

JUNE 2026

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

Monday-Friday: 8:30 am–4:30 pm

Saturday: 9:30 am–12:30 pm

Sunday: CLOSED

www.bcwpssc.org



Friendship Flyer

President's Message

Happy June everyone! As the summer heat moves in, we hope you'll find time to come down to the Center to cool off and enjoy some fun time with friends.

Here are some of the upcoming fun things going on that you might want to try this month:

- If you're into working with **Diamond Dot Crafts**, or interested in learning, we have a new class on Tuesday mornings, **starting June 9**. See page 8 for more information.
- Our new **Senior Fitness Class** is on the 2nd and 4th Tuesday of each month. It's a chance to work one-on-one with a fitness trainer and get some good individual tips. June dates will be **June 9 & 23**. Class is limited to 10 people – so be sure to sign up at the front desk. See page 9 for more details.
- The **Memory Training for Seniors Class** will be held on Friday, **June 12**. This class is limited to 8 people, so be sure to sign-up at the front desk. See page 9 for more information.
- Our last **Senior Law Seminar** for the summer will be held on Friday, **June 26**. Seminars will resume again in September. See page 11 for information on what is covered in this seminar.
- The in-door **Cornhole Tournament** on Sunday afternoons continue to be a good place for people to compete while beating the heat. June dates are **June 14 & 28**. See page 8 for more information.

Just a friendly reminder to everyone that all of our resources (tables, chairs, kitchen utensils and supplies, etc.) are available for all groups to use. We do ask, however, that anything you use be put away when you are done. If you use something in the kitchen, please wash it, dry it and put it away – do not just leave it in the sink or on the counter. There is no designated person to put things away or go around and clean up after everyone (unfortunately lately I am spending way too much time doing that). We are all volunteers, so I'm asking for your help to keep the Center running smoothly by making sure items are returned to their proper place after use. Thank you for doing your part.



Officers

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MISSION STATEMENT

Our mission is to provide a welcoming and engaging environment where seniors can stay active, learn new skills, and build lasting friendships. Through a wide variety of classes, games, arts, and social activities, we celebrate independence, creativity, and community connection.

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



IMPORTANT NEWS

MONTHLY BOARD MEETING

The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **June 8 at 9:30 am, Room 117**. All WPSC members are welcome to attend.

HEALTHY AGING . . . WHAT IS IN YOUR TOOLBOX?

Article Contributed by Marcia Luhn

We have made numerous physical advancements over the last 50 years. Both grip strength and walking speed (widely accepted measures of physical capacity) have improved in the world's most advanced economies. Many older adults reach their 80's without a major illness. Previously researchers suspected the key to healthy aging was totally genetic, however, we know lifestyle plays an important role as well.

Let's examine a few strategies available for healthy aging.

1. Take up strength training. This type of training has been linked to higher bone density, better sleep and improved mental health.
2. Follow a consistent sleep schedule. Deep sleep is critical for better aging. Fewer hours of deep sleep put one at a higher risk for dementia.
3. Bolster your mental health. Research shows people with active social lives typically have a lower risk of mortality and disease. Your brain needs exercise too. Our brains can be trained to be cognitively sharp. Learn a new language, play a board or card game, solve a puzzle, try a different exercise class!
4. Work on balance. Check our schedule at WPSC for activities that improve balance. See the class descriptions in this newsletter; there is something for everyone! Plus you will increase your social capital as well.
5. Watch your diet. Avoid excessive ultra-processed food and eat more fruits and vegetables.

Join me, Marcia Luhn, on Mondays from 10-11 AM. for Bones, Balance (and Brains) in the multipurpose room and add to your toolbox.

"I've always said if you're not moving forward you're going to get left behind real quick. Adaptability is my super-power!"

Sister Jean Dolores Schmidt @ 103 years old.



Help support the Wickham Park Senior Center by volunteering for the following open position:

- Sponsorship Coordinator to promote sponsorship opportunities and coordinate activities with our Sponsors.

Contact **Diane Weinzierl, President**, at **321-591-3966** or president@bcwpsc.org.

LOOKING FOR A WORTHY CHARITABLE DONATION ORGANIZATION

Wickham Park Senior Center (WPSC) is a 501(c)3 charitable organization and as such is eligible to receive charitable donations. We would like to thank the following people for their generous donations to WPSC in FY2026:

- Sharon Adams
- Janet & Vaughn Eastman
- Maria Luhn
- Gayle Schanck
- Melbourne Women's Club

*Thank You
for your
donation!*

Please consider donating to WPSC, if you find you have extra funds in your charitable donations bucket.



WPSC OFFERS FREE LIFETIME MEMBERSHIP TO ANYONE AGE 90 & ABOVE
(Effective 8/1/25)

If you are age 90 or older, you are now entitled to FREE Lifetime Membership to Wickham Park Senior Center. Just stop by the Front Reception Desk, show them your ID and they will get your membership updated. Member activity participation fees (usually \$1, but can vary depending on the activity) must still be paid to the program manager for each activity. Also, if you're age 95 or older, you can receive a FREE Bingo Package to play Bingo at WPSC. Show your lifetime membership card and join us to play Bingo.

IMPORTANT NEWS

WICKHAM PARK PLAYERS SHINE AT FLORIDA STATE MASTERS SHUFFLEBOARD TOURNAMENT

Two standout competitors, Husband and Wife, from the Wickham Park Shuffleboard Club turned in strong performances at the recent Florida Shuffleboard Association (FSA) State Masters Tournament, continuing a proud tradition of excellence for the local program.

Greg Jones delivered a solid showing in his first State Masters appearance, finishing in fifth place overall against a highly competitive field. Representing Wickham Park, Jones remained in contention throughout the event, relying on steady shooting and disciplined strategy to stay among the top competitors. In addition, Jones recently earned his coveted white jacket, a distinction recognizing his accomplishments and standing within the sport.

Belinda Jones also made an impressive mark, earning a fourth-place finish in her division. Competing in just her second State Masters appearance, the Wickham Park player demonstrated poise and precision against a challenging bracket of top-ranked opponents, securing her place among the tournament's elite.



In addition to her tournament success, Belinda Jones has achieved one of the sport's highest honors, having accumulated the 200 points required for induction into the Florida Shuffleboard Association State Hall of Fame. This milestone reflects her years of dedication, consistent high-level performance, and significant contributions to the game.

The State Masters Tournament is one of the premier events on the FSA calendar, drawing many of Florida's most accomplished shuffleboard players. Strong finishes at this level underscore the depth of talent at Wickham Park and reinforce the club's reputation as one of the state's most competitive programs.

Both Greg and Belinda Jones have been longtime contributors to the success and camaraderie of the Wickham Park Shuffleboard Club. Their recent achievements add to an already impressive list of accomplishments and serve as inspiration for fellow members and the broader shuffleboard community.

As the season continues, Wickham Park players and supporters will be watching closely to see what's next for the Joneses, whose performances at State Masters once again highlight their standing among Florida's best.

APRIL SENIOR EXPO

Janet Smith and Roseann Testa represented the Wickham Park Senior Center during the Senior Expo Event on April 22 at the Melbourne Auditorium. Elaine Lewis was the Gift Basket Winner.



NEED TO SCHEDULE AN APPOINTMENT WITH SHINE?



The WPSC SHINE Group is available Tuesdays from 9:00 am to 12:00 Noon in Room 104. Anyone interested can call 407-514-1800 to schedule an appointment. No fee required!

SPECIAL EVENTS HELPERS NEEDED

We are looking for helpers who would like to assist with our special events during the year (such as our Friday Night Dinners and our Annual Meeting). For more information or to volunteer, please contact either **Beverly Morgan at 303-458-8273** or **Rosann Testa at 980-230-9138**.



CALENDAR OF EVENTS

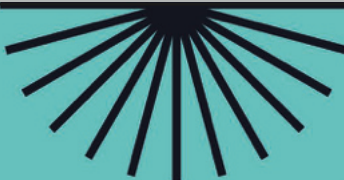
JUNE 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Bingo (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI) (3rd & 4th Thursdays)		NO CLASS IN JUNE		7/16 & 7/23 1:00–5:00p			
Bones & Balance (Register at 9:45a)	10:00–11:00a						
Bridge: Beginner Class	For Virtual Classes please see our website at www.bcwpsc.org and click "Bridge" icon						
Chat (Virtual)					9:30–11:00a		
Duplicate On-Site:	Noon–3:30p		Noon–3:30p			Noon–3:30p	
Beginner Class			9:00–11:00a	No Bridge Classes April 8 thru July 11			
Intermediate Class	10:00–Noon	No Bridge Classes April 8 thru July 11					
Duplicate Virtual Class / BBO Platform				12:15p			
Party Bridge			12:30–4:00p				
Rogue		12:15–4:00p					
Rubber				1:00–4:00p		12:30–3:30p	
Bunco (1st & 3rd Thursdays)				6/4 & 6/18 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors Topic: Summer Treats				7/16 11:00–12:30p			
Color Pencil Portrait for Beginners			9:40–Noon				
Cornhole Tournaments (2nd & 4th Sundays)					(12:30p Set-up & Practice)		6/14 & 6/28 1:30p
Diamond Dot Painting		9:30–11:30a					
Euchre			6:00–9:00p				
Fitness Class For Seniors (Intro) (2nd & 4th Tuesdays)		6/9 & 6/23 10:00–11:00a	Room 117				
Fusion Glass Workshop with Lauren			Project: Glass Accented Greeting Cards Sign-up Ends on July 3			7/11 Noon–3:00p	
Hand & Foot	8:45–Noon				8:45–Noon		
Jazzercise Lo	8:30–9:30a		8:30–9:30a		8:30–9:15a		
Line Dancing		4:15–5:30p					
Mahjong: American	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
Memory Class (2nd Friday)					6/12 10:00–11:30a		

CALENDAR OF EVENTS

JUNE 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Pinochle	12:30–4:30p				12:30–4:30p		
Poker: Dealer's Choice		11:30–4:00p			11:30–4:00p		
Friendly	1:00–4:00p						
Pool (Billiards)	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	9:30–12:30p	
	Tournament: 2nd Wednesday of the Month June 10 @ 11:00 am						
QiGong-TaiChi	8:30–9:30a		8:30–9:30a		8:30–9:30a		
Rummikub			1:00–4:00p				
Senior Law (4th Friday of the Month)					6/26 2:00–4:00p	No Seminar in July & August	
Senior Stitchers				10:00–Noon			
SHINE		9:00–Noon	Call for appointment first.				
Strength / Flexibility	Class is Full – Contact PM for wait list.			9:30–10:30a			
Shuffleboard	9:00–11:00a			6:00–8:30p		9:00–Noon	



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ACTIVITIES & GAMES



TUESDAY & FRIDAY—Open to the Public!

Doors Open @ 10:00 am

Cards Sold @ 10:30 am–11:15 am

Early Bird Starts @ 11:15 am



Effective January 2025, we will no longer accept anything larger than \$20 bills.

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at \$6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more information, contact Brenda Clarson at 321-258-8837.

Bones & Balance

Mondays @ 10:00–11:00 am

Cost: \$5.00 Members / \$7.00 Non-Members



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)

NO OIL PAINTING CLASSES IN JUNE

3rd & 4th Thursday (July 16 & 23) @ 1:00–5:00 pm

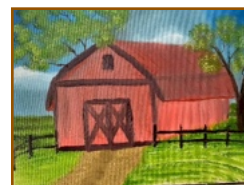
Cost: \$50.00 PP (Includes All Supplies & WPSC Costs)

Sign-Up Sheet at Front Desk—Limit 6 People per Class

Come join us for a lot of fun!! Paint a beautiful landscape painting with us. Classes will be held on the third Thursday of each month; an overflow class will be held on the fourth Thursday of the month if there is enough interest. Please call the Center 321-425-5533 or come into the front desk and sign up.

For July we'll be painting **Big Red**

Barn, a painting with a wonderful farm scene. This painting is good for beginners, and you should be quite pleased with your finished painting. This painting will bring out the inner artist you may not even know you have.



All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, with just six participants, so Hobo Bob (CRI) has plenty of time to work with you as you paint your masterpiece.

Special Note: There will be NO Oil Painting Classes in June 2026.

Duplicate Bridge

On-site Games: Mon., Wed. & Sat. @ 12:00–3:30P

Cost: \$7.00 Members / \$9.00 Non-Members

CLASSES:

- **NO BRIDGE CLASSES APRIL 8 THRU JULY 11**
- **Online Virtual Classes: Thursdays @ 12:15P on the BBO platform / Online classes \$5.00**

On-site Duplicate bridge games are on Mondays, Wednesdays and Saturdays. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the Bridge tab. Contact **Pam Page** at 321-537-0907 or pam_page@bellsouth.net for bridge-related questions.

Party Bridge

Wednesdays @ 12:30–4:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Please contact **Tom Sanders** at 321-960-1894 prior to coming to this bridge for the first time.

ACTIVITIES & GAMES

Rogue Bridge

Tuesdays @ 12:15–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Contact Patricia Rosenthal at 321-626-5419.

Rubber Bridge

Thursdays @ 1:00–4:00 pm & Saturdays @ 12:30–3:30 pm

Cost: \$2.00 Members / \$4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. The Thursday and Saturday point of contact is **Gayle Schanck** at 541-821-7070.

Bunco

1st & 3rd Thursdays, **June 4 & 18** @ 1:00–4:00 pm

Cost: \$6.00 Members / \$8.00 Non-Members



Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your current membership card. Bunco ends about 3-3:30 pm. Contact **Lisa Hofmann** at 760-717-6049 for more details and reservations (for set-up purposes). See you there for this fun activity. All you have to know is how to throw three dice.

Chair Yoga

Tuesdays @ 3:00–4:00 pm/Sign-in @ 2:45 pm

Cost: \$1.00 Members / \$3.00 Non-Members



This class is designed to help with overall wellbeing for the body and mind. Stretches and movements that will help increase

mobility, flexibility, strength and balance. A focus on posture and breathing helps calm the mind, helps reduce stress and increase oxygen flow. Contact **Shelly Anderson** at 321-626-1969.

Chef for Seniors

Classes @ 11:00 am–12:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members

- July 16 - Summer Treats
- September 10 - Fall Flavors
- November 12 - Healthy Holidays



Join Chef Jillian for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign

up at front desk to reserve your spot. All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

Sponsored



Color Pencil Portrait Class for Beginners

Wednesdays @ 9:40 am–12:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Learn how to create a beautiful drawing from your favorite photograph! Bring your own portrait photograph to copy—Size: 5x8 (or other appropriate copy size). Supplies you will need to bring: Prismacolor Color Pencils, Watercolor Paper, Eraser, Pencil Sharpener (optional). For more information contact **Donald Langford** at 321-298-6839.



JUNE REMINDERS

Make time for fun, rest, and love

Authenticity makes you shine

You are worthy of love and attention

Always be kind kinder than you need to

You always have a choice

Growth is not always visible

OurMindfulLife.com

ACTIVITIES & GAMES

Cornhole Tournaments

2nd & 4th Sunday, **June 14 & 28 @ 1:30 pm**

Setup & Practice Starting @ 12:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members

(Annual Membership for 50+ is \$20)

Cornhole is welcome to all ages! Tournaments will be held indoors at the WPSC every 2nd and 4th Sundays (excluding conflict with holidays). Don't forget to scan your membership card at the front desk.

April 19 Winners:

1st Place: Daryl & Bruce

2nd Place: Donnie J. & Jay

Pile On: Mona



Rules for Senior Center:

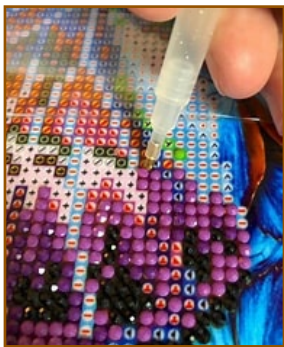
- Age 50 to 69: 27-ft. front edge to front edge
- Age 70 to 79: 25-ft. front edge to front edge
- Age 80 to 90: 23-ft. front edge to front edge
- Age 90+/Non-Ambulatory: 21-ft. front edge to front edge

For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).

Diamond Dot Painting

Tuesdays @ 9:30 am–11:30 am

Cost: \$1.00 Members / \$3.00 Non-Members



Diamond painting is a craft where you apply small, faceted resin "diamonds" to a sticky canvas to form a colorful, shimmering picture. Each canvas is printed with a chart (similar to cross-stitch or paint-by-number), and each symbol corresponds to a dot color. As

you place the dots on the canvas, the design gradually comes to life with sparkle and texture.

What to Bring: your current work in progress or you may purchase Diamond Dot Paint Kits on Amazon or from any craft store. When purchasing a kit, all needed supplies will be included. For more information, call **Ellen Adajian** 321-265-9886.

Fusion Glass Workshop w/Lauren

NEXT WORKSHOP: SATURDAY, JULY 11 @ 12:00–3:00 pm

****SIGN UP ENDS ON JULY 3****

Project: **HANDMADE CARDS: GLASS MEETS PAPER**

Cost: \$40 PP (Includes Basic Supplies & Member Fees)

Open to Non-Members

Join us for a creative Make-and-Take Workshop on July 11 (12–3 PM)! In this "Glass Meets Paper" session, you'll design unique DIY greeting cards featuring beautiful pre-fired glass accents.

This is a workshop for the stamping/punching paper creatives out there.



Sign Up at WPSC Lobby or online at <https://www.purplepass.com/organizer/95186>

- **No Cutting Required:** After stamping and punching your designs, we'll be using tweezers to arrange/glue small, pre-fired glass accents—get into your zen state (but it is one with some delicate use of your hands).
- **Make & Take:** Walk away with finished cards ready to share.
- **Socialize While You Create:** A fantastic opportunity to try something new with friends
- **Personalize It:** Basic supplies are provided, but students are encouraged to bring their own stamping supplies if they have them.
- **Small Group:** Class size is strictly capped at 20 people to ensure plenty of workspace.

Questions? Email: info@glassbylauren.com or call 310-483-3229 (Mon-Fri 10am-5pm)

Euchre

Wednesdays @ 6:00–9:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Members must scan their card when entering and

Non-Members must sign in.

Euchre has been a great success and as our Euchre continues to grow, it is now common to have 5-6 tables in action. We try to promptly start by 6:00 pm which means we should be signed in no later than 5:50 pm to allow time to set up the correct 3/4 player table configuration and draw for your seats. The payout structure has been altered so more people are sharing the prize pool. That means if there are up to 30 players even eighth takes home a piece of the purse. For more information, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

ACTIVITIES & GAMES

Hand & Foot Card Game

Mondays & Fridays 8:45 am–Noon / Setup @ 8:30 am

Cost: \$1.00 Members / \$3.00 Non-Members



Join this group of friendly and competitive players for a time well spent. Contact **Beverly Morgan** at

303-458-8273 for more information.

Introduction to Fitness Class for Seniors

2nd & 4th Tuesdays: **June 9 & 23** @ 10:00–11:00 am

Cost: \$1.00 Members / \$3.00 Non-Members

Limited to 10 Participants / Sign-up Sheet at Front Desk.

Equipment: All necessary equipment is provided.

Gentle Movement • Strength • Confidence • Community

Join us for a **FREE 1-hour fitness class** designed specifically for older adults who want to stay active, improve mobility, and build strength in a safe and supportive environment. This class is perfect for beginners or anyone looking for a gentle way to move more and feel better. Participants should come prepared to **sit & stand if possible**, but all exercises can be **modified** to match individual comfort levels and physical capabilities. Everyone is welcome — no experience needed.

What to Expect: Each session includes:

- A light warm-up to get the body moving comfortably
- Stretching and flexibility exercises to improve range of motion
- Easy resistance and light weight exercises to support balance and strength
- Movements performed both seated and standing

What to Bring: Comfortable clothing, Water bottle

Supportive shoes, and a positive attitude!

Questions? Contact **Michael Sands** at 910-232-7543.

Jazzercise Lo

Mon. & Wed. @ 8:30–9:30 am and Fri. @ 8:30–9:15 am

Members: \$60.00/Month & Walk-ins \$15.00/Day

Join us for a fun and energized Jazzercise Lo class. Dance away those extra calories using Low Impact moves that yield MAXIMUM results! We use muscles, not momentum, to get a total body workout without the impact on your joints. For more information, contact **Ginny Parker** at 321-698-0445.

Line Dancing

Tuesdays @ 4:15–5:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members



Line Dancing is more than just FUN, it serves as a low impact cardiovascular workout that can burn 200-400 calories in 30 minutes. It also helps improve posture, balance and coordination. Stop in and make some new friends and have some fun. **Sue Duncan** Dance Instructor and Choreographer for over 60 years 321-505-0846.

Mahjong

American: Mondays @ Noon–3:00 pm &

Thursdays @ 9:00 am–Noon

Cost: \$1.00 Members / \$3.00 Non-Members

Chinese: Wednesdays @ 1:00–4:00 pm

Cost: \$5.00 Members / \$7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Patricia Rosenthal** at 321-626-5419 (American) or **Hugh McPhee** at 321-423-7698 (Chinese).

Memory Class

FREE TO MEMBERS – **June 19 & 26** @ 10-11:30 AM

Limited to 8 People – Sign up at Front Desk

Bring paper and a pencil and join us in a friendly, supportive environment where learning is fun and practical. Questions? Contact **John Fontana** at 916-705-8146 or email jhnfontana@yahoo.com.

Pinochle

Mondays & Fridays @ 12:30–4:30 pm

Cost: \$1.00 Members / \$3.00 Non-Members

For more information, contact **Bill Mueller** at 321-242-4999 (Mondays & Fridays).

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Contact **Bill Seigel** at 813-416-0428.

ACTIVITIES & GAMES

Poker (Friendly)

Mondays @ 1:00–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Beverly Morgan** at 303-458-8273.

Pool (Billiards)

Mon. thru Fri. @ 8:30 am–4:30 pm / Sat. 9:30 am–12:30p

Tournaments: 2nd Wednesday of Every Month @ 11:00 am

Cost: \$1.00 Members / \$3.00 Non-Members

Plus \$.50 per Day or \$2.00 per Week

YE OL Pool Room 8-Ball Tournament May 12 Results:

1st: Joe Franco

2nd: Jorge Fernandez

3rd: Det Schmitz

4th: Paul Monti

Next tournament is June 10. Questions? Contact **Wally Topinko** at 321-622-4977.

QiGong-TaiChi

Mon., Wed., & Fridays @ 8:30–9:30 am

Cost: \$5.00 Members / \$7.00 Non-Members

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. One of the most promising interventions is TaiChi. It offers senior

practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. **Laura Parsons**, Certified Instructor at 321-474-5374.



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



ACTIVITIES & GAMES

Rummikub

Wednesdays @ 1:00–4:00 pm

Cost: \$1.00 Members / \$3.00 Non-Members

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon. Contact **Peggy Miles** at 732-688-6268.

Senior Law

4th Friday of the Month @ 2:00–4:00P

NEXT WORKSHOP: June 26

Cost: Free to All WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and question/answer session on the 4th Friday of each month at WPSC Room 117.

Topics:

- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Digital Assets
- Medicaid and Asset Protection Options
- General Dementia Issues
- Guardianships
- Probate Matters
- Living Wills

Seating is limited. Please sign up at the front desk. Any questions, call the Law office at 321-757-5701.

Senior Stitchers

Thursdays @ 10:00 am–Noon in Room 114

Cost: \$1.00 Members / \$3.00 Non-Members



Would you like to learn to Knit or Crochet or do you already know how to Knit or Crochet? If so, please join us for a morning of

friendship and pleasant conversation while learning new skills and stitches while helping each other to share and improve our skills. What to Bring: If you are already experienced, please bring a WORK IN PROGRESS that you'd like to work on. If you're a beginner, please bring some worsted yarn and some Size 8 knitting needles or a Size G crochet hook. For more information contact **Laurie Liguori** at 917-882-9898.

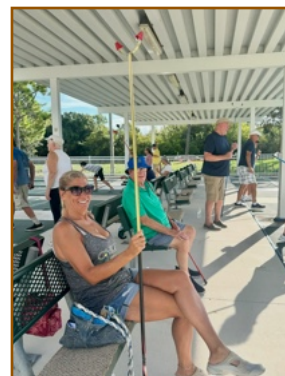
Shuffleboard

Open Play: Monday 9–11:00 am

Open Practice: Thurs. 6–8:30 pm & Sat. 9:00 am–Noon

Cost: \$1.00 Members / \$3.00 Non-Members

For more information on learning how to play or participating in tournaments, call **Tom Winkelspecht** at 321-446-3283 or email: tawinkii@me.com



Strength/Flexibility

Thursdays @ 9:30–10:30 am

Cost: \$4.00 Members / \$6.00 Non-Members

This is a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check.

We work core, arm and leg strength. This class gets full so call before you come! Please contact **Susie Salvetti** at 321-626-0282.



TRAVEL NEWS

Titanic Tour & Dinner Gala

Date: Saturday, June 20, 2026

Cost: \$169 PP

When you visit the amazing Titanic: The Artifact Exhibition, you embark on a journey back in time to April 1912, when the ship embarked on its maiden voyage! The Exhibition features more than 300 artifacts and historical items as well as full-scale room recreation. Join Captain Smith, Margaret "Molly" Brown, and additional first-class passengers for a night to remember. See the second largest piece of Titanic ever recovered, the "Little Big Piece," a 2-ton section of the original ship's hull! The Titanic First Class Dinner Gala includes a Captain's cocktail party, a tour of the Titanic: The Artifact Exhibition, a first-class dinner, and reenactments of the night of April 14, 1912.

Murder in the Speakeasy Dinner & Show

Date: Sunday, August 30, 2026

Cost: \$159 PP

Step back in time to the roaring 1920's and prepare for an unforgettable experience at The Speakeasy Murder & Other Acts of Prohibition in Orlando, FL. Soak in the lively atmosphere of a New York nightclub, complete with music, signature cocktails and delicious food. We hope you attend in costume and join the fun.

Mount Rushmore & the Black Hills & Badlands of South Dakota

Date: September 21-27, 2026

Cost: \$2,067 PP Double / \$2,567 Single Occupancy
\$200 Deposit / Final Payment Due August 1, 2026

Participants MUST be able to travel independently or bring a companion who can assist. NO refunds once the vendor has been paid.

Medieval Times Dinner & Tournament

Date: Saturday, September 26, 2026

Cost: \$159 PP

During the tournament, you're given a hearty meal of soup, chicken, corn, a seasoned potato, and a pastry of the castle (vegetarian meals are also available). And remember, this is the middle ages, so your utensils are your good old-fashioned hands. Wenchies walk around the 1000 seat arena to sell you a drink or two as well. The knights battle in head-to-head combat on authentic Spanish Andalusian horses while the King and Princess look on. Located right next to the castle is the Medieval Village filled with artifacts and displays from over 800 years ago.

Savannah, GA

Date: October 4-6, 2026

Cost: \$569 PP Double / Singles Add \$145
\$100 Deposit Required

Package includes: Deluxe roundtrip motorcoach transportation; 2 Nights deluxe accommodations; 2 Great hotel breakfasts; 2 Sumptuous dinners at great local restaurants; Guided tour of Savannah; Free time to explore the famed River Street with shopping & lunch on own; Guided docent tour of the Cathedral Basilica St. John the Baptists; Ice cream social at the famed Leopold's Ice Cream; Baggage handling; All taxes are included.

Mount Dora Craft Fair

Date: Saturday, October 24, 2026

Cost: \$69 PP

Throughout this historic community, the streets come alive with more than 400 talented crafters and artists from all over the country displaying and offering for sale their finest works to the more than 300,000 visitors who are expected to attend this two-day event. Plus there's food and entertainment to round out a perfect day outdoors. There is time for much shopping and lunch is on your own.

Stetson Mansion & Lunch at Cook's Buffet

Date: Tuesday, November 10, 2026

Cost: \$159 PP

Trip Advisor names a tour of the Stetson Mansion as one of the "top 10 things to do in Florida." The 1886 Stetson Mansion is the largest and most spectacular "Gilded Age" residence ever built in Florida before 1900. The Victorians started our modern day traditions like gift giving and Christmas trees. The Stetson Mansion had one of the first trees ever illuminated with electric lights. The Stetson Mansion is Florida's most historic home, but it is not a museum. It is a private residence that is lived in and welcomes guests this time of year with over the top elegant and reverent adult holiday decorations. Prior to our tour we will have lunch at Cook's buffet.

Mount Dora Christmas

Date: December 4, 2026

Cost: \$69 PP

Time: Leaves WPSC at 2:00 pm / Returns at 10:00 pm

Celebrate the 2026 holidays against a backdrop of over twomillion sparkling lights in beautiful downtown Mount Dora. If you're looking for a way to spend an

TRAVEL NEWS

enchanted evening that will get you in the holiday spirit, visit the Mount Dora Christmas Walk for an old fashioned country Christmas. The streets come alive as they are transformed into a Christmas village. The shops will be filled to the brim with holiday gifts, allowing you to get a jump on your holiday shopping. The festivities will surround you with the sights and sounds of the holidays. Listen for angelic choirs singing your favorite Christmas Carols and musicians playing classics on their violins. Trip includes motorcoach transportation only. There are plenty of food vendors, or if you prefer, enjoy a delicious dinner at one of Mount Dora's great restaurants. (Reservations suggested).

St. Augustine Trip

Date: Tuesday, December 8, 2026

Cost: \$89 PP

Time: Leaves WPSC at 12:00 pm / Returns at 10:00 pm

Sign up now for our exciting one day excursion to St. Augustine, our nation's oldest city. We will be stopping

at Bucees in Daytona for lunch on your own. We should arrive at St. Augustine about 2pm. You will have from 2pm to 5:30pm to shop and eat. If you enjoy shopping, St. George Street is the place for you with all of its quaint shops and unique boutiques. There are many nearby cafes and restaurants where you can enjoy dinner on your own. At 5:45 pm we will meet at the Visitors Center for a 30 minute narrated Trolley Tour through the historic district. The trolley tour will give you an overview of this charming town and see all the beautiful holiday decorations. Approximately 7 pm we will depart for home.

Please visit our website www.bcwpsc.org, for more information or call the office at 321-425-5530

Monday–Friday, 9:00 AM–1:00 PM

The Travel Office now accepts Visa, MasterCard and American Express for trip purchases. A 4% processing fee will be added to all credit card transactions. All payments must be made in person with credit card



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

Diamond Level Sponsors



Gold Level Sponsors



Meet & Greet Schedule

Our monthly Meet & Greets with our sponsors have been scheduled for Tuesday and Friday mornings from 9–11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them:

- Tuesday, June 2 – Health First Health Plans
- Friday, June 5 – My Memory Clinic
- Tuesday, June 9 – Moore Insurance
- Friday, June 12 – Tiny Dog Cleaning
- Tuesday, June 16 – Brookdale West Melbourne
- Friday, June 19 – Narlock Insurance
- Tuesday, June 23 – Freedom Health, LifeWave
- Friday, June 26 – RVH Insurance and VITAS

IN EVERY ISSUE



New Members in April

Adajian, Ellen	LaBelle, Cheryl
Brant, Roberta	Langgood, Alyssa
Brant, Tom	Langgood, John
Brinckerhoff, Robert	Lindeman, John
Bryant, Diane	Lindeman, Pete
Cason, Yvette	Martinelli, Enriqueta
Cechvala, Joel	McEver, Donald
Donovan, Joe	Nolan, Gail
Donovan, Miho	Norfleet, Russell
Doster, Pamela (Pam)	Parr, Warren
Dourney, Dan	Rivera, Cheryl
Eckman, Theresa	Sanders, Joan
Egan, Tana	Schmidt, Curtis
Egan, Wilson	Schneider, Mike
Erikson, Karen (Lisa)	Schraffa, Mona
Esposito, John Ralph	Seibring, Marilyn
French, Sandra	Sigmon, Amy
Gordon, Candice	Smith, Mary
Hermann, Beth	Stergiou, Ann
Johnson, Karen	Sutton, Jackie
Judge, Leslie Campbell	Taylor, Danny
Kaplan, Fran	Verburg, Susan
Kaplan, Laurie	Wallace, Yvonne
Koch, Nancy	Wall-Scanlon, Barbara

COMMENTS?

We Value Your Opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



Wickham Park Senior Center Holiday Closures for 2026

To enable our volunteers to spend more time with their families during the upcoming holiday season, Wickham Park Senior Center will be closed on the following dates:

- **4th of July Holiday:**
 - Saturday & Sunday, July 4 & 5, 2026
(No activity allowed in large hall, floors being waxed)
- **Labor Day Holiday:**
 - Monday, September 7, 2026
- **Thanksgiving Holiday:**
 - Wednesday, November 25, 2026
(Day before Thanksgiving)
 - Thursday, November 26, 2026
(Thanksgiving Day)
 - Friday, November 27, 2026
(Friday after Thanksgiving)
 - Saturday & Sunday, November 28 & 29, 2026
(No activity allowed in large hall, floors being waxed)
- **Christmas Holiday:**
 - Thursday, December 24, 2026 (Christmas Eve)
 - Friday, December 25, 2026 (Christmas Day)
 - Saturday, December 26, 2026
(Day after Christmas)
 - Sunday, December 27, 2026
- **New Year's Holiday:**
 - Thursday, December 31, 2026 - Closing at 12:30 pm
 - Friday, January 1, 2027 (New Year's Day)
 - Saturday & Sunday, January 2 & 3, 2027

Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:
news@bcwpsc.org

Wickham Park Senior Center is not equipped, nor intended to be a senior care facility. WPSC activities are geared toward independent adults who are able to manage their own care, decision making and safety. WPSC's insurance prohibits, and WPSC cannot be responsible for, the provision of physical assistance to individuals on the premises. If an adult companion is needed, the companion may participate in the activity if they desire, regardless of age, and must pay all fees associated with the activity. WPSC reserves the right to prevent persons from being on premises if the WPSC leadership believes that person would cause harm to themselves or others.



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