



Friendship Flyer

MARCH 2020

2785 Leisure Drive
Melbourne, FL 32935
(321) 255-4494

Hours: Mon-Fri: 8:30 am—4:30 pm

Sat: 8:30 am—12 Noon

Website: bcscwp.com

President's Message



Diane Weinzierl

In the
Spotlight

Mission Statement

Our Mission is to provide a congenial and happy environment for seniors to enjoy activities, meet new friends, and attend educational programs. Furthermore, to provide a resource for obtaining assistance and guidance in times of need.

"There are no strangers here, only friends you have yet to meet!"

GENERAL NEWS

Meet Our Staff

Officers

President:	Diane Weinzierl
1st Vice President:	Pam Page
2nd Vice President:	Vincent Germann
Secretary:	Lynn Higginbotham
Treasurer:	Dick Robinson

Directors

Louise Andsager	Beverly Morgan
Diane Butler	Judy Schultz
Barbara Holliday	Jaqueline Williams
Gary McGuire	Joyce Vetter
Peggy Miles	

Staff

Systems Admin:	John Efird
IT Staff:	David Leacock
	John Turner
Computer Assistant:	Mary Quirk
	Joyce Vetter
Sunshine:	JoAnn Efird
Newsletter:	Linda Graff
	Chris Fitzgerald
	Nilda Rosario

Deadline for copy submission to the newsletter is the **15th of each month**.

Please email copy to: **WPSCnews@cfl.rr.com**

Members Joining in February



Raquel Arciniegas	Brian Mc Waters
Abe Baroud	Joseph McDermott
Lily Baroud	Glen Mossie
Pam Caporizzo	Marie Motyl
Susan Collins	Irene Pereira
Robert Cook	Steve Rasmussen
Cheryl Gerber	Rose Salupo
Barbara Hasson	Adrienne Short
Robert Hofmaster	John Stroud
Larry King	Lynne Sullivan

Newcomer Tour

If you would like a tour of the Senior Center, please stop by during business hours. Our desk volunteers will be happy to show you around and answer any questions you may have.

Front Desk Volunteers Needed

For: 8:30 am—12:30 pm OR 12:30 -4:30 pm

Volunteers are the backbone of the WPSC operation. If you are interested in volunteering, applications are available at the front desk.

**** Monthly Board Meeting - All Members Invited ****

Held 2nd Monday of each Month in Room 120 (Next to the Kitchen)

Next Meeting: Monday March 9th at 9:30 AM

**** Senior Center Holiday Closures ****

The Center will be closed on Christmas Day, New Years Day, Memorial Day, July 4th and Labor Day.

The center will be closed at **NOON** on Christmas Eve.

Wickham Wanderers Travel Club

Office Hours: Mon-Thurs 9:00AM - 4:00PM and Friday 10:00AM - 2:00PM
321-425-5530 or 321-255-4494

Jungle Queen Riverboat

Date: Wednesday, April 22, 2020

Cost: \$125 Per Person

Cruise the "Venice of America", Ft. Lauderdale's historic New River. View homes of the rich and famous, mega-yachts and explore a tropical isle. Lunch at Bubba Gump Shrimp Co.

MSC Western Caribbean Cruise

Date: December 11-18, 2020

Cost: Starting at \$920 Per Person Double

Armonia from Tampa. So many inclusions you'll want to pick up the detailed flyer!

Wickham Wanderers are Invited to Join the Pathfinders!

Date: June 5-22, 2020

Cost: \$5,899 Per Person Double

Canada & New England land tour and 7-night cruise.

Date: July 7-17, 2020

Cost: \$2,999 Per Person Double

North Carolina, Ohio & Pennsylvania by motor coach. The road less traveled holds many hidden treasures.

Traveling solo?

**We invite you to join our warm and
welcoming group for fun and
friendship!**

Ballroom Dancing

Monday-6:30-7:30 Anything Goes

7:30-8:30 Samba

Singles or Couples of all ages!

"Dance as if no one is watching"

\$10 per person (\$8 for members)

Chris & Larry 321-258-5916

Bone Makers for Healthy Bones & Body

Wednesdays, 9:30 -10:45 am

Enjoy peace of mind knowing you can exercise at your level and speed with a teacher, who is aware of modifications needed for your body! This empowering program improves your bones, balance, posture, memory, and mood.

Contact **Vicki "The Bone Lady" Buckley**, Certified AFAA Instructor, M.Ed (Special Ed) at 321-759-4962 for more information.

Chair Yoga Classes

Tuesdays at 3:00 pm

Chair Yoga incorporates breathing as a means to increase oxygen flow throughout the body.

Shelly demonstrates how the moves increase range of motion, flexibility, stability and joint mobility.

JAZZERCISE Light

Mondays, Wednesdays & Fridays at 8:30 am

Join us for a fun and energized Jazzercise Light class. Start off your mornings dancing away those extra calories using Low Impact moves that yield MAXIMUM results! You use muscles, not momentum, to get a total body workout without the impact on your joints.

Your first class is complimentary (no cost) so

what do you have to lose, except those extra Pounds.

Questions? Contact **Lisa Noegel**, Certified Jazzercise instructor at 321-506-1385 or at jazzitup2005@gmail.com

Strength & Flexibility

Thursdays at 9:30-10:30 am

Cost: \$4.00 Members / \$5.00 Non-Members

Fitness Unlimited by Design presents a class you won't want to miss, right here at the Wickham Park Senior Center. Chairs Available. Contact **Susie Salvetti** at 321-626-0282 for more information.

TaiChi/QiGong Classes 14179

Mondays at 9:45 am

Wednesdays & Fridays at 8:30 am

Room 117

For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls among the elderly, and how to prevent them. According to researchers, one of the most promising interventions is Tai chi. It offers senior practitioners inner peace, and improves balance, flexibility, and mental agility. It also reduces falls, [49%] the largest preventable cause of death and injury among older adults." Contact **Laura Parsons**, Certified QiGong-TaiChi Instructor at 321-474-5374 for more information.

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ZUMBA Gold

Tuesdays at 8:30 am

For more information, contact **Cristina Aguerrevere** at 321 914-9401 or at zumbacris@gmail.com



ACTIVITIES & GAMES



Tuesdays & Fridays

Doors Open at 10:00 am

Early Bird starts at 11:15 am

Open to the Public! Everyone is welcomed! Play 29 games, including 50/50. Winner-Take-All games. Packages start at \$6 with a minimum daily payout of \$1,100+. Kitchen open for snacks and lunch. *(Note: Individual game prizes may be increased or reduced based on attendance.)*

Bridge—Rubber

Thursdays at 1:00 pm

Saturdays at 12:30 pm

Come on out for an afternoon of enjoyment at the bridge table. Rubber Bridge games are held on Thursdays at 1 pm or Saturdays at 12:30 pm. Bring a partner. Our groups have grown this year! Where else can you have so much fun for so little cost? \$1.50 per member (\$2.50 per guest). They are run by **Janet Walker, 321-242-173?**

Bunco

First & Third Thursday at 12:30 pm

Call **Jackie** for reservations at 321-242-7304.

HELP NEEDED! Jackie is retiring and a chairperson volunteer is needed! If interested, please contact Jackie at 321-242-7304.

China Painting Classes

Mondays at 9:30-11:30 am

Join the group for a fun class with **Frankie Lybarger**.

Euchre Tournaments

First & Third Wednesday in Room 117

Setup/Sign-up: 5:30 pm

Games Start: 6:00 pm

Cost: \$5 Members / \$6 Non-Members

Must have knowledge of the game to play the tournaments. . Prizes awarded during the tournaments. Any questions? Contact **Jay Koeller** at 321-794-6400 / jkoeller@aol.com or **Dave Reeve** at 315-729-1647 / dlreeve@mail.com

Games Galore

Wednesdays at 2:00 pm

Join a friendly group that plays a variety of card and board games. You never know what's on the docket, but it will be FRIENDLY, FUN and lift your spirits. Any questions? Contact **Mary Ann** at 321-752-9536.

Greeting Card/Paper Crafting Class

Come join in the fun. You are invited to enjoy Class at the Wickham Park Senior Center. Enjoy a relaxing and fun time with others while creating something fun, relaxing and meaningful. You don't have to be "Creative!", the stamps will do that for you! Our Job/Passion is to share how! Fee for supplies is ONLY \$5.00 Additional fee: \$1. Members, \$2. Non Members

(Additional supplies needed: scissors, wet glue, dry adhesive)

Hand & Foot

Mondays & Fridays at 9 am—Noon

ACTIVITIES & GAMES

ain!! Lessons available.

Line Dance Classes

Every Tuesday

Beginners: 4:15—5:15 pm

Intermediate: 5:30—6:30 pm

Come SPRING into FUN! Great activity for exercise and fun! Come join our class with dance instructor/choreographer **Sue Duncan** and meet new friends. Contact Sue at 321-505-0846 if you have any questions.

Mah Jongg

American: Mondays at Noon—3:00 pm

Thursdays at 9:00 am—Noon

Call Pat at 321-626-5419

Chinese: Wednesdays at 1:00—4:00 pm

Call Michael at 321-537-7094

An activity that fosters friendly comradery and stirs the brain!! Lessons available.

Painting in Watercolors with WPSC Brush Pals

Wednesdays at 9:45 am—Noon

Beginners start at 8:30 am (Call to Schedule)

Need your "OWN" Supplies & Photos / Copies. Bring in a positive attitude and enjoy the process! For more information, and supply list contact our Watercolor Coach **Judy Champion** at 321-312-9155 or judy.champion325@gmail.com

Pinochle

Fridays at 12:30 pm

Weekly Pay Dues is \$2.00

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Friendly Poker

Mondays at 1:00—4:00 pm

ATTENTION: PLAYERS NEEDED! Pennies Only, Dealers Choice. Contact Vinnie Germann at 321-253-6155 for more information

Pool Hall

Daily at 8:30 am—4:30 pm

Tournaments are played the second Wednesday of every month @ 11:00 am. Next tournament is **February 12.**

8 Ball Tournament **January 8th** Winners:

1st Place - Dave Reeve

2nd Place - Bill Belg

3rd Place- Gary Keller

4th Place - Jorge Fernandez

Tournament of Champions Winners:

1st - Joe Franco

2nd - Wally Topinko

3rd - Dale Foster

4th - Bill Belg

Shuffleboard

Saturdays at 8:45 am for 9:00 am Start

Cost: \$1.00 Members / \$2.00 Non-Members

There are 12 shuffleboard courts behind Wickham Park Senior Center that are used for the weekly games. Non-members ages 21-49 may play when accompanied by a member or when attending a club event. To learn shuffleboard, or to get back in the game, contact

Thom Winkelspecht at 321-446-3283.

WICKHAM PARK SENIOR CENTER

2785 Leisure Way

Melbourne, FL 32935

CALENDAR

MARCH

ACTIVITY	SUN	MON	TUES
Ballroom Dancing		6:30P Anything Goes 7:30P Beginners	
Bingo			11:00A
Bone Makers Plus			
Blood Pressure			10:30A (2 nd Tues)
Bridge: Duplicate		12:30P	
Chat			
Rogue			12:15P
Rubber			
Bunco			
Chair Yoga			3:00P
China Painting		9:30A	
Euchre			
Financial Lunch & Learn			
Games: Hands & Foot		9:00A	
Games Galore			
Greeting Cards		1:00P (2 nd Mon)	
Jazzercise Light		8:30A	
Line Dancing: Beginners			4:15p
Intermediate			5:30P
MahJongg: American		12:15P	
Chinese			
Pinochle			
Poker: Dealers Choice			1:00P
Friendly		1:00P	
Pool (Billiards)		8:30A	8:30A
Senior Law			
Shuffleboard: League Play			
League Practice		1:00P (Oct – Mar)	
Fun Time			
Sons of Confederate Veterans			
Social Scrabble			9:30A
Strength / Flexibility			
TaiChi Class			
Watercolor Instruct.			
Zumba Gold			8:30A

2020

Phone: 321-255-4494
Web: www.bcswp.com

WED	THURS	FRI	SAT
		11:00A	
9:30A			
12:30P	6:00P		12:30P
10:30A			
	1:00P		12:30P
	12:30P (1 st & 3 rd Thurs)		
6-9:00P (1 st & 3 rd Wed)			
	12:30P (2 nd Thurs)		
		9:00A	
2:00P			
8:30A		8:30A	
	9:00A		
1:00P			
		12:30P	
		1:00P	
8:30A	8:30A	8:30A	8:30A
	1:00P (3 rd Thurs) *Call 321-757-5701 to register		
1:00P (Oct – Mar)			
	6:15P		
			9:00A (Apr–Sept)
	7-9:00P (2 nd Thurs)		
	9:30A		
8:30A		8:30A	
9:30A			

Ask the Attorney

Third Thursday, 1:00 pm in the Library

Our Elder Law Attorneys **David Slonim** and his associate, **G. Paul Lemieux**, of the Slonim Law Firm, welcome you to a free seminar and question & answer session on topics such as: Last Will & Testament, Durable Power of Attorney, Healthcare Power of Attorney, and Living Wills. Please call our Law office at 321-757-5701 to confirm your registration.

Bridge Lessons

Monday at 10:00 am—Noon

Starting February 24 for 7 weeks

Cost: \$60 plus \$15 for Books

\$30 Student/Military Discount

Competitive Bidding: This class is the follow on to the Bridge Basics 1 and will cover the

following topics: Preemptive Opening Bids, Overcalls and Advances, The Competitive Auction. Contact **Anna Lynn Wagner**, Gold Life-Master Instructor at 321-783-3250 for any questions.

Financial Lunch & Learn

Second Thursday at 12:30 pm

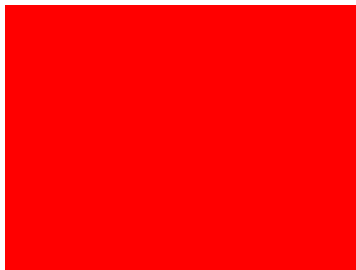
Classes held in the Computer Room

Financial Advisor, **Chris Fitzgerald** from Edward Jones [Member SIPC], invites you for lunch and a timely seminar. Everyone is welcome. No cost to attend!

Financial Lunch & Learn Calendar of Events:

- March 13 - Focus on Fixed Income
- April 9 - Stocks: The Nuts & Bolts

Q&A session to follow presentation. Contact Chris at 321-255-4221 if you have any question.



MEET & GREET

Courtenay Springs Village Retirement Community

First Tuesday

Stop by our table for a “snack” and speak to a representative to learn more about our Residential Living Apartment located at 1200 South Courtenay Parkway in Merritt Island. 321-452-1233.

Ally Senior Living Consultants

Fourth Friday

Free Services for Independent-Assisted Living-Memory Care. Considering Senior Living Options, but don't know where to start? Contact Ally Senior Living Consultants at 321-209-8686, where professional and dedicated advocates are ready to help your family! Our services are personalized to evaluate your care needs, budget and geographical preferences. We partner with you to find your loved one a community that feels right to them.

Humana/CarePlus Health Plans, Inc. Treasure Coast

Third Friday at 9—11:00 am

We're ready to answer your questions. Located at 3060 SW Martin Downs, Blvd, Palm City, FL 34990. 772-463-3000

Serving Health Insurance Needs of Elders (SHINE)

**Every Monday, Tuesday, Thursday & Friday
at 9:00 am—Noon**

Have you been waiting to make changes to your Medicare Prescription Drug or Medicare Advantage Plan? SHINE counseling services are available for free, unbiased and completely confidential counseling. Call for an appointment at 321-757-0660.

SENIOR CENTER NEWS

Our “STARS” Sponsors

The Officers and Membership of Wickham Park Senior Center appreciate the continued support of our many Sponsors. As an all volunteer run organization the continued financial support allows us to offer Activities and Social events for our members.



Diamond Level:

BELTONE HEARING
COURTNEY SPRINGS VILLAGE
EDWARD JONES INVESTMENTS
DAVID SLONIM ELDER CARE
HEALTH FIRST HEALTH PLANS
HUMANA PLUS, INC.

Silver Level:

BUENA VIDA ESTATES
CLEAR CAPTIONS

Meet & Greet Sponsors:

COURTNEY SPRINGS VILLAGE
HUMANA PLUS, INC.
ALLY SENIOR LIVING CONSULTANTS

*Support Our
Sponsors!*

Gold Level:

VICTORIA LANDING



Wickham Park Senior Center
Dinner/Dance Friday April 3rd
5:30-7:30 PM

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