care" For Volunteer Training In South Brevard: For more information on HOSF programs, please call 321-269-4240 or 866-269-4240 (toll free).

Freedom 7 Senior Community Center

Cocoa Beach Country Club
5000 Tom Warriner Blvd. 321-783-9505

Monday

Travel Desk: 11a - 12p Talk with Lee Rosenkranz about upcoming trips: Freedom 7 Members get a discount on travel. 321-259-6300

Party Bridge/Rubber Bridge: 12 Noon (sign in at 11:30am) \$2Mem/\$3 Non

Mah Jongg: 12 Noon (sign in at 11:30am) \$1 Members/\$2 Non Members

The class will be held on the 1st, 2nd, 4th, 5th Mondays at 10am (not on the 3rd Monday)

***Mah Jongg Lessons Wait List - 10am Wait List for next class - when we have some teachers. \$1 Members/\$2 NonMembers - pay as you go.

Tuesday

January thru March or April 9:30am to 10:30am Chris Lyle's Annual "Road to Wellness" Indoor Class Health Class" - inside the Auditorium. Call

Chris Lyle for details 321-784-0741

Aqua Fit at the pool - year round Tues & Thurs. pay as you go. Call Chris for info and times 784-0741

Beginner Computer Class Wait List (only 4 or 5 students at a time.) This is an 8 week course 10am to 11am. \$35 members/ \$45 non members

- join & save.

Wednesday Special Events on Tues/Wed Potluck, Speakers, Wellness: see individual fliers and special events list***First WEEK of the month we have

Pinochle on Wednesday 9:30a to 3p vs Thursday because the CBWC holds their monthly meeting in the Auditorium 9a to Noon/1p.

Thursday

Pinochle - sign in 9:40a (play til 3pm max) 10am Aqua Fit with Chris Lyle at the pool. Call

Chris for info 784-0741

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RESIDENT PROVIDER SPOTLIGHT



Brookdale Senior Living®: Providing the finest in Personalized Assisted Living, Alzheimer's & Dementia Care

Brookdale Senior Living is a leading national provider of a full spectrum of senior living services throughout the United States. In Brevard County, this includes five communities that provide seniors with the utmost in service, hospitality and care. Southland Suites Melbourne, two Sterling House® West Melbourne locations and Sand Point Titusville offer Brookdale's brand of personalized assisted living, while Clare Bridge® West Melbourne provides specialized Alzheimer's and Dementia Care.

At Sterling House, Southland Suites and Sand Point Retirement Community residents enjoy life with the support they require with activities of daily living. Services are never one-size-fits-all and are custom-tailored to meet the needs of each individual, thus the personalized touch. So if it's assistance with bathing, grooming, dining, medication management, to name a few, these Brookdale communities have the resources, in terms of personnel and facilities, to enhance the quality of life for every resident they serve.

At Clare Bridge, residents with Alzheimer's disease or other forms of dementia receive care from a staff of specially trained professionals whose clinical expertise is rivaled only by their genuine care and compassion for the individuals they serve.

Residents of each community have access to Innovative Senior Care®, Brookdale's in-house therapy services provider. With ISC, access to physical, occupational and speech therapies are available merely steps from each resident's door.

But at Brookdale communities, it's not all about attention to clinical details; it's about providing lifestyles that are enriching, fulfilling and rewarding. To that end, we have developed signature programs like Optimum Life® and

Celebrations that are available at each and every community.

Optimum Life is a company-wide initiative and an all-encompassing way of life that touches residents, families and associates. Optimum Life provides programs and services that enable residents to optimize their health and well being by balancing six key dimensions of wellness: emotional, intellectual, physical, social, spiritual and purposeful.

Inspired dining and vibrant lifestyle activities come together in our celebrations program, which fills the monthly calendar with themed experiences, special events and group activities that spotlight different cultures and cuisines. Celebrations provides joy and sensory fulfillment as it educates, entertains and delights our residents.

Brookdale Senior Living communities are designed and operated to exceed resident expectations by providing the highest quality living accommodations, services and care. Residents and their families look to Brookdale communities for healthy living, camaraderie and peace of mind. It is also how they discover the abundant lifestyle benefits that are available only to Brookdale Senior Living residents. Discover more at www.BrookdaleLiving.com.

And, of course, you can learn more about Brookdale Senior Living with a visit to Senior Places™ central Florida's only living options showroom at One Senior Place, 8085 Spyglass Hill Road, Viera, FL 32940. SS

Brookdale, Clare Bridge, Innovative Senior Care, Optimum Life and Sterling House, are the trademarks and/or service marks of Brookdale Senior Living Inc. Reg. US Patent and Trademark Off.



One Senior Place | 8085 Spyglass Hill Road, Viera | 321-751-6771 | www.OneSeniorPlace.com

Wickham Park Senior Center Activities: 2785 Leisure Way, Melbourne, 255-4494

Monday Thru Friday

SHINE by appointment - 757-0660
Travel Office 9:00 – 12:00 Rm 101
Pool 8 Ball 8:45 – 4:15 Rm 106
Monday
Zumba 7:30-8:30
Jazzercise Lite 8:30 – 9:30 MP A
China Painting 9 – 11:30 Rm 120
Game Day 9:00 – 12:00 Gathering Rm
Dominoes, Pinochle, Canasta, cards
Bunko 9:00 – 12:00 Rm 117
Tai Chi 9:45 – 10:45 MP A
Fun Shuffleboard 10-12, 1:00 – 3:30 Court
Mah Jongg 12-3:30 Rm 120
Duplicate Bridge 12:30 – 4:00 MP A-C
Computer Class 1:00 – 4:00 Rm 117
Jazzercise Lite 8:30-9:30 A
Art/Painting 1-4pm - Rm 114
Tuesday
Zumba 7:30-8:30
Zumba Gold 8:30 – 9:15 am MP A
Scrabble 9:30 – 12:00 Rm 114

Blood Pressure Check 10am Lobby
Bingo 11:15 - 2:15 MP A-C
Dealers Choice Poker 1:00 – 4:00
Gathering Rm
Bridge Basic 2 Class 2 – 12:30 pm Rm 117
Line Dancing 5:30 – 6:30 MP A-C
Lebed Method 5:30 – 6:30 Rm 114
Bridge Int/Adv Lessons 7 – 9 pm Rm 117

Wednesday

Yoga 7:30 – 8:30 Rm 117
Jazzercise Lite 8:30 – 9:30 MP A
Tai Chi 9:45 – 10:45 MP A
Tap Dancing 10:00 – 11:00 MP A
Bone Walkers Plus 10:15-11:15 AM
Shuffleboard League 11:00 – 3:00
Duplicate Bridge 12:30 – 4:00 MP B/C
Dancing Lessons 6:30 – 8:30 MP A

Thursday

Zumba Gold 8:30-9:15 MP A
Strength & Flexibility 9:30-10:30
3rd Thursday - Sr. Law Seminar 1-3 Rm 114
Shuffle Board 6-9:30
Mah Jongg 11:00 – 12:00 Rm 117

Mah Jongg 1:00-4:00 Rm 117
Rubber Bridge 1:00 – 4:00 MP C
Belly Dancing 5:00 – 6:00 MP A
Duplicate Bridge 7:00 – 10:45 MP C

Friday

Tai Chi 8:30 – 9:15 MP C
Jazzercise Lite 8:30 – 9:15 MP A
Oil Painting 9-12:30 Rm 114
Computer Class 10 – 12:00 Rm 117
Bingo 11:15 – 2:15 MP A-C
Duplicate Bridge 12:30 – 3:30 Rm 117
Pinochle 1:30 – 4:30 Gathering Rm
Dealers Choice Poker 1:00-4:00 Rm 120
Easy Going Poker 1:00-4:00 Rm 120

Saturday

Shuffleboard 8:30-12:00 Rm 120
Rubber Bridge 12:30-3:30 MP A
Duplicate Bridge 12:30 – 4:00 MP B-C

Sunday

Fencing 10-12
Dance 1st & 3rd Sundays w/ live D.J. 3:00 – 6:00



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Space Coast Inventors Guild: Membership not required. Fourth Saturday. Eau Gallie Public Library. 768-1234

CRIBBAGE - The Space Coast Peggys meets every Monday night at 5:30 p.m. at the Merritt Towers, 300 Sykes Creek Pkwy, Merritt Island, and is looking for new members. A 9-Game tournament is played Monday night starting at 6:00 p.m. New players can play twice before they decide whether or not they want to join the club. If you enjoy cribbage at your kitchen table, you will enjoy belonging to a Grass Roots club. For more information call Jim at 459-9379 or visit www.cribbage.org.

Games Galore at Wickham Park Senior Center now on Wednesdays from 2-4pm. The center is located at 2785 Leisure Way, inside Wickham Park. Call 321-255-4496 for more information.

Grandparents Raising Grandchildren Support Group Mtg. Last Thursday of each month, 9:30 a.m. at Memaw's Bar-B-Que, 600 E. Eau Gallie Blvd., Indian Harbour Beach. For information or emergency assistance, please call (321) 631-7776.

The North Brevard Retirees recreational club for citizens over 55 years of age will begin meeting again at Sandrift Community Center, 585 North Singleton Avenue in Titusville. The club meets on Mondays and Wednesdays, 9 a.m. to noon, from late August through May. Call (321) 264-5037 for additional information on this and other recreation programs and events sponsored by Brevard County Parks and Recreation Department's North Area Parks Operations.

The EASE (Early Alzheimer's Support and Education) program beginning January 2012 empowers individuals diagnosed with Alzheimer's disease and related dementias and their family member(s) to become active participants in their care by educating them about the disease as well as care and treatment options. For more information, please call the East Central Florida Memory Disorder Clinic at (321) 768-9575 or the Alzheimer's Association at (800) 272-3900.

INCAPE CANAVERAL

Watercolor Class: Mondays from 12:30-3:30 p.m. at the Cape Canaveral Library, 201 Polk Ave., Cape Canaveral. This mixed level class is small to ensure plenty of individual attention. Come learn in a fun and supportive environment. Contact Bobbi Q Brown at 321-536-7773 for information and to register.

INCOCOA

Free AARP Income Tax Assistance: Tuesdays, Thursdays and Saturdays from 9:00 a.m. to 1:00 p.m. Central Brevard Library, 308 Forrest Avenue, 633-1792.

The Central Area of Brevard County Parks and Recreation offers free Seniors Social Time on Wednesdays, from 9 a.m. until noon, at Travis Park Community Center, 2001 Michigan Avenue in Cocoa. For additional information, call (321) 633-1871.

Grandparents Raising Grandchildren Support Group Mtg. Third Tuesday of each month, 9:30 a.m. at The Monroe Center, 705 Blake Ave., Bldg. D (next to DCF office), Cocoa. For information or emergency assistance, please call (321) 631-7776.

**Palm Bay Community Center,
1502 Port Malabar Blvd., Palm Bay, 321-952-3443**

Devotion in Motion: Every Tuesday from 4:00pm – 5:00pm. Must pre-register. No fee.

Dance Class, 6-8pm, Mondays

Jazzercise: Every Monday, Wednesday, and Friday from 5:45pm – 6:45pm and Saturdays from 9:15 to 10:15 for ages 12 and up. Class fee is \$32.00 per month or \$8.00 per class.

Pilates: Every Thursday evening from 6:30pm – 7:30pm. Class fee is \$5.00

Tai Chi for Seniors: Every Thursday from 2:00pm – 3:00pm. No fee.

Aerobics: Easy Does It – Every Thursday from 9:00am to 10:00am.

Yoga: Class time is Monday and Wednesday 9:30 till 10:30 am, and Tuesday 6:30- 7:30pm. Cost is \$5.00 per class.

The Brevard Genealogical Society meets on the second Monday of each month at 9:30 a.m., Central Brevard Library, 308 Forrest Avenue, Cocoa. Visitors interested in discovering and recording their family history are invited to attend. Call 321-868-0075 or visit www.flbgs.org.

INCOCOA BEACH

Grief Support Group: 2nd & 3rd Tuesdays. 6:30 p.m. Room 204, First United Methodist Church, 825 Forrest Ave., 636-4811

The Wellness Class: "Get Healthy, Stay Healthy": Call 783-9505 to get on the list. Fee \$20 for Freedom 7 Members, \$25 for Non-Members, \$5 for a single class. We want to add Zumba, Line Dance, Yoga on Tues/Wed/Thurs please call if interested. Freedom 7 Senior Community Center, Inc. (321) 783 - 9505

Hatha Yoga: Tuesdays, 2:00 p.m. at the Cocoa Beach Library, 550 N. Brevard Ave. 868-1104.

Chris Lyle's wonderful Annual "Road to Wellness Class" - 9:30a to 10:30a weekly every Tuesday for at least 8 weeks - maybe more - inside the Auditorium at Freedom 7 (Country Club Auditorium) For details and price call Chris Lyle at 784-0741. Freedom 7 Senior Community Center. 5000 Tom Warriner Blvd. CB Florida 32931 321-783-9505.

Freedom 7 Senior Community Center Presents the 6th Annual Hot Night in the City in the Cocoa Beach Country Club Auditorium 5000 Tom Warriner Blvd. CB, FL. 32931. FEBRUARY 24 7pm to 11pm. Fundraiser for Freedom 7 Senior Community Center \$15 per ticket - Available at Strater Family Chiropractic, CPA Firm of L. George Leonard, Cocoa Beach Health & Fitness, Cocoa Beach Regional Chamber of Commerce, and Freedom 7 Senior Community Center 321-783-9505.

Freedom 7 Senior Community Center hosts free safety program in February - Tuesday February 14, 12:30 - Free Safety Program presented by Cocoa Beach Police Department Crime Prevention Unit "Safety While Out & About" - please RSVP for seating - 321-783-9505 inside the Cocoa Beach Country Club 5000 Tom Warriner Blvd. CB, FL. 32931

INMELBOURNE

The City of Melbourne, Eau Gallie Civic Center is now offering:

American Kenpo Karate for All Ages
• Ballroom Dancing for Adults •
Adult Tap Dancing. Call 255-4608.

Buena Vida Estates, located in West Melbourne, has recently developed The Lifelong Institute For Education (LIFE) Program

based on the premise that learning should never cease and to further strengthen Buena Vida's commitment to providing active seniors with the tools to successful aging. The LIFE Program is designed for the active senior adult and includes educational classes and lectures covering topics such as: computers, finance, creative writing, local history, spirituality, Tai Chi, dance and art. Most classes are offered free of charge. For more information and to register for the LIFE Program, please contact Cathy Cunningham at (321) 724-0060, Cathy@BVLifeflearning.org. To register on line, go to: www.BVLifeflearning.org.

"Sit and Fit": 2 to 3 pm every Wednesday at Health First Leeza's Place, 3661 S. Babcock Street, Babcock Center, Melbourne. Please call (321) 951-7118 to register.

Dementia? Now what? 3rd Thursday of every month from 3pm-

5pm at Joe's Club Central, 4676 N. Wickham Rd., Melbourne. Reservation Requested: 253-4430.

Family Memories: 1:30 to 3:30 pm Thursdays at Health First Leeza's Place, 3661 S. Babcock Street, Babcock Center, Melbourne. Call (321) 951-7118.

Walking Club offered at South Beach Community Center, located at 500 Old Florida Trail, in Melbourne Beach. The club meets Tuesday and Thursday from 10 a.m. to 11 a.m. and is free of charge. For more information or to pre-register, please call South Beach Community Center at 321-952-3210.

The Diabetes Support Group of Brevard County will meet the first Tuesday of every month from 10:00am to 11:00am at Lake Diabetes Supply on US1 in Melbourne. For more information contact Phil Hartwell at 321-255-9800.

AARP #2622 - 3rd Mon from 11-2:30 at Melbourne Terrace, 251 Florida Ave., Melbourne Call 676-6579 for more information.

Caregiver Support Group: Tuesdays at 10:30 am at Health First Leeza's Place, 3661 S. Babcock Street, Babcock Center, Melbourne. Call (321) 951-7118.

National Active and Retired Federal Employees: The South Brevard Chapter 609 meets at the Piccadilly Cafeteria in the Melbourne Square Mall the fourth Thursday of each Month at 11:00 AM for lunch and 12:00 Noon for the Meeting. Call 321-725-2237.

South Brevard Cribbage Club meets Saturday mornings at 10 a.m. in the Alumni House on the campus of Florida Tech, located at 2510 Country Club Drive. Beginners to experts are welcome! Contact: Mary Droscher 321-725-8277

All Men's Alzheimer Support Group: Each Monday Who: Male Caregivers Where: Brevard Alzheimer's Foundation, 4676 N. Wickham Road, 321-253-4430 Time: 9:30-11:00.

Alzheimer Support Group: Every Thursday Who: Caregivers with loved ones with Early-stage Alzheimer's/ dementia Where: Brevard Alzheimers Foundation, 4676 N. Wickham Road, 321-253-4430 Time: 1pm-2:30pm

Caregivers Support: 1st & 3rd Tuesdays, 1-2p.m., support group for those who care for dementia patients. Hibiscus Court. 951-1050

Sunflower House Activities: Merritt Square Mall

777 E. Merritt Island Causeway, 452-4341

Monday

Chair Exercise Class - 11 a.m. - noon
S.H.I.N.E. - 1 - 4 p.m.

Caregiver Education and Resource Classes - Mondays and Thursdays
1-2:30 p.m.

Hospice of St. Francis - February 6, 9, 13, 16, 20 & 23

Tuesday

Blood Pressure Screenings
February 21 - 10 a.m. - noon

Free Brief Memory Screenings
February 7 - 10-12 p.m.
February 21 & 28 - 1:30-3:30 p.m.
Please call (321) 452-4341

Wednesday

Caregiver Support Group - 1:30-3 p.m.
Twice monthly (1st & 3rd)

TRIAD Board Meeting - 2nd Wed.
10 a.m. - Noon

Lion's Club
Twice monthly (2nd & 4th)
Noon-1 p.m.

Vitas Memory Bears (2nd Wed.) - 1-3 p.m.

Mall Walkers at the Merritt Square Mall
3rd Wed. - 10 a.m. - 12 Noon
SALT - February 29 - 10 a.m. - 12 Noon

Thursday

Crochet/Knitting Group - 10 a.m. - 11:30 a.m.

Health First Hospice Bereavement Support Group Monthly (1st)
2:30 - 4 p.m.

Friday

Chair Exercise Class - 11 a.m. - noon

Friday Afternoon at the Movies
1 p.m. - Come enjoy a movie and refreshments. Sponsored by WellCare.

Saturday

Computer Club
1st Saturday 10-12 noon & 12 - 3 p.m.
January 14, 21, 28 12-3 p.m.

12 - 3:30 p.m
Humane Society Table
(2nd & 4th Saturday)
12 noon - 3 p.m.

Palm Bay Senior Center Activities

1275 Culver Drive NE,
724-1338

AARP Safe Driving: First Tues.,
8:30am-12:30 p.m.,
registration required.

Ballroom Dancing: Mon. 6-8pm
Aerobics: Tues. & Thurs. 8:30-
9:30am

Art Class: Thurs. 9:30-11:30am
Arts & Crafts: Fri. 9-11:30am
Bingo: Wed. 11:30am &
Fri. 6:15pm.

Bunco: First Tues. 6:30pm
Bridge: Mon. & Fri., 12:30pm,
Wed. 9:00 am & Fri. 6pm

Canasta: Tues. 12N
Dominoes: Tues. & Thurs. 6pm
Eucher: Thurs. 1-3pm
Joint Movement: Thurs. 9:30-
10:30am

Life Skills & Senior Fitness: Mon.
8:45am & Thurs. 9:30am
Mahjong: Thurs. 12:30pm

Billiards: Mon.-Fri., 8am-11:30am
Ping Pong: Mon., Tues. &
Thurs. 12:45-3:30pm

Pinochle: Thurs. 12:30-3:30pm
Wii Bowling: Tues. 11am
Woodshop: Mon.-Fri., 8am-12N
Women's Billiards: Mon. 12N
Yoga: Thurs. 10:30am

The Brevard User's Group Computer Club: meets the third Wednesday of each month starting at 6:30 p.m. at the Fee Ave Melbourne Library. Call 837-0962.

BRIDGE STUDIO ACBL Duplicate Bridge games every Monday, Wednesday, Thursday and Saturday at 12:30 p.m. Hollywood Estates Club House, 4301 Kimberly Circle, West Melbourne. Contact Dale Weick, 271-0001.

Grandparents Raising Grandchildren Support Group Mtg. Second Thursday of each month, 10:00 a.m. at Club Esteem, 3316 S. Monroe St., Melbourne. For information or emergency assistance, please call (321) 631-7776.

Grand Villa, a new Senior Living Community in Melbourne, will be hosting a free session of Hospice of St. Francis' Caregiver Education and Resource Program classes. The program provides the education and support necessary to "care for the caregiver" – both current and future. For more information on these programs and hospice services, please call 321-269-4240/toll free 866-269-4240 or check our website at www.hospiceofstfrancis.com.

Lewy Body dementia Support Group meets the 2nd Wednesday of the month from 10:00 – 11:00am at Joe's Club, 4676 Wickham Rd., Melbourne. RSVP to Joe's Club at (321) 253-4430 if respite is needed. For more information about the group contact DeAnn Collins at the East Central Florida Memory Disorder Clinic, (321) 768-9575 press 6.

Frontal Temporal dementia Support Group meets the 3rd Wednesday of the month from 10:00 – 11:00am at Joe's Club, 4676 Wickham Rd., Melbourne. RSVP to Joe's Club at (321) 253-4430 if respite is needed. For more information about the group contact DeAnn Collins at the East Central Florida Memory Disorder Clinic, (321) 768-9575 press 6, or via email DeAnn.Collins@Health-First.org.

Senior Programs: Brevard County Parks and Recreation is offering several programs for senior citizens at the South Beach Community Center, located at 500 Old Florida Trail, in Melbourne Beach. Seniors can enjoy a variety of activities including Ladies Tea, a walking club, social games, and painting classes. Call the South Beach Community Center at 321-952-3210 for times and more information about these programs.

AARP #2622 - 3rd Monday 11 am – 2 pm, Melbourne Terrace, 251 Florida Av, Melbourne.

IN MELBOURNE BEACH

Brevard County Parks and Recreation is offering several programs for senior citizens at the South Beach Community Center, located at 500 Old Florida Trail, in Melbourne Beach. Seniors can enjoy a variety of activities including Ladies Tea, a walking club, social games, and painting classes.

- Ladies Tea is a free program held on the last Wednesday of every month from 2 to 3:30 p.m. Attendees should bring a recipe and a treat to share.

- The Young at Heart Walking Club is free to join and meets every Tuesday morning from 10 to 11 a.m. Patrons are encouraged to bring their friends and walk laps inside the air-conditioned gym or stroll around the park when the weather is nice.

- Seniors can enjoy social games such as croquet, bocce ball, horseshoes, cornhole, Wii and much more on Thursdays from 1 to 2 p.m. for \$1 per person.

- Mah Jongg and Bridge clubs at the center are also growing in popularity. Call 321-952-3210 for more information about these and other programs for people of all ages at the South Beach Community Center.

IN MERRITT ISLAND

Korean War Veterans Association: 1:00 p.m., 1st Wednesday, Brevard Veterans Council Building, 636-1148.

Days of Party Bridge: Veterans Memorial Center, 400 S Sykes Creek Parkway, Merritt Island, Fl. Tues., Wed. & Thurs. 12:30 pm. For additional information contact Bill & Jewell Schick, 452-2387.

National Active & Retired Federal Employees: 2nd Monday, 11:45 a.m., Piccadilly Cafeteria, Merritt Square Mall. 783-3248.

Alzheimer's Support Groups: 7:00 p.m., 2nd & 4th Tuesdays. First Christian Church of Merritt Island, 1750 N. Courtney Pkwy, 720-1243.

IN MICCO

Alzheimer Caregiver's Support Group: Every Wednesday for any caregiver. Brevard Alzheimers Foundation, 7951 Ron Beatty Blvd., 772-664-9996 Time: 1:00-2:30

Brevard County Parks and Recreation will be hosting a Senior exercise class for 55+ participants on Tuesdays from 8:00 a.m. – 9:00 a.m. at South Mainland Community Center. The center is located at 3700 Allen Avenue in Micco. For more information or to pre-register, please call South Mainland Community Center at 772-663-8748.

Brevard County Parks and Recreation will host an Ab Workout class and Zumba classes at the South Mainland Community Center, 3700 Allen Avenue in Micco. Ab Workout is offered on Fridays from 9:30 a.m. to 10 a.m. Zumba classes are now offered on Fridays from 10 a.m. to 11 a.m., on Tuesdays from 7:15 to 8:15 p.m. and on Thursdays from 5:30 to 6:30 p.m. For more information, or to pre-register, call South Mainland Community Center at 772-663-8748.

IN PALM BAY

Ted Whitlock Community Center Offers Low Impact Aerobics at Brevard County Parks and Recreation now on Tuesdays and Thursdays from 10 to 11 a.m. at the Ted Whitlock Community Center. The center is located inside Palm Bay Regional Park, 1951 Malabar Road NW, Palm Bay. To pre-register for the class or for more information, call Donna at (321)725-8173.

Never Alone: Mondays, 7:00 p.m. a support group for widows, widowers & divorcees. Peace Lutheran Church, 1801 Port Malabar Blvd., Palm Bay. 727-3131

Dance with Joe Cotti And The Regents Variety Dance Music: Every Wednesday 1-4 at Palm Bay Community Center, Port Malabar Blvd NE. For More Information Call (321) 952-3441. Palm Bay Parks And Recreation.

Grandparents Raising Grandchildren Support Group Mtg. Third Thursday of each month, 6:30 p.m. at Memaw's Restaurant, 4916 Babcock St. NE, Palm Bay. For information or emergency assistance, please call (321) 631-7776.

The Palm Bay Aquatic Center will offer a Water Aerobics class on Saturdays. The center is located at 420 Community College Parkway just south of the Brevard Community College Campus. Class time is from 9 - 9:50 a.m. The fee is \$3.00 per class. For further information, call (321) 952-2232

IN PORT ST. JOHN

AARP: 12:00 p.m., 3rd Tuesdays, Port St. John Community Center, 6650 Corto Rd. 636-2306

Overeaters Anonymous meets at the Port St. John Library Saturdays at 9:15 am and Wednesdays at 10 am. For questions, contact Dianne at (321) 266-1910.

Martin Andersen Senior Center Activities • 1025 S. Florida Ave. 631-7549

ACBL Duplicate Bridge: Every Mon., Wed., & Thurs. 12:30pm

Art Class: Tuesdays & Fridays 9am

Ballroom Dancing Class: Friday 2:00pm

Canasta & Pinochle: Thursdays, 11:00am

Crafts: Mondays, 9am

Exercise Class: Tuesdays & Thursdays, 9:10am

Tap Classes: Mondays & Thursdays 10:30am

Line Dancing: Mondays & Tuesdays 12:30 pm; Fridays 12:15 pm.

Quilters: Mondays, 9am

Party Bridge: Mondays & Fridays, 12:30pm

Spanish Class: Mondays 2:15 pm

Writing Class: Wednesday, 9:30am

Zumba! Work out to exciting Latin rhythms. Every Friday morning, 10:30 am.

\$5.00 per session.

Saturday Night Dances - Live music, dancing and socializing on the 2nd & 4th Saturday each month, 7:30 pm. \$5.00 members, \$6.00 non-members.

Gentle Yoga: 2 pm. \$6.00 per session.

Bridge Lessons: Friday, 9:30am

Seniors at Lunch: Mondays - Fridays, 10 am - 1 pm.

Choral Group: Tuesdays 10 am

IN ROCKLEDGE

KSC Retirees will have breakfast at 8:30 4th Monday at Malibu Restaurant on Barton Ave. in Rockledge. Anyone that retired from KSC is welcome." Kelly Fiorentino 321-453-5562

INSATELITTE BEACH

AARP: 11:30 a.m., 1st Friday, Indian Harbour Beach Recreation Center, 773-9178.

INTITUSVILLE

Seeking "Partners In Compassionate Care" For Volunteer Training - Hospice of St. Francis (HOSF) is seeking caring people who would like to become volunteers. For more information on HOSF programs, please call 321-269-4240/866-269-4240 (toll free) or visit our website at www.hospiceofstfrancis.com.

Hospice of St. Francis' Bereavement Support Program: First Wednesday at 9 a.m. - Men's Breakfast, Village Inn, 2925 S. Washington Ave., Titusville. Call Vivian Vayer, BSW at 321-269-4240 or 866-269-4240 (toll free).

Hospice of St. Francis' Bereavement Support Program: First Thursday at 11:30 a.m. - Ladies' Luncheon, Victorios, 1701 S. Washington Ave., Titusville. For more information, please call Vivian Vayer, BSW at 321-269-4240 or 866-269-4240 (toll free).

Hospice of St. Francis' Bereavement Support Program: Fourth Thursday at 11:30 a.m. - New Beginnings Luncheon, Plantation House, 137 Plantation Dr., Titusville.

Hospice of St. Francis' Bereavement Support Program: Bi-weekly on Thursday from 1 p.m. to 2 p.m. - Support Groups, Hospice of St. Francis, 1250-B Grumman Place, Titusville. For more information, please call Vivian Vayer, BSW at 321-269-4240 or 866-269-4240 (toll free).

Alzheimer's Support Groups: 9:30 a.m., 1st Thursday, Parrish

Medical Center, 951 N. Washington Ave., 268-6195

Caregiver Support Group: 2nd Monday 10:00 a.m., 2nd Wednesday 7:00 p.m., Hospice of St. Francis, 1250B Grumman Place, 269-6195

Family Caregivers: 9:30 a.m., 1st Thursday, Parrish Medical Center, 951 N. US 1, 268-9144. 10:15 a.m., 2nd Monday. Vista Manor, 1550 Jess Parrish Court, 268-9144

Second Monday of the Month: Alzheimer Caregiver's Support Group Who: Any Caregiver Where: Vista Manor HealthCare, 321-268-9144 Time: 10:15-11:45

Every Tuesday: Alzheimer Caregiver's Support Group Who: Any caregiver Where: Brevard Alzheimers Foundation, 830 S. Park Ave, 321-268-9144 Time: 2:00-3:30

First Thursday of the Month: Alzheimer Caregiver's Support Group Who: Any Caregiver Where: Parrish Medical Center Conference Room, 321-268-9144 Time: 9:30-11:00am.

Grandparents Raising Grandchildren Support Group Mtg. First Tuesday of each month, 9:30 a.m. at Parrish Senior Solutions, 805 Century Medical Dr., Bldg. B, Titusville. For information or emergency assistance, please call (321) 631-7776.

Hospice of St. Francis (HOSF) is seeking caring people who would like to become volunteers. Training is provided at no cost to the participants. A new training class will begin on Tuesday, February 7, 2012. The class will meet on Tuesdays and Fridays from 9 a.m. to 12 p.m. for three weeks at Hospice of St. Francis, 1250-B Grumman Place, Titusville, FL 32780. For more information or to register for the volunteer training classes, please call Vicky Hamilton, Volunteer Coordinator, at 321-269-4240 or 866-269-4240 (toll free).

IN VIERA/SUNTREE

Viera Regional Community Center to Offer Hatha Yoga Class on Thursdays from 6 p.m. - 7 p.m. The fee is \$6.00 per class. The center is located at 2300 Judge Fran Jamieson Way in Viera. For more information,

VALAVANIS continued from pg. 13

was spent or lost, the goose could always lay another. In this analogy, your hard earned savings.... your principal..... is the goose. When you purchase a Fixed Indexed Annuity, your principal is invested into a very conservative bond portfolio that an insurance company manages. The principal is safe and generates an annual yield or return. The money earned is then linked to an index, enabling you to earn gains or interest on the principal as if it were invested in the market.

Knowing the market goes one of three ways: up, flat or down. The golden egg (or the yield) will either grow, stay the same or decline in value. Either way, the egg is the only element at risk. Never the goose. Now contrast that to traditional investing, where we divide our "goose"—or principal—into many parts and risk our life savings by sending it to the market. A Fixed Indexed Annuity provides a strategy that only puts the eggs at risk ... the yield your principal earns. Better yet, every year that your nest egg grows, you can even lock in your gains by adding them back into the principal which is never at risk of loss to the stock market.

When it comes time for you to live off your savings, a Fixed Indexed Annuity provides a variety of income options. Depending on the features you choose, you can secure a steady paycheck from your annuity for as long as you live. If you are lucky enough to live in excess of your statistical age, that paycheck will keep coming in, every single month, even if you have exhausted your funds! Another sweet feature is inflation protection. Fixed Indexed Annuities can also provide income that off-sets inflation by using the guaranteed annual increase option—typically around three percent. Interestingly so, when I present the Fixed Index Annuity as a possible retirement solution, the investor is often amazed at the number of benefits packaged into one financial product. Over \$35

billion was invested into Fixed Indexed Annuities in 2011. It is, by far, the fastest growing financial product of the last decade.

Please don't forget, every financial product has its fine details, tax implications, and specific provisions, so it's best to get sound advice. There exists over 500 styles and designs of Fixed Indexed Annuities, so do not navigate this path on your own. Schedule a visit with me to discuss the options, fees and surrender charges that may apply to certain product features. By planning ahead and working with me, you can make a significant difference in the amount of money available to you and your loved ones. SS

Jason ValaVanis is a Board CERTIFIED FINANCIAL PLANNER® and the owner of ValaVanis Financial, in downtown Melbourne. Jason specializes in lifetime income planning for Retirees while protecting principal. Jason can be reached at 321-956-7072.

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please call the Viera Regional Community Center at (321) 433-4891 or the instructor at (321)725-5179.

The Viera Regional Community introduces the Senior Social Hour!

Senior Social Hour is the 1st Tuesday of every month from 10:00 – 11:00 a.m. Please call (321)-433-4891 for any further information.

Prime Time meets the first Monday of each month at Temple Israel 7350 Lake Andrew Dr., Viera, starting at 11:30 a.m. Attendees bring their own “brown bag” lunches. Dessert & beverages are provided. For further information please call 617-9102. The next meeting is February 6th.

Senior Talkers a discussion and social group, meets the third Monday of each month at Temple Israel 7350 Lake Andrew Dr., Viera starting at 11:30am. Those attending bring “brown bag” lunches, dessert and beverages are provided. Meetings are open to all and all are welcome. For further information please call 254-5143. The next meeting will be February 20th.

The Viera Regional Community Center will offer a Hatha Yoga class on Thursdays from 6:00 p.m. – 7:00 p.m. for \$6.00 per class. The center is located at 2300 Judge Fran Jamieson Way in Viera. For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor, Cindy Kippley at (414)520-9700.

IN WEST MELBOURNE

Jazzercise Life: Mondays, Tuesdays, & Fridays, 9:00-10:00 a.m., low impact style. Rhodes Park Community Center, 3000 Minton Rd. 255-4400.

Brevard County Parks and Recreation is offering low impact aerobics and body toning classes on Wednesdays and Fridays from 1:00 to 2:00 p.m. at the Rodes Park Community Center. The center is located inside the new Max K. Rodes Park, 3410 Flanagan Avenue, in West Melbourne. To pre-register for the class or for more information, call Donna at (321)266-5102.

Caregiver Education and Resource classes

Hospice of St. Francis will be offering a session of the Caregiver Education and Resource classes for current and future caregivers and their family and/or friend helpers. The training program consists of six-90 minute classes.

In February, there are three series of six Caregiver classes scheduled. The schedule is as follows:

1) Wednesdays and Fridays from 2 p.m. to 3:30 p.m.
Beginning on Wednesday, February 1 and concluding on Friday, February 17, 2012
Port St. John Library, 6500 Carole Avenue, Port St. John 32927.

2) Mondays and Thursdays from 1 p.m. to 2:30 p.m.
Beginning Monday February 6 and concluding on Thursday, February 23, 2012
Sunflower House, Merritt Square Mall, 777 E. Merritt Island Cswy, Merritt Island 32952.

3) Tuesdays and Fridays from 1:30 p.m. to 3 p.m.
Beginning Tuesday, February 21 and concluding Friday, March 9, 2012
Hospice of St. Francis Melbourne office, 4875 N. Wickham Road, Suite 4, Melbourne, 32940 (Wickham Rd. at Mariah Drive – across from Home Depot)

To register, please contact Barbara Borman, RN at 321-269-4240 x 330, toll free at 866-269-4240 or e-mail her at caregiving@hospiceofstfrancis.com.

55+ Club of Satellite Beach

All activities take place at the David R. Schechter (DRS) Center unless otherwise stated. 777-8313

Monday: Bingo - Satellite Beach Civic Center 11:30am – 2pm

Tuesday: Indoor walking 8:30-10am • Line dancing 1pm

1st Tuesday: Dinner gang 5:30pm every other month

Wednesday: Indoor walking DRS 8:30-10am

Mahjongg 9-11:30am • Pool, board games, chess, table tennis 6-9pm

1st Wednesday: Arts & Crafts 12pm • 2nd Wednesday: Early Bird 5pm

3rd Wednesday: Lunch Bunch 1pm

Thursday: Indoor walking 8:30-10am • Cards 9:30am-2pm

1st Thursday: Blood Pressure checks 9:30-10:30am

Educational Seminar, complimentary lunch 12:30pm

2nd Friday: Bunco 10am-1pm



- **Free Blood Pressure and Memory Screenings,** Wednesday, February 1st, 11:00-1:00 pm
- **AARP Chapter 219 Meeting,** Friday February 3rd, 11:30-1:00 pm For information, and to RSVP via email: mgardner@vnatc.com or call 321-752-7550.
- **Quit Smoking Now Tobacco Cessation Program,** on the following Mondays, February 6th, 13th, and 20th from 3:30-4:30 pm For more questions about this program or to register call 1-877-252-6094.

• **Estate Planning & Advance Directives,** Tuesday February 7th, at 10:00 am For more information, call 321-253-1667.

• **2012 Medicare Advantage Plan Seminar,** Tuesday February 7th, 1:30-3:30 A sales person will be present with information and applications and will discuss HMO and HMO-POS plans. For accommodations of persons with special needs at sales meetings, call 321-434-5665, 1-800-7737 (TTY 1-800-955-8771) 7 days a week, 8 a.m. to 8 p.m.

• **VITAS Valentine Day Tea,** Monday February 13th, from 2:00-3:30 pm For more information or to RSVP contact Barbara Danielle at 321-752-2533.

• **How To Prepare a Family Records Organizer,** Tuesday February 14th, 12:00-1:00 pm RSVP, call David Lee at 321-751-2027.

• **Healthy Living: Anti-Aging Expo,** Tuesday February 14th, 12:00-3:00 pm. For more information call 259-3400.

• **Stage It To Sell It,** Thursday February 16th, 10:00 am For more information, call Sara 321-794-9001 or Cathy 321-514-0882. To register call instructor Paul ILL at 321-242-9768.

• **Fall Prevention Seminar** followed by Balance Screening, Monday February 20th, from 2:00-4:00 pm.

• **Medicaid Planning Seminar,** Tuesday February 21st, 10:00-11:00 am For more information call 321-253-1667.

• **Caregiver Café,** Tuesday February 21st, 6:00-8:00 pm To RSVP, and for more information, call Janet Steiner at 321-253-4430 or Joyce Kennedy at 321-951-7118.

• **Let's Get Romantic With Classic Movies!,** Thursday February 23rd, from 2:00-4:00 pm Refreshments served, for more information call 321-751-6771.

• **Brevard Workforce Express Mobile Unit,** Monday February 27th, from 8:30-2:00 pm For more information, call Jim Watson 321-394-0511.

• **What are Some Alternatives to CD's,** Tuesday February 28th, 12:00-1:00 pm To RSVP, and for more information, call David Lee at 321-751-2027.

Special Event presented at the Wickham Park Senior Center

• **Memory Loss- What's Normal and What's Not: Tips and Strategies for Coping** -Friday, February 10th at 3pm at the Wickham Park Senior Center, 2785 Leisure Way, Melbourne, FL 32935 For more information and to RSVP call (321)253-6330.

Legacy Harbor Events

• **Legacy Harbor Caregiver Support Group** – Who Cares for the Caregiver?, the 2nd and 4th Thursday of each month from 10:00-11:30am For more information, call Legacy Harbor at 321-253-6320.

• **Legacy Harbor Memory Resource Center** at One Senior Place Free Consultation, Friday February 10th & 24th, 9:00 am by appointment Call 321-253-6320 to schedule an appointment.

Support Group

• **VITAS Innovative Hospice “Living With Loss”** The 2nd and 4th Tuesday of each month from 2:00-3:30pm For information contact Marilyn Cromer, Bereavement Coordinator, at 751-6671, or visit our web-site at www.oneseniorplace.com .

Regular Events

• **Brevard Users Group (BUG Club),** Monday February 6th, 2:00 pm For information send email to president@bugclub.org.

• **BUG Club Computer Investment Special Interest Group,** Monday February 6th, 3:00 pm For more information email Dave Riches at dliches@b-riches.net.

Health & Wellness

• **Seniors Strength,** Thursdays 8:30-9:30 am For more information call 321-751-6771 for scheduled class dates.

• **Tai Chi,** Select Fridays 10-11am

• **Gentle Yoga with Marcia,** Select Fridays 11:15 am For information call Marcia at (321) 725-5179.

One Senior Club Activities – Membership \$15 per year

• One Senior Club each Wednesday 9:30-3 pm

• Bridge Club each Wednesday – Party Bridge 9:00-12pm; Duplicate Bridge 1:00-4:00pm